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CONNECTION

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South County Band Mentors Middle-schoolers

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Marching band drummer Robert Brennand, a junior, gives a lift to Ethan Bartel, eighth grade, during the South County High School football game against Lee High School on Friday, Sept. 27.

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Republican gubernatorial candidate Ken Cuccinelli



Democratic gubernatorial candidate Terry McAuliffe

PHOTOS BY MICHAEL LEE POPE/THE CONNECTION

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



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.

PHOTO BY MARY KIMM/THE CONNECTION

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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Helping a Friend in Need

Children from the Barrington neighborhood in Fairfax Station presented their neighbors, the Chandler family, with over \$1000 on Saturday, Sept. 21, raised over two days selling lemonade in the neighborhood. The Chandlers recently lost their home in a fire. Also present were Robert Kalland and Cos DiMaggio, who assisted the first responders the day of the fire. State Delegate Dave Albo was on hand to present all with certificates recognizing their efforts. From left, Sam, Alex, Sydney, Hannah, Amelia, Cassandra, Cole, Cooper, John Wesley, Miranda, Sophia, Veronica, Ben, R. Kalland, C. DiMaggio, Delegate Dave Albo, F. Chandler, S. Chandler, N. Chandler, A. Chandler.

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/SATURDAY/OCT 3-19

SpartanFest Craft Fair at WSHS, 6100 Rolling Road, Springfield. Bring the whole family to enjoy the many student-sponsored activities, great food and annual PTSA raffle fundraiser and craft fair in the 28th year of the event put on by the West Springfield High School PTSA. 703-257-6658 or wshsspartanfest@msn.com.

TUESDAY/OCT. 8

Meet Candidates for State Delegate from Lee District. 7 p.m., at Franconia Government Center, 6121 Franconia Road, Alexandria. LDACO and League of Women Voters of Fairfax Area will co-host a meet and greet event for candidates for state delegate or their representative. LDACova.org.

WEDNESDAY/OCT. 9

NARFE Springfield Chapter 893. 1 p.m., at American Legion Post 176, 6520 Amherst Ave., Springfield. A presentation by Malcolm Gaskin, account executive in the Federal Employee Program

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AREA ROUNDUPS

Run Around Lake for Wounded Warriors

The 7th Annual Run Around the Lake—Run for Wounded Warriors will be held on Sunday, Oct. 6. Check-in begins at 7 a.m., run starts at 8 a.m. at the Burke Lake Park, 7315 Ox Road, Fairfax Station.

Event is sponsored by J. M. Waller Associates, Inc., a Service Disabled Veteran Owned Business specializing in environmental, facilities and logistics consulting and management services to federal, state, municipal and commercial clients and Halfaker & Associates, an 8(a), Small Disadvantaged Business, Service Disabled Veteran Owned, Woman Owned Small Business providing a comprehensive suite of services across the areas of homeland security and defense, physical security, program management and information technology.

BULLETIN BOARD

FROM PAGE 4

at Carefirst Blue Cross/Blue Shield, on the changes to the Federal Employees Health Benefits Prog (FEHB) for 2014, as well as the new health care federal legislation, the Affordable Care Act, known as Obamacare; questions follow presentation. Free. 703-569-9684 or harahan@verizon.net.

WEDNESDAY/OCT. 23

Moms on the Run. 10-11:30 a.m., at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Mom Liz Bryant shares her Christian

The sponsors invite everyone to participate in the 7th edition of this annual event to support the Wounded Warrior Project as they run, jog, walk around Burke Lake while helping the Wounded Warrior Project. Race sponsors will cover the costs associated with the run allowing for 100 percent of registration fee and donations to go directly to Wounded Warriors.

The 7th Annual Run Around the Lake will once again be a formally timed event, so it is great for competitive runners but is also an excellent event for those just looking to have a good time.

Last year's Run Around the Lake raised \$25,157 for Wounded Warriors. Projected turnout for the 2013 event is 500-plus people.

For additional information, visit http://www.jmwaller.com/wounded_warriors.asp or contact us at 703-912-2903 or runforwoundedwarriors@jmwaller.com.

perspective on the origins of Halloween and why she chose homeschooling, providing a general discourse of living as first generation Christian. \$7 per mother, which includes coffee, tea, and homemade treats; free childcare, RSVP. MomsOnTheRun4@gmail.com.

SATURDAY/NOV. 2

Bake and Craft Sale. 9 a.m.-3 p.m., at the Lorton Senior Center, 7722 Gunston Plaza, Lorton. Browse 30 local artists, crafters and a terrific bake sale; bakers and crafters needed, reserve space now. 703-550-7195.

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Starting Sept. 8 through Dec. 15

Inova HealthSource Flu Program will host on-site flu shot clinics at Inova HealthPlex - Lorton, Sundays, 1:00 - 3:00 p.m., starting September 8 through Dec. 15.

Cost: Flu shot: \$30 • FluMist: \$35 (available, while supplies last)

Inova accepts Medicare Part B as payment in full for persons who are not enrolled in a managed care or advantage plan and bring their Medicare card to the flu clinic. All others must pay by cash, check or credit card (credit cards accepted at hospital clinics only) at the time of the vaccination. A receipt will be provided to you to submit to your insurance company for reimbursement.

The Centers for Disease Control and Prevention urges everyone over the age of 6 months to receive an annual flu shot.

You should NOT receive a flu shot if you:

- have an allergy to chicken eggs
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- had a reaction to a flu shot in the past
- have a fever or active respiratory infection
- had a previous episode of Guillain-Barré Syndrome



To learn more about the flu and the Inova HealthSource Flu program, visit inova.org/flu

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."

SEE SOCIAL JUSTICE, PAGE 19

Now What?

Fairfax County braces for "domino effect" of federal government shutdown.

BY VICTORIA ROSS
THE CONNECTION

While it's still unclear how long the government will remain shuttered as the standoff between the Republican-controlled House and Democratic-controlled Senate continued Tuesday, Sept. 24, there are a few things Fairfax County residents can count on:

❖ Fairfax County Government remains open for business.

❖ Absentee voting, which started Tuesday, continues as scheduled.

❖ Residents still have to pay car taxes by Oct. 7. As congressional leaders traded barbs over which party is to blame for the first government shutdown in 17 years, Fairfax County Executive Edward Long issued a statement regarding the impact of the shutdown on county employees and residents.

"We live in a 'company town' and the company is the federal government, so most of us have family and friends who are federal employees or contractors impacted by this shutdown," Long said in a memo emailed to county employees Tuesday.

Long said his biggest concern was the "domino effect" the shutdown will have on the local economy, and "the short-term uncertainty that will impact business decisions."

"There are many questions still unanswered," Long said in the memo. "In the meantime,

many of the people we serve are under increased stress and in need of enhanced county services."

The government shutdown has forced about 800,000 federal workers off the job and suspended most non-essential federal programs and services.

The government stoppage also closed national parks, all Smithsonian museums, the U.S. Capitol visitor's center and the National Zoo.

IN FAIRFAX COUNTY, Long noted that some county agencies have been directly impacted, and Langley ForkPark, which is on land owned by the National Park Service and managed by the Fairfax County Park Authority, is now closed and park activities are suspended.

At a committee meeting Tuesday morning, the Board of Supervisors discussed the shutdown and its potential impact on county resources and staffing.

After the meeting, Supervisor Jeff McKay (D-Lee), whose district includes many federal employees and contractors, said that Fairfax County could come away "relatively unscathed if the shutdown ends in a few days."

He said the board was "prudent enough to set aside an \$8 million sequestration reserve that we can tap into if necessary."

SEE DOMINO, PAGE 19

Fairfax County Government Services Open This Weekend

With one trip to the Fairfax County Government Center the weekend of Oct. 5 and 6, residents can pay their car tax, register to vote and then, if they feel like it, paint a pumpkin and ride a carousel.

Fall for Fairfax KidsFest takes place Saturday and Sunday, and several government services will be available this weekend. Here's a list:

❖ **Saturday, Oct. 5, 8 a.m. to noon**—The Department of Tax Administration will be open in Suite 223 for residents to pay their car (personal property) tax, which is due Monday, Oct. 7.

❖ **Saturday, Oct. 5, 9 a.m. to 5 p.m.**—The Office of Elections will be open in Suite 323 for residents to register to vote or check your voter registration status (deadline is Oct. 15), and for qualified registered voters to absentee vote for the Nov. 5 General Election. Reserved parking for voters is available in lot A near the main entrance to the Government Center.

❖ **Sunday, Oct. 6, 10 a.m. to 5 p.m.**—The DMV 2 Go customer service van will be parked outside the Government Center building on Sunday during Fall for Fairfax Kidsfest. DMV 2 Go offers all Virginia Department of Motor Vehicle services.

The Fairfax County Government Center is located at 12000 Government Center Parkway, Fairfax.

❖ For more information on Fairfax County Government services, go to www.fairfaxcounty.gov.

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Dr. Nagda was recently selected to join the American Shoulder and Elbow Surgeons (ASES), an elite society whose membership consists of approximately 300 leading orthopedic surgeons worldwide specializing in the shoulder and elbow.

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FAIRFAX STATION/CLIFTON/LORTON CONNECTION ♦ OCTOBER 3-9, 2013 ♦ 7



Kirra Wolf, 6, experiences a potter's wheel at Clifton Day 2012, courtesy of Tammy Ratliff of TGR Pottery.



TheyCallMePiano will perform at this year's Clifton Day.



PHOTOS BY BONNIE HOBBS/THE CONNECTION

People at last year's Clifton Day peruse the craft vendors along Main Street.

It's Almost Time for Clifton Day

46th annual festival is Sunday, Oct. 13.

BY BONNIE HOBBS
THE CONNECTION

Featuring everything from a strolling bagpiper to a woman on a unicycle—plus handmade crafts, pony rides, Civil War re-enactors, live bands and foods galore—the 46th annual Clifton Day is set for Sunday, Oct. 13, from 9 a.m.-5 p.m. (Rain date, Oct. 20).

“Clifton Day is a fun way for all ages to spend a fall day,” said event Chairman Barbara Hutto. “What makes it special is that it's more of a community event than just a craft festival. Clifton Day is organized and run by volunteers who showcase local artisans, local talent and town businesses. Sitting in the beer garden with your friends listening to live music, it feels more like a block party.”

Oddly enough, the Clifton Presbyterian Church's annual spaghetti dinner led to her heading up Clifton Day. She and her husband Kevin were there at the same time as previous chairman Fred Ansick and Clifton Betterment Association (CBA) President Michelle Stein.

“Over cannoli, I heard my husband volunteering me to be chairman,” said Hutto. “[Then] Fred convinced me [it] would be more fun than work, and he was right.

It's the dedicated group of volunteers who make it happen, and it's a great way to be involved with the community.”

The CBA puts on Clifton Day and proceeds go to the town's non-profit groups, including the Clifton Lions Club, Girl and Boy Scouts, Clifton Presbyterian Church, Clifton Gentleman's Club, Clifton Woman's Club, the CBA and Acacia Lodge.

Admission is free; parking is \$5/car (\$10 on the floodplain), with proceeds going to charity—and Clifton Day is the largest fundraiser for all the town's nonprofits.

THE TOWN PARK off Chapel Street will host a wide array of children's activities. JumpWorks

Acacia Lodge. It will also provide a pony for petting in the park. The renowned Unicycle Lady will perform mainly in the park, but will also do some stunts on Main Street. And the Banjo Man, Jim Haner, and bagpiper Michael Ahnell will perform while strolling through town.

The stage on Chapel Road will feature a variety of singers, dancers and musicians. At 11 a.m. will be the Boyle School of Irish Dance; 11:30 a.m., Lily's Lookout, an all-girl band playing a mix of classic rock, current hits and original music; and 12:15 p.m., Super NOVAS, local students from Sophia Music Studio's pop-rock workshops.

At 1:15 p.m., TheyCallMePiano, a female teen singer from Centreville, will perform; 2 p.m., Hot Buttered Nuggets, a vintage Americana group; and 3 p.m., Colin Thompson Band, playing American roots music.

In 2011, Thompson was listed at number 21 on The Alternate Roots list of top, roots-music guitar players.

Artisans on Main Street's Ayre Square will demonstrate crafts such as woodcarving, wool spinning, winemaking, weaving and pottery and basket making. And some 200 arts-and-crafts vendors

will have inflatables and moonbounces there and a balloon artist will twist colorful balloons into fanciful shapes. Local Girl and Boy Scout troops will have booths in the park with games such as safe darts and beanbag toss.

The Northern Virginia Therapeutic Riding Academy will offer pony rides near the barn behind

“Clifton Day offers something for everyone. Whether you like shopping, listening to talented musicians or just being outdoors with friends and family in a picturesque setting, it's the perfect way to enjoy an autumn afternoon.”

—Event Chairman Barbara Hutto

will sell their wares throughout the town.

Items include jewelry, candles, plant hangars, glasswork, children's clothing, baskets, ceramics, woodworking products, furniture, mixed media, needlework, quilts, sculpture, metalwork, seasonal decorations and holiday items, sports memorabilia, toys, stained glass, and watercolor and oil paintings.

Food will be available in several places. The Clifton Lions Club will offer hamburgers, hot dogs and barbecue; Clifton Presbyterian Church, crab-cake meals, brisket meals and corndogs; Cub Scout Packs 1861 and 1104, cotton candy, popcorn, lemonade, cookies, candy and apple cider; Acacia Lodge, pulled pork and Italian sausage.

As for commercial food vendors, Baja Fresh will sell burritos, quesadillas and chicken, fish and shrimp tacos. Also on Chapel Road will be The Barbecue Man offering pulled pork, chicken, sausage and peppers; the CBA will sell beer there, too.

Food vendors throughout the town will sell treats including kettle corn, funnel cakes and Sno-Cones. Also open for business will be the Clifton Café (crepes and more), Cupcaked (new cupcake shop), Main Street Pub (inside The Clifton Store), Trummer's on Main, plus Peterson's Ice Cream

and Dog Pound.

THE TOWN STORES will also welcome visitors. Antiques vendors will be behind Main Street. And for history buffs, Civil War re-enactors Tony Meadows and the 49th Virginia Infantry will be encamped in the yard across from the stage on Chapel Road.

Rite Aid's Wellness65+ will do wellness screenings and blood pressure checks on Chapel Road. And the Inova Bloodmobile will be next to the Acacia Lodge; those donating a point of blood will be entered in a raffle for prizes.

The VRE train will run to and from Clifton, or festival attendees may park at Clifton Elementary, the floodplain, Kincheloe Road, Newman Road, and Chapel Road at Frosty Meadows. CBA-sponsored shuttles will ferry people to and from Frosty Meadows. For more information, see www.cliftonday.com.

Basically, said Hutto, “Clifton Day offers something for everyone. Whether you like shopping, listening to talented musicians or just being outdoors with friends and family in a picturesque setting, it's the perfect way to enjoy an autumn afternoon.”

This year's event sponsors include Ourisman Fairfax Toyota; NVCT; Concise, LLC; Norfolk Southern; VRE; Keolis and

SEE CLIFTON DAY, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM




Clifton's own Colin Thompson Band will entertain the crowd.

Clifton Day Set for Sunday

FROM PAGE 8

Wellness65+, Rite Aid's customer loyalty program. And Stein's thankful for both them and the many local residents who volunteer their help to make the day a success.

"Clifton Day wouldn't be possible without the efforts of many volunteers who care about their community," she said. "The town is fortunate to have them and appreciates their dedication."

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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.

GUEST EDITORIAL

COMMENTARY

Time to Sign Up for Affordable Care

BY JIM MORAN
U.S. REPRESENTATIVE (D-8)

Since the Affordable Care Act (ACA) was signed into law in 2010, millions have benefited from its reforms. Over three million young adults have exercised the option to stay on their parents' insurance plans. Women are no longer charged more simply because of their gender. And no American will ever be barred from buying insurance due to a pre-existing condition again.

Now the time has finally come for the 30 million Americans without insurance, over 100,000 of whom live in Virginia's 8th District, to sign up for affordable, accessible health care under the ACA. This was one of the main thrusts of the law, to provide healthcare security to the millions in our society who completely lack it.

In addition to the uninsured, the self-employed, small business employees, and those currently pur-



chasing plans on the individual market will now find purchasing affordable coverage as simple as creating a Facebook account. Eligible participants can create an account through HealthCare.gov, confirm coverage eligibility, and then pick the plan that is best for them and their families, with coverage becoming available on Jan. 1.

Of course, changes in a law of this magnitude are not without their challenges. Technical glitches are sure to pop up in the coming days and weeks. Similar issues arose during the rollout of Medicare in the 1960s and the Part D prescription drug benefit in the mid-2000s. Both of these programs were successfully implemented, and today they stand as cornerstones in the U.S. health care safety net, consistently receiving high marks from participants.

Under the ACA, open enrollment nationwide will run from Oct. 1, 2013 through March 31, 2014. A Department of Health and Human Service's report recently found that individuals in Northern Virginia will have a total of 63 qualified health plans in our marketplace. Plans will be categorized as "gold," "silver," or "bronze," designating the level of coverage provided by each plan, gold being the highest level of coverage. In Virginia, the average premium for the lowest-cost silver plan will be \$323 and the lowest cost bronze plan will be \$237 before tax credits. Young adults will also have the option of purchasing a "catastrophic" plan that will be low cost, designed for generally healthy people in the event of an emergency.

Affordability and accessibility aren't the only priorities of the ACA, slowing the growth in healthcare costs is also a key design of the plan. Already, new federal rate review rules under the ACA require insurance companies to submit any pro-

posed increase in health insurance premiums greater than 10 percent for federal approval. This provision was put in place in 2011 and helps to drive down costs, requiring insurance companies to maintain low overhead.

The ACA also requires insurance companies to devote 80 percent of consumers' premium dollars to actual health care services, not administrative costs. Last year, to comply with the 80 percent threshold, companies lowered premium costs by \$3.4 billion. Companies in violation returned an additional \$500 million to consumers.

To learn more about the new ACA law, please visit www.healthcare.gov. Special "Navigators," have also been established to help people navigate the ACA, if they have specific questions about how the different plan options would affect themselves and their family. Legal Services of Northern Virginia is working as a navigator; their number is 703-778-6800. You can also visit www.moran.house.gov for more information.

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LETTERS TO THE EDITOR

Pills or Jobs?

To the Editor:

These days I had the opportunity to support my candidate for governor, Ken Cuccinelli. Dozens of women showed up to rally for the general at the entrance of the building where the debate with Terry McAuliffe was being held. There were also dozens of younger people in blue t-shirts, pink t-shirts and purple t-shirts. Strangely, most were males. Most appeared to be college-aged. Our groups on the other hand were moms, children and a few husbands.

At least a handful of us moms engaged some of the young men protesting beside us. We found out that SEIU bussed some of them from as far as New York! Rent-a-mob? The college-aged females we approached avoided engagement and were focused on "defending" their contraceptive rights. One of them even had a costume of a round typical contraception pill

case. It is to them that I want to say the following:

How can women allow a political party to undermine their economic sustenance by distracting them with the low hanging fruit? Is it worth it to be in jobs paying below \$10 in exchange for free contraception? That doesn't put food on the table and yet young people continue to embrace a Democrat leadership which is limiting our growth, stifling our economic liberty, killing opportunity with policies that give women contraception paid by someone else. Why aren't they asking where are the jobs rather than the pills?

Two million women have dropped out of the workforce under this Democrat administration. Obamacare (P.A.C.A.) will kill 40-hour workweeks, the backbone of America's middle income earners because, simply put, less work equals less pay. A Democrat gov-

ernor will rubberstamp Mr. Obama's re-distributive policies, cornering the private sector out of existence and ignoring Virginia's needs. Virginian women need to realize that the ultimate impact will forcefully tear down the pillars that sustain the true funding source of our ever-bloated government and onerous fiscal system, the private enterprise. This in essence will Detroit Virginia! The low hanging fruit does not put food on the table. I challenge you to be idealists and know that you are Americans, you can go as far as your determination will take you. Democrats are boxing you in with a myriad of policies that are undermining your future. Break free. Vote for the only man in the gubernatorial race who cares about Virginia and has the record to prove it.

Lin-Dai Kendall
Fairfax Station

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The South County High School Marching Band performs Friday night with the middle school band during the football game against Lee High School.



Gary English and Tracy Magwire, band directors at South County High School and Middle School.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

South County Band Mentors Middle-schoolers

High-school and middle-school musicians perform pep tunes together.

South County High School Marching Band has a great mentoring program. During home football games, 72 musicians perform pep tunes along with 25 eighth-graders—tunes like “The Hey Song,” “Iron Man,” and “Living on a Prayer.”

“Being in the band is hard work, but it’s fun,” said Marching Band Coordinator Gina Bartel, whose two sons, Kody, 16, (trumpet) and Ethan, 13, (chimes) are musicians in the band. Her husband is Randy Bartel of the Crosspointe community.

The eighth-graders receive T-shirts and goodie bags as a preview of high school “to make them feel a little bit special,” she said. And before the football games like last Friday, Sept. 27 against Lee High School, they hold pizza tailgate parties with salad. The bands started rehearsing in mid-August—two weeks before school commenced. “It’s a big commitment,” she said of seven hours a week of rehearsals. The South County Marching Band, which competes at four to five competitions a year, has been a Virginia Honor Band since 2007.

—STEVE HIBBARD

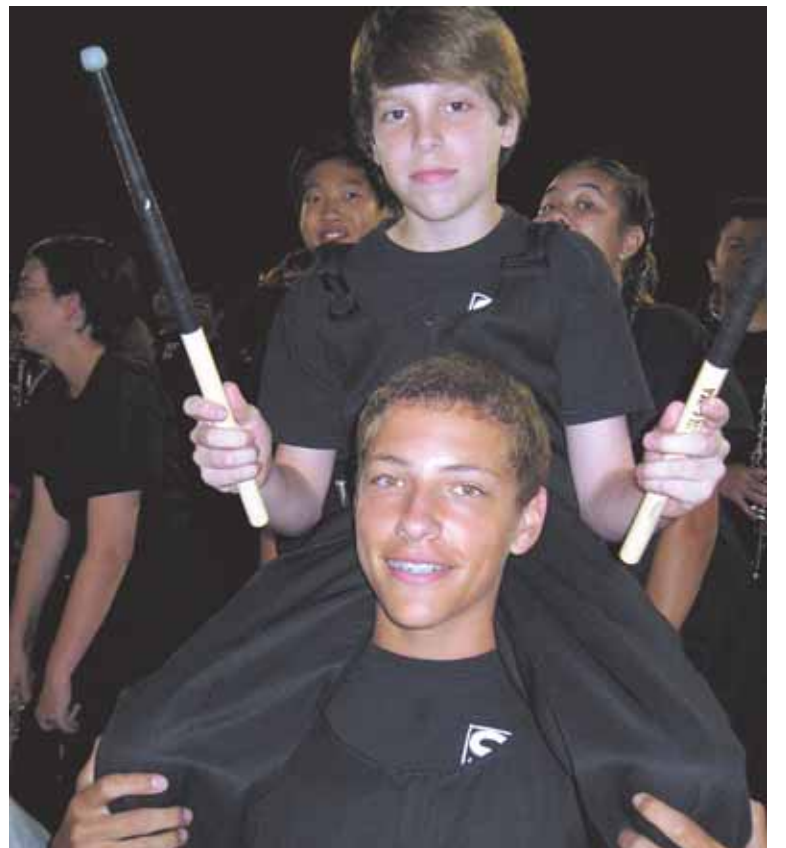
Jonah Barnett, eighth grade, Maliah Prescott-Harris, eighth grade, and Alicia Williams, eighth grade.



Erica Townsend, 10th grade, Jonathan Ahn, eighth grade, and Steven Mendoza, 12th grade.



The South County Color Guard.



Marching band drummer Robert Brennand, a junior, gives a lift to Ethan Bartel, eighth grade, during the South County High School football game against Lee High School on Friday, Sept. 27.

On the Job and Hot on the Trail

Finding people is fun for new, police bloodhound pups.

BY BONNIE HOBBS
THE CONNECTION

The newest members of the Fairfax County Police Department don't wear badges or carry guns. But they're officers, just the same — and they're awfully cute.

They're Bolt and Silas (Sy, for short) and they're 14-week-old bloodhound puppies being trained to track and find people by scent. They were introduced to the public recently by their partners, MPO Pete Masood and PFC Kevin Clarke, respectively.

"They've got thousands of years of instinct using their noses in trailing and tracking," said Clarke. "They have the capability to run a very old trail, which is a forte of bloodhounds. They won't do narcotics or criminal apprehension; they'll only learn one discipline — tracking."

The pups will be used to follow clues in homicide investigations and find missing adults, such as Alzheimer's patients, and lost children. And when they locate the object of their search, they won't bite.

Instead, said Clarke, "They're friendly and non-aggressive. All they want to do is be around people. So they'll love [whoever they've found]. They'll jump on them, lick their faces and give them hugs and kisses. Then they'll be ready for their reward from us — which is the love we give them."

First, though, the warm-brown puppies with tender, expressive eyes have to be trained. Last Wednesday, Sept. 18, outside the police K-9 Training Facility in Chantilly, the pair of puppies — who are brothers — stayed close to each other and to their partners.

Since the facility is next to the police firing range, multiple shots often rang out while the pups stood on the grass. And each time, the puppies startled. But it's just one of the many sounds and surfaces they'll have to get used to.

"We'll get them out here and acclimate them to the noises — gunfire, [vehicle] brakes and birds," said Masood. They'll also be exposed to airplanes, wind, rain, heat, car horns honking, plus obstacles such as fences. And they'll learn how it feels on their paws to walk in the woods, through brush, on cement, carpet, tile floors, etc.

That way, said Clarke, "When they get out on the street, when they're almost a year old, they'll be ready."

The police got the purebred puppies from Huntsville, Ala., for \$600 each, when they were just 7 weeks. But, added Clarke, "A fully trained bloodhound goes for \$15,000-\$20,000 because of the training they've re-



Officer Pete Masood (left) and Kevin Clarke show off the newest members of the Fairfax County Police K9 unit, Bolt (left) and Sy, 14-week-old bloodhounds that the two handlers will train to be tracking dogs for the unit.



Litter-mates Bolt and Sy, 14-week-old bloodhounds, are the newest members of the Fairfax County Police K9 unit. They will be trained to find trails and locate missing people.

ceived."

Masood said police have had success with this bloodline, as these pups are the second pair from the Alabama site. They'll eventually be 90-100 pounds but, said Masood, "If they're leaner, they'll have less hip problems and more endurance. We want to be able to work them long hours. It's also easier on us, lifting them up over obstacles, if they're not so heavy."

Bolt and Sy are eating specially designed, high-protein, dry dog food. "But they eat a lot of it — and anything else they can get a hold of — children's toys, hardware," said Clarke. "Officer Masood's dog is named Bolt because, after a week home, he removed a bolt from his crate and ingested it."

"He worked the bolt loose overnight," said Masood. "I found the nut, the next day, and took him to the vet, who X-rayed him, saw the bolt still in his stomach and got it out."

As for Clarke's puppy, he said, "My kids named him Silas after Uncle Sy on [the TV show] 'Duck Dynasty,' and I think it's a fitting bloodhound name."

The department has 15 patrol K-9 offic-

ers, including current bloodhounds Shnoz and Cody. Masood and Clarke also each work with a patrol dog, trained to apprehend criminal suspects. And usually two or three dogs a night are on the job.

"I've been in this section 12 years, working with German Shepherds, and have worked with Shnoz since 2008," said Masood. "Officer Clarke has worked with Shepherds five years, but this is his first bloodhound. Officer Marshal Thielen works with Cody."

Ideally, police would like the dogs to work for 10 years; but sometimes, health problems force them to be retired early. So they want to get Sy and Bolt up and running as soon as possible because they'll eventually replace Shnoz and Cody.

The bond between the K-9s and their partners is critically important. "They want to please us — that's their reward — so the dogs come home with us and our families," said Clarke. "They're with us 24/7; we have safe and secure backyard kennels at our houses."

"My wife used to be a vet," said Masood.

"And she and our 4-year-old daughter both love Bolt."

Colt, Clarke's German Shepherd, and Sy are part of a team now, as are Shnoz and Bolt, where the more-experienced bloodhound teaches the newcomer. "If Sy sees Colt do something, he does it, too," said Clarke. "The same is true of Shnoz and Bolt."

The bloodhound pups will train 30 hours/month and, once they're done, Clarke expects they'll be requested for help throughout the region and even across state lines. "Most regions have patrol dogs," he said. "Bloodhounds are rare because of the time, energy and expense to train them. They're smart and obedient, but stubborn, because they think with their nose first and their brain second."

"They can be given a piece of clothing and they'll stay with that scent, despite other, different odors in an area," continued Clarke. "And they can follow a scent even a week later. For example, they could find a person missing in a park, although hundreds of other people were hiking there."

He said one of the "biggest perks" of having bloodhounds is their scent-specific training. Said Clarke: "A dog can also be trained to identify someone — almost like in a lineup — by putting his paws on the chest of the person whose scent he tracked."

"Each track always yields positive, successful leads for the detectives," he added. "Even if the dog can't find the subject, he could, for example, find the bus stop where the subject last was. Or he could tell us where the scent stopped by just circling around that spot."

Police dogs are also considered law-enforcement officers. "They're working dogs," said Masood. "And if someone assaults them, that person can be charged."

Currently, Bolt and Sy are focusing on bonding with Masood and Clarke. But within a month or two, they'll begin short tracks. "We'll then stretch out the time and distance to teach them to eventually run three- and four-day tracks," said Clarke. "Tracking is in their blood; they're one of the oldest tracking dogs in the world — we're just harnessing it."

Actually, he said, "It's a game to these dogs. So when it becomes real, it's still fun for them."

"Their natural instinct is to hunt animals," added Masood. "We just train them to hunt humans."

The puppies are first trained by someone showing them food and then running away with it, and they have to find it. "They'll learn the game through repetition," said Clarke. "And at the end, there's a party — verbal and physical praise, plus a food reward."

Eventually, said Masood, they'll receive scent articles to track. That's because, said Clarke, "It's what they're bred to do — and they love it."

PHOTOS BY DEB COBB/THE CONNECTION

Arlington-based chef and instructor **Kristen Robinson** uses pears and beets to create a fall salad that is both savory and sweet.



PHOTO COURTESY OF
KRISTEN ROBINSON

The Taste of Fall

Local chefs and nutritionists offer healthy recipes for tasty fall dishes using seasonal ingredients.

BY MARILYN CAMPBELL
THE CONNECTION

When the temperature starts to drop and leaves begin to turn red and orange, you can often find chef Susan Limb meandering through local farmers markets, sorting through rough-textured, knotty sweet potatoes; tough, waxy butternut squash; and dusty, rose-colored apples.

“Some people think farmers markets are bare after summer, but a lot of markets are still open and have really nice fall and winter squash, turnips and potatoes,” said Limb, co-owner of Praline Bakery & Bistro in Bethesda. “And because they are so fresh, you don’t even have to do that much to them when you roast them. The make a hearty, flavorful dish that isn’t heavy.”

Limb and other local chefs and nutritionists say almost all fall vegetables can be roasted to yield delectable results. In fact, they prefer roasting over braising, sautéing, simmering or boiling because not only does it create deeply rich flavors, it also helps maintain the vegetables’ nutritional value.

“When it comes to fall, I think about pumpkins, gourds, butternut squash and kale in deep autumnal colors like orange and bright green that are packed with fiber and beta carotene,” said Lisa Goodson, a licensed nutritionist and nutrition instructor at Marymount University in Arlington. “These nutrients

Vegetarian Chili

COURTESY OF CHEF KRISTEN ROBINSON

1 small yellow onion, finely diced
1 red bell pepper, finely diced
1 jalapeno, minced
3 cloves garlic, minced
6 c. vegetable broth
4 c. tomato juice
2 Tbsp. chili powder
16 oz. Pink lentils
1 c. cracked bulgur wheat
1 lb. roasted mushrooms, any variety you like
Garnish suggestions: Cilantro leaves, crème fraiche (or sour cream), cheese, additional roasted mushrooms

Preheat oven to 400 degrees Fahrenheit. Clean mushrooms by wiping with a damp paper towel or cloth. Cut into uniform sizes. Toss with salt pepper and a bit of olive oil and lay on a cookie sheet. Place in the oven until caramelized, time will vary with mushroom types so it is important that they are cut in similar sizes. If using more than one variety, roast each variety separately.

In a large saucepot, sauté all vegetables with a small amount of olive oil. Be sure to season with salt each time you add something new into the pot. Once vegetables are tender add in the chili powder and stir to coat all the vegetables. Add in tomato juice and vegetables followed by pink lentils. Once the lentils are tender add in the bulgur and simmer for 10 minutes. Add in roasted mushrooms, taste and adjust seasoning.

are so important when it comes to overall health. They can help with cholesterol, diabetes and heart disease. Steaming and boiling vegetables might cause

SEE RECIPES, PAGE 15



Local chefs say that contrary to popular belief, farmers markets are teeming with fresh, local, fall produce like squash, sweet potatoes, kale and chard.

PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Pastry chef Susan Limb peels honey crisp apples to make a dessert using fresh fall produce.



Executive Chef Eddie Ishaq of Wildfire, in Tysons Corner, unveiled a “superfood” salad made with kale in time for fall.

PHOTO COURTESY OF
WILDFIRE

Recipes for Tasty Fall Dishes

FROM PAGE 14

them to lose nutrients."

Chef Stephen P. Sands, of Culinary Cooking School in Vienna, transforms a laundry list of fall bounty into a kicky vegetable side dish. He tosses garlic, red and golden beets, russet potatoes, sweet potatoes, parsnips, turnips, shallots and carrots with olive oil, salt and pepper and roasts them for about 45 minutes. The vegetables soften on the inside and caramelize on the outside.

"Roasting is better because the vegetables retain most of their vitamins," said Sands. "If you choose vegetables that are in season, you don't need a lot of spices because the vegetables are flavorful on their own."

While there are plenty of roasted vegetables on Executive Chef Eddie Ishaq's menu at Wildfire, in Tysons Corner, he is particularly proud to unveil a kale salad this season. "We started using it because it is so popular now and it is a superfood in terms of nutritional value," he said. "We chop it up and make it into salad."

While kale salad might not sound as comforting as roasted root vegetables, Ishaq's offering is a shadowy green mountain under a blizzard of pumpkin seeds and Parmesan cheese. He douses the salad with a lemon vinaigrette dressing that evens out the bitter, earthy flavor of the kale.

"It is refreshing and you get the best of both worlds, says Ishaq. "With the lemon juice, pumpkin seeds and Parmesan cheese, it's creamy and also you get sweet, spicy and acidic flavors."

Ishaq says that even rustic turnips and parsnips can be transformed into tender comfort food with very little fuss. "Keep it simple and roast them with salt, pepper and butter or olive oil," he said. "You don't want to overpower the vegetables. When produce is fresh, local and in season, the taste stands on its own."

For her part, Arlington-based chef and instructor Kristen Robinson, of the Culinary School at The Art Institutes of Washington, creates a salad that includes both the savory and sweet flavors of fall. Her produce of choice: beets and pears. She enlivens the flavors of the beets by using a salt roasting method. "You can line the bottom of a cake pan with a layer of salt. Add in any spices you like [such as] coriander seeds, fennel seeds, star anise or black peppercorns," she said. "Nestle the beets into the salt and cover with foil and roast."

To finish the salad, Robinson tosses the roasted beets with diced pears, minced shallots, sliced chives, a spritz of lemon juice and a coating of olive oil.

Robinson also roasts a variety of squashes, but often purées the mixture and tosses it with pasta: "It's a nice alternative to tomato sauces since tomatoes are not in season now."

Limb, a former White House pastry chef, extends her healthy fall fare to post-meal treats. "Even for dessert there are a lot of pears and baking apples such as honey crisp or Granny Smith, which are in season now, she said. "The magnus pear is the sweetest, juiciest pear and you can poach it or bake it. You don't need sugar because it is so sweet. Just throw on a little bit of cinnamon."

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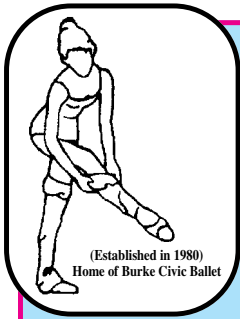
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NEWS

Paul VI Freshman Takes Silver At National Skating Competition

Clifton ninth-grader LaDan Nemati earned the silver medal at the Solo Ice Dance National Championships at the World Arena in Colorado Springs, Colo. Sept. 20-22. The 14-year-old Nemati bested most of the field of 25 skaters from across the country who qualified to compete at the bronze level with an elegant performance of the "Willow Waltz." Nemati said her win hasn't sunk in yet.

When she found out she'd won the silver medal friends had to scoop her up and carry her to the results postings—and she says she wouldn't even have been able to recount that had there not been photos of it. Nemati's path to Colorado required successful outings all spring and summer at United States Figure Skating Association (USFSA) ice dance competitions up and down the East Coast, earning a berth at the National Championships by achieving the number five spot at her dance level in the Eastern Section. She's balanced studies at Paul VI High



PHOTOS CONTRIBUTED

LaDan Nemati's performance of "Willow Waltz" won her a silver medal at the Solo Ice Dance National Championships Sept. 20-22.

School in Fairfax with intense skating practice all month. Coming into Nationals, she said, Nemati didn't have high expectations about her final placement, because many skaters from across the country finished higher than in the qualifying season.

Once she made it to the final round, however, her perspective changed. In retrospect, the skater

saw she had the skill and talent necessary to win. Getting to the podium, she said, was just a matter of believing in herself.

Nemati plans to apply her ice dance prowess next to synchronized skating, where she competes in the Intermediate line of Team Ashburn, with an eye to next year's National Championships in both disciplines.



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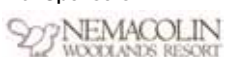


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NEWS



U.S. Rep. Gerry Connolly (D-11) poses with Sharon Bulova, chairman of the Fairfax County Board of Supervisors, during Bulova's 27th annual Oktoberfest fundraiser.

Willkommen! Guten Tag!

Bulova puts "fun" in fundraiser at Lorton Workhouse Arts Center.

Oktoberfest arrived early as more than 300 friends, family and high-profile Democrats gathered at the Lorton Workhouse Arts Center Sept. 22 for the 27th annual German-themed political fundraiser hosted by Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

Guests enjoyed German beer, a traditional German oompah band and a smorgasbord of Bavarian food, including bratwurst, sauerkraut and German wines, during the afternoon event.

"This was a fun Sunday afternoon of live German music, delicious German food and

fine German refreshments," Bulova said.

Guests also received tours of the Workhouse, and bid on a variety of items during a silent auction. The food was being catered by Brion's Grille at University Mall.

Bulova was first elected chairman in a special election in 2009, and reelected in 2011. Prior to serving as chairman, she was supervisor of the Braddock District from 1988 until 2009. She has served as chairman of the board's Budget Committee for 20 of her 24 years in office.

—VICTORIA ROSS



The 27th annual Oktoberfest fundraiser hosted by Sharon Bulova, chairman of the Fairfax County Board of Supervisors, featured a traditional German oompah band, German beer and wine and tours of the Lorton Workhouse Arts Center.



Sharon Bulova, chairman of the Fairfax County Board of Supervisors, and her niece Aysha Hannachi kicked up their heels during Bulova's 27th annual Oktoberfest fundraiser.

OPINION



Maddy Naide (far left) with her roommate, Ayaka, on her back, as well as other roommate pairs enjoying free time on the Princeton Campus.

Becoming a High School Diplomat

BY MADELINE NAIDE

"Good morning!" my roommate Ayaka says as she hops out of bed at 6:30 a.m., like she has had 12 hours of sleep. "Ohiyoo goozaimas!" I grumble back, as I struggle to wake up. This is normal for her, since her summer break is only three weeks long, so most days she wakes up at about this time. Ayaka is from the Miyagi prefecture and has chosen to spend her only weeks of summer break in America participating in the High School Diplomats Program. After one and a half weeks of touring Washington, D.C. and New York City, I join her for 10 amazing days at Princeton University for the cultural exchange that only a few select Americans get to experience.

In a time when technology makes the world smaller, it is becoming more and more important to create productive diplomatic relations with other countries.

Many people say that the young generation has the best chance of achieving those diplomatic relations, yet how can we make those connections with people halfway across the world? There is really no better way than to live with people your own age and learn through participation in activities together. High School Diplomats is an opportunity for 40 American rising high school juniors and seniors to participate in an all-expenses paid cultural exchange program with 40 of the brightest high school students in Japan. There is the student from Hiroshima, who says that everyone he knows has an older relative who has been disfigured because of the atomic bombs dropped so many decades ago, the 32nd smartest 18-year-old in all of Japan, the girl who is fluent in Japanese, English and Italian because of her heritage, and so many more interesting people. Each Japanese student is paired with an American roommate who is by their side at all times during the program.

After dragging me out of bed, Ayaka and I go to rajio taiso, Japanese stretching and light aerobics that elementary school students traditionally do. After breakfast, it is time for

How to Apply

The HSD application is now available at highschooldiplomats.com, and all parts must be postmarked and sent by January 8th, 2014. The program runs from July 29 to August 9, 2014. Questions can be directed to Celine Zapolski, the American HSD director, at celinezepolski@highschooldiplomats.com.

classes, where I get to learn more simple Japanese conversational words and roll sushi while Ayaka learns about American culture. After we join up, I butcher the new Japanese words that I have just learned and she asks me questions about American culture. All through lunch, Ayaka asks me to explain more American slang words to her like "JK," which I learn is the slang word in Japanese for "female high school student," and afterwards we listen to presentations from American and Japanese students about an aspect of one of our cultures, presentations that have been worked on for months before the program between groups of students from all across our respective countries.

Then it is time to change into our clothes for evening activity. Tonight's activity is an American country fair, so we all braid our hair, throw on some boots, and button up our plaid for a night of tie-dying, pie-eating contests, and other activity booths. Other activity days include HSD Olympics, Bunka No Hi (Japanese Culture Festival), and an American homecoming dance. In Japanese culture, there are not many opportunities for social events like in America, so everything that we see as commonplace blows them away. While it is sometimes embarrassing to learn what is "quintessentially American" to people from other countries, it is okay to bite your tongue and watch their eyes light up with wonder at the little things that we may take for granted. As we head back to our dorm on the Princeton campus, Ayaka says "goodnight" to me from the bunk bed below and as I reply with "oyasumi," I only get more excited for the days to come.

The author is a senior at Thomas Jefferson High School for Science and Technology.

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CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event. For more entertainment events in the county, go to: <http://www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/>.

SATURDAY-THURSDAY/ OCT. 5-31

Pumpkin Patch. 10 a.m.-6 p.m. Mondays-Fridays; 9:30 a.m.-5:30 p.m. Saturdays; 11 a.m.-5:30 p.m. Sundays, at Heather Hill Gardens, 8111 Ox Road (Rt. 123), Fairfax Station. Find pumpkins, children's activities and fall-themed fun all season. 703-690-6060.

SATURDAY-SUNDAY/OCT. 5-6

Cabaret Series: Mystery, Suspense... and Hijinks! 8 p.m. on Saturday, 1 p.m. on Sunday, W-3 Theatre, Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse presents the songs of famous villains; includes planche campagnarde, cash bar available. \$25. 703-584-2900 or www.workhousearts.org/.

SUNDAY/OCT. 6

Community Sunday. Noon-3:30 p.m., at Epiphany Episcopal Church, 3301 Hidden Meadow Drive, Oak Hill, at the corner of Franklin Farm Road and Fairfax County Parkway. Sunday School at 9 a.m. and a 10 a.m. service precede festivities including entertainment, games, hot dogs, lemonade, snow cones, popcorn and more. 703-466-5200, 703-860-3370 or www.coe.org.

The Prelude Chamber Ensemble Fall Concert. 3 p.m., at St. John's United Methodist Church, 5312 Backlick Road, Springfield. A concert of "unforgettable French songs," from classical to pop music, performed by the ensemble with special guests Carlos Alberto Ibay on piano and vocals and Marc McCarthy on piano; the Prelude Youth String Orchestra also performs. www.preludechamberensemble.com.

THURSDAY/OCT. 10

Author Program at Lorton Library. 7 p.m., 9520 Richmond Highway, Lorton. A humorous look at "Finding Wholesale Happiness in a Retail World" by Jeff Yeager, author of "The Ultimate Cheapskate's Road Map to True Riches and How to Retire the Cheapskate Way." 703-339-7383.

FRIDAY-SATURDAY/OCT. 11-12

Dave Berry. Time TBD, Kate's Irish Pub, 6131 Backlick Road, Springfield. Charleston, SC-based performer plays acoustic, electric, dobo, mandolin, harmonica, guitar synth. 703-866-0860 or www.katesirishpub.com/.

SATURDAY/OCT. 12

Azalea Auction. 1-5 p.m. fixed price sale, 2-5 p.m. auction, at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Rare and unusual varieties of azaleas for sale, such as evergreen and deciduous azaleas, including native azaleas, not commonly found in commercial nurseries. 703-860-5676 or rickbauer@cox.net.

Second Saturday Art Walk. 6-9 p.m., at the Workhouse, 9601 Ox Road, Lorton. See building upon building of art exhibitions. Highlights include Joe St. Germain's and Allen Levy's exhibition in Building W-5 Oct. 9-Nov. 3, color-filled abstractions made with knife work, structural borders and under-painting; Oct. 10-



PHOTO COURTESY OF CITY OF FAIRFAX

City of Fairfax Hosts Fall Festival

Girlz, Girlz, Girlz—Girls, big and small, rocked out with the pop cover band on the Main Stage during the City of Fairfax 2012 Fall Festival. Crafts, children's activities, rides, music and food will fill the downtown Fairfax streets during the Fall Festival from 10 a.m. to 5 p.m. on Oct. 12 (Rain Date Oct. 13). Entry free, fees are charged for various rides and children activities.

Nov. 3 is "Autumn Leaves, and a Theatrical Retrospective," or, in other words, an appreciation of the natural colors of fall. www.workhousearts.org.

Ballroom Social Dance. 7:30-10:30, in the McGuire Woods Gallery, Lorton Workhouse, 9601 Ox Road, Lorton. A mini-lesson precedes a night of dancing with complimentary refreshments and a cash bar available. \$10 social dance, \$5 for mini-lesson; dress code is casual. www.workhousearts.org.

Cool Cow Comedy. 7, 9 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. Each month (and sometimes twice a month) headliners and featured performers take the stage with host and comedian Rahmein Mostafavi (who has performed stand-up as such venues as DC Improv, Richmond Funny Bone and Caroline's on Broadway). A la carte cash bar, soft drinks and concessions available; no outside alcohol. 18 year and older. \$15 pre-sale, \$20 day-of-show. www.workhousearts.org.

SATURDAY-SUNDAY/ OCT. 12-DEC. 1

Home for Dinner. Opening reception 6-9 p.m., Oct. 12, closing reception 6-9 p.m., Nov. 29, in the Vulcan Gallery, Community Action Space, Lorton Workhouse, 9601 Ox Road, Lorton. The Lorton Community Action Center (LCAC) and the Workhouse Arts Center are collaborating on the exhibition filled with arts that helps raise awareness about hunger and homelessness in southeast Fairfax County. Home for Dinner will showcase how community members can make a difference; bring canned food as a donation. www.workhousearts.org.

SUNDAY/OCT. 13

Clifton Day Festival. 9 a.m.-5 p.m., Downtown Historic, Clifton. Folks from all over Virginia and the DMV area will gather in historic Clifton for old-fashioned fun, which includes live bands, children's activities, horseback rides and even a Civil War Reenactment in addition to arts and crafts, antiques, grape stomping demonstrations, the Town Market, live music, children's activities and lots of good food; the non-profit event raises funds for a variety of local organizations. <http://www.cliftonday.com/>.

Model Trains. 1-4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. A table top (T-TRAK) layout of N gauge model trains. Museum members and children 4 and under, free; adults 16 and over, \$4; children 5-15, \$2. 703-425-9225 or www.fairfax-station.org.

Taste of Greater Springfield. 4-8 p.m. at the Waterford Springfield, 6715 Commerce St., Springfield. Many local restaurants participating; a \$35 ticket includes food, beer and wine. www.westspringfieldrotary.org.

THURSDAY/OCT. 17

Havok supporting Soulfly. 5-11 p.m., Empire, 6355 Rolling Road, Springfield. Denver-based band plays in support of new record "Unnatural Selection." www.empire-nova.com.

FRIDAY/OCT. 18

One Night Stands. 8 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. In concert, one night only, featuring solo cabaret performers from the DC area. Two performers each night, each performing a solo 45 minute set. Ticket includes light fare, cash bar available. \$15-\$25. www.workhousearts.org.

SATURDAY/OCT. 19

Fall Benefit Yard Sale. 8 a.m.-1 p.m., Messiah UMC, 8215 Rolling Road, Springfield. Proceeds will fund outreach and mission work. Items for sale include books, jewelry, women's clothing, household items, pumpkins, baked goods and a chili lunch. 703-569-9862 or www.messiahumc.org.

Swiss Bakery & Pastry's Oktoberfest Celebration. 11 a.m.-2 p.m., at 5224 Port Royal Road, Ravensworth Shopping Center, Springfield. Hard-to-find beers, imported mustards, coffees, brat bun loafs, black forest cake, German sausages, sauerkraut, pretzels and rolls and everything else needed for an Oktoberfest celebration. 703-321-3670 or www.theswissbakery.com.

Cecil Ray Comedy Club. 7 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. Cecil Ray leads the proceedings in a night of laughter with guest comedians from the mid-Atlantic region. \$20-\$30. www.elitevisionproductions.com.

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Social Justice Discussed

FROM PAGE 6

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).

"Domino Effect" Feared

FROM PAGE 6

McKay echoed Long's concerns about a domino effect in Fairfax County.

"It's the ripple effects of anything longer than a few days that are a concern. A lot of our federal workers and contractors are being hit with a double whammy—first sequestration furloughs and now the shutdown. Besides the impact on people's lives, this is exactly the worst thing that can happen to a still fragile economy," McKay said.

"It's really frustrating—all our county board can do is watch this drama play out. We're in close contact with our federal delegation—but it's not our federal delegation that's the problem," McKay said.

LONG SAID the county can't do any detailed impact analysis, because "there are still too many unknowns at this time," including:

- ❖ Whether furloughed federal workers will retroactively get paid.
- ❖ Will there be a delay in processing federal grants?

"It's the ripple effects of anything longer than a few days that are a concern. A lot of our federal workers and contractors are being hit with a double whammy—first sequestration furloughs and now the shutdown. Besides the impact on people's lives, this is exactly the worst thing that can happen to a still fragile economy."

—Supervisor Jeff McKay (D-Lee)

❖ Will the loss of daily federal commuters impact Metro revenues?

❖ Will the shutdown and loss of income lead to foreclosures?

❖ Will there be more need for local social services for federal workers on the margin?

❖ Will this federal government shutdown cause people to stop

buying things and thus reduce our sales tax revenue?

"Fairfax County has a strong history of taking decisive actions to meet our financial obligations and increased service and resource needs, and we will continue to stay informed about this and other issues that could possibly impact the county budget," Long said.

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a Bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

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SPORTS

Rattanaphone's Interceptions Lead TC Past Woodson

Titans improved to 3-1, Cavaliers drop to 0-4.

BY JON ROETMAN
THE CONNECTION

With five turnovers, including a lost fumble when victory was all but assured, the T.C. Williams offense allowed winless Woodson multiple opportunities to pull off an upset Saturday afternoon.

Luckily for the Titans, senior defensive back Timmy Rattanaphone was able to close the door on the resilient Cavaliers.

Making his first defensive start, Rattanaphone intercepted three passes, including one that ended Woodson's final drive, as the Titans defeated the Cavaliers 21-14 on Sept. 28 at T.C. Williams High School.

Rattanaphone said he felt ill the night before the game, but showed up ready to play.

"I always knew he could play," TC defensive back Philip Tyler said about Rattanaphone. "He has speed and stuff, [but] I didn't know he was going to do it like that. I'm really proud of him."

With standout defensive backs Rashawn Jackson and Tyrice Henry out due to injury, Rattanaphone, primarily a receiver, made his first start at safety. He ended Woodson's opening possession with an interception, giving TC the ball at the Woodson 38-yard line. Four plays later, quarterback Darius Holland connected with Terry Jordan for an 11-yard touchdown, giving the Titans a 7-0 lead.

Rattanaphone's second interception halted Woodson's opening drive of the second half and set up a nine-play, 67-yard Titans scoring drive. Lamont Whiteside's 9-yard touchdown run gave TC a 21-7 lead with 7:55 remaining in the third quarter.

No. 9's final interception came with less than two minutes remaining in the fourth quarter and Woodson driving in TC territory with a chance to tie.

"He played outstanding," TC defensive coordinator Avery Williams said. "He's a smart football player. He's an outstanding athlete — one of our top athletes. He got the coverages down, he knew exactly what he was supposed to be



Woodson running back Zane Pritchett carries the ball against T.C. Williams on Sept. 28.

doing and he was in the right spots at the right time."

THE VICTORY improved TC's record to 3-1. The Titans are off to their best start since 2005, when TC won its first three but lost its next six and finished 4-6.

The TC defense played a major role in Saturday's win, forcing four turnovers.

"We played our style of ball," Rattanaphone said. "We attacked, attacked, attacked."

Titans' special teams made an impact, as well. Tyler returned a punt 77 yards for a touchdown late in the first quarter, giving the TC a 14-0 advantage.

"It was return right, and I didn't have a return right, so I just cut back," said Tyler, who made his way up the left side of the field. "I saw Kevin Perry (make the) meanest crackback [block] and ... my eyes just opened up and it was a touchdown."

While defense and special teams played well, the TC offense struggled. The Titans turned the ball over five times, including four lost fumbles.

With TC leading 21-14, Holland's 28-yard run gave the Titans a first down at the Woodson 46 with less than three minutes remaining.

With the Cavaliers out of timeouts, the Titans were in prime position to bleed the clock. Instead, TC lost a fumble on its next play, giving Woodson one more chance.

CAVALIERS QUARTERBACK Patrick Riley moved the team into TC territory with a 14-yard pass

to China Moon, but Rattanaphone ended the threat with an interception three plays later.

"I'm really proud of them," Woodson head coach Joe Dishun said. "They're very resilient. It kills us not being able to finish that off, but I really like the way they responded."

Woodson dropped to 0-4.

Riley completed 12 of 29 passes for 142 yards with one touchdown and three interceptions. Jimmy McLaughlin had four catches for 61 yards and a score. His 17-yard touchdown reception early in the second quarter cut the TC lead to 14-7.

Moon scored on a 30-yard run early in the fourth quarter, cutting the Titans' lead to 21-14. Zane Pritchett carried 17 times for 43 yards.

TC quarterback Holland completed 9 of 17 passes for 68 yards with one touchdown and an interception. He also carried 11 times for 50 yards.

Malik Carney finished with nine carries for 52 yards and Whiteside rushed 17 times for 49 yards.

"The bottom line is we won the game," TC head coach Dennis Randolph said. "Offensively, we just didn't click. We fumbled the ball five times, we gave up an interception. The defense kept us in the game. ... Our kids just haven't got to the point where they actually believe that they're as good as they are. We've got to overcome that somehow. The defense is playing with a lot of confidence, the offense is not."

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



West Springfield captain Kara Kachejian, right, contributed to the game-winning goal against West Potomac on Oct. 1.

Spartans Field Hockey Wins in Overtime

West Springfield extends winning streak to five games.

BY JON ROETMAN
THE CONNECTION

Twenty-one corners and quality ball movement provided the West Springfield field hockey team ample offensive opportunities against West Potomac on Oct. 1. But after finding the cage only once in regulation, the Spartans needed someone to make a play.

Kara Kachejian and Sydney Salter answered the call.

Kachejian flicked the ball toward the goal in overtime and Salter tapped it in the cage as the Spartans extended their winning streak to five games with a 2-1 victory over the Wolverines at West Potomac High School.

West Potomac captain Amy Holm scored late in the first half to give the Wolverines a 1-0 advantage. West Springfield captain Jocelyn Siveroni answered with 18:35 remaining in the second half, tying the score at 1. While West Springfield had many opportunities to win it, the Spartans had to sweat it out until Salter put in the game-winner.

"I took the shot and it went between [West Potomac goalkeeper Eve Hauptle's] pads," Kachejian said. "I went around her and I did a reverse flick and it started dribbling into the goal. We had no idea if it was going in and then my teammate [Salter] tapped it right in to make sure it was going in."

West Springfield head coach Rosie Donaldson said the Spartans moved the ball well but need to do a better job finishing.

"I think getting to the goal, we played really well," Donaldson said. "We were able to move the ball down the field, we had a good transition, we just couldn't finish. Twenty-one corners, you've got to put it in more than once."

After a 2-0-1 performance during the Under the Lights Tournament at Lee High School on Aug. 26 and 27, West Springfield lost four straight against strong competition: Fairfax (region semifinalist last season), Westfield (defending region champion), Herndon (started 9-1 this year) and South County (last year's region runner-up). The Spartans have responded with five consecutive victories, beating Hayfield, Robinson, Annandale, Woodson and West Potomac to improve to 7-5-1.

Donaldson said the Spartans, who graduated many key players from last year's team that finished one win shy of the state tournament, can experience similar success if they can find a way to capitalize on opportunities. "I think having [to face] those really good teams right at the beginning showed everyone they've got to pick up their level of play," Donaldson said. "Unfortunately, it didn't help us in the finishing area. ... We can do as well as we did last year as long as we can get that final piece."

West Potomac fell to 4-8, but head coach Dana Hubbard said the team's offense has improved.

West Potomac will travel to face Lee at 5:30 p.m. on Friday, Oct. 4. West Springfield will host T.C. Williams at 7:30 p.m. on Monday, Oct. 7.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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21 Announcements

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City of Fairfax PUBLIC NOTICE

* The deadline to register to vote in the November 5, 2013 General Election is Tuesday, October 15, 2013. Qualified City of Fairfax residents may register at the General Registrar's Office located the Sisson House, 10455 Armstrong Street during normal business hours of 8:30am - 5pm.

21 Announcements

21 Announcements

LEGAL NOTICE

The Virginia Department of Rail and Public Transportation (DRPT) will host its first public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, October 9, from 6-8 pm, at the South County Government Center, 8350 Richmond Highway, Alexandria, VA. The public is invited to participate and learn more about this study to improve transit, bicycle, pedestrian and vehicular travel along a 14-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1multimodalaa.com or call 804-786-4440.

The Department of Rail and Public Transportation (DRPT) is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT's nondiscrimination policies and procedures or to file a complaint, please visit the website at www.drpt.virginia.gov or contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 2102, Richmond, VA 23219, or 804-786-4440.

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PEOPLE



PHOTO CONTRIBUTED

Dr. Gregory Sibley

Dr. Gregory Sibley to Lead Virginia Cancer Specialists Radiation Oncology Center

Gregory S. Sibley, M.D., experienced Washington, D.C. area radiation oncologist, has been selected to head the Virginia Cancer Specialists (VCS) Radiation Oncology Center in Fairfax. VCS is Northern Virginia's premier cancer care center, providing 40 years of service to patients battling cancer and blood diseases and affiliated with The US Oncology Network. The practice began offering radiation services in December of 2012 and has spent the last several months conducting a nationwide search to fill the leadership position. Dr. Sibley, who was chosen from a wide field of highly qualified candidates, brings extensive knowledge of the most advanced radiation therapies to his new position, as well as in-depth experience in building and managing a high performing radiation oncology department. Dr. Sibley comes to VCS from Sibley Memorial Hospital in Washington, D.C. where he served as head radiation oncologist.

"Dr. Sibley is a highly regarded, recognized leader in the field, and we are honored he has chosen to join our practice. He brings extraordinary leadership skills and clinical expertise to our new radiation center, as well as a passion to provide patients the best possible experience and outcomes as they meet the challenge of cancer," said Linda Anderson, executive director of VCS.

In addition to joining the practice, Dr. Sibley has brought along a team of highly skilled professionals. Dr. Sibley has extensive experience with the latest cutting-edge radiation therapies, and he is highly skilled at computerized treatment planning. In addition to treating a wide range of cancers, he also specializes in the use of brachytherapy for the treatment of prostate cancer. Throughout his career, Dr. Sibley has received recognition for his research and articles in professional journals dealing with the treatment of breast, lung, prostate and other cancers.

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Enjoy sunrise view of the Potomac River from this brand new 6 BR, 4.5 BA retreat. Oversized 4 car garage. 9 ft ceilings, finished basement. Quick access to VRE station and to I-95. Community dock & launch. See virtual tour at: www.HeritageHarbor.info
David Billups 703-690-1785



Gainesville **\$579,900**
Heritage Hunt 55+. Sought-after "Lakemont" with finished walkout LL. 3 BR, 3BA, Grmt maple kit, Liv, Din, Den, Fam, 2 bonus rms, storage, 2 car gar, irrig sys, deck, backs to trees.
Amanda Scott 703-772-9190



Centreville **\$535,000**
Bright and Open! 4BR, 3.5BA Colonial on Gorgeous Private Cul-De-Sac Lot. Upgraded Kitchen, New Carpet, Large MBR with WIC and large MBR with Jetted Tub.
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Beth Jones 703-503-1869



Fairfax **\$499,900**
Beautiful updated 3 lvs in sought-after Kings Park West. 3 BR, 2 BA, MBR w WIC. Liv, Din, Kit with Corian, Brkfst rm, fin w/out LL w Rec room & Den. New neutral paint. Gutter grd. O/size 1 car garage & new driveway. Flat yard w/shed. Clean & bright. Move-in ready!
Amanda Scott 703-772-9190



Clifton **\$899,000**
"Sparkles" is the best way to describe this 5 acre, 4 level colonial, 3 fireplaces and a 6 stall stable and paddocks. Upper level could be teen or in-law suite! Outstanding setting!
Carol Hermandorfer 703-216-4949



Clifton **\$827,500**
Soaring wood ceilings, 2 stone fireplaces, 5 bedrooms, 3.5 baths, main level MBR! Detached 2000sf monster garage with 11' doors, park 8 cars, indoor pool & spa, 2 stall barn w/tack room, extensive trails. Close to village Clifton!
Debbie Besley 703-346-5103



Clifton **\$655,000**
Light bright ramblar on outstanding 5 acre setting! Updates throughout! Newer kitchen, updated bathrooms, main level master suite, screened in porch with gorgeous views! Walk out lower level has complete suite, full bath, office and private entrance.
Carol Hermandorfer 703-216-4949



Fairfax Station **\$769,000**
Beautiful 6-Bedroom, 4.5-Bath, Colonial on a cul-de-sac, backing to trees in sought-after Crosspointe. 5BR, 3BA on upper-level. LL with rec room, lots of storage, and 1BR, 1BA. Formal dining and living rooms, and eat-in kitchen w/center island.
Jennifer Wyllie 703-581-2539



Manassas **\$575,000**
Beautiful stately brick colonial with 5 bedrooms, 3.5 baths spanning 3700 square feet on 3 finished levels. Spacious rooms with a great flow, main level office, updated kitchen adjacent to family room overlooking peaceful backyard with huge deck ideal for entertaining. Enjoy country living in quiet Waterview Plantation just minutes from Bull Run Marina Regional Park. Clifton & Historic Manassas.
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Cathy DeLoach 571-276-9421



Fredericksburg **\$184,900**
Home in Deerfield Subdivision. Well maintained 4BR, 2FB with eat in kitchen. Large back yard with nice rear deck, in a well established neighborhood all at end of Cul-De-Sac.
Paul Wesche 540-847-3848



Fairfax/Bonnie Brae **\$639,000**
California styling meets Virginia with soaring ceilings, walls of glass, and beautiful spacious yard! Proud owners have updated this home including stainless kitchen with marble floors, gleaming hardwoods, and amazing bath renovations including marble, frameless walk in shower in master, and more! Fully finished walk out lower level, gorgeous deck and back yard. Walk to school, lake, pool, VRE is close by!
Marsha Wolber 703-618-4397



Gainesville **\$455,000**
Enjoy 55+ lifestyle in Heritage Hunt with activities, golf, pools, trails. SFH - 2200 SF main level living w/ hardwoods thru-out. 3BR/3BA with 2 car garage & patio. One block to clubhouse. See photos & more 55+ homes www.marylroche.com. Call Mary to view.
Mary LaRoche 703-919-0747



Burke **\$599,000**
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Reston **\$899,900**
Gorgeous 5BR, 4.5BA home in prime location on over 0.4 acres.
Courtney Jordan 703-786-5330



Near Lake Anna **\$225,000**
Lovely 3 BR, 2 BA one level home on 2+ acres of open and partially wooded land. 1754 sq. ft. Home is bright, open w/neutral colors. His/her walk-in closets. 2 car garage AND detached garage/workshop. Motivated sellers!
Karen Donnelly 540-967-8104



Fairfax **\$699,900**
Beautiful colonial with 4 BR's upper level and one den/BR lower level, with 3.5 baths. This house is move in ready with fresh paint, new carpets, refinished hardwood floors, renovated deck, new microwave, and much more. Must See.
Judy McGuire 703-581-7679

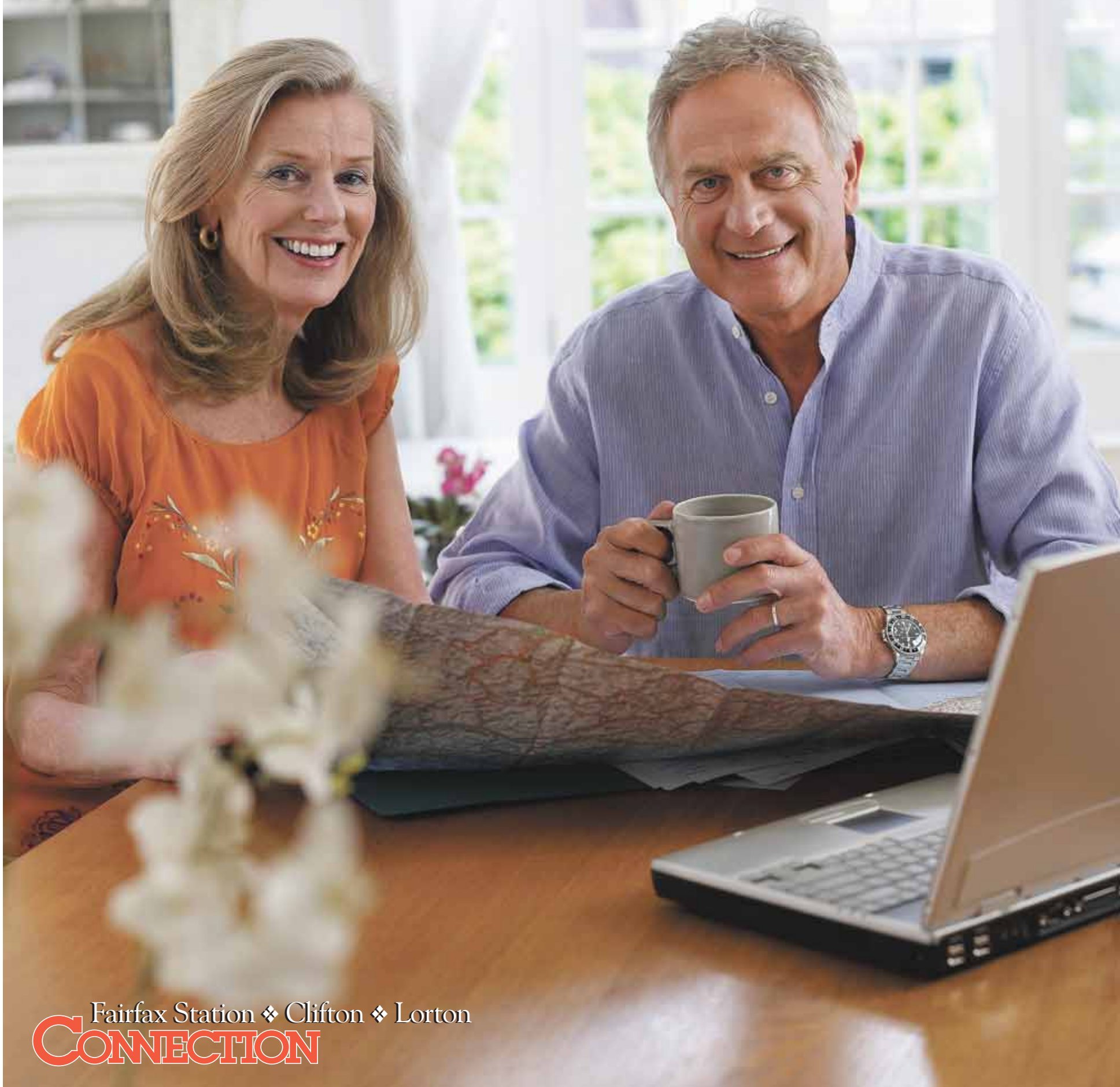


Woodbridge **\$355,000**
Spacious 4 bedroom, 3 bath, with recent repairs, painting, carpeting, flooring, great yard with deck, screened porch, private. Nice cul-de-sac in great neighborhood; close to shops, schools, parks, transportation.
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Senior Living

OCTOBER 2013



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Senior Living Calendar

703-914-0223.

THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

TUESDAY/OCT. 8

Caregiver Support Group. 7-8 p.m. Fairfax County's free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

Family Caregiver Seminars. 7-8:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "Financial Issues for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/OCT. 9

Health Expo. 10 a.m.-2 p.m. at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, booths and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare 101. 3-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5205.

Oktoberfest Tour and Tasting. 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at www.seniorservicesalex.org.

THURSDAY/OCT. 10

Medicare 101. 10 a.m.-noon at Shepherd's Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

NARFE Meeting. 1:30 p.m. at the Vienna Community Center 120 Cherry St., Vienna. National Association of Federal and Active Retired Employees, Chapter 1116 Vienna-Oakton presents Gayle Nelson from Blue Cross, Blue Shield. Also Del. Mark Keam and challenger Leann Luse. Free and is open to all members and their guests. Call 703-938-7346.

TUESDAY/OCT. 15

Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call

WEDNESDAY/OCT. 16

Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 55 years and older. Free. Call 703-435-6577 to register.

Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 8350 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Can I Afford That? 1:30 p.m. at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Free educational program. A financial manager will lead the discussion on the cost of long term care, options available, and steps to prepare for future care needs. Call 703-204-4664 to RSVP.

NARFE Meeting. 7 p.m. Dinner meeting for Federal Employment Retirement and Benefits Presentation at Neighbor's Restaurant, 252 Cedar Lane, Vienna. There is a cost. Sponsored by NARFE Chapter 1116 (Vienna-Oakton). If interested in attending, call 703-205-9041 or 703-938-7346 for reservations.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Management. 10 a.m.-noon at The Shepherd's Center of Oakton-Vienna, 541 Marshall Road, S.W., Vienna. Free six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/ElderLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-281-0538. Contact Maureen Riddel, Shepherd's Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.

THURSDAY/OCT. 17

Annual Seniors Fair. 9 a.m.-noon at Inova Mount Vernon Hospital, 2501 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-694-6682 and press 2.

Medicare Open Season Workshop. 12:45 p.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-550-7195.

Vietnam Vets of America Chapter Meeting. 7:30 p.m., at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends and the general public are invited to hear Jack Connolly, Army veteran and career State Department Foreign Service officer, who will share his personal experiences of the battle of Vientiane, Laos in 1961, Saigon intrigue in 1968, and the assassination of an American ambassador to Lebanon in 1976. 703-255-0353 or www.vva227.org.

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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.

"Mastering guidelines and practices specific to a particular condition is a good starting point," Glickman said. "The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But 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.

In the end, it is field experience that makes a mobility or access solution practical.

"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."

SEE DIVERSE NEEDS, PAGE 6

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 3

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.”

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. “I want to go back to my house,” she said. “That is where I want to be.”

Linda Gulyn, 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 leaving their homes.

“I wanted to move into a community where there were people who had lifestyles that were similar to mine.”

— Kathy Aust

“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.”

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 actually continuing care retirement communities that enable residents to transition from in-



Jim Harkin, a resident of The Fairfax in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

dependent living to nursing care 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 recover-



Retirement communities like Heritage Hunt Golf and Country Club in Northern Virginia offer seniors options for maintaining an active lifestyle such as indoor and outdoor pools, tennis and golf.

ing 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 on campus, which include a game and fitness rooms, there is support throughout the facility.

“There is a community aspect,” Norberg said. “If someone doesn’t show up for a



John Mutchler



Peg Bixler



Dorothy Lavoie

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. “Some of these people were coming from situations where they were isolated,” she said. “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.”

Many assisted living facilities also offer mental health counseling services. “We have a social work component that deals with the psycho-social issues,” said Norberg. “We can provide grief counseling and we have psychiatrists on staff.”

“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.

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 Westminsterels, 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.”

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and

SEE CHOOSING A HOME. PAGE 7

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Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 3

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 third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

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 inside 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.

Gregory notes that Glickman's experience in mobility prescription puts him in a selective class. "He's among a handful of our preferred contractors in Northern Virginia," Gregory said. "It's critical to us that the project satisfies the client in every respect."

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components 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



A McLean couple in their late-60s had Glickman design a 60-foot 4-level elevator tower on the home's right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Details

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

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, ruggedly-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're 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.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

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."

Also, she notes, the new front walk adds considerable curb appeal. "Honestly," she said, "I wish the walk had been in place when I was still pushing the girls in their stroller. It's just a lot easier for everyone."



When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a "zero step" entry and widening interior doors and halls.



The original front walk — which included stairs in several places — was too steep for Jaime, who now requires crutches to get around the house.

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a

wheel-chair — yet would preserve the home's resale value should the couple eventually decide to move to a retirement home.

"It's a three-level single-family home," Glickman said. "So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking."

The couple's desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-

foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home's front door has been equipped with a security camera linked to the couple's laptop.

"Our goal was to satisfy immediate needs while implementing a makeover that will add resale value," Glickman said. "In this sense, the house has simply been redefined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."

PHOTOS COURTESY OF HOME FRONTS NEWS



Arlington seniors Jaime Marquez and Janice Shack-Marquez on their newly designed accessible front walk.

Senior Living

Choosing a Home for the Golden Years

FROM PAGE 5

Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer's disease and dementia.

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 and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, 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."

Most importantly, said Bixler, she's 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.

She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. "I don't have any children, but I am close to my niece" said Lavoie, a former nurse who 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 who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. "It is no problem for me to visit with my family often, which is nice for me," he said. "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."

"It is a great way to retire and a great way to live," said Jarad Smith, director of marketing and sales at The Fairfax. "Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We're on 60 acres. There are a lot of nature trails."



PHOTO COURTESY OF FOX HILL

Retirement communities such as Bethesda's Fox Hill, a gated luxury retirement community for those aged 60 and above, offers independent living condominium ownership, as well as access to assisted living and memory care.

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