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Emily Levey and James Finley in the NextStop production of "The 39 Steps" in Herndon. This is the new professional theatre's first show.

Elden Street Players Reach NextStop

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PHOTOS BY MICHAEL LEE POPE/THE CONNECTION

Republican gubernatorial candidate Ken Cuccinelli



Democratic gubernatorial candidate Terry McAuliffe

Battleground Northern Virginia

BY MICHAEL LEE POPE
THE CONNECTION

For many years, Northern Virginia has been written off by both parties as a Democratic stronghold — a place where Republicans simply try to cut their losses while they focus on the rest of the commonwealth. But this election cycle may be different. All three of the gubernatorial candidates are from Fairfax County. And recent statewide candidates have not been able to win without picking off selected jurisdictions in Northern Virginia.

“As you look at Northern Virginia that’s further from Washington, you see a more Republican area — Prince William, western Fairfax, Fauquier,” said Stephen Farnsworth, professor at University of Mary Washington. “That’s where the real action is in Northern Virginia politics.”

As Election Day draws closer and television becomes a virtual battlefield for attention, a real battle is brewing on the ground here in Northern Virginia. Candidates and their advisors are looking at the path to victory back in 2009 for Republican Bob McDonnell, who won Prince William County, Fairfax County and Fauquier County. Although this race is likely to be closer than 2009, the importance of Northern Virginia is looming larger than ever.

“I don’t expect Ken Cuccinelli to actually win Fairfax County, which Bob McDonnell actually managed to do in 2009,” said Geoff Skelley, analyst with the University of Virginia Center for Politics. “Cuccinelli will do very poorly in Reston or Annandale, so just because he’s from Fairfax doesn’t mean he has appeal throughout the county.”

ONE OF THE QUIRKS of Virginia politics is that the gubernatorial elections follow presidential elections, a phenomenon that has frequently seen voters reject the party that won the White House the previous year. But a look at the numbers tells a different story. Although 3.7 million voters cast a ballot in 2008, fewer than 2 million votes participated the next year. That means that election officials are expecting about half of last year’s turnout, which included



PHOTO BY MARY KIMM/THE CONNECTION

Supporters of both major party candidates for governor rally at the entrance to the Capital One campus in McLean on Wednesday, Sept. 25, just before Ken Cuccinelli (R) and Terry McAuliffe (D) participated in an hour-long debate sponsored by the Fairfax Chamber of Commerce.

a record-breaking 3.8 million votes.

“For [Democrat Terry] McAuliffe, the goal is to get as many voters out as possible,” said Skelley. “For Cuccinelli, the goal is to hold down the margins.”

According to Census data, Northern Virginia expanded its population about 24 percent in the last decade — growing from 2.6 million from 2.1 million. Northern Virginia is the most populous region of the commonwealth and the Washington Metropolitan Area. And the rate of growth here far outpaces other urban areas in Virginia, including Richmond and Hampton Roads. That means rural and outlying areas are experiencing an erosion of influence, particularly in western parts of the state and Southside.

“The big problem for Republicans statewide is how they do in the more rapidly suburbanizing areas,” said Farnsworth. “This is true in Northern Virginia and in the Richmond area.”

DURING THE GUBERNATORIAL debate last week, Republican Ken Cuccinelli was trying to establish himself as the choice for Northern Virginia. He mentioned the region five times, and he tried to use his experi-

ence representing Fairfax County in the General Assembly to his advantage. When the issue of the government shutdown was raised, Cuccinelli responded with a direct appeal to residents of the region who have strong economic ties to the federal government.

“I’m a Northern Virginian. I’ve lived up here my whole life,” said Cuccinelli. “We’re already seeing in the Virginia economy the problems associated with the uncertainty of federal budgeting as it is, both in Northern Virginia and in Southeastern Virginia in the Hampton Roads area.”

Despite the fact that the debate took place in Tysons Corner, the McAuliffe did not point out that he has lived in Fairfax County for more than 20 years. Instead, the Democrat attempted to portray himself as the best candidate for the interests of Northern Virginia voters. At one point, he pointed out Fairfax Chamber of Commerce president and CEO Jim Corcoran in the front row and mentioned he agreed with the chamber’s position on Medicaid expansion. Later in the debate, he argued that Cuccinelli’s tax proposal would hurt Northern Virginia.

“What it would mean to Fairfax County

What role will the region play in the election?

to be losing this revenue,” said McAuliffe. “What it would mean to Sharon Bulova and Fairfax County and the loss of teachers at a time we should be investing in our teachers, investing in those STEM courses, science, technology, engineering and math,” said McAuliffe. “His plan literally would force us to lay off thousands of teachers.”

THE TENSION within the region was evident in recent weeks as business leaders across Northern Virginia began issuing their endorsements. The first was from the political arm of the Northern Virginia Technology Council, which endorsed Cuccinelli last month. But that announcement was delayed after some internal dissension within the organization, which led to a series of accusations and counter-accusations. The drama surrounding the delay of the endorsement became a talking point for Republicans eager to portray McAuliffe as a Washington insider.

“I am appalled that Terry McAuliffe and other prominent Democrats would threaten to hold the legislative agenda of Northern Virginia business leaders hostage to their political agenda,” said Republican House of Delegates Speaker Bill Howell in a written statement. “That might work in Washington, but it is unacceptable here in Virginia.”

Hours after Cuccinelli and McAuliffe debated each other at the Fairfax Chamber of Commerce’s forum, the organization issued its own endorsement for the Democrat. In a statement explaining the endorsement, the business group praised McAuliffe for opposing mandatory project labor agreements and supporting Virginia’s longstanding right-to-work law. The chamber also mentioned his support for accepting federal funds for Medicaid expansion and his support of the transportation funding package that passed the General Assembly earlier this year — both of which were opposed by the Republican candidate.

“In terms of the priorities of the Northern Virginia business community,” said Corcoran in a written statement, “Mr. McAuliffe’s policy positions and proposals closely align with the Fairfax Chamber’s legislative agenda.”

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News



PHOTOS CONTRIBUTED

From left, Brian Smith, Mindy Pierce, Mark Fisher, Mitch Batkin and Glenn Rappaport of Sport & Health Clubs celebrate the new renovation at their Reston location Thursday, Sept. 26.

Reston Sport & Health Renovates

**Location kicks
off new features
after \$1.5 mil-
lion renovation.**

BY ALEX MCVEIGH
THE CONNECTION

Sport & Health Clubs celebrated a \$1.5 million renovation to their Reston location with a ribbon cutting and casino night Thursday, Sept. 26. The renovation of the club, located at Isaac Newton Square, stretched to almost every aspect of the facility.

"We updated every single piece of cardio equipment and added a lot of technology all over the facility," said Brian Smith, vice president of operations for Sport & Health. "We've been in this location for a long time, and have a great community here, and it was time for an upgrade."

Sport & Health has been in Reston since 1998, and CEO and President Mark Fisher says they like to "refresh" their clubs on a regular basis.

"Investing in improvements, from the equipment to the locker rooms, should take this club to the next level," he said. "We also saw the improvement as a chance to get the newest and most interesting technology in here."

One of the most apparent improvements comes in the form of large television screens all over the gym. The screens display heart rate information for users who are using a heart rate monitor that connects to the facility's wireless network.

For cardio users that prefer their television to contain regular television, individual monitors are attached to the equipment.



The new group cycling studio at the Reston Sport & Health, which features 70 different terrains cyclists can "explore."

Another technological improvement is the new group cycling studio, where users can use the spin bikes in front of a large projection screen. The screen allows users to choose from 70 different terrains, such as a seaside trail along the cliffs, for their workout.

Mitch Batkin, senior vice president of fitness, said one of the most popular pieces of equipment is the Synergy360, which is located in the center of the gym, and contains stations for a variety of exercises.

"It's great for what we call function training, which is for people [who] want to lift their child up, or ride a bike or play tennis, and using this piece of equipment helps with that kind of strength, and lessens the chance of injury," he said. "Our reACT trainer is also pretty cool. It focuses on core strength, cardio and balance, all without a lot of pressure on joints. For example, you can do squats, but don't have to worry about the heavy bar resting on your back."

The club also features a children's area for members, expanded Pilates, yoga and mind and body studios.

More information on Sport & Health Clubs can be found at www.sportandhealth.com.

NEWS

Historic Home Hits Market

Cornwell Farm for sale.

BY ALEX MCVEIGH
THE CONNECTION

Cornwell Farm, a 13.1-acre historic property located within a mile of the Great Falls Village Centre, has been listed for sale by the HBC Realty Group (Keller Williams) of McLean.

The four bedroom, 3.5 bathroom home was built around 1831, and was accepted to the National Register of Historic Places in April 1977.

"It is scenically important in that it is the major architectural element to be seen along the historic Georgetown Pike, the first road in the state to be designated a Virginia By-Way," reads the National Register of Historic Places. "Built in 1831, the house, with its Georgian outline, displays the architectural conservatism characteristic of the region. The house is well crafted, its Flemish-bond brickwork is exceptionally fine, being

of a quality comparable to finest townhouses of Georgetown or Alexandria."

According to the register, the two-story Georgian house differs from the Greek revival style that was popular at the time. The house

is 5,102 square feet, and features 10-foot high ceilings, plaster walls, nine wood burning fireplaces and four chimneys. It also features original glass blown windows, two libraries, a full dining room with built-in china cabinets and a family room with custom built-in shelving and painted woodwork.

The property is divided into two parcels, an 8.1-acre parcel that includes the historic home, a horse barn and caretaker's cottage, and

a five-acre parcel with an easement for egress.

The land was originally part of Great Falls Manor, a 12,588-acre property once owned by Lord Fairfax. It was made into a farm as early as 1801 by John Jackson, who eventually constructed the house as a home for his daughter, Julia Jackson Davis.

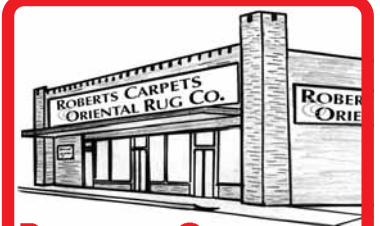
The property was used as an encampment for Union soldiers during the Civil War. Prior to a res-

toration, soldiers' names from New York, Connecticut and New Jersey, among others, were inscribed on the plaster walls. The house was restored under the supervision of architect Theodore Dominick from 1936 to 1937. The restoration included the addition of a two-story wing and porch on the south end. The property is being listed at \$4.9 million. More information can be found at www.hbcrealtygroup.com.



Cornwell Farm, a historic property in Great Falls, is now for sale.

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PHOTOS BY RYAN DUNN/THE CONNECTION

The Herndon Fall Carnival ferris wheel at dusk.

Herndon Hosts Fall Carnival

The first ever Herndon Fall Carnival was hosted at the Station Street parking lot in downtown Herndon Thursday, Sept. 26 to Saturday, Sept. 29. This location is adjacent to ArtSpace Herndon at 750 Center Street and the Town Green. The Herndon Rotary Club partnered with the Town of Herndon and carnival company Jolly Shows to host this event.

"We were very pleased with the support the community gave us and we look forward to doing the event again next year," said Arthur Nachman of the Herndon Rotary Club.

The carnival opened Thursday evening. "Jolly Shows approached the Town of Herndon during the Herndon Festival this year because Herndon is their number-one venue for carnivals throughout the region," said Nachman. "They asked if there was an additional date where they could have a carnival."

Nachman noted the proceeds raised by the Rotary Club at its events go back into the community for good causes. For this fall carnival, proceeds benefit Herndon High School's marching band the Pride of Herndon to help cover the costs for the band's trip to Hawaii in December for the Pearl Harbor Day parade. "It was a town effort to get things going," said Nachman. "When you support the carnival, you support the community as well."

The Herndon Rotary Club is one of the largest, most active service clubs in Herndon, providing community service and seeking connections with other service-minded professionals. The Herndon Rotary Club welcomes visitors to attend a breakfast meeting to learn more about the club.



Herndon Fall Carnival ferris wheel.



In addition to rides, Jolly Shows also brought some carnival games.

They meet at Amphora Restaurant located at 1151 Elden St., Herndon, every Wednesday at 7:30 a.m.

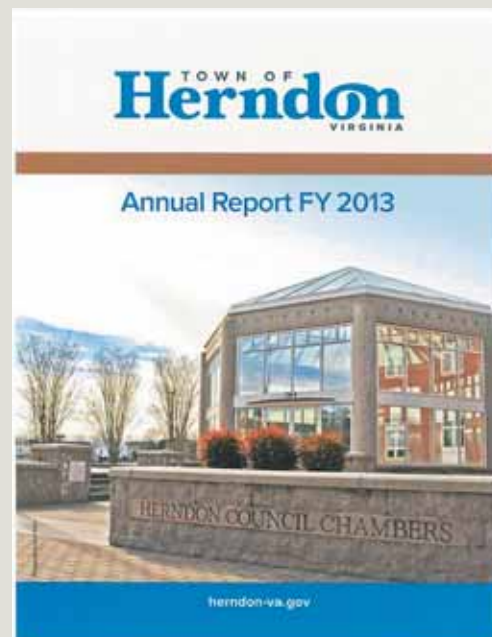
To learn more about the

Herndon Rotary Club, visit their webpage at <http://www.herndonrotary.org>.

—RYAN DUNN

Town Releases Annual Report

Manager reports "exceptional period."



The Town of Herndon has released its annual report for FY2013.

PHOTO CONTRIBUTED

BY ALEX MCVEIGH
THE CONNECTION

Herndon Town Manager Art Anselene presented the annual report for Fiscal Year 2013 to the Town Council Tuesday, Sept. 24.

The report contains information on the town's finances, although Anselene said that a more complete picture will be available after an audit, the results of which will be available around December.

"Preliminary work on the audit indicates that this year the town has had an exceptional period, we've provided a net \$507,000 to the unassigned fund balance at the end of the fiscal year, which will give the town an estimated fund balance of approximately \$7,045,000, which is up substantially over the previous year," he said.

Anselene said that residential property values are improving, which he said helped to "steady the town's tax base" after reductions in some commercial property values.

"[Business and Professional License] fees continued to be strong in the past year. We did not yet see the impact of the sequestration, which we expect to see more of in the coming year as the federal government continues to cut back in its spending," he said. "Some revenue increases were offset by reductions in earnings, particularly in our interest income and fines

and transient lodging taxes, which is where we saw some of our largest reductions in income."

Other highlights mentioned by Anselene were: \$1.4 million in grant funds for transportation improvements, a \$200,000 grant for trail lighting along the W&OD Trail and \$340,000 from Fairfax County for stormwater management improvements.

According to the Herndon Police Department, three planned DUI checkpoints were conducted over the year, which saw a 40 percent increase in arrests for drunk driving over the previous year.

FY2013 saw the town's Centennial Golf Course partner with Golf Channel Solutions to promote the course, resulting in 1,232 rounds of golf, \$61,124 in revenue, sold since its inception in August 2012.

The course purchased 12 new golf carts, 480 dozen range balls and 14 Astroturf mats for the driving range during the fiscal year. The Centennial Golf Course also participated in five Professional Golf Association national promotions in the past fiscal year.

According to town staff, 152 interment rights for Chestnut Grove Cemetery were sold, resulting in \$407,790 in revenue for the Chestnut Grove Cemetery enterprise fund, an 8 percent increase from FY2012.

The full report, as well as an executive summary, can be found at www.herndon-va.gov.

NEWS

A slate of candidates, both incumbents and challengers vying for seats in Virginia's state legislature, attended a candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues.

PHOTOS BY
VICTORIA ROSS/
THE CONNECTION



Social Justice Matters

SALT forum gives candidates a chance to tell voters where they stand on social justice issues.

BY VICTORIA ROSS
THE CONNECTION

As the countdown to election day begins, most candidates are laser-focused on promoting themselves as the one who really does put jobs and the economy first.

But one group also thinks voters should know where candidates stand on social justice issues when they go to the polls Nov. 5.

"Our elected officials have a great deal of influence on the common good, so it's reasonable that we find out where candidates stand on these issues," said John Horejsi, founder of SALT (Social Action Linking Together), a non-partisan, faith-based advocacy group started in 1983.

"We're here to see where candidates stand today," said Horejsi at SALT's annual candidates' forum held at the Vienna American Legion Post 180 on Saturday, Sept. 28. A slate of candidates, both incumbents and challengers vying for seats in Virginia's General Assembly, attended the forum. They included incumbent delegates Ken Plum (D-36); Mark Keam (D-35); Vivian Watts (D-39); Jim LeMunyon (R-67); and Mark Sickles (D-43). Challengers included Patrice Winter, the Republican who is challenging David Bulova (D-37); Democrat Jerrold Foltz, who is challenging Republican Tim Hugo (D-40); Democrat Ed Deitsch, who is challenging Republican incumbent Dave Albo (R-42); Democrat Hung Nguyen, who is challenging LeMunyon; and Democrat Jennifer Boysko, who is challenging Tom Rust (R-86). Democrat Marcus Simon (D) also attended the forum. He is facing Brad Tidwell (R) in the 53rd district, an open seat to replace the previous incumbent, Jim Scott, who is retiring.

STEPHEN CLERMONT, research director of Every Child Matters Education Fund, started the event as the keynote speaker, reciting some sobering statistics about Virginia's children:

*More than 280,000 children in Virginia live in poverty;

*More than 18,000 children are homeless;

*One in every six children doesn't have enough to



From left—Del. Mark Keam (D-35), Del. Ken Plum (D-36) and Del. Vivian Watts (D-39) attended a candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues. Plum is one of only two state delegates unopposed this election.



Stephen Clermont, research director of Every Child Matters Education Fund, was the keynote speaker at SALT's candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28.

eat, and 148,000 have no health insurance.

"Children need you to make their voices heard," Clermont said. "What are you going to tell children about the schools you closed, or a child not able to see a doctor?"

Clermont said ECM believes that a top priority for government "must be helping children survive and thrive."

"Failing our children today is not just morally wrong; it's counterproductive, ultimately leaving us less competitive in the global society," Horejsi said.

After Clermont's keynote address, Horejsi invited each candidate to give a one-minute "elevator speech" about their issues, and then opened the floor to the audience, who submitted written questions for candidates. The questions touched on a wide variety of topics, ranging from prison reform, transportation, immigration reform, Medicaid expansion, uranium mining and corporate tax breaks.

Del. Vivian Watts (D-39) was emphatic when she answered a question about the cost of the federal food stamp cuts being passed down to states:

"Let's be clear: this is no small thing for the state," Watts said. "This is people's food. This is people's lives. This is the difference between families being able to feed their children or paying the rent."

Residential Studios Put on Hold

Supervisors establish committee, plan additional public outreach.

At the recommendation of Chairman Sharon Bulova (D-At-Large) and Supervisor Michael Frey (R-Sully), the Fairfax County Board of Supervisors on Tuesday deferred its Nov. 20 public hearing on a proposed residential studios (RSUs) amendment to conduct additional community outreach.

The board also established a Planning Commission Residential Studios Committee.

"It is important that the county hear from the various stakeholders affected by the proposed residential studios amendment," Bulova said.

"The Planning Commission's Residential Studios Committee will provide an engagement process with the goals of addressing and resolving questions and concerns associated with the RSU amendment. I encourage residents to participate in the process," Bulova added.

ON JULY 30—in a move designed to increase affordable housing options for working-class individuals—the board unanimously voted to authorize a public hearing on a proposed zoning ordinance amendment regarding residential studio units (RSUs) that would permit RSU use in various residential, commercial and industrial districts by special exception or in all planned development districts.

"There is a tremendous need for housing at all income levels in Fairfax County," Chairman Sharon Bulova said after the July 30 vote. "Permitting residential studios is an excellent way to accommodate lower income rental units and provide more housing choices for our residents. RSUs can be a great tool for providing efficiency apartments for our younger entry level workers, for seniors and others who may not need or want a lot of space."

In the past 40 years, Fairfax County has become one of the wealthiest counties in the nation. As land prices soared, the creation of low to moderate priced housing plummeted.

For several years, county officials have grappled with housing options that will aid efforts

to end homelessness, accommodate the area's aging single population, and increase affordable housing for a workforce earning less than 60 percent of the area median income (AMI).

Donna Pesto, the county's senior assistant to the zoning administrator, said the proposal would not change the building codes, and would apply to rental units only.

Under the proposal, Pesto said there could be no more than 75 residential studio units in a building and a minimum of 80 percent of units have to be affordable to low-income earners, those making about \$45,000 per year or less. The maximum square footage for the units would be 500 square feet, plus a bathroom and kitchen.

BUT PUBLIC REACTION to the proposal has been less than enthusiastic. Despite assurances from county planners that RSUs would not be developed in ways that would dampen property values, many residents and homeowners groups voiced opposition to the proposal.

In order to address community concerns members of the Planning Commission have suggested a process for encouraging engagement in changes to the advertised ordinance.

The Committee will provide opportunities for detailed consideration of the Zoning Ordinance Amendment by Planning Commissioners, citizens, and other stakeholders through five scheduled Committee meetings. All meetings will be open to the public and will allow opportunities for discussion.

The Planning Commission will continue to conduct Work Sessions scheduled for Sept. 25 and Oct. 2 at the Fairfax County Government Center.

Following the Work Sessions, the Residential Studios Committee will convene in late October with further meetings in November, December, and January, and a public hearing in late February. The public hearing currently slated for Nov. 19, 2013 will be rescheduled.

— VICTORIA ROSS

SEE SOCIAL JUSTICE, PAGE 13

OPINION

Virginia's Easy Access to Guns

A parent asks why background checks aren't better.

BY RUTH HOFFMAN

How do you respond to a 7-year-old when she comes home from school and says "we did our bad man drill today Mommy, but don't worry it was just for practice, no one really came into our school to shoot us"?

After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was only after Sandy Hook that I had discovered that fact. So what else did I not know? As it turned out — plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year- and 3-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax were safer from gun violence than, say, the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what they could and could not do — there were limitations and budget constraints, and that our school was at a greater risk of a shooting from

a custody dispute or domestic violence than a mass shooting. While I acknowledged his comments, it was unsettling to learn he prepares for risks of gun violence stemming from custody disputes.

Soon after, I discovered that Virginia is among the states that allow open carry. When I was in my grocery store and saw a customer wearing a "I shoot to kill" t-shirt, I asked the manager if weapons were banned from the store. He replied that Virginia was an open carry state but he reassured me that patrons would have to openly display weapons if they carried them.

That led me to my third discovery and that was the facts around concealed weapon permits in Virginia. When I think of someone with a concealed weapon permit I think of someone with extensive training. But the threshold in Virginia was lowered in 2009. Virginia enacted a law allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and small fee. Handling a gun is not a prerequisite.

I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia.

I want complete and thorough background

checks before someone purchases a gun in Virginia. Why would anyone not want that, especially in light of Virginia's existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I'm in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a custody dispute or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill.

I listened to the governor's debate on Sept. 25. In a post-Newtown and Navy Yard context, I welcomed Mr. McAuliffe's strong position for universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns.

As far as seeking the right words to respond to my daughter's declaration about their "bad man drills" — I haven't found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

Honor Flight Network Brings 90 Veterans to WWII Memorial

VALERIE WADDELOVE

On Saturday, Sept. 20, mostly on the spur of the moment, I drove out to Dulles Airport to join my daughter and four of her children to greet WWII and Korean War veterans flown to Washington by the Honor Flight Network. My daughter had received an email earlier in the week from a home-schooling friend to invite her to the event.

The Honor Flight Network is an organization that flies veterans to the nation's capital to see the WWII Memorial—their memorial. The organization is less than 10 years old, but has already flown nearly 100,000 vets to D.C. for a visit, one they would probably not be able to do on their own, physically or financially. What's remarkable, is that the veterans pay nothing for the trip.

Southwest Airlines, in particular, donates many of the tickets for this trip of a lifetime, and other donations help to pay expenses. Each veteran is accompanied by a "guardian" to ensure their safety and offer whatever assistance is needed to make the trip and to enjoy the visit to the memorial. In 2005 the first official Honor Flight mission began when six private planes flew 12 thrilled veterans free of charge to Manassas Airport from Ohio. The pilots accompanied the veterans via coach to the memorial. An idea which started with two dedicated individuals has been transformed into a nationwide effort that is spurred on by the fact that an estimated 640 WWII veterans die each day.

On this particular flight, many of the men were from Wisconsin, which was a happy coincidence since my father, a deceased WWII veteran, was born there. The

Honor Flight Network has regional hubs that accept applications from veterans and then fly them in groups to Washington. Sadly, their website reports, sometimes the veteran has passed away by the time his name comes up for a scheduled departure. Nevertheless, there is a long list of veterans who are eager to make this journey. WWII veterans and those terminally ill are given preference.

One of the Honor Flight coordinators at the airport announced that this was the biggest group that had ever turned out for an arriving flight at Dulles. Besides interested individuals, there were many groups: Girl and Boy Scouts of all ages, American Heritage girls, Oakton cheerleaders, and a number of people in military uniform. Handheld flags waved, handmade posters were held aloft, and patriotic balloons bounced in the air. When the old warriors



PHOTO CONTRIBUTED

Arriving veterans shook hands with the people, especially children.

came into the baggage handling area, people were lined up in two rows so that the veterans entered a walkway between the waiting crowd. They were surprised and amazed by the turnout, some even teary-eyed, as they shook hands with the people, especially children, in the crowd, which was around 200 strong.

The writer is a 27-year resident of Vienna, and a retired teacher.

Oak Hill & Herndon
CONNECTION

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NEWSPAPER

LETTERS TO THE EDITOR

Vote Early

To the Editor:

This year's Virginia elections are critical, with candidates representing starkly different policies and approaches. The results will have long-lasting ramifications for all Virginians. It's therefore critical that everyone get out and vote. One easy way to do this is to take advantage of In-Person Absentee Voting, which means that citizens can vote early, ahead of Nov. 5. In this way, one doesn't have to worry about unexpected illness, traffic and/or work concerns, difficult weather, or longer Election Day lines. In order to vote in-person absentee, a voter must state that he or she satisfies one of 15 requirements. Most voters will find that they do, in fact, satisfy one of these reasons for voting early.

In-Person Absentee (early) Voting has already started. Saturday, Sept. 28, was the first of six consecutive Saturdays during which seven satellite voting centers (in addition to the main Office of Elections at the Government Center) will be open throughout Fairfax County between 9 a.m. and 5 p.m. You can vote at any of them, irrespective of where you live. Beginning Oct. 15, this early voting will be available Monday through Friday (see the county website for details: http://www.fairfaxcounty.gov/elections/absentee_locations.htm).

Make it easy on yourself to do something important: Vote early.

Michael P Fruitman
Herndon

Learning About Polluted Runoff

To the Editor:

My name is Benji Prickett, I attend Kilmer Middle School. Lately we have been learning about the Chesapeake Bay watershed and the dangers of runoff. Runoff can carry sediments, rocks, pollutants and also fertilizers and pesticides. Fertilizers and pesticides especially can be very dangerous; they can kill the wildlife in the bay and can also stop recreational activities like fishing, boating and swimming, just to

name a few. I hope that we can cut back on using spray pesticides on our lawns. My family has been doing this for many years and our lawns look fine. Currently our bay is very polluted, but if we were to cut back on pesticides our bay would be so much better for everyone and every thing.

Benji Prickett
Great Falls

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

THURSDAY/OCT. 3
Home Energy Efficiency. 7-8:30

p.m., at Walker Nature Center, 11450 Glade Drive, Reston. Adults who are curious about how to improve home's energy use can hear from a representative from the Local Energy Alliance Program, a non-profit that coordinates energy efficiency

improvements of homes through a Home Performance with ENERGY STAR program; for educational purposes only; there will be no solicitations. \$5/person RA members,

SEE BULLETIN, PAGE 12



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3rd Annual Jeans Day: Putting the ZIP on Homelessness Friday, October 18, 2013

**Help end
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Register and allow your
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on Friday, October 18,
in exchange for a \$5
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NEWS

Wear Jeans to Work, Help End Homelessness

Register now to
participate in
Jeans Day Fairfax
Friday, Oct. 18.

By VICTORIA ROSS
THE CONNECTION

Who knew?
Just by wearing
jeans to work, you
can actively help
nearly 3,000 men, women and
children in Fairfax County who
face homelessness and hunger
every day.

On Tuesday, the Fairfax County
Board of Supervisors proclaimed
Friday, Oct. 18 "Jeans Day
Fairfax," the third annual Jeans
Day event in Fairfax County.

Launched in 2011 by the Fairfax
County Office to Prevent and End
Homelessness (OPEH), the event
is a popular fundraiser for
homelessness and other causes
nationwide.

Jeans Day is a relatively simple
idea. Companies go casual for a
cause, inviting employees to wear
their jeans to work in exchange
for a \$5 contribution to fight
homelessness.

Last year, more than 200 em-
ployers, schools and community
residents became denim do-
gooders, pulling on a pair of their
favorite jeans to demonstrate
their support for ending
homelessness.

The day of community give-
back is sponsored by The Fairfax County Chamber
of Commerce, in partnership with the Fairfax-Falls
Church Community Partnership to Prevent and End
Homelessness, The Connection Newspapers and
Apple Federal Credit Union.

"Northern Virginia businesses step up every day to
support our community in many ways, but we're es-
pecially excited about this opportunity because it's a
chance for employees to get involved directly," said
Fairfax Chamber President & CEO Jim Corcoran of
the Jeans Day initiative.

"The majority of people without homes in our com-
munity are children and working families," said Dean



Dean Klein, Office to Prevent and End Homelessness; Anna Smith, Pathway Homes; Jim Corcoran, president, Fairfax County Chamber of Commerce, and KayAnn Shoeneman, Fairfax Chamber, gather before the Board of Supervisors meeting's proclamation of Oct. 18 as "Jeans Day Fairfax."

Klein, Director of Fairfax County's OPEH.

"Homelessness affects everyone, with social and economic costs to the community, including increased public costs for medical care and education. Every-
one can help end homelessness by participating in
Jeans Days Fairfax."

Klein said businesses and individuals can make
Jeans Day Fairfax another huge success by being cre-
ative.

"It's fun and simple to organize. Ask people to come
to work in their jeans and make a donation of \$5.
It's a great way to bring a team, a floor or the whole
company together," Klein said.

Turn \$5 Into \$50,000 to Help End Homelessness

Dean Klein, the director of the county's Office to Pre-
vent and End Homelessness, had some good news to share
about Jeans Day Fairfax at the Fairfax County Board of
Supervisors meeting Tuesday.

"We have been selected to receive a \$25,000 Challenge
grant from the Phillip Graham Fund to support the 3rd An-

nual Jeans Day event," Klein said, adding:

"This exciting grant is intended to help us to challenge
businesses, schools, faith groups and individuals to help
us meet a larger goal of \$25,000."

When the county meets its \$25,000 goal, the Phillip Gra-
ham Fund will provide a matching \$25,000.

PHOTO BY DEB COBB/THE CONNECTION



ABC7 WJLA Virginia Bureau Chief Jeff Goldberg, Chapter President Susan Finn, and Ilissa Belanger, volunteer chairman of the walk, cut the ribbon at the starting line. Belanger was doing double duty at the event, also serving as team captain for walkers Miriam and Anita, Belanger's mother Miriam and mother-in-law Anita both having been Alzheimer's victims.



The 2013 Walk to End Alzheimer's Reston event came to a close with a candlelight vigil and a moment of silence in the pavilion.

Walking to End Alzheimer's

Reston Town Center Walk draws 1,200-plus participants.

BY ANDREA WORKER
THE CONNECTION

Reston Town Center looked like it was being wrapped in a rainbow as the 1,200-plus participants in the Walk to End Alzheimer's wound their way through the streets, dressed in a variety of colorful team t-shirts and carrying whirly-wind paper flowers with the names of afflicted loved ones written on the petals. Some 600 communities across the country have joined in the national effort to raise funds and awareness of this devastating disease, and the Alzheimer's Association's local National Capital Area Chapter President Susan Kudla Finn reported that more than 112 walks were held just this weekend alone, in addition to the Reston walk Sunday, Sept. 29.

"Our chapter covers 5,000 square miles and 5 million people," said Finn. "There's a lot of people in those numbers who have been touched by Alzheimer's. We're here to help and to make sure people suffering from this disease and people caring for its victims have a voice, and a place to get help and support," she said.

AFTER CHECKING IN, collecting their "flowers" and getting organized, the crowd got warmed up for their pedestrian efforts to the tunes being played by DJ Freddie B from Musical DJs. Then it was time for the official welcome and the inspirational preparations. Acting as emcee for the event was Jeff Goldberg, Virginia Bureau chief for ABC7/WJLA-TV. Goldberg announced the Reston Walk's sponsors and top team and individual fundraisers. Greenspring, the senior living community in Springfield, took top honor as Gold Sponsor. Ashby Ponds, SRA International, Tall Oaks Assisted Living, Civitan Club of Fairfax, Premium Distributors of Virginia, Vinson Hall Retirement Community, and Reston Hospital Centers supported the cause as Bronze Sponsors. The Connection Newspapers also joined in as a media partner with WJLA, WTOP Radio, and Northern Virginia Magazine.

WWW.CONNECTIONNEWSPAPERS.COM

SRA Cares, the community service program of SRA International, headquartered in Fairfax, received kudos for most funds raised by a team by the start of the walk, with over \$7,400 collected. The Rapid Ronnie Team took second place, coming in at almost 250 percent above their goal of \$2,250. Team Captain Kelly Brandquist explained that the "Rapid Ronnie's" were there in memory of Roland Brandquist, a former Navy Captain who earned a speedy reputation while playing football for the Navy in the late 1950's.

Before cutting the ribbon under the purple and white balloon arch with emcee Goldberg and sending the walkers on their way, President Finn also addressed the gathering, praising them as the "army of help and hope."

"Four hundred and forty-three thousand people in Virginia are caring for someone with Alzheimer's or dementia," said Finn. "Together, they are putting in 5,400,000 unpaid hours to care for beloved family and friends. If they were getting paid, it would total about \$6.2 billion dollars to provide that care."

THE ONE-MILE WALK ROUTE was then flooded with those on foot—both two and four—with lots of strollers and a number of wheelchair users. Alzheimer's Association staff held traffic at intersections to insure safety, and welcomed the walkers back with cheers and lots of shout-outs to say "Thank You" and quite a few hugs. DJ Freddie B helped the crowd stretch out any kinks; after a stirring performance from high school student Nicole Frank singing "Wind Beneath My Wings" in memory of her grandfather, the event came to a close with a candlelight moment of silence.

The National Capital Area Chapter of the Alzheimer's Association has two more walks planned for this year. The next walk is scheduled for Oct. 19 in Manassas. The group will close out their walking season on Oct. 26 with a final walk on the National Mall in D.C. "But fund raisers have until Nov. 30 to get their donations in for this year," Finn was pleased to remind teams and individual donors. "Just check out our website.

Links will take you to the walks in our area to complete the donation process." The Alzheimer's Association website, www.alz.org, also provides information, resources and support, as well as a 24/7 Helpline.



PHOTOS BY ANDREA WORKER

And the winners are ... Elizabeth Upright, 11, and Alex Upright, 14, from Oakton. First to return through the balloon arches, the sister and brother admitted they ran more than they walked, but they wanted to be in first to watch the others arrive. The Uprights were there with family to honor their great grandmother. "We have good memories of her," said Elizabeth.



Team "We Walk for 37"—May Robinson with 6-month-old Noah, Allison Fischer, Matt Fischer, Landon, 6, Allison's son, stands out front. Team "37," in their second Reston Walk appearance, participate to honor Allison's father, former Redskins legend Pat Fischer, who played cornerback for the team from 1968 through 1977. He was diagnosed with dementia and has become part of Allison's household.

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BULLETIN BOARD

FROM PAGE 9

\$8/person Non-members. 703-476-9689 and press 5 or naturecenter@reston.org.

How to Solve Anger Problems. 7-8:30 p.m., at Unitarian Universalist Church in the library, 1625 Wiehle Ave., Reston. Each class has two guided meditations and a teaching on Buddhist thought that we can apply to daily life. The classes are weekly through November 14. \$12. 202-986-2257 or www.meditation-dc.org.

SUNDAY/OCT. 6

October Bird Walk: Sunrise Valley Wetlands & Polo Fields. 7:30-

10:30 a.m., at Sunrise Valley Wetlands, 12700 Sunrise Valley Drive, Reston. Park on the left (west) side of the office building. These walks are jointly sponsored by Reston Association and its Environmental Advisory Committee, the Audubon Society of Northern Virginia and The Bird Feeder store. Ages 16 to adult. 703-476-9689 and press 5 or naturecenter@reston.org.

MONDAY-TUESDAY/OCT. 7-8

Tiny Acorns Become Mighty Oaks. 10-11 a.m., at Walker Nature Center, 11450 Glade Drive, Reston. Go on a hike in search of acorns and oaks big and small. Find out what animals

eats acorns, which live in trees, and make an acorn craft to take home. Reservations required by Oct. 2. \$5/child RA members, \$8/child Non-members. Ages 18 months to 35 months. 703-476-9689 and press 5.

WEDNESDAY/OCT. 9

Choices and Transitions After 50. 7 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bestselling authors Bart Astor ("Roadmap for the Rest of Your Life") and Kerry Hannon ("Great Jobs for Everyone 50+") will share how to make smart choices about work, money, health and lifestyle transitions after age 50.



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PHOTOS CONTRIBUTED

Harry Gillingham, 94, was the oldest speller at the Senior Bee NOVA Championship held at Herndon Senior Center on Wednesday, Sept. 11. He finished third. His daughter standing behind him brought some of her pupils from Calvery Temple School in Sterling to cheer him on.

Seniors Spell in Bee, Expert Youth Speller Moderates

Herndon Senior Center hosted 200-plus senior attendees from 15 senior communities and 22 contestants on Sept. 11 in a spelling bee. Lori Anne Madison, 7, the youngest ever participant in the Scripps National Spelling Bee from 2012, gave a presentation and assisted in word calling. The overall winner was Ruth Siegerson of Falcon's Landing.



Ruth Siegerson of Falcon Landing, Sterling is holding her trophy as the winner of the 2013 Senior Spelling Bee of Northern Virginia. She lasted eight rounds, defeating 22 other spellers from 14 other senior communities. The gentleman holding the other plaque is George Roark, also of Falcon's Landing in Sterling, who placed sixth in the event.



Holding the mike is word "MC" Leah Daily from Falcon's Landing, Sterling, with her "assistant" Lori Anne Madison, 7, the youngest speller to participate in The Scripps National Bee. The woman in purple, Ruth Siegerson, is a Falcon's Landing resident and was the overall winner in the 2013 Senior Bee, which was held at Herndon Senior Center on Sept. 11.

Social Justice Discussed

FROM PAGE 7

A question about corporate influence and tax breaks kicked off a lively exchange about ALEC, the conservative national consortium of state politicians and corporations vilified as a PAC aimed at increasing corporate profits at the public's expense.

In recent years, Virginia legislators have been criticized for proposing boilerplate ALEC legislation that would, among other things, dilute voting rights legislation, limit corporate liability for harm caused to consumers and give business tax credits to fund private school tuition for needy students.

"As someone who's actually attended an ALEC meeting, I agree with some of the stuff, but not everything," said Del. Jim LeMunyon (R-67), the only Republican incumbent who attended the session. "There are one or two bills that interested me, and some that are just off the wall."

Horejsi sparred politely with LeMunyon over how much corporate tax breaks cost Virginia's taxpayers.

"Seems like corporations get a lot of unfair breaks," Horejsi said.

Hung Nguyen, a small-business owner and political refugee from Vietnam who is trying to unseat LeMunyon, vowed to "close corporate tax holes," and said he would push legislation that stops corporations "who continue to make money on the backs of the poor."

Jennifer Boysko, who is challenging Del. Tom Rust, the Republican incumbent in the 86th district, said she "strongly opposes" much of the ALEC agenda, including the "takeover bill" of schools. A former aide to Fairfax County Supervisor John Foust (D-Dranesville), Boysko said she has "a strong background and commitment to social justice issues."

Del. Mark Keam (D-35) struck a bipartisan note by giving kudos to Governor Bob McDonnell for helping pass the historic transportation bill last session and the governor's efforts on prison reform.

"Today's interchange with candidates was invigorating," Horejsi said of the forum.

THE EVENT was co-sponsored by Virginia Organizing (VO); Virginia Citizens United for Rehabilitation of Errants (CURE); and the Virginia Coalition of Latino American Organizations (VACOLAO).

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The entire four person cast on the stage for "The 39 Steps": James Finley, Emily Levey, Evan Crump and Nick Rose.

PHOTOS BY
RYAN DUNN
THE CONNECTION



Costume designer Jenny O'Donnell.

Emily Levey and James Finley in the NextStop production of "The 39 Steps" in Herndon. This is the new professional theatre's first show.

Elden Street Players Reach NextStop

Herndon theatre goes professional, opens its first show.

BY RYAN DUNN
THE CONNECTION

NextStop Theater Company in Herndon began its production of Alfred Hitchcock's "The 39 Steps" on Sept. 26. Adapted by Patrick Barlow, this comedic stage version of a 1930s Alfred Hitchcock film is NextStop Theatre's first professional production. Formerly known as Elden Street Players, the all-volunteer amateur theater group has gone professional, hiring Producing Artistic Director Evan Hoffman in January. Hoffman is the director for this production.

In the director's notes for the production of "The 39 Steps," Hoffman wrote, "For 25 years, Elden Street Players proved over and over again that great theatre is not a product of giant budgets and building, but rather a produc-

tion of exceptional passion and dedication. NextStop is at its very core a recommitment to that ideal and the belief that our artists, our patrons, and even our little theater space are unique and extraordinary success is measured in our ability to make each tomorrow better than today."

HOFFMAN HAS A HISTORY with the theatre in Herndon: at the age of 10 he was cast in a production of "The Lion, the Witch and the Wardrobe" with the Elden Street Players. "From the beginning, I was in love with the Elden Street Players," said Hoffman. "There was dedication and enthusiasm combined with an incredibly loving community of artists." After graduating college and working at several professional theatre companies in the D.C. area, Hoffman joined the Elden Street Players Board of Directors to help determine the future of the organization. It was ultimately decided Hoffman would lead the transition of the Elden Street Players into a professional theatre.

As the transitions continue, the Town of Herndon, the County of Fairfax, and the Commonwealth of Virginia have been supportive of these changes. The Arts Council of Fairfax County awarded a project

grant to help fund NextStop Theatre's production of "The 39 Steps" and the Town of Herndon and Virginia Commission for the Arts have awarded grants for general operating support to the organization over the next year.

One project the theatre engaged in was remodeling the lobby. "Money was spent to make the lobby aesthetically pleasing," said Strategic Business Manager Matthew Thompson. In March 2012, Thompson was hired by Elden Street Players as their first paid employee. Another construction project was joining the backstage facility to the performance space.

The production "The 39 Steps" covers 140 characters with a cast of four. To accomplish this, Hoffman asked costume designer Jenny O'Donnell to assist in this project. "The play is set between 1935 and 1937," said O'Donnell. "The clowns play a lot of characters, so we tried to keep the clowns fun." Herndon resident Theresa Nichols, one of several persons running the production's soundboard, said: "I think it is an incredible show and the actors, director and techies have done an outstanding job." Nichols was a board member of the Elden Street Players before she stepped down.

Evan Crump, resident of Silver

Spring, Md. plays multiple characters and is credited as one of the two clowns. "This is my first gig with NextStep," said Crump. When asked about playing several dozen characters with accents and different costumes, Crump laughed. "It was a challenge, but the fun for the audience comes in seeing the actors struggle... this production is a slapstick farce in the way the audience can enjoy." The other clown is Nick Rose, a former resident of Herndon. Rose was approached by Hoffman this past winter and asked to audition for NextStop Theatre's inaugural production.

THE PRODUCTION stars James Finley as the hero, Richard Hannay, and Emily Levey plays the role of Annabella, Pamela and Margaret, three women Hannay encounters during his adventure. "It has always been on my radar to work here," said Finley. A resident of Alexandria, Finley was excited to hear Hoffman was turning the Elden Street Players into a professional theatre. "This is an exciting role to get, it still captures the adventure, the suspense and man on the run, but with a dose of comedy." The part of Richard Hannay is the only one where the actor does not double

in another role in the play.

Other crew includes James Villarubia (scenic design), Kevin Laughon (props design) and Kat Brais (hair/makeup design). Susan Garvey is the production manager and Alexis Rose and Laura Moody serve as co-stage managers. AnnMarie Castrigno, a resident of Frederick, Md. handles the production's lighting design. "One challenge Evan Hoffmann proposed was capturing the action and motion of a train scene," said Castrigno. "That concept challenge was solved with five lights and a loop of 10 light cues." Castrigno also lent a set of bagpipes that were used in this production. On the theatre company's webpage, NextStop says their new name seeks to honor Herndon's heritage as a W&OD railroad town, their future on the Metro system with the Silver Line "and our belief that any of our current success is merely a NextStop on the journey begun as Elden Street Players." The production "The 39 Steps" will continue to show at the Industrial Strength Theatre at 269 Sunset Park Drive, Herndon, on Thursdays, Fridays, Saturdays and Sundays from Sept. 26 to Oct. 20. For more information, visit the official webpage at <http://www.nextstoptheatre.org>.

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ENTERTAINMENT



ArtSpace Herndon presents the Om Shalom Trio in concert on Saturday, Oct. 12 at 8 p.m. The Om Shalom Trio concert represents the premiere of CrossCurrents, a series of world music concerts and master classes at ArtSpace Herndon. The CrossCurrents series features collaboration among artists of different cultures results in performances of thrilling and exhilarating original music.

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/.

THURSDAYS-SUNDAYS/OCT. 3-20

"The 39 Steps." 7:30 p.m. Thursdays; 8 p.m. Fridays and Saturdays; 2 p.m., 7 p.m. Sundays at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. NextStop Theatre company produces a murder mystery, directed by Evan Hoffman and adapted from the Hitchcock film and novel by John Buchan of the same name. \$25-27. 866-811-4111 or www.NextStopTheatre.org.

FRIDAY/OCT. 4

Art House Cinema and Brew Series: "Citizen Kane." 7 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Nominal fee includes microbrews and film screening in the Post Gallery, with a little intro on what makes these films the best of all time; proceeds for the series will go toward supporting ArtSpace Herndon.

www.artspaceherndon.com.

Patagonia Winds Concert. 7:30 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Proceeds from a free will offering will benefit the St. Timothy's Organ Fund. The Herndon-based professional wind quintet offers a lively program that the whole family will enjoy, featuring classic Beethoven, majestic Holst, light-footed Grieg, and noteworthy Jongen.

SATURDAY-SATURDAY/OCT. 5-12

Arts Week. Kickoff is Oct. 5, 7-9 p.m., at ArtSpace Herndon, 750 Center St., Herndon. The Portrait Competition reception, sponsored by Council for the Arts, features the Herndon-based art competition judged by Edward J. Reed, a critically acclaimed, international award-winning artist who juries numerous national and regional art competitions. The festival features the Arts Crawl at Mediterranean Breeze, Jimmy's, O'Sullivan's and Ice House Café on

Oct. 9, 5:30-7:30, with Herndon-area artists available at each restaurant with examples of their work on display. Light appetizers are available and the bar is open on a pay-your-own way basis. Crosscurrents Concert Om Shalom is Oct. 12 and the Champagne and Chocolate Gala is Sunday, Oct. 6. www.artspaceherndon.org.

SUNDAY/OCT. 6

NatureFest 2013. 1-5 p.m., at Runnymede Park, 195 Herndon Parkway between Elden Street and Queens Row Street. Event participants can visit 15 different nature stations, which include live raptors, animals that live in the park, how to tag and release a monarch butterfly and more. 703-435-6800, ext. 2119 or herndon-va.gov.

artReston Reception. 2-4 p.m., at JoAnn Rose Gallery, Lake Anne Reston Community Center, 1609-A Washington Plaza, Reston. All LRA members and the public are welcome to attend and see the outstanding paintings on exhibit. www.leagueofrestonartists.org.

Chocolate and Champagne Gala. 6 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Join in on Herndon Arts Week for a flute of champagne and some chocolate truffles accompanied by music played by a harpist. A silent auction will feature donations from local artists and restaurants. Reservations. \$25 per person or \$40 per couple (cocktail attire; black-tie optional). 703-956-6590 or www.artspaceherndon.org.

THURSDAY/OCT. 10

Classical Guitar Concert. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Dr. Miroslav and Natasa Loncar are classical guitarists and native Croatians who have performed throughout Europe and the U.S. 703-503-3384, olli@gmu.edu, www.olli.gmu.edu

Artwork Critique. 7-9:30 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Ted Reed offers a critique to artists. Bring up to three pieces of artwork. 703-956-6590 or www.artspaceherndon.org.



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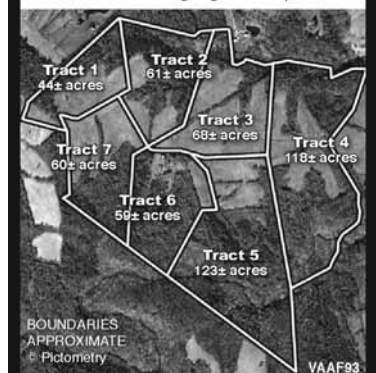
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South Lakes Field Hockey Edges Marshall

Seahawks score in opening minute of second half.

BY JON ROETMAN

THE CONNECTION

From 2007 to 2012, the Marshall field hockey team won eight consecutive matchups against South Lakes, outscoring the Seahawks 30-3 in the process.

On Monday night, a "goal hungry" Aly McCarty put an end to the streak.

McCarty, a junior on the South Lakes field hockey team, scored a goal in the opening minute of the second half and the Seahawks defeated Marshall 1-0 on Sept. 30 at South Lakes High School.

Junior midfielder Megan Greatorex assisted the goal.

"I think I definitely wanted to score," McCarty said. "Coming into the second half, I was like, I need to get it done now. I was really goal hungry."

South Lakes improved to 8-3-1 under first-year head coach Jessica Salo, who coaches at the club level for Potomac Field Hockey. The Seahawks started 6-1-1 but suffered back-to-back 4-0 losses to



South Lakes junior Aly McCarty scored the lone goal during a 1-0 victory against Marshall on Sept. 30.

Langley and T.C. Williams. Since then, South Lakes responded with a 2-0 win against Wakefield and a streak-ending victory against Marshall.

"Unfortunately, those last two losses were kind of tough, but I think we've turned it around," Salo said. "... I think we've worked out a lot of the kinks."

Salo said McCarty, Greatorex and senior Katie Hunt have been the Seahawks' top offensive players.

With the loss, Marshall dropped to 6-6. The Statesmen graduated 12 seniors from last year's team, including eight starters.

"I think we had moments of really nice hockey where we were spread out and we had some good passes ... and made some plays," Marshall head coach Christina Carroll said. "I just think that we weren't consistent throughout. There were moments of intensity with hustle and then there were moments of no hustle, watching the ball, just kind of reacting to things. It's the consistency that's been killing us."

"... This is the first time in many years we've lost to South Lakes. They've been getting stronger and stronger every year, so kudos to them."



Marshall field hockey coach Christina Carroll said junior midfielder Lauren Kaup, right, is one of the Statesmen's top offensive players.

"I think I definitely wanted to score. Coming into the second half, I was like, I need to get it done now. I was really goal hungry."

— South Lakes junior Aly McCarty

Carroll said junior midfielder Lauren Kaup has been the Statesmen's offensive catalyst.

"She's smart with the ball when she gets it and she has a really dynamic run when she has the ball," Carroll said. "She can change pace, she can change direction. She's a very strong player for us."

Senior forwards Allie Johnson and Kelly Mills, and sophomore forward Victoria Novak, a transfer from Falls Church, are Marshall's top goal scorers.

South Lakes will travel to face McLean at 7:30 p.m. on Wednesday, Oct. 2. Marshall will host Langley.

FOOTBALL ROUNDUPS



Langley quarterback Nick Casso scored four rushing touchdowns against Chantilly on Friday night. Saxons overcame a seven-point halftime deficit to beat Chantilly 42-21 on Sept. 27 at Langley High School. The Saxons outscored the Chargers 28-0 in the second half to improve their record to 2-2.

McLean Football Beats South Lakes

The McLean football team defeated South Lakes 13-12 on Sept. 27.

McLean (2-2) will travel to face Herndon at 7:30 p.m. on Friday, Oct. 4. South Lakes (2-2) will travel to face Madison.

Oakton Football Wins Third Straight

The Oakton football team edged West Potomac 28-27 on Sept. 27, giving the Cougars three consecutive victories.

Oakton (3-1) will travel to face Woodson at 7:30 p.m. on Friday, Oct. 4.

Madison Falls to Stone Bridge

The Madison football team lost to Stone Bridge 42-6 on Sept. 27.

Jason Gastrock threw a 12-yard touchdown pass to Nate Williams for the

Warhawks' lone score.

Madison (0-4) will host South Lakes at 7:30 p.m. on Friday, Oct. 4.

Marshall Football Loses to TJ

The Marshall football team lost to Thomas Jefferson 38-7 on Sept. 27, dropping the Statesmen's record to 0-4.

Marshall will host Langley at 7:30 p.m. on Friday, Oct. 4.

Herndon Drops Conference Opener

The Herndon football team lost to Robinson 38-0 on Oct. 27, dropping the Hornets' record to 0-4.

Herndon lost its first three games against Mount Vernon, West Springfield and South Lakes by a combined total of seven points.

The Hornets will host McLean at 7:30 p.m. on Friday, Oct. 4.

Columbus Day Holiday Schedule

Town of Herndon government offices and services will be impacted by the Columbus Day, Monday, Oct. 14 holiday as follows:

- ❖Town offices—Closed Monday, Oct. 14.
- ❖Refuse collection—Refuse will not be collected. Refuse normally collected on Monday will be collected on Tuesday, Oct. 15.
- ❖Herndon Community Center—Open, 6 a.m.-9:30 p.m. Class schedules for Oct. 12-14 may be changed due to the Harvest Moon Swim Meet Oct. 12 and 13, and the holiday; check with the class instructor or call the HCC at 703-787-7300. The Indoor Tennis Bubble is open regular hours and classes will be held.

- ❖Herndon Centennial Golf Course—Open, 7 a.m.-dark.
- ❖The town-wide Fall Clean-up will be held Oct. 7-11. Pick-up is on your trash day only.

Fox Mill Students Walk to End Homelessness

Fox Mill students, their teachers and families will once again walk to help end homelessness for those less fortunate in Fairfax County. The 8th Annual Walk for the Homeless will be held on Thursday, Oct. 17 on the grounds of Fox Mill Elementary School in Herndon. The event is organized by the Fox Mill Elementary PTA. All proceeds benefit Cornerstones (formerly Reston Interfaith) and are further backed by Fannie Mae. This year, all donations will be given online at <http://www.hthwalks.org/goto/foxmill>. In addition to raising funds for the homeless, the purpose of the annual event is to raise awareness that we have homeless people living in our area.

The walk will culminate the weeklong events designed to help raise student awareness of homelessness in our area. Events planned include starting each day that week with morning announcements giving facts about homelessness and having all students participate in a grade-level appropriate homelessness activity. In addition, the Fox Mill Student Council officers will visit the Embury Rucker Community Shelter and bring back the information to the students at Fox Mill.

Students who join the Walk to End Homelessness will wear T-shirts featuring a design created by Fox Mill fourth-grader Kaylyn Siefgried, who won the Fannie Mae art competition for 2013. Her artwork will be used by Fannie Mae throughout the country.



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SCHOOLS



Jade draws during Chalk for Peace day at Lake Anne Elementary School Monday, Sept. 23.

Lake Anne Childcare Chalks for Peace

Several children drew a "Say No to Bullying" chalk drawing at Lake Anne Elementary's School Aged Child Care program, Chalk for Peace, held Monday,

Sept. 23.

Students were told to draw something happy and peaceful, such as sunshine, happy faces and flowers.



Lake Anne Elementary School friends Curtis, Quinton and Malachi rest behind their anti-bullying chalk drawing.



Quinton draws for Chalk for Peace day at Lake Anne Elementary School Monday, Sept. 23.

PHOTOS
CONTRIBUTED

"Mor-Tality" Or Less



By KENNETH B. LOURIE

Meaning, in my head anyway, the future and what there is left of it. More specifically, I mean life expectancy. When you're given a "13-month to two-year" prognosis – at age 54 and a half, by a cancer doctor, your cancer doctor, the timeline between where you are and where you thought you'd be – and when, becomes as clear as mud. Yet not planning for the future, a future that previous to your diagnosis was thought to be guaranteed (based on family/patient history) creates a negative when all health care professionals advise being positive. Anecdotal evidence suggests that acting like you have a future helps in some unexplainable way in you/the patient having one.

Over the last month, I've had some time-sensitive and planning-for-the-future-type decisions/expenditures that on paper at least – given my terminal diagnosis, could be construed as money poorly spent. Nevertheless, since it is my life – and I'm trying to live it, I went ahead and signed up and paid to have these future benefits in place (starting at the present), and I'm not talking funeral arrangements, either. What I'm referring to are everyday/ordinary expenses where your dollars guarantee years ahead rather than years behind: one-year anti-virus coverage for my computer – until September 14, 2014; two-year coverage until September 30, 2015, for my Life & Health Insurance from the Maryland State Insurance Administration (I used to be an active agent in my previous career); and finally, six-years renewal (although one has no choice, really) until September 30, 2019, for my new Maryland Driver's License.

Certainly, in my mind and experience, these renewals are sort of necessary, perhaps more so for the present than the future, but since I can't know for sure, I felt as if hedging my bets was the prudent course of action. And though not renewing these three obligations was not really practical, given the realities of my life and its related responsibilities, the planning-for and purchase-of them did give me pause to consider my future and my expectations for it. Having terminal cancer will do that to you: stop you in your tracks and cause you to measure (almost literally) every step you take. It's not exactly fun, but it is a living, and I'm particularly happy to be the one doing the living.

And during these past few weeks, I did stop, and I hemmed and hawed too and decided to pay it (and my life) forward; to invoke and rework a concept made famous by a movie of the same name starring Haley Joel Osment. So I'm now officially paid up – for a few years. If I think too much about what's happened to me (stage IV non-small cell lung cancer) and why, I fear it will weaken my resolve. A resolve which is short on facts but really long on feelings. Feelings which I've become accustomed to having and believing.

I have to believe in something, and believing I have a future is the best way I know how to turn these feelings into facts.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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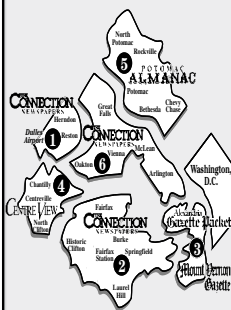
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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Sarah Taylor, Washington District director of U.S. Citizen and Immigration Services, leads 25 new immigrants in the Oath of Allegiance Saturday, Sept. 28.

Cultures Come to Reston

Annual multicultural festival held at Lake Anne.

BY ALEX MCVEIGH
THE CONNECTION

Nearly 50 years ago, Robert Simon founded Reston with several goals, and one of them was diversity. For the past 12 years, the Lake Anne of Reston Condominium Association, Reston Community Center and Reston Association have hosted a tribute to that goal, the Reston Multicultural Festival.

"This event calls out the foundation of who we are, and exhibits that we try to live it every day," said Supervisor Cathy Hudgins (D-Hunter Mill). "This festival has become to go to place to enjoy the spirit of Reston, that we are a welcome and open place that gives us all a chance to grow, be together and share our values."

This year's festival took place Saturday, Sept. 28, and it was the third year that it began with an official Naturalization Ceremony. Twenty-five individuals from around the world said the Oath of Allegiance and received their citizenship certificates.

"When you take that oath, you will be as much of an American citizen as I am. You will have the same responsibilities to make this a better country, to help us live up to our ideals," said Rep. Gerry Connolly (D-11), speaking to the country's newest citizens. "We are enriched by waves of immigration, by people who understand and take pride in their new country [and] remind us of what we believe. And that's our responsibility."



The Traveling Players perform "The Doctor in Spite of Himself" at the Reston Community Center Lake Anne, part of the Reston Multicultural Festival.

ity, to help us make this an even greater country, help us live up to my ideals."

Connolly recalled that when he moved to Fairfax County, 3 percent of the population was foreign born.

"Today, that percentage is 27 percent, and Fairfax County is better for it," he said. "If you look at any index, educational achievement, the number of jobs we've created, median household income, much higher than it was 35 years ago. The crime rate is lower than it was 35 years ago. One can only conclude that their presence, their willingness to undertake the responsibility to become a citizen has made us a stronger and better place."

Bolivian dance troupe Alma Boliviana helped guide guests from the World Stage at the plaza to the Global Stage in the parking lot. The group started dancing at the plaza fountain, and used their signature dance and outfits to lead interested attendees to the first performances of the day.

"I thought the dancers were a great way to get people involved

from the start, it gave the performances an interactive twist, because we could just follow them," said Shima Kendrick of Reston. "It definitely got me in the spirit."

While performances took place on both stages, the inside of the Reston Community Center Lake Anne hosted an international book fair, as well as a series of live performances and storytelling exercises.

"This is an opportunity to share in the diversity that is so special to this community," said Beverly Cosham, chair of the RCC Board of Governors. "At Reston Community Center we take pride in the fact that we serve our patrons in 10 different languages."

THE LIVE PERFORMANCES took people through a variety of cultures, from Asian dancing to the arts and crafts of the Caribbean.

"My favorite event so far has been the Cambodian musicians and dancers," said Amy Teller of Vienna. "I thought the music was just perfect, and the dancers moved with such grace along with it that it was very striking."



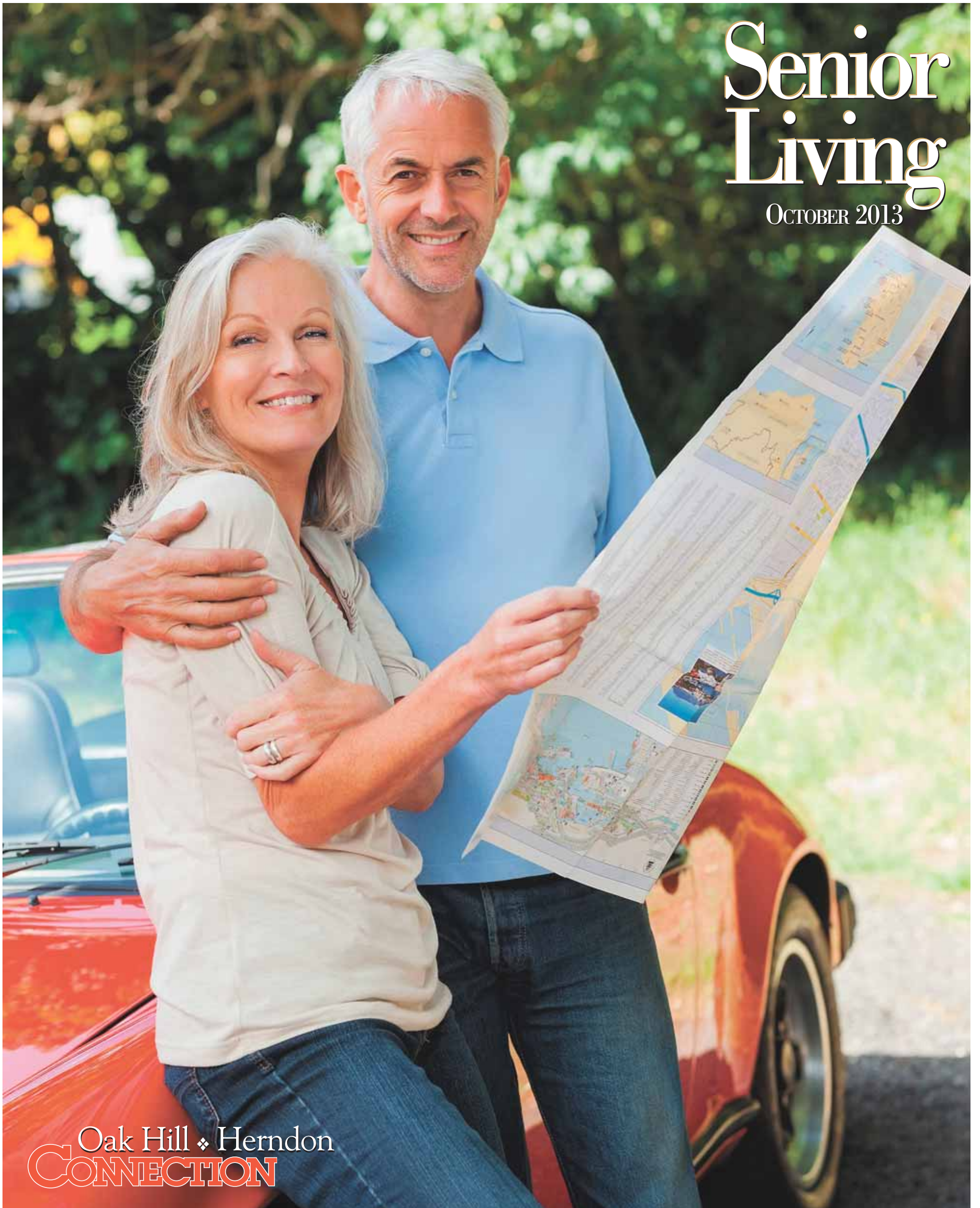
Members of the South Lakes High School JROTC bring the colors at the start of the Reston Multicultural Festival Saturday, Sept. 28.



Dancers from Alma Boliviana kick off the performances at the Reston Multicultural Festival Saturday, Sept. 28.

Senior Living

OCTOBER 2013



Oak Hill ♦ Herndon
CONNECTION

Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL
THE CONNECTION

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

"We were getting older and keeping up a house and yard in Fairfax was getting harder," said Jim Harkin, a retired Navy captain. "We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children."

Phyllis Harkin, a former real estate appraiser, said, "We did it in time, but after living at The Fairfax, we wish we'd done it earlier. You have no idea how much fun it is over here."

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent liv-



Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility's birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

ing retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. "I wanted to move into a community where there were people who had lifestyles that were similar to mine," said Aust, a retired federal employee who has no children. "I like living in

a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here." Aust volunteers on the Heritage Hunt community task force and with the

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community's women's group.

THESE TRANSITIONS were smooth and logical for them, based on their own choice.

But the decision to move out of one's home and into a retirement community is often complicated and can be fraught with anxiety. Experts in geriatrics say that reasons to relocate to a retirement community usually boil down to three factors: social connections, physical condition and personal safety.

"It's like a trifecta or a three-legged stool. It is hard to be stable if one leg isn't working" said Andrew Carle, an executive-in-residence at George Mason University's program in senior housing administration in Fairfax. "A person might be physically healthy, but if they are isolated in their home and not driving or have lost touch with friends, they could become depressed."

Carle, who has more than 25 years of

**"We wish we'd
[moved] earlier.
You have no idea
how much fun it
is over here."**

— Phyllis Harkin

SEE CHOOSING A HOME, PAGE 4

Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

BY JOHN BYRD

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportunity than a personal call to apply what he'd learned from personal experience in helping his son, Michael, who was born with cerebral palsy.

"As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to absorb the evolving strategies and technologies that were then beginning to evolve," Glickman said. "I spent several years acquiring new certifications while continuing to execute full-scale remodeling projects."

Starting initially as a helpful neighbor with sound advice, Glickman, who has op-

erated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

"I was offering feasibility studies in special needs situations mostly on referral, but the inquiries pretty quickly became about half of my work," he said. "It wasn't that there weren't other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so."

His conclusion: an accessibility solution that's tailored to an individual is always best, especially when designed to accommodate both current and probable future needs.

"The reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well."

On top of this, Glickman said, there are

always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

"This is an enormous societal issue, with a significant and growing practice literature that must be absorbed," he said. "Having said this, I find that the best solutions arise from effectively collaborating with someone facing challenges who's really passionate about making the most of their situation."

IF THERE'S ONE TREND that's well underway in Northern Virginia, it's that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story elevator in their 10,000-plus-square-foot house. "The owners are in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve."

Since elevator access within the home's existing structure wasn't feasible,

Glickman's plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a

SEE DIVERSE NEEDS, PAGE 4

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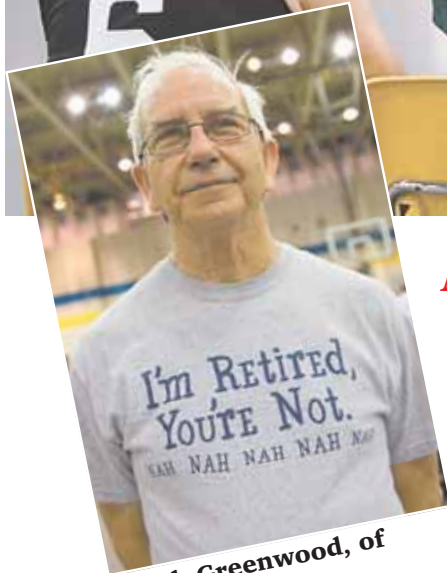
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SENIOR LIVING



PHOTOS BY
LAUREN
SCHNEIDERMAN

Jim Martin, of Rosslyn, talks to members of an opposing team while waiting for the basketball game to begin.



Ralph Greenwood, of Reston.

Active Seniors Compete for Glory

After 11 days of more than 50 events held Sept. 7-19, the Northern Virginia Senior Olympics finished with a golf event at Forest Greens Golf Course in Triangle, Va. Other events ranged from cycling, swimming and pickle ball to Mexican train dominos and Scrabble.

NVSO Chairman Janet Garber said, "Nearly 750 adults, age 50 and over, competed in this year's events which took place at 17 different venues throughout Northern Virginia. We are always impressed with the enthusiasm and camaraderie of the participants who ranged in age from 50 to 103." She also said, "These seniors exemplify NVSO's mission, living healthy longer, and are spectacular role models." Results for each of the events are available at www.nvso.us.

NVSO is sponsored by the Parks and Recreation departments and other agencies in the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

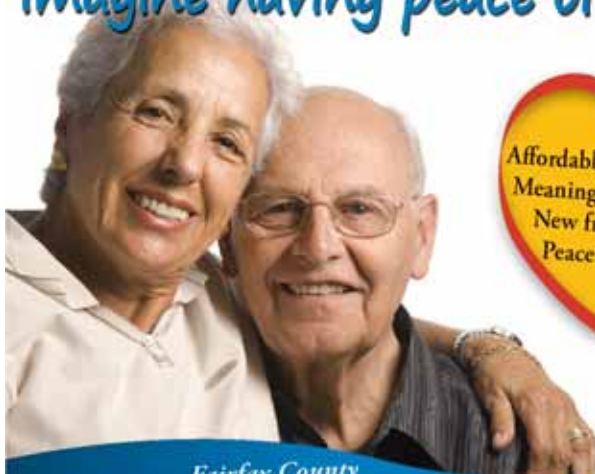


The Hawaiian Stars, from the Senior Center, Without Walls took first place. The Hawaiian Stars are: Edna Noe, Annandale; Michelle Ro, Burke; Marilu Morada, Burke; Tessie Buri, Burke; Fran Cornett, Fairfax Station; Rita Perrotti, Springfield; and Melanie Willis, Fairfax.



Team Silver Diamond took second place. Silver Diamond dancers are: Susie Thomas, Burke; Cathy Byun, Annandale; JeeHee Kim, Clifton; Chungsoon Yang, Fairfax; Kisook Garber, Woodbridge; and Youngsook Chon, Centreville.

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 2

executive-level senior housing and health care experience, adds that if a person has had a stroke or another condition that affects mobility, living alone is challenging. "If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone," he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. "If you fall and hit your head and nobody comes, you could die," he said. "There is also the medication issue. The average 75-year-old is on between seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. The number one cause of death due to injury in seniors is falls."

Linda Guly, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one's life makes many seniors resistant to moving.

"One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing," she said. "Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring."

Andrew Carle said, "The very best strategy for a resistant parent is respite stay, which is essentially a short-term stay. The family goes on vacation and lets the senior stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after about a week or two the senior realizes that living alone in their home and watching television all day isn't all it is cracked up to be."



John Mutchler



Peg Bixler



Dorothy Lavoie

PHOTOS COURTESY OF THE HERMITAGE

WHEN ONE DECIDES that living alone is no longer wise, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide different levels of care for those who need help with small tasks such as medication administration, to those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are another option.

Some facilities such as The Fairfax and the Hermitage in Alexandria, are continuing care retirement communities that enable residents to transition in the same facility as conditions change.

"Independent living basically meets a person's social needs," said Carle. "Assisted living is for people who have physical needs or limitations. I don't think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy."

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, "We have everything from people who are totally independent to people who need help bathing and dressing. We can deliver all of those services."

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities including a game and fitness rooms, there is support throughout the facility. "There is a community aspect. If someone doesn't show up for a meal, we notice. We work as a team to make sure we all know the residents, and if they don't show up for something, someone is going to check on them." Activities as simple as a meal in the dining room can become an opportunity for socializing. "This is a new chapter in their lives. We try to pair people up and give them a buddy and we have activities every single day of the week."

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with Alzheimer's disease or dementia.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening. "We have the Westminster, a choir and the Westphalians, a drama group," said Carolyn Crosby, assistant administrator at Westminster. "We also have a resident garden, which the residents tend themselves."

They grow vegetables and leave overflow produce for other residents to take."

"Fox Hill's... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very attractive and very accessible," said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. "And I didn't want to be a burden to my children," Bixler, a retired oncology nurse, added. "I do miss my career and I miss traveling, but I've traveled all over the world."

Bixler says living in an assisted living community allows her to maintain an active lifestyle while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts, and for the USO at Washington Reagan National Airport, greeting veterans and passing out flags.

"I'm busy 24 hours a day. I get out and walk every single day," said Bixler. "I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about." Bixler is still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland.

Relocating from a different state to be close to family is a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. Lavoie, a former nurse, served in World War II and the Korean War. "I was living in California, and my niece who lived here wanted me to live near her."

Another Hermitage resident, John Mutchler, a retired chemist, moved from New Jersey to Alexandria to be closer to his family. "I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group."

Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 2

third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry.

Not surprisingly, professionals regarded this as a highly specialized assignment. "There aren't lot of local contractors who could execute a project like this," said Andria Gregory of Area Access, Inc, the firm that will install the elevator in the new shaft.

"The specifications are always exacting, so it's important to us to work with people who have a track record," Gregory said.

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components

Details

Russ Glickman periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com or call 301-444-4663

has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

"This wasn't a surprise," Janice Marquez said. "The research shows that polio survivors can have increased mobility challenges as they age, so we wanted a wheel-chair friendly plan even though it's not a necessity right now."

The biggest obstacles: a curving, rug-

gedly-steep front walk that links up with a front stoop; standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

"It had become difficult for Jaime to negotiate the house on crutches, so we were looking ahead," Janice Marquez said. "Initially, I wasn't sure if we should remain in this house, but I had read about Glickman and decided to get his feedback."

Compounding the "move vs. improve" question was the couple's mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

"I've seen accessibility modifications that become obstructive," Janice Marquez said. "I wanted to see if we could make changes

that would enhance the property — functionally and aesthetically."

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a "zero step" entry.

To facilitate Jaime Marquez's access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez's ability to move freely from driveway to front door and throughout the house. They've also bestowed an unexpected benefit.

"The interior now feels much more spacious," Janice Marquez said, "and the wider doorways allow more natural light."