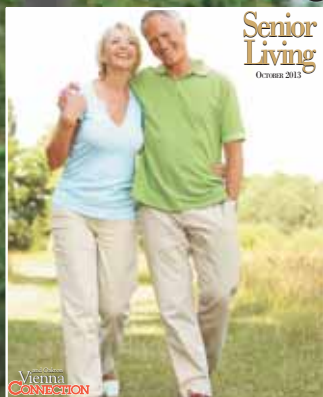


# and Oakton Vienna CONNECTION

Inside  
Senior Living



Five-and-a-half-year-old Evy Carroll, in blue sweatshirt, was diagnosed with cancer when she was 22 months old.

With Evy is her twin, Stella, her baby sister Catherine, and parents Brian and Jill Carroll.

Jill said the family is grateful for all Growing Hope did for them when Evy was undergoing treatment.

## Community Comes To Town Green

NEWS, PAGE 3

## Vienna Oktoberfest Brings Fun, Food and Gemütlichkeit on Oct. 5

NEWS, PAGE 3

## Social Justice Matters

NEWS, PAGE 8



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Vendors line the Church Street corridor.

# Vienna Oktoberfest Brings Fun, Food and Gemütlichkeit on Oct. 5

Town Green and Church Street become festival grounds from 11 a.m. to 7 p.m.

BY DONNA MANZ  
THE CONNECTION

There's German food and American-style food, live entertainment on the children's stage and main stage, German Oktoberfest beer and domestic beer, a marketplace of more than 100 vendors, a roving masked Lone Ranger on a white horse, and children's activities—from face painting to rock climbing and bounce house—all at the Vienna Oktoberfest, Saturday, Oct. 5, on the Vienna Town Green. And Rocknoscros—yes, Northern Virginia's most acclaimed kiddie-rock band—opens the children's area at 11 a.m.; the School of Rock opens the tented beer garden at the same time.

"It's a fun event for all ages," said Vienna Business Association (VBA) Chairman Kathy Georgen. "There's something for everybody ... free activities for the kids, beer and wine and food for the adults. It's a community event."

Vienna Oktoberfest, sponsored by the VBA and the Town of Vienna Saturday, kicks off at 11 a.m., with a special welcome by the festival's first-ever burgermeister, Greg Bernhard and the performance by Rocknoscros on the children's stage. Food and beer, entertainment, marketplace and activities run to 7 p.m. The festival takes place along the Historic Church Street corridor and on the Town Green. Maplewood Grill, Bazin's and Plaka Grill will sell Oktoberfest favorites from the



In the tented biergarten, you can buy Bavarian and American food, drink Oktoberfest beer and listen to live music.

## Vienna Oktoberfest Schedule

Vienna Oktoberfest, sponsored by the Vienna Business Association in cooperation with the Town of Vienna, runs Saturday, Oct. 5, from 11 a.m. to 7 p.m. in the historic Church Street corridor. The event kicks off at 11 a.m. with Rocknoscros on the Children's Stage on the Town Green, and the School of Rock on the main stage in the Beer and Wine Garden. The Beer and Wine Garden will be open for entertainment and food at 11 a.m. and for beverage purchase at noon. The beer garden is cash only and an ATM will be available there.

Children's Stage Entertainment Schedule:

♦ 11 a.m., Rocknoscros; Noon, Noland the Magician; 1 p.m., The Lone Ranger and his horse Silver; 2:30 p.m., Enshin Karate Demonstration; 3 p.m., Vienna Dance Academy;

Main Stage Entertainment Schedule:

♦ 11 a.m., School of Rock; 1 p.m., Sexton's 11-Piece German Band; 4 p.m. Fat Chance

For more information, visit [www.viennaoktoberfest.org](http://www.viennaoktoberfest.org).

Church Street food court. The beer garden and main stage are also in the caboose parking lot.

America's "most authentic original looking Lone Ranger & Silver in the Country"—that's from the Lone Ranger's website—appears and rides around the grounds when the festival opens and continues until the Lone Ranger and Silver present their program on-stage and on the Green. The Lone Ranger maintains his character throughout the day, offering messages of positive values for children. He poses for photos with festival visitors. VBA anticipates this will be a highlight for families.

Children can rock-climb, jump in a bounce house, write on the street with chalk, have their faces

painted, watch entertainment on the Town Green planned with them in-mind, and build with Legos. The Vienna Volunteer Fire Department's antique fire truck will be parked at the Town Green, as well.

Overseeing the 2013 festival is burgermeister Greg Bernhard, and a wein richter—or wine judge, in Vienna vernacular—Mark Schmidt.

To learn more about the 2013 Vienna Oktoberfest, go to [www.ViennaOktoberfest.org](http://www.ViennaOktoberfest.org). Proceeds benefit the first annual First Night celebration sponsored by the Vienna Business Association and the Town of Vienna. Connection Newspapers is the print media sponsor.

# Community Comes To Town Green

Optimists' event welcomes local children, cancer survivors.

Overcast skies and cool-ish temperatures might have kept some people away from the Optimists' fundraiser Family Fun Day and Walk for Growing Hope, but for those who came to jump in the bouncehouse, dunk Del. Mark Keam and Caffé Amouri owner Michael Amouri, and to bid on raffle and auction prizes, the time was well-spent.

Particularly so for the families with children once diagnosed with cancer, who welcomed the opportunity to say thank you to Growing Hope for supporting them, and to the Optimists of Greater Vienna for supporting Growing Hope. Activities and refreshments were free to the public.

Emily Knisley's strong arm had no trouble dunking Keam into the chilly tank of water. Emily said she comes because she had cancer herself.

"Growing Hope really helped our whole family," said Debbie Knisley, mother of former cancer patient Emily, now aged 10. "It helped to make the children excited to come to the doctor's office. The whole family was embraced." Emily was diagnosed with leukemia when she was 4 years old and underwent two years of outpatient chemotherapy at Inova Fairfax Hospital's pediatric oncology center. Debbie Knisley said she and her daughter usually come by the Optimists' fun day to say "hello" and make a donation.

Approximately half of Growing Hope's operating budget is funded by the Optimists of Greater Vienna. Seventy-five percent of the funds that the Optimist Club of Greater Vienna raises on behalf of its childhood cancer campaign go to Growing Hope; the remainder is donated to Johns Hopkins pediatric oncology programs.

Growing Hope supports Northern Virginia families facing childhood cancer with educational resources, fun events and tools to ease the impact of the disease on the patient, siblings, parents and grandparents. Growing Hope's services are free.

The Vienna-area community came through with donations of time, refreshments and raffle gifts. Country-rock band Donaldson's Run and face painter Angela McCall of Paint Me a Party accepted no fee. Pizza to fruit to drinks were provided by local restaurants and stores.

The Optimist Club of Greater Vienna operates Vienna's Saturday farmers' market and maintains the caboose that sits along the W & OD path. The club's annual Christmas tree sale is its biggest yearly fundraiser, supporting projects and programs that target the community's youth. Optimists Family Fun Day chairs Anna Ryjik and Susan Bauer estimate the club will have more than \$28,000 to present to Growing Hope on behalf of the 2013 childhood cancer research campaign.

To learn more about the Optimist Club of Greater Vienna, go to <http://www.optimistclubofgreatervienna.org/>. The Optimist Club of Greater Vienna meets the first and third Wednesdays of every month, starting at 7 p.m. at Marco Polo Restaurant in Vienna. New members are welcome at dinner meetings.

—DONNA MANZ



Optimists Club Family Fun Day co-chair Anna Ryjik [left] and Optimist Barbara McHale greet visitors and families of former cancer patients.

PHOTO BY DONNA MANZ/THE CONNECTION



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To have community events listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

### THURSDAY/OCT. 3

**The Great Falls Memory Cafe** will meet from 2-4 p.m. at Andrew Chapel United Methodist Church in Vienna. The memory cafe is a casual social meeting venue for those with progressive memory or cognitive impairment and their caregivers. Call Carol Blackwell 571-236-6933 for more details.

### SUNDAY/OCT. 6

**Blessing of the Animals.** 5 p.m., at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. A celebration of St. Francis of Assisi who is remembered for his love of animals, in which dogs, cats, birds, turtles, guinea pigs, goats, horses and any other creature may be blessed; treats are available for all. 703-356-4902 or [www.stjohnsmclean.org](http://www.stjohnsmclean.org).

### WEDNESDAY/OCT. 9

**AAUW Makes a Difference.** 7 p.m., at Patrick Henry Library at 101 E. Maple Ave., Vienna. The Vienna branch of the AAUW explains their support for pay equity, human and civil rights, and public education since 1881. 703-321-7499.

### THURSDAY/OCT. 10

**Great Falls Writer's Group.** Noon-2 p.m., at the Great Falls Library (Large conference room), 9830 Georgetown Pike, Great Falls. The Great Falls Writer's Group (GFWG) joins for in-depth discussion on the joys and challenges of writing, and how to make it more of a part of daily life. Great Falls author Kristin Clark Taylor leads the group discussion. Local writers and authors are invited to take part in the twice-a-month meetings. 703-757-8560.



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# OPINION

## Virginia's Easy Access to Guns

**A parent asks why background checks aren't better.**

BY RUTH HOFFMAN

**H**ow 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**

## Honor Flight Network Brings 90 Veterans to WWII Memorial

VALERIE WADDELOVE

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

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

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

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

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

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



PHOTO CONTRIBUTED

**Arriving veterans shook hands with the people, especially children.**

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

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

Vienna & Oakton  
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**NEWS DEPARTMENT:**  
**To discuss ideas and concerns,**  
**Call: 703-778-9410**  
**e-mail:**  
[vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Chelsea Bryan**  
Editorial Assistant  
703-778-9410 ext.427  
[cbryan@connectionnewspapers.com](mailto:cbryan@connectionnewspapers.com)

**Donna Manz**  
Contributing Writer  
[dmanz@connectionnewspapers.com](mailto:dmanz@connectionnewspapers.com)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[rosspinning@yahoo.com](mailto:rosspinning@yahoo.com)

**ADVERTISING:**  
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**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Jean Card  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[@TheismannMedia](mailto:jtheismann@connectionnewspapers.com)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## PEOPLE

### Rauner Receives a Lifetime Achievement Award

**H**arold C. Rauner, president/CEO of The Business Bank, received the Dulles Regional Chamber of Commerce's Lifetime Achievement Award on Friday, Sept. 6 at the Westin Washington Dulles Hotel and Resort in Herndon.

Harry Rauner is a graduate of George Mason University, where he received both undergraduate and master's degrees in business administration with a major in finance and real estate. He began his banking career at the McLean Bank in 1974, where he held various positions to include senior vice president of loan administration and commercial loan officer. He left McLean Bank in early 1987 to organize the Heritage Bank of Northern Virginia where he served as president, CEO and director. Rauner left Heritage Bank to join The Business Bank in late 1994 where he assumed his current positions.



**Don Owens, chairman of Dulles Regional Chamber of Commerce, with Harry Rauner.**

Rauner is the founding director and past president of the Rotary Club of Dunn Loring; a former director of the Community Foundation of Northern Virginia; and a former chairman of the board of the Community Bankers Bank, headquartered in Richmond. Currently, Rauner serves on the Boards of the Potomac Conservancy and the Greater Reston Chamber of Commerce. He is also

a member of the George Mason University School of Management's Advisory Board and serves on the Board of Governors for The Tower Club in Vienna.

The Business Bank, headquartered in Vienna, has been serving the needs of businesses and consumers of Northern Virginia for over 30 years. Additional information about The Business Bank can be found at [www.TBBVA.com](http://www.TBBVA.com).

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## NEWS

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

PHOTOS BY  
VICTORIA ROSS/  
THE CONNECTION



# Social Justice Matters

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

BY VICTORIA ROSS  
THE CONNECTION

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

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

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

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

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

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

\*More than 18,000 children are homeless;

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



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



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

eat, and 148,000 have no health insurance.

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

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

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

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

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

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

## Residential Studios Put on Hold

**Supervisors establish committee, plan additional public outreach.**

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

The board also established a Planning Commission Residential Studios Committee.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

— VICTORIA ROSS

SEE SOCIAL JUSTICE, PAGE 11



## NEWS

### Barbara d'Andrade Honored

**N**orthwest Federal Credit Union Foundation knows many hands play a role in the success of its charitable outreach and financial education efforts—including those of Barbara d'Andrade, its former executive director who has remained an active foundation volunteer since retiring in 2007.

NWFCU Foundation named d'Andrade, who resides in Vienna, its 2013 Volunteer of the Year at its annual awards ceremony.

"Did they surprise me? They really did, but I am so honored to be recognized," said d'Andrade, who holds a "great passion" for the efforts of the foundation. "It's so rewarding to volunteer and see the difference you can make in the community. I get such satisfaction in helping others through the foundation."

While d'Andrade assists with many foundation programs, she has two favorites: serving on the Scholarship Committee and helping with its Realty Store.

"I enjoy volunteering with the scholarship program—it's a phenomenal recognition of students' leadership and dedication to their communities," said d'Andrade. "It



PHOTO CONTRIBUTED

**Linda Rogus, executive director of NWFCU Foundation (right), presents Barbara d'Andrade with the 2013 Volunteer of the Year award. D'Andrade lives in Vienna and has been an active foundation volunteer for several years.**

seems there are many awards available for students with the highest academic achievements, but not as many for those exhibiting great leadership qualities but not ranked at the top in their class. These scholarships acknowledge this group." The foundation recently awarded more than \$100,000 in scholarships for 2013.

To get involved with the NWFCU Foundation, call 703-925-5092 or visit [www.nwfcufoundation.org](http://www.nwfcufoundation.org).

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## SCHOOLS

# Marshall High Innovates Lunchtime

**Statesmen Station launches pilot lunch, whole, fresh food bar at ribbon cutting.**

BY CHELSEA H. BRYAN  
THE CONNECTION

**T**asting food, listening to a student-led, food-themed rap performance and celebrating healthy food was the agenda at school Thursday, Sept. 12 at Marshall High.

Principal Jay Pearson and the Real Food For Kids group launched "the Statesmen Station," a pilot lunch program featuring fresh foods, in the form of a soup, salad and sandwich bar.

With a ribbon cutting, volunteer-parent organization Food For Kids, which advocates for more fresh food in Fairfax County Public Schools, started the new lunchtime innovation.



**The Fresh wRappers, from left, Kailee Sibley in pink, Jessica Campbell in blue, Hallie Schlaffer in yellow, Matthew Horne, Wynne Treco in purple, and Nikki Pope in orange, Chris Chapin (not pictured).**

A group of Marshall High drama students, the Fresh wRappers, who performed on WUSA's Channel 9 Noon News the next day, commemorated the occasion with a performance of their own lyrics and music.

JoAnne Hammermaster, president of Real Food for Kids, said the cafe bar's successful launch at Marshall was an enormous, col-

laborative effort. The Food for Kids president said that since the new program is positioned in the 11th largest school district in the country, change is very complicated.

The school board, the administrators, Marshall's principal, community leaders, parents and students all worked together to create healthy options for the high schoolers, said Hammermaster.

PHOTOS BY LAURA MACANE COYER



**The Statesmen Station Ribbon Cutting with FCPS Board Chairman Ilryong Moon, FCPS FNS Director Penny McConnell, School Board Members Ryan McElveen and Patty Reid, Marshall HS Principal Jay Pearson, FCPS Superintendent Dr. Karen Garza and FCPS School Board Vice Chair Tammy Kaufax.**

In school districts across the country, freshly prepared food at school is not a given. David Esquith, director of the U.S. Department of Education's Office of Safe and Healthy Students, spoke on the benefits of feeding teenagers well, and new Fairfax County Public Schools Superintendent Dr. Karen Garza also spoke.

Principal Pearson and Real Food

For Kids worked with the school board and Food and Nutrition Services to create the Statesmen Station menu. Students from Marshall High School's culinary academy served refreshments.

For more information, visit [www.realfoodforkids.org](http://www.realfoodforkids.org).

See MC Horne and the Fresh wRappers (formed for this event) at <http://youtu.be/OAxfMX5Br68>.

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## News

# Social Justice Discussed

FROM PAGE 8

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

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

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

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

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

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

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

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

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

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

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# South Lakes Field Hockey Edges Marshall

**Seahawks score in opening minute of second half.**

BY JON ROETMAN

THE CONNECTION

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

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

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

Junior midfielder Megan Greatorex assisted the goal.

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

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



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

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

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

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

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

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

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



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

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

— South Lakes junior Aly McCarty

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

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

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

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

## FOOTBALL ROUNDUPS



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

## McLean Football Beats South Lakes

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

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

## Oakton Football Wins Third Straight

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

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

## Madison Falls to Stone Bridge

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

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

Warhawks' lone score.

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

## Marshall Football Loses to TJ

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

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

## Herndon Drops Conference Opener

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

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

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



# ENTERTAINMENT

Send announcements to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## WEDNESDAY/OCT. 2

**Dave Mason.** 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Former Traffic front man Dave Mason comes to The Barns at Wolf Trap for a lively performance. [www.wolftrap.org](http://www.wolftrap.org).

## WEDNESDAY-TUESDAY/OCT. 2-15

**Shari MacFarlane's Student Art Show.** 6:30-8:30 p.m. at the Saturday, Sept. 21 reception. 6:30-8:30 p.m., at Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. The art of 22 students, ages 4 to 12 will be displayed. A reception is slated for Sept. 21.

## FRIDAY/OCT. 4

**Scotland's Battlefield Band.** 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Scottish vibe and music to welcome fall. 703-255-1900, [http://purchase.tickets.com/buy/TicketPurchase?agency=WOLF\\_TRAP&pid=7554023](http://purchase.tickets.com/buy/TicketPurchase?agency=WOLF_TRAP&pid=7554023) or [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY-SUNDAY/OCT. 4-6

**18th annual Fall Into Color Art Show.** 10 a.m.-9 p.m. 7-9 p.m. reception Friday, 10 a.m.-6 p.m. Saturday and Sunday at the Historic Vale Schoolhouse, 3124 Fox Mill Road, Oakton. A show at the Vale Schoolhouse with guest artists Meredith Hannon and Carie Cole's

featured works alongside ValeArts artists' work. Families are encouraged and a children's table will foster young artists' talents with acrylic, oil, mixed media and watercolors. 703-860-1888, [info@valearts.com](mailto:info@valearts.com) or [www.valearts.com](http://www.valearts.com).

## SATURDAY/OCT. 5

**Vienna Oktoberfest.** 11 a.m.-7 p.m., on the Town Green, Church Street, Vienna. Sponsored by the Vienna Business Association and the Town of Vienna, the festival takes place along the Historic Church Street corridor and on the Town Green, and features German and American food, German and American beer, about 100 vendors, live entertainment on the kids' stage and the main stage and children's free activities. [www.ViennaOktoberfest.org](http://www.ViennaOktoberfest.org).

**Kris Delmhorst and Jeffrey Foucault.** 7:30 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. The singer/songwriter raised in Brooklyn and folk maverick Jeffrey Foucault play their mix of folk and rock songs. \$22. [www.wolftrap.org](http://www.wolftrap.org).

## SUNDAY/OCT. 6

**Sixth annual MPAartfest.** 10 a.m.-5 p.m. McLean Central Park, 1468 Dolley Madison Blvd., McLean. Created for the community by McLean Project for the Arts, MPAartfest draws thousands of art-lovers of all ages to enjoy (and purchase) original art, listen to live music, create their own masterpiece at MPA's Innovation Station and picnic on delicious selections from local restaurants. 703-790 1953 or [www.mpaart.org](http://www.mpaart.org).

**Fall Flea Market.** 11 a.m.-4 p.m., at

Vienna Assembly of God, 100 Ayrhill Ave. N.E., Vienna. The market runs concurrent with an Operation Christmas Child and food drive; a Children's Fun Fest is from 11 a.m.-2 p.m. [bianca3474@yahoo.com](mailto:bianca3474@yahoo.com).

## TUESDAY/OCT. 8

**District 97.** 8 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. One of the leading lights of the new generation of Prog Rock bands performs original work along with a selection of work from his legendary tenure with King Crimson, much of it not performed live in 40 years. [www.jamminjava.com](http://www.jamminjava.com).

## THURSDAY/OCT. 10

**Meet Bill Firestone.** 7:30-9 p.m., at the Vienna Art Center, 115 Pleasant St. N.W., Vienna. The Vienna Arts Society invites the public to meet Bill Firestone, an artist at the Workhouse Arts Center in Lorton, who will demonstrate his style of painting acrylic abstracts with humor. 703-319-3971 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**Tim O'Brien and Darrell Scott.** 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Contemporary bluegrass pioneer Tim O'Brien plays folk and country singer/songwriter Darrell Scott plays songs from his new album. \$27-\$32. [www.wolftrap.org](http://www.wolftrap.org).

## SUNDAY/OCT. 13

**New Author Book Slam.** 1-3:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Up and coming authors of all genres showcase their works and give away free books. [www.jamminjava.com](http://www.jamminjava.com) or <https://>

[www.facebook.com/events/186525444862517/#](http://www.facebook.com/events/186525444862517/#).

## FRIDAYS-SUNDAYS/OCT. 18-NOV. 3

**"Picasso at the Lapin Agile" by Steve Martin.** Time TBD, at The Vienna Town Green, 144 Maple Ave. E., Vienna. Albert Einstein and Pablo Picasso meet at a bar called the Lapin Agile in Montmartre, Paris on October 8, 1904, and both men are on the verge of an amazing idea; the two geniuses have a lengthy debate about the value of genius and talent while interacting with a host of other characters. \$13 general admission, \$11 seniors and students. <http://www.viennava.gov/>.

## SATURDAY/OCT. 19

**Family Art Workshop.** 10-11:30 a.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Families are invited to learn about art during a day filled with a large variety of activities. \$10 per family. Register at [www.mcleancenter.org](http://www.mcleancenter.org). 703-790 1953 or [www.mpaart.org](http://www.mpaart.org).  
**McLean Pet Fest 2013.** Noon-3 p.m., McLean Central Park, 1468 Dolley Madison Blvd. Take part in a petting zoo and enjoy music and a performance by the Amazing Leroy; refreshments available for purchase. Register at [www.mcleancenter.org](http://www.mcleancenter.org). 703-790 1953 or [www.mpaart.org](http://www.mpaart.org).

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# "Mor-Tality" Or Less



By KENNETH B. LOURIE

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

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

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

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

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

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

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## 21 Announcements

## 101 Computers

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DIVISION OF ST THOMAS AND ST JOHN

RC HOTELS(Virginin Islands), INC (Plaintiff)  
vs  
ALKESH TAYAL (Defendant)

CIVIL NO. 191/2010  
ACTION FOR DEBTAND FORCLOSURE OF REAL  
PROPERTY MORTGAGE

TO: Alkesh Tayal  
1014 Salt Meadow Lane  
McLean, VA 22101

Within the time limited by law(see not below) you are hereby  
required to appear before this Court and answer claim filed  
against you in this action. In the case of your failure to appear  
or answer, judgement by default will be taken against you as  
demanded in the Complaint for **ACTION FOR DEBT AND  
FORECLOSURE OF REAL PROPERTY MORTGAGE**.  
Witness my hand and the Seal of the Court this 7th day of  
April, 2010.

VENETIA HARVEY VELASQUEZ, Clerk of the Court  
Richard P. Farrelly, Est  
Birch, de Jongh & Hindels, PLLC  
Poinsetta House at Bluebeard's Castle  
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St Thomas, USVI 00802  
340-774-1100  
340774-7300 fax

NOTE: The defendant, if served personally, is required to file  
his/her answer or other defense with the Clerk of this Court,  
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twenty(20) days after service of this summons, excluding the  
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President

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BY JESSICA SIMONS

STUDENT/NOVA ANNANDALE CAMPUS

Light begins to flash  
pointing at me with such force  
causing me to black out  
unable to see  
unable to fight  
with the feeling of the current  
pulling me in every which way  
fighting my way out  
finding no release  
My chest begins to concave  
From the weight of the world  
Pressing on it  
Trying to use the voice I know I have  
But it vanishes  
Just like the appearance I have  
On the world  
Conforming to the current, finding out  
who I am

Or more like trying to find out  
As there is still no way out  
Using my last breath  
I fade into abyss  
I become ... nothing

The writer resides in Vienna.

# McLean Idol to Be Held Oct. 3-5

The award-winning McLean High School Theatre Company (MTC) and McLean Choral Department present the third annual McLean Idol with semi-final rounds over the course of two evenings, Thursday and Friday Oct. 3-4. Twenty-two McLean High School students perform current hits, karaoke style. Each of the first two nights, the audience will vote for the top five contestants who will advance to the final round. These 10 young men and women will compete in the final round on Oct. 5 at 7 p.m. Each evening's competition takes place in the McLean High School Auditorium, 1633 Davidson Road, McLean. \$5 tickets are available at the door. Senior Carla Calderon, producer of this event, is serving as the evening's master of ceremonies.

Thursday evening will feature Jasmine Gomez, Rachel Lawhead, Matt Lucero, Alanna Milstein, Jeffrey Nolan, Genesis Pedraza, Jack Posey, Jennifer Rose Castle, Emily Swett, Grace Venes and Renee Zhang. Friday evening will feature Santiago Alfonso-Meza, Stephanie Bourland, Josh Delgado, Helena Doms, Abby Huston, Zoe LeMenestrel, Nicole Sheehan, Will Stockton, Christopher Stolze, Alex Stone and Tori Garcia. McLean Theatre Company comprises students, parents and teachers at McLean High School working together to produce challenging and award winning theatrical productions. The home of McLean Theatre Company is the 700 seat Burks Auditorium and the more intimate 75 seat Black Box theater at 1633 Davidson Road, McLean.

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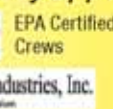
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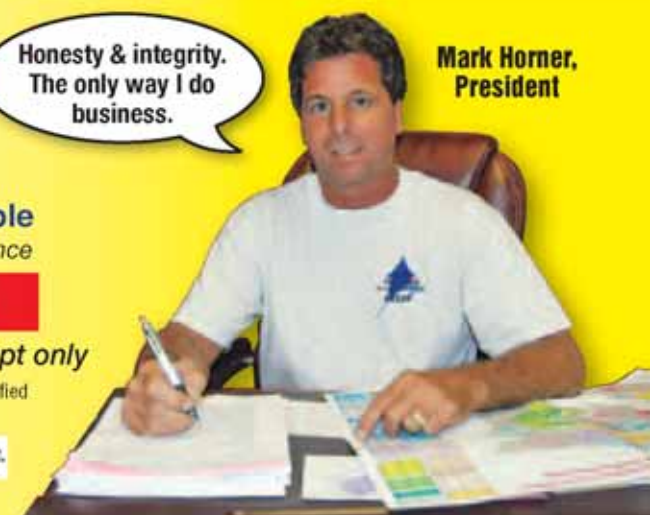
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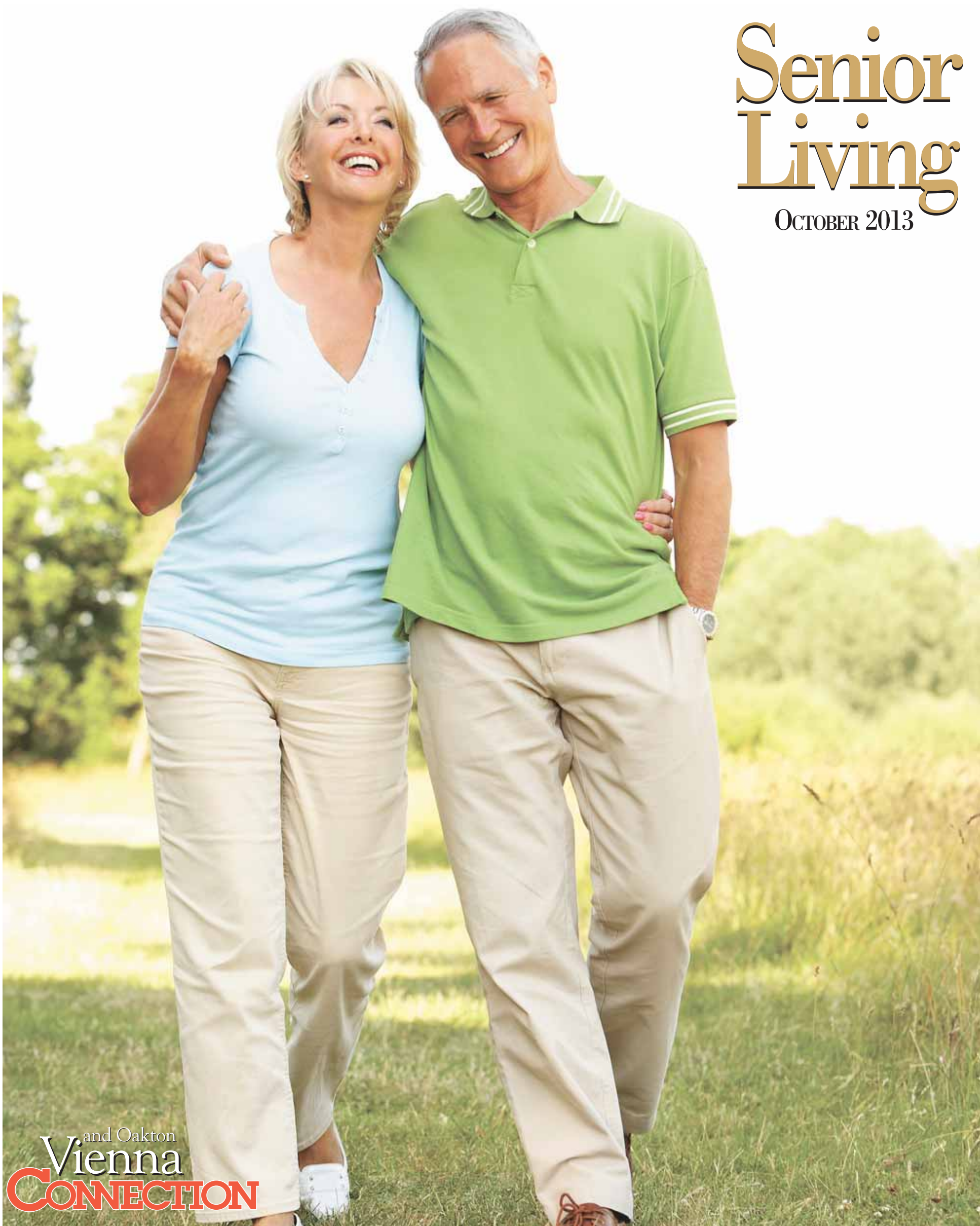
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OCTOBER 2013



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## 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](mailto:olli@gmu.edu) or [www.olli.gmu.edu](http://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](http://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](http://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](http://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](http://www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm) or call 703-324-5205.

**Oktoberfest Tour and Tasting for Seniors.** 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at [www.seniorservicesalex.org](http://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](http://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 Leiann 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](http://www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm) or call 703-914-0223.

## 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](http://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](http://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](http://www.vva227.org).

## THURSDAYS/OCT. 17-NOV. 21

**Independent Living Project.** 1-3 p.m. at Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at [www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm), call 703-324-7210, TTY 711 or email [Jennifer.Edge@fairfaxcounty.gov](mailto:Jennifer.Edge@fairfaxcounty.gov).

## SATURDAY/OCT. 19

**Craft Sale.** 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-324-4600 TTY 711.

**Senior Law Day 2013.** 8:30 a.m.-12:15 p.m. at First Baptist Church, 2932 King St. Learn from law enforcement, legal and financial experts about the diverse frauds, scams, identity theft, financial abuse and other schemes targeting seniors in the Washington Metropolitan area. Free. To register visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or call Senior Services of Alexandria at 703-836-4414, ext. 10.

## SUNDAY/OCT. 20

**Hope for the Holidays Seminar.** 4-7 p.m. at Jefferson Funeral Chapel. Designed to help people who have lost loved ones since last Christmas. Free, but registration by Oct. 11 is requested. E-mail [info@jeffersonfuneralchapel.com](mailto:info@jeffersonfuneralchapel.com) or 703-971-7400 to register.



# Senior Living

## Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL  
THE CONNECTION

**J**im 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

### Where to Find Help for Seniors

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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

**R**uss 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

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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.

"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 resi-



**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.**

dents 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 independent 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 recovering from an injury or who needs physical therapy."

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

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities 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 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.



**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.**



**John Mutchler**



**Peg Bixler**



**Dorothy Lavoie**



**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.**

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."

"I'm busy 24 hours a day. I get out and walk every single day,"



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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](http://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.**

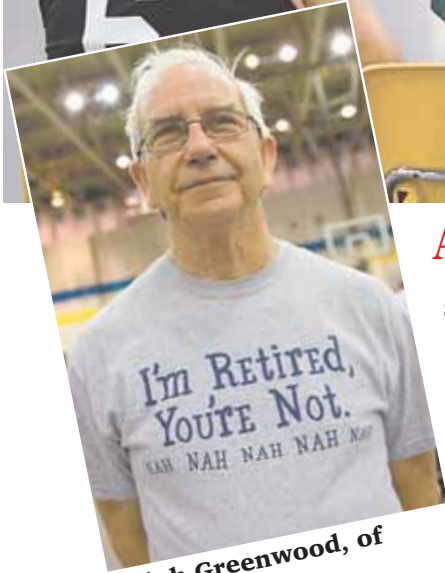


# SENIOR LIVING



PHOTOS BY  
LAUREN  
SCHNEIDERMAN

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



**Ralph Greenwood, of Reston.**

## Active Seniors Compete for Glory

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

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

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



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



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



**Mary Lou D'alessandris, of Falls Church.**



**Judy Massabny, of Arlington, awards Ed Ladd (Falcons Landing, Va.) a bronze medal for the field goal competition.**

**The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauning and Melissa Mendell, of Arlington; and Bill Wong, Fairfax.**



lost (adj): 1. unable to find the way.  
2. not appreciated or understood.  
3. no longer owned or known



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