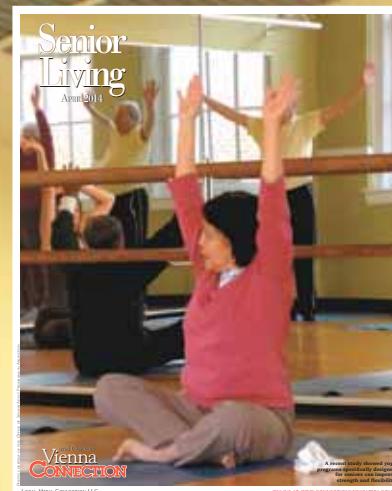


and Oakton Vienna CONNECTION

Steve Hyatt of McLean, right, will celebrate the first night of Passover at the Seder hosted by Rabbi Chessy Deitsch and the Chabad Tysons Jewish Center. Rabbi Deitsch invites the community to the Seder in Vienna.

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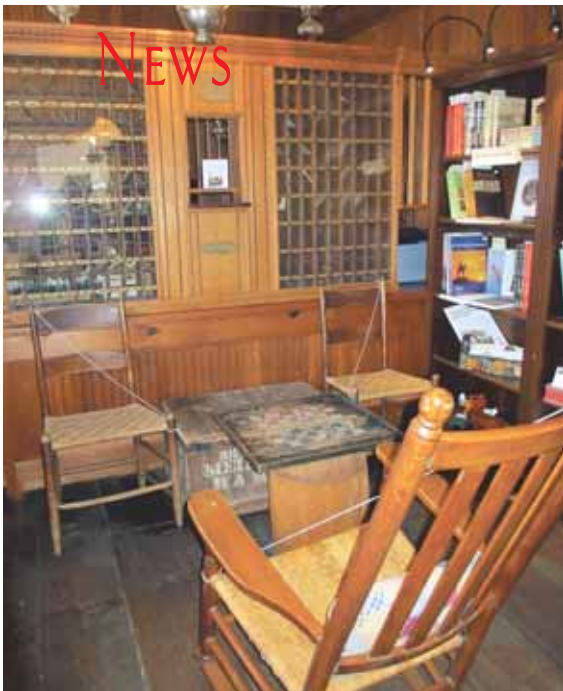


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An oak post office cabinet, this one made in New Britain, Conn., was typical of the post office set-ups used from 1876 to 1925.



The community "general" store - or country store - sold dry goods, food provisions, seed and animal feed, and small pieces of farm equipment.

PHOTOS BY DONNA MANZ/THE CONNECTION

Freeman House Celebrates 'The Country Store'

Exhibit showcases history of bygone era.

BY DONNA MANZ
THE CONNECTION

For a hundred years, towns and cities across America depended on their "general" stores - or "country" stores - for food provisions, clothing and dry goods, animal feed and seeds, and small equipment to sustain the community. These shops served as a goods center, post office, local goings-on hub, and, even, a polling place. Most of these country stores are gone now, a relic of the past few know about and fewer remember. Historic Vienna, Inc., custodian of the historic Freeman House on Church Street, honors the memory of the "country store" with an exhibit of artifacts presented and identified in its very own country store.

"A goal of the HVI Museum Committee is to create a series of annual museum-quality exhibits that relate to the local area and will be of interest to a wide community of residents and visitors," said HVI Board and museum committee member, Jon Vrana. "[This] exhibit brings together pictures, objects, and stories of a part of Vienna's rich historical heritage, the late 1800s and early 1900s, when the country store was the center of the community for so many things."

AN OPENING RECEPTION, open to the public at no charge, is scheduled for Sunday, April 6, 4 to 6 p.m. at the Freeman Store. Vrana said the new exhibit, the History of the Country Store, is "unusual" in that the exhibit embraces both floors of the Freeman House, the store downstairs and the museum upstairs. Showcasing Freeman Store as a country store was no stretch of the imagination; it served in that capacity for more than 75 years.

HVI volunteers rearranged the first floor to emphasize important parts of a country store - the post office, the dry goods country, and the candy counter. It's an era that most have seen in film or television or read about but have had no personal contact with.

Abram and Susan Lydecker, New Jersey merchants who moved to Vienna and built the general store on



Turning the grinding wheel of this turn-of-the-19th-century coffee grinder which ground the beans from the top container.

Church Street in 1859, had nine children, one of whom married Anderson Freeman. Freeman bought the wood structure, mill and land from his father-in-law in 1874. In 1890, Anderson Freeman served on the Vienna Town Council. Their son, Leon Freeman, married and later lived in the house above the store. Leon Freeman was the first president of Vienna's bucket brigade and mayor of Vienna from 1912 to 1914. In a glass case is the satchel, checkbook, and calling card of Leon L. Freeman.

THE EXHIBIT offers a combination of posters, artifacts, and reproductions. Museum committee members pooled their talents and resources to create the nostalgic display. Vrana created more than a dozen color posters, highlighting the resources of country stores, as well as the background of the Lydecker/Freeman generations. Many of the artifacts came from HVI's archives. David Shelby created period labels for the cans of food in the exhibit, and Mike Berger recreated a replica of the Lydecker/Freeman store as it looked during the Civil War.

"What I love about this exhibit is that because Freeman Store was a general store from the beginning, this exhibit brings it back to its roots of what it used to be," said Anne Stuntz, HVI president.

"The History of the Country Store" opened on March 1. The opening reception at the Freeman Store on Sunday, April 6, runs 4 to 6 p.m., 131 Church Street NE. For information, go to www.historicviennainc.org or call 703-938-5187.



Debi Elliott's "Lavender Fields of Provence" evokes images of the south of France.

"Birches," multimedia piece by Dore' Skidmore, interprets white birches as a musical score as a bird follows its melody.

PHOTOS COURTESY OF
VIENNA ARTS SOCIETY



Vienna Arts Society Honors Springtime

'Great Escapes' gives way to 'Music to My Ears.'

The Vienna Arts Society does much more than bring local artists together. It reaches out to the community with art classes for adults and children, fine arts competitions, art camps for kids, and gallery exhibitions of quality pieces that change monthly. March's exhibition of "Great Escapes" ran through March 29.

"Great Escapes" is a fine arts travelogue, original works inspired by travel in America and around the world.

From an Essex pasture and whales of Alaskan waters to fields of French lavender and lighthouses, the exhibition embraces the diversity of the world's locales. VAS artist-of-the-year Debi Elliott paints with movies in the background as her muse, and her purple and green "Lavender Fields of Provence" evokes images of the south of France.

"Sometimes it is therapeutic to get away from the realities

of life in Northern Virginia, and art is one of the cheapest ways to travel," said Elliott.

"Music to My Ears," the arts society's April exhibition, opens on Saturday, April 5, with a reception featuring the art society's annual judged Spring Show. The exhibition explores music through the ears of the beholder, from birdsong to traditional interpretation. VAS invites the community to the opening reception on April 5, from 6 p.m. to 9 p.m., at the center. Light refreshments are offered and members of the Vienna Arts Society will be on-hand. Juror Carolyn Gawarecki is scheduled to present awards to artists for original artworks reflecting the range of responses to April's theme of music. The April exhibition is open Tuesday through Saturday, from 10 a.m. to 4 p.m., April 1 to 26.

The Vienna Art Center is at 115 Pleasant St., NW, Vienna. The gallery is open 10 a.m. to 4 p.m. Tuesday through Saturday. There is no admission fee. Call 703-319-3971 for class information or to learn more about the Vienna Arts Society or visit www.ViennaArtsSociety.org.

— DONNA MANZ

'The Best High-School Musicians in Virginia'

Three Madison students to play in All-State Band.

BY BONNIE HOBBS
THE CONNECTION

Three Madison High students will be performing this weekend in Blacksburg with the Virginia All-State Band. The talented musicians are senior Go Eun Jeong, junior Daniel Schwartz and sophomore Mike Niebergall.

Only the top musicians in their district bands got to audition for All-State Band. Auditions were held Feb. 22 at JMU, with hundreds of students from across Virginia vying for a spot. Each had to play various scales, plus an excerpt from a song written solely for that audition. They also had to sight-read new music and play it on the spot.

Go Eun Jeong

"Making All-State Band was my dream," said Jeong. "To be in something like this, on a state level, is amazing. It's really a great honor."

She had played flute as a child but, when she was a seventh-grader at Kilmer Middle, a local bassoonist talked to her class about that instrument and she was intrigued. She tried out for it and got to play it in Concert Band – but it was a big change from flute.

"A flute has a limited amount of keys to press and is fairly easy to learn," explained Jeong. "But a bassoon has nine left-thumb keys, alone, to press. So at first, I was totally overwhelmed because it was so different. I also had to learn different breathing techniques because it has a double reed."

But Jeong eventually grew to like it. "It has a human-like, warm tone and makes me feel unique and special," she said. "So I thank my middle-school band director for encouraging me to start playing it."

She's also taken private lessons and hopes to play with Brown University's orchestra after graduation. "It's a nice way of connecting with other musicians, making beautiful sounds [together]," she said. At Madison, she's been in the band's woodwinds ensemble all four years.



(From left) are Daniel Schwartz, Go Eun Jeong and Mike Niebergall.

Jeong also plays in the 150-person American Youth Philharmonic Orchestra. Students throughout the Washington Metropolitan area audition for it, rehearse together weekly and perform five concerts per season. "There are four bassoonists total," said Jeong. "This gives me more experience and we're playing top-notch, classical music. It's always fun to play this instrument and tell a story with it."

Actually, this is her third time making All-State Band, and she's looking forward to "playing great music with my friends and a top guest conductor. It's a great privilege. Performing music has enriched me; I've met new people and just feel energized – I really love it."

Schwartz began playing clarinet in third grade, after attending a klezmer concert. "The clarinet player made all these crazy, wild and cool sounds, and I wanted to do it, too," he said. "I'd already played piano two years, so it was fairly easy to learn."

Toughest, he said, is "maintaining the position of your mouth over the mouthpiece

to create a good sound." Best, said Schwartz, is "the clarinet's range. It has the largest amount of playable octaves of any band instrument."

He especially likes jazz and even composes jazz-influenced music. After entering a composition contest, his piece was selected to be performed by Schwartz and other clarinetists, March 8, before the McLean Symphony.

"I was surprised because I didn't know how they'd like it," he said. "It was humbling, but I also felt proud of myself; I hadn't had a professional opinion of my composing before."

Schwartz also made All-State Band for the first time; 120 clarinetists tried out and he was the sixth-best. So he was thrilled "to think that, of all the top high-school clarinet players in the state, I'm sixth. Clarinet's one of the most competitive instruments in a band because there are so many. I figure I'm lucky to be from the part of Virginia with such good teachers."

He'd eventually like to obtain degrees in music and in liberal arts or social science. But he's got another year of high school to complete, plus the upcoming All-State concert, April 3-5, at Virginia Tech.

"My private clarinet teacher, Ken Lee,

helped me work on the audition piece," said Schwartz. "He advised me where to breathe and helped me with the phrasing. I'm excited to see what they've chosen for us to play [this weekend] because these are the best, high-school musicians in Virginia – and we'll only have two days to learn the music."

Mike Niebergall

A tuba player, Niebergall made All-State Band for the second time. He also made it as a freshman, which is fairly rare. Playing that instrument since sixth grade, he said, "My elementary school needed a tuba player and I'm a relatively big guy, so it was a good fit."

The hardest part, he said, is that the tuba "requires an incredible amount of air to play. You need to move a lot of air through your system and through the instrument." But, he added, "Blasting all those really low notes entertains everyone. You don't often hear jazzy or upbeat tunes with tubas, although they're fun to play, so I like them best." Niebergall said private lessons helped him and, since both parents directed high-school bands, he comes from a musical family. Although he knew his All-State audition went well, Niebergall didn't assume he'd make it. So, he said, "I was extremely happy to know I was getting in again. It's awesome because you're among the best of the best."

Looking forward to the concert, he said, "I think it's going to be really fun and a great learning experience for me. I'll be sitting next to people with even more extensive knowledge than me; and being near them, maybe I'll get some of their expertise."

Niebergall's advice to other musicians is that "private lessons are a gigantic asset and practice is the most important thing you can do." He said playing any instrument has many benefits.

"It stimulates my mind so I can think faster and learn better," he explained. "It's also an exercise in problem-solving; sometimes, you have to break up a piece of music into segments to practice it and learn it. Then you put it all together." Besides that, he said, "It's probably the core of my social life – about 99 percent of my friends are band members."

WEEK IN VIENNA

Potomac River Watershed Cleanup

Area residents and organizations are invited to join in the 26th Annual Potomac River Watershed Cleanup on Saturday, April 5, from 9 a.m.-noon. Local efforts will focus on Piney Branch Creek at Northside Park and Wolftrap Creek at Wildwood Park.

Volunteers for the Piney Branch Creek site should enter the trail near the Town of Vienna's Northside Property Yard and meet at the metal bridge located along the path leading to the creek at 9 a.m. The Wolftrap Creek site is sponsored by the George Mason District Boy

Scouts and will meet at 9 a.m. on Follin Lane at the entrance to Wildwood Park. To volunteer at either site, contact Rick Ayers at rayers@esri.com or 703-989-3221.

Help Stop Hunger Now

The community is invited to a Stop Hunger Now event on Saturday, April 5, from 9 a.m.-6:30 p.m., at Madison High.

Volunteers are needed to help assemble rice, soy, dehydrated vegetables and a flavoring mix including 21 essential vitamins and minerals into small meal-packages.

These packages will then be shipped around the world to support school feeding programs and crisis relief. All

ages are welcome.

Budget Public Hearing Set

The Vienna Town Council will hold a public hearing, Monday, April 7, at 8 p.m., at the Town Hall, on the proposed FY 2014-15 budget.

At that time, residents will be able to comment on the budget and ask questions.

In addition, a public hearing on the proposed real-estate tax rate, plus water and sewer rates, will be held at the April 28 Council meeting. Budget adoption is slated for May 12.

SEE WEEK, PAGE 9

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OPINION

Why I Support Medicaid Expansion

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY BOARD OF
SUPERVISORS



COMMENTARY

As the Virginia General Assembly continues to discuss the expansion of Medicaid, the benefits and consequences of doing so have received a great deal of attention. Debates rage in the media, among businesses and around the kitchen tables of ordinary Virginians throughout the state. At our board meeting of March 25 my colleagues and I reiterated, in a bi-partisan vote, our strong support for Medicaid expansion in Virginia, and here's why:

First and foremost, Virginians have already paid for most of Medicaid expansion through our federal tax dollars. Through the year 2022, Virginians will pay \$29.7 billion in Affordable Care Act related taxes and fees to the federal government. The federal government will cover almost all of the cost for Medicaid expansion with tax dollars collected from the states, including Virginia. If Medicaid is expanded in Virginia, the federal government will pay 100 percent of the cost through 2016, decreasing incrementally to 90 percent in 2020 and subsequent years. If Medicaid is not ex-

panded in Virginia, we will still pay those same taxes but will see no corresponding benefit to our uninsured population — rather, our tax dollars will be used to pay for uninsured individuals in other states.

Second, the economic benefits of expanding Medicaid, aside from the obvious return of taxpayer dollars to our state, far outweigh the costs. To put it plainly, not addressing affordable health care coverage in Virginia costs Virginia money. Employed Virginians with insurance already subsidize care provided for uninsured Virginians needing urgent treatment when they show up in emergency rooms. These visits result in higher premiums for employed Virginians as well as increased provider costs. Medicaid expansion would increase less expensive preventative care thus reducing more expensive emergency care. This would not only drive down costs but could also improve the overall health of Virginia residents.

A largely unseen cost of our current situation is the existing financial burden on county-funded safety net providers, including non-

profit organizations that assist lower income residents. The Fairfax-Falls Church Community Services Board estimates that the percentage of clients receiving substance abuse treatment or mental health services who are covered by Medicaid will rise from 38 percent to 50 percent under the proposed expansion, freeing up County funding for other critical needs.

Lastly, Medicaid expansion provides a tremendous opportunity to do more to help our most vulnerable residents. In Fairfax County alone, up to 30,000 low-income residents would become eligible for Medicaid through expansion, including: individuals earning less than \$15,302 per year; families earning less than \$31,155 per year; low-income children who lose Medicaid when they turn 19; and, adults with disabilities not eligible for Supplemental Security Income or Social Security Disability Insurance. Under Medicaid expansion, Virginia's health care delivery system will have the resources needed to provide quality services to those in need.

The Fairfax County Chamber of Commerce and Fairfax County's local hospitals recognize these facts, and have strongly endorsed Medicaid expansion. Let's keep Virginia's tax dollars in Virginia and increase access for uninsured Virginians at the same time.

Maintaining a Viable, Diverse Community

While need for housing, childcare, healthcare and other human services have grown, these programs have faced significant cuts over past few years.

To the Board of Supervisors:

The following open letter to the Fairfax County Board of Supervisors concerns housing and human services budget recommendations from the Alexandria Budget Advocacy Coalition for Housing and Human Services.

As you consider the proposed FY 2015 county budget, we urge you to make additional and needed investments in housing, health and human services programs. These recommendations were developed through a collaborative process of nonprofit housing developers, human service providers, and advocacy organizations identifying community needs. Strategic public investments in housing and human services can leverage significant amounts of private capital to provide a return on the county's investment. These investments help us maintain a diverse, caring community that provides access to opportunities for all.

The guiding principles that informed our decisions are as follows:

- ❖ No one recommendation takes priority over the others;
- ❖ Each recommendation funds a program that is an essential com-

ponent of a system of housing and services that offer individuals and families in need the optimum chances for success;

❖ These recommendations support a wide spectrum of households along the housing continuum;

❖ No funding for new initiatives is requested. Instead, these recommendations fund coordinated efforts between housing and service providers to deliver critical safety net supports with maximum efficiency and adoption of best practices.

Our coalition supports the limited housing and human services funding in the County Executive's Budget, and respectfully urges no further cuts to these budgets. This request is made in light of significant cuts to these programs over the past few years, even as the need for housing, childcare, healthcare and other human services have grown. In supporting the County's Executive proposals, we would like to highlight the following:

Contract Rate Increases for Human Service Providers: We sup-

port the County Executive's inclusion of \$2.17 million for a contract rate increase for human services providers in the County, especially nonprofits. These providers offer critical services to low and moderate income households that would fall to the county alone if the nonprofit partners did not exist. These community-based organizations have built corporate and private sector support for their efforts to leverage public resources. However, funding for these organizations that provide services must keep pace with inflation, our high cost of living, pay and benefits, to attract and retain their staff.

Consolidated Community Funding Pool (CCFP): We support the increase of \$743,388 (7.5 percent over the FY 2014 Adopted Budget amount of \$9.9 million) for the first year of a two-year CCFP cycle that begins in FY 2015. FY 2015 Community Development Block Grant funding is projected to be \$1.8 million, an increase of \$250,791. The total FY 2015 CCFP funding is therefore anticipated to be \$12.4 million, an increase of

\$944,179 over the FY 2014 amount of \$11.4 million. This additional funding strengthens the county's investment in community-based programs and is welcomed.

Mondloch Place \$275,000 (Office to End and Prevent Homelessness): We support funding needed for on-site supportive services to formerly homeless single adults. The funds will pay the contract costs to operate the program, including staffing the facility, and leverages the county's investment in the substantial renovation of the building.

Employment Services \$200,000 (Office to End and Prevent Homelessness): We support continued funding for a pilot program integrating employment services into the existing Bridging Affordability framework of the Housing Blueprint. Providing services that adequately address the special needs of many in the Bridging Affordability program — something that is lacking in existing employment services programs — is essential for these households to achieve greater financial security and self-sufficiency. This funding was originally included in the FY 2014 budget, but was held in reserve pending approval of the plan.

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Vienna & Oakton CONNECTION

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Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

Katherine K. Hanley Townhomes \$235,220 (Office to End and Prevent Homelessness): We support funding to provide supportive housing and services to families with children. Two 3-unit buildings are scheduled to open in December 2014.

Domestic and Sexual Violence Services \$139,973 (Department of Family Services): We support funding for one new program manager position to address both increasing caseloads and the complexity of work in the Office for Women and Domestic and Sexual Violence Services.

Investment in School Readiness \$714,000 (Office of Children): We support the County Executive's proposal in the FY2015 budget to expand community-based programs for children living in poverty to reach school benchmarks.

Affordable Housing (Housing and Community Development): Securing safe, decent affordable housing remains one of the greatest challenges for low and moderate income households in Fairfax County and is a considerable barrier to a family's ability to achieve stability and self-sufficiency.

Housing Blueprint: The FY 2015 advertised budget includes \$1.95 million to fund the Bridging Affordability rental program as a portion of the budget for the FY 2015 Housing Blueprint. The funding for this program was reallocated in the FY2014 budget, and the proposed FY2015 allocation is approximately \$2 million less than FY2013.

Bridging Affordability was adopted as the county's signature program within the Housing Blueprint to move families out of homelessness and onto a more sustainable future. This program provides rental subsidies and case management to extremely low-income households, and has successfully served over 281 families. Bridging Affordability works. Nearly 70 percent of households that have successfully transitioned out of Bridging Affordability into permanent housing have moved on to fair market housing.

With the current Bridging Affordability program funding, we are positioned to continue to serve approximately 150 new households through FY14 and FY15. Beginning in FY16, it is critical that Fairfax County continues to invest in this high-impact, high-demand program to ensure that hundreds of extremely low income families have access to stable housing options and don't cycle back into

homelessness.

The FY2015 advertised budget also includes \$5 million for the New Private Partner Acquisition to increase the county's stock of committed affordable housing. This funding would be used to preserve or develop 120 units of affordable housing for low income working families, but this amount is inadequate to provide the gap financ-

ing for such a project, especially if the goal of serving formerly homeless persons, as stated in the Blueprint, is to be achieved.

In considering these requests, please note the following statistics:

❖ U.S. Census Bureau statistics show an estimated 73,916 households in Fairfax County earning less than \$50,000 annually, or about 47 percent of the area's

median income for a family of four (\$107,300);

❖ Census data also shows an estimated 67,293 persons living below the poverty level in Fairfax County;

❖ According to the Center for Housing Research at Virginia Tech, the total affordable housing gap in Fairfax County for low and moderate-income renters (earning no

more than \$85,000 for a family of four) is 28,405 units;

❖ The Blueprint for Housing shows a shortfall of 1,818 units for FY2015 in meeting the goals of the 10 Year Plan to Prevent and End Homelessness;

❖ Nearly 1,650 CSB clients need

SEE HUMAN SERVICES,
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CALENDAR

WEDNESDAY/APRIL 2

Vienna Photographic Society

Meeting. 7:30-9:30 p.m. Oakton Elementary School, 3000 Chain Bridge Rd., Oakton. Will Schermerhorn will discuss photography in the context of the Special Olympics. Special Olympics is a worldwide organization of more than 4.2 million people with intellectual disabilities who use the power of sports to reveal the champions within. From a photographer's perspective, the key is finding the right photos to express the essence of Special Olympics. www.vpsva.org.

Josh Adams and Megan Graves in "The Cripple of Inishmaan" at 1st Stage.



PHOTO BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

FRIDAY/APRIL 4-SUNDAY/APRIL 20

"The Cripple of Inishmaan" Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Excitement ripples through the sleepy Irish community of Inishmaan abuzz with the news that a Hollywood filmmaker plans to shoot a movie on a neighboring island. When young Cripple Billy lands a screen test, the oddball citizens of Inishmaan mount a heartbreakingly hilarious campaign bursting with dark humor and touching devotion. General admission: \$27. Seniors \$22. Students and Military \$15. Purchase online at www.1ststageTysons.org or 703-854-1856.

FRIDAY/APRIL 4-MONDAY/MAY 5

Six Artists Return. 10 a.m. – 5 p.m. Monday through Saturday. The Frame Factory, 212 Dominion Road NE, Vienna. An exhibition and sale of paintings, drawings, sculpture and jewelry by local artists Jackie Elwell, Elaine Florimonte, Debbie Glakas, Lisa Neher, Sarah Swart and Barbara Wagner. www.theframefactory1.com

SATURDAY/APRIL 5-SUNDAY/APRIL 6

"Miss Nelson is Missing." 3 p.m. McLean Community Center's The Alden, 1234 Ingleside Avenue, McLean. Based on the book, the play tells the story of Miss Nelson, who can't control her crazy classroom because she is just too nice. When Miss Nelson disappears, she is replaced by the hard-as-nails, substitute teacher, Viola Swamp. With the big test approaching, the kids suddenly realize how much they miss their old teacher and they will do anything—including hiring a private detective—to solve the mystery of her disappearance and bring her back. This show is appropriate for children age 6 and older. Tickets: \$8-\$10. For more information or to purchase tickets online, visit: www.aldentheatre.org



PHOTO BY LAURA FARGOTSTEIN

Back Row: from left, Faith Skeen, Melissa Handel, Kyla Poe; Front Row: from left, Kathryn Skeen, Mia Parnaby, Hannah Hess. Young actors cast as Oompa-Loompas strike a pose during rehearsal for Vienna Theatre Company's upcoming production of "Willy Wonka, The Musical," starting April 18-May 4.

or call 703-790-0123, TTY: 711.

SATURDAY/APRIL 5

Six Artists Return Opening Reception. 2-8 p.m. The Frame Factory, 212 Dominion Road NE, Vienna. An exhibition and sale of

paintings, drawings, sculpture and jewelry by local artists Jackie Elwell, Elaine Florimonte, Debbie Glakas, Lisa Neher, Sarah Swart and Barbara Wagner. www.theframefactory1.com
Book Sale. 10 a.m. – 4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church.

SUNDAY/APRIL 6

The History of the Country

Store. 4-6 p.m. Freeman Store, 131 Church Street, NE, Vienna. The exhibit utilizes artifacts, period apparel, tools, posters and other materials to tell the story of local general stores which often served as grocery, post office, voting precinct, pharmacy, feed and grain supplier, hardware store, as well as filling a role as community centers. The exhibit is free and open to the public and will be in place through 2014. For more information, www.historicviennainc.org.

Book Sale Clearance.

1 – 4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church.

Choral Music Concert. 4 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Voice ensembles of St. Mary's College to perform. The concert is free and open to the public.

America such as George Washington and Benjamin Franklin. <http://www.fairfaxcounty.gov/parks/turnerfarm/>

Honoring Poetry Contest Winners.

11 a.m. – 1:30 p.m. The Great Falls Friends and Neighbors will hold a luncheon to honor 4th - 6th grade winners in their 31st Annual Poetry contest. The cost of the luncheon is \$21. Please make checks payable to GFFN and send them to Lisa Spoden at: 10917 Lake Windermere Drive, Great Falls, VA 22066. The deadline to register is April 5. Paypal is also available on the GFFN website at www.gffnva.org, members area.

FRIDAY/APRIL 11

"Too Much Light Makes the Baby Go Blind."

8 p.m. The Alden, 1234 Ingleside Avenue, McLean. In this show, an underground New York City favorite, the eccentric New York Neo-Futurists race against the clock to perform 30 miniature plays in 60 breathless minutes. Tickets are \$20/\$15 for MCC district residents. www.aldentheatre.org

SATURDAY/ APRIL 12

Train Club's 65th Anniversary

Model Railroad Open House. 1-5 p.m. 231 Dominion Road NE, Vienna. Celebrate the Northern Virginia Model Railroaders' 65th Anniversary. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose. The impressive layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free admission (donations accepted). For more information visit www.nvmr.org.

Flea Market. 8 a.m. – 2 p.m. Vienna's American Legion 330 Center St, N, Vienna. Space \$20; tables-\$5. Contact Debbie at 703-938-9535 for more info.

Paws for Art Fundraiser. Great Falls Library, 9830 Georgetown Pike, Great Falls. 11 a.m. – 3 p.m. This April, your artwork can help us save more lives, and help us raise awareness of LDCRF. Donations of artwork in any media are still being accepted for the LDCRF Paws for Art Show and Sale.

"We're Going on a Bear Hunt." McLean Community Center's The Alden, 1234 Ingleside Avenue, McLean. 2 p.m. A small group of intrepid adventurers are on a quest to find a bear. They wade through the gigantic swishy, swashy grass, the splashy splashy river and the thick oozy, squelchy mud on their journey. The show is appropriate for children ages 4 and older. Tickets: \$10-\$15. Visit www.aldentheatre.org or call 703-790-0123, TTY: 711.

WEDNESDAY/APRIL 9

Wildfire Toasts the Silver Line.

6:30 p.m. Wildfire, 3rd floor, Tysons Corner, McLean. Toast the coming of the Silver Line and the great future for Tysons at Wildfire with a four course custom menu designed by Executive Chef Eddie Ishaq, each course paired with a sparkling wine from around the world. Michael Caplin, executive director of the Tysons Partnership, will be the guest speaker. The Tysons Partnership is a dynamic association of citizens and area businesses working with local government to transform Tysons into the next great American city. Michael Caplin will talk about plans for Tysons and answer questions. \$80/per person. RSVP Amanda or Erika at 703-442-9110.

THURSDAY/APRIL 10

How to Improve Your Front/Backyard with Natural Landscaping!

7-9 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Natural Landscaping is a method of designing and installing landscapes that rests on an understanding of the relationship between plants and the rest of the environment. Using these native tree and shrub seedlings will result in having your property easy to care for and helps support bees and other insects and animals. If you plan to attend, please RSVP to gfrsvp@gmail.com for aiding registration and snacks.

"Gnomonic Tales of Thomas Jefferson (and other Founding Fathers).

7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The lecture will consider sundials in the lives of Thomas Jefferson and other prominent figures of early

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WEEK IN VIENNA

FROM PAGE 4

Board, Commission Appointments

The Vienna Town Council has reappointed Stephen Kenney to a two-year term on the town Planning Commission and Roy Baldwin to a two-year term on the Board of Architectural Review.

In addition, Sylvia Taylor was appointed to serve on Historic Vienna Inc.

Better Cell-Phone Service

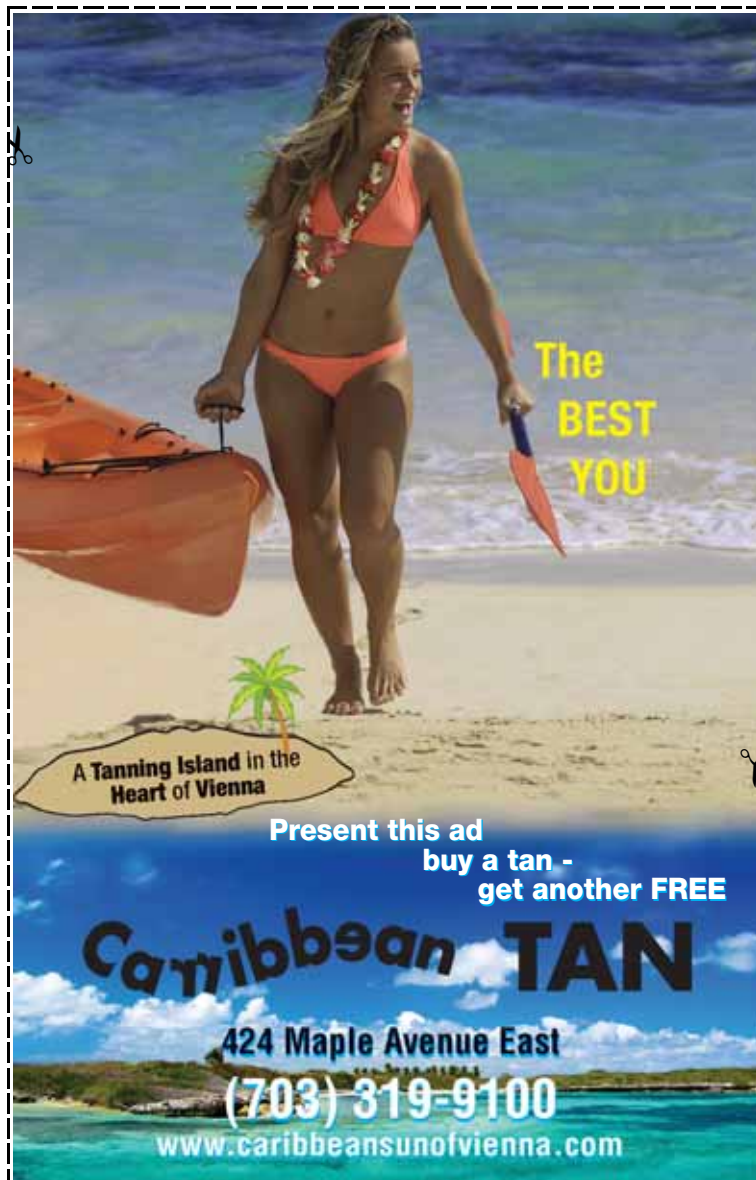
The Vienna Town Council has approved AT&T's proposed co-location of cell-signal equipment at the town's Tapawingo Water Tank. "We used to have rotten cell service in the town," said Councilwoman Laurie Cole. "So this is an important safety enhancement for the residents."

Old-Fashioned Egg Roll

Historic Vienna Inc. will host an Old-Fashioned Egg Roll on Saturday, April 12, from 10:30-11:30 a.m., at the historic Freeman House, 131 Church St.

Children under 12 and their parents may also visit the Easter Bunny and enjoy tales from a story teller.

The event is free and open to the public; for more information, call Historic Vienna Inc. at 703-938-5187 or visit www.historicviennainc.org.



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FAITH

Hosting Community on Passover

March 21 reception recognized donation of 100-plus Haggadot from Mike Berger of Vienna.

BY DONNA MANZ
THE CONNECTION

Passover or Pesach celebrates the deliverance of the Jewish people from slavery in Egypt. The sacred holiday begins sunset of Monday, April 14, and ends nightfall of Tuesday, April 22. The commemoration begins with the Passover ritual, the Seder, in which followers of the Jewish faith read from the family Haggadah, breaking for a traditional feast. At its core, the Haggadah narrates the story of the Exodus from Egypt.

On March 21, the Chabad Tysons Jewish Center, in Vienna, recognized a donation of more than 100 Haggadot [Jewish texts] from Mike Berger, a Vienna resident whose father collected the versions throughout his lifetime.



Passover Seder at Chabad Tysons Jewish Center Open to All

First Seder Night, Monday, April 14, begins at 7:30 p.m.; second Seder night: Tuesday, April 16, begins at 8:30 p.m.

Chabad Tysons Jewish Center, 2107 Chain Bridge Road, Vienna, 22182 (corner of Chain Bridge Road and Horseshoe Drive). RSVP 703-821-7770. Hosted by Chabad Tysons Jewish Center, Rabbi Chessy Deitsch. For more details, e-mail rabbi@chabadtysons.com. To learn more about Chabad Tysons Jewish Center, visit www.ChabadTyson.com.

THE CHABAD TYSONS JEWISH CENTER is a close-knit community that welcomes newcomers as warmly as it welcomes old friends. And on Monday and Tuesday, April 14 and 15, the Chabad Tysons invites Jewish and non-Jewish neighbors to participate in the Passover Seder experience.

"Everyone is welcome," said Rabbi Chessy Deitsch. "The Chabad Seder is like family; it's home away from home." Rabbi Deitsch promised a warm environment, a "delicious" catered traditional Seder dinner, insights, singing, four cups of wine, and Matzah.

"Whether you are a Seder veteran or a curious ex-SEE SEDER, PAGE 11

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Vienna Jewish Center Hosts Passover Seder for Community

FROM PAGE 10

plorer, the Chabad Seder offers a stimulating and satisfying experience," Rabbi Deitsch said.

The Seder, which means "order" in Hebrew, follows a traditional protocol. The leader of the Seder leads the prayers and songs and the Haggadah is passed from guest to guest who recites passages. Sometimes, children act out a vignette.

The first known completed manuscript of the Haggadah was written in the 10th century. In 1482, with the introduction of the printing press, the first printed Haggadah was produced and is now housed in a Jerusalem library. The story of the emancipation of the Israelites is a story of plagues and of faith, of suppression and of freedom.

The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd day of the Hebrew month of Nissan. After more than 200 years of enslavement to the Egyptian pharaohs, God sent Moses to Pharaoh with a message, "send forth my people, so that they may serve me." When God visited the last of the plagues upon the Egyptians, he "passed over" the home of the children of Israel, sparing them. The Israelites fled, taking with them their unleavened bread. Matzah is central to the Seder dinner.

READING THE HAGGADAH at the Seder table fulfills the commandment to recount to new generations the story of the Israelites' Exodus from Egypt. For many local Jewish families, it's a living heritage.

"Judaism is both a religion and a culture," said Steve Hyatt of McLean. "The Chabad embraces the



PHOTO BY DONNA MANZ/THE CONNECTION

On March 21, Rabbi Chessy Deitsch of the Chabad Tysons Jewish Center thanked Vienna resident Mike Berger for his donation of more than 100 Haggadah to the center. The collection belonged to Berger's father.

cultural side of the people."

Hyatt's family comes to the Chabad Tysons Jewish Center the first night of Passover. The second night is spent at the Hyatt home, a "more intimate" personal experience, said Hyatt. There's a lot of symbolism in the Haggadah, he said.

"The main thing of the Seder is that it shares the story of your people; you learn what your roots are," Hyatt said. To RSVP to the Passover Seder or for more details, email rabbi@chabadtysons.com or call 703-821-7770. To learn more about Chabad Tysons Jewish Center, visit www.ChabadTyson.com.

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Human Services Face New Cuts

FROM PAGE 7

affordable housing.

Communities who are successful in addressing their unmet housing needs have adopted a dedicated, reliable source of funding to preserve or develop housing that is affordable. The county's greatest strides in affordable housing were made during the years when one penny of the real estate tax was dedicated to housing preservation. Whether it's a dedicated revenue source or an annual, reliable commitment to a housing trust fund, we urge Fairfax County to once again consider this investment in housing that is affordable and needed for a significant and growing percentage of the County's population.

Community Health Care Network (CHCN): In FY 2014, funding for CHCN was cut by \$752,000. The \$250,000 reduction in specialty care contracts that resulted has worsened an already insufficient supply of local specialists. CHCN has therefore increased its utilization and reliance on University of Virginia Medical Center specialists, requiring CHCN's low income, uninsured clients to travel to Charlottesville, spending scarce money and missing days at work. It is our understanding that a working group of public and private providers and leaders has recently initiated efforts to build and sustain a local specialty network system. Therefore, rather than recommend restoration of the funding at this time, we suggest that the county continue to support this effort and play an appropriate role in developing solutions to this problem. By the time of Carryover, we should all have a better understanding about the needed resources, if any.

This coalition appreciates the significant budget challenges you face for FY2015, and thanks you for our partnership as we work together in support of the most vulnerable in our community. However, we are deeply concerned that the housing and human services system has reached a "tipping point" where it will not be possible to decrease funding without sacrificing services and failing to

meet the human services needs of county residents. We believe that there is very little margin for error, and that any further cuts will result in program reductions, eliminations, or waiting lists for services. If Fairfax County is to remain a place of excellence, we must come together as a community to discuss a long term strategy for funding and maintaining adequate, annual investments in housing and human services in future budgets.

Alternative House, Judith Dittman, Executive Director; Centreville Immigration Forum/Centreville Labor Resource Center, Alice Foltz, Board President; Cornerstones, Kerrie Wilson, CEO; Community Residences, Inc. Dennis J. Manning, LCSW, President and CEO FACETS, Inc., Amanda Andere, Executive Director; Fairfax Area Disability Services Board; Fairfax County Alliance for Human Services, Shannon Steene, Chair; Fairfax Education Association, Kimberley Adams, President; Governing Board of the Fairfax Falls Church Partnership to Prevent and End Homelessness, Michael L. O'Reilly, Chairman; Habitat for Humanity of Northern Virginia, Rev. Jon Smoot, Executive Director; James Mott Community Assistance Program, Inc., Cheryl Mavritte, Executive Director and Rebecca Johnson, Acting Board Chair; Literacy Council of Northern Virginia, Patricia Donnelly, Executive Director; Lorton Community Action Center, Linda Patterson, Executive Director; New Hope Housing, Pam Mitchell, Executive Director; Northern Virginia Affordable Housing Alliance, Michelle Krockner, Executive Director; Northern Virginia Family Service, Mary Agee, President and CEO; Our Daily Bread, Lisa Whetzel, Executive Director and Richard Haynes, Board President; Pathway Homes, Inc., Sylisa Lambert-Woodard, President and CEO; PRS, Inc., Wendy Gradison, LCSW, President and CEO; Shelter House, Inc., Joe Meyer, Deputy Executive Director and Denise Miller, Board President; United Community Ministries, Shirley Marshall, Executive Director and Jim Seeley, Board member and Chair of the Advocacy Committee; Volunteers of America Chesapeake, Russell K. Snyder, President and CEO; Wesley Housing Development Corporation, Shelley Murphy, President and CEO; Western Fairfax Christian Ministries, Melissa Jansen, Executive Director; Individual citizen advocates Marlene Blum, 2417 Luckett Avenue, Vienna (Providence District); Alvin W. Smuzynski, 7522 Rambling Ridge Drive, Fairfax Station (Springfield District); Francis J. Pettit, 6668 Old Blacksmith Dr., Burke (Springfield District), and Ellen Hayes, 9431 Mauck Ct., Fairfax (Braddock District)

SPORTS

Marshall Baseball Shows Improvement in Defeat

Catcher Blackstone, pitcher Cummins lead Statesmen in 2014.

BY JON ROETMAN
THE CONNECTION

With the Marshall baseball team's two-run seventh-inning lead having vanished, Statesmen catcher Mitch Blackstone tried to make a play.

Marshall and Robinson were tied at 5. The Rams had runners on the corners with one out in the bottom of the frame when Blackstone saw an opportunity to help pitcher Riley Cummins get out of a jam. During an at-bat by Robinson's Tyler Fitchett, Blackstone fired the ball toward third base in an attempt to pick off the potential winning run. Instead, Blackstone's throw sailed high and into left field, allowing the winning run to score.

BLACKSTONE WALKED toward the Marshall dugout with his hands on his head and later had tears in his eyes, disappointed that his error helped the Rams complete their comeback from an early 5-1 deficit.

"[The runner at third] seemed to me that he was a little farther off the base than most people were," Blackstone said. "I thought I could get [Cummins] a quick out. ... [The] ball just got away from me."

Robinson beat Marshall 6-5 on March 27, dropping the Statesmen's record to 1-2 early in the 2014 season. Despite the sting of letting one slip away, Marshall's performance indicated how far the program has progressed in the last year.

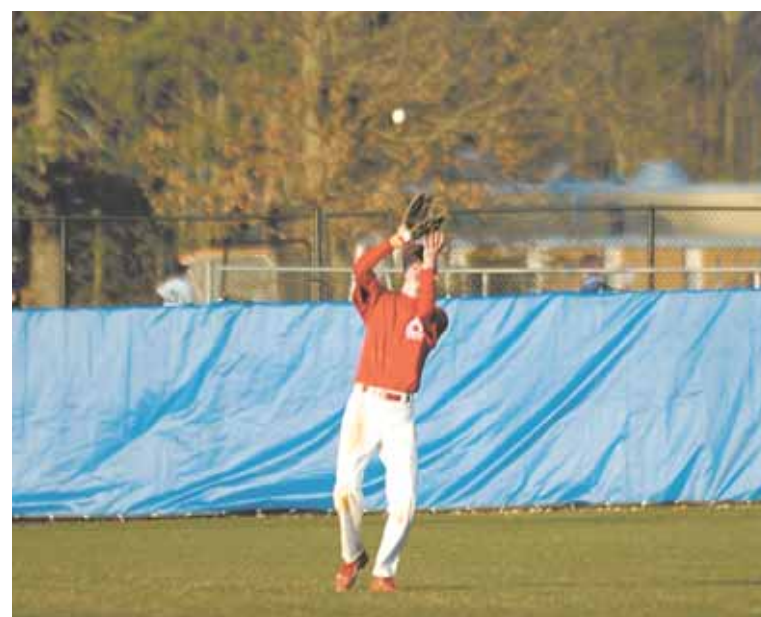
Marshall lost its first seven games of the 2013 campaign and was 5-13 with one game remaining in the regular season. The Statesmen suffered several lopsided defeats during the rough start, including a 15-4 loss to Robinson. Marshall eventually turned things around, however, winning five of its final seven and reaching the Northern Region semifinals, falling one victory shy of qualifying for the state tournament.

While Marshall last week suffered an early-season loss to Robinson for the second straight year, the Statesmen have put themselves in a position to win games against quality opponents.

"Every season, we try to schedule really good teams at the beginning so that we can try to see where we're at," second-year Marshall head coach Aaron Tarr said. "Last year when we did that, it was



Junior catcher Mitch Blackstone is in his third season as a starter for the Marshall baseball team.



Marshall senior Riley Cummins catches a fly ball in right field. Cummins is also the Statesmen's top pitcher.

a little bit of a disaster — I mean, these guys beat us [15-4]. This year, [it was] 6-5, with us coming out feeling like we let the game get away from us at the end. That's a lot different. It speaks to the strength of the program as it grows [and] that I love their kids, but I love ours, too. That's not always the case, where you can look across the field at a big program and say our kids are just as good as theirs."

Blackstone is one of the main reasons for Tarr's optimism. While the junior catcher's throwing error plated Robinson's winning run last week, Blackstone, in his third year as a varsity starter, figures to provide the Statesmen far more positive moments in the future than negative. Listed at 6 feet 3 and 195 pounds, Blackstone went 3-for-4 with a double

SEE MARSHALL, PAGE 13

SPORTS

Marshal Shows Potential

FROM PAGE 12

against Robinson and threw out two would-be base-stealers. As a sophomore last season, he hit .444 with six home runs, 14 doubles and 22 RBIs on his way to first-team all-Liberty District honors.

"I'm not going to expect him to increase his offensive output because that would be really foolish of me to do and I don't want to apply that kind of pressure," Tarr said. "He had about as good an offensive year as you can have last year. ... The defensive elements of his game have gotten a lot better. His arm is stronger, he reads the game better [and] he commands the defense better."

Cummins is the Statesmen's top pitcher. While he had a rough outing in relief against Robinson, the 6-foot-5 senior left-hander, who will pitch for the University of Virginia, figures to bounce back. Junior right-hander Will Brooke is the team's No. 2 starter. He started against the Rams and pitched 5 1/3 innings, allowing three runs and five hits while walking four and striking out two.

"Unfortunately for [Cummins], he got sick with the flu for like 10 days about two weeks ago, so he's not at his midseason form yet, but we don't worry about that," Tarr said after the Robinson loss. "It gives guys like Will Brooke, who has pitched really well for us in both of his outings, it gives him an

opening to demonstrate we've got a really, really good No. 2 guy, if you want to look at it that way. If you've got two guys that you can rely on and some bullpen guys that always get outs, [you will be in good shape]."

Junior right-hander Mark LeDuc is one of the Statesmen's top relief pitchers.

Senior shortstop Alec Dolton is a team captain (along with Blackstone and Cummins) who hit .342 and scored 18 runs last season. He will play for Catholic University.

Junior centerfielder John Bennett and senior first baseman/designated hitter Conor Boyle also figure to be key contributors for the Statesmen.

MARSHALL IS SCHEDULED to face Madison on the road at 6:30 p.m. on Wednesday, April 2. The Statesmen return home to face Stone Bridge at 6:30 p.m. on Friday, April 4.

"We definitely have a lot more experience," Blackstone said. "Last year, we were more of a younger team. This year, we've got a lot of talented guys. ... Probably not the start we wanted, [but] 1-2 is much better than 0-7. ... I feel like our program has gotten significantly better and most of that is due to Coach Tarr. ... I think we've got some good potential to do some good things."

Oakton-Vienna Veterinary Hospital Welcomes Dr. DeVries



Dr. DeVries received her Doctorate of Veterinary Medicine from Iowa State University. She has spent the last ten years working in general practice and emergency medicine in California. Dr. DeVries enjoys internal medicine cases, soft tissue surgery and dentistry.

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Obituary

Gerry Edwards Shelton Tyner died at her home in Vienna, VA on March 25, 2014 after several months of declining health due to cancer. She was born in Gretna, VA on January 27, 1928, the fifth of six children born to Mollie and John Cabel Edwards. She was the first in her family to attend college, finishing her degree at Ferrum College in 1947. Upon graduation, she worked briefly for the Department of Social Services and a local bank in Danville, VA but said her greatest job was as a full time wife and mother. After the death of her first husband, Cy Shelton, in 1981, she re-entered the workforce, working in the administrative offices of the Sheraton Hotel in Arlington, at a local clothing store, and at Fairfax County Public Schools, where she worked until her marriage in 1996 to Claude Tyner.

She will be remembered for her passion for creating and appreciating all things beautiful, a strong work ethic, and a belief that any job worth doing was worth doing right. She enjoyed her work on various committees at First Baptist Church in Alexandria where she was a member since 1960 and on the Board of Lady Managers for Inova Alexandria Hospital where she was a Member Emeritus.

She was predeceased by her parents, 4 brothers and one sister. She is survived by her only child, Terri Shelton of Greensboro, NC, her husband Arthur Anastopoulos, and one grandson, Tyler Anastopoulos; as well as her husband of 17 years, Claude Tyner and his daughters, Claudia Offutt, Arlington, VA and Susie McSweeney, and her husband, Tim of Parthenon, Arkansas; his 6 grandchildren: Gwen Offutt; James Offutt and wife Hillary; Diana Stropko and her husband Landon; Jeffrey Offutt and his wife Valerie; Jennifer Davis; and Sean McSweeney; as well as two great grandchildren, AJ and Courtney Offutt.

Thank you to the staff of Capital Caring and a special thank you to Yaa Duah who made it possible for us to respect her wishes to remain at home during this illness.

In lieu of flowers, the family is requesting that donations be made to First Baptist Church of Alexandria, VA.

Family will receive visitors at Everly Wheatley Funeral Home, 1500 West Braddock Road, Alexandria, VA on Thursday, March 27th from 6-8pm. A service commemorating her life will be at First Baptist Church, 2932 King Street, Alexandria, VA on Friday, March 28th at 1pm. Burial will be held at Highland Burial Park, Danville, VA on Saturday, March 29 at 2pm.

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Thanks, Coach...



By KENNETH B. LOURIE

...my Certified Holistic Health Coach, Rebecca Nenner, that is. (Visit www.healthcoachdiva.com for information leading to a healthier lifestyle.) More than a coach, Rebecca is my friend – and has been for many years. A former co-worker at the Connection Newspapers, Rebecca is as passionate about health and fitness as I am about the Boston Red Sox. She has been my guiding hand now for over five years, most especially when I was first diagnosed with stage IV lung cancer back in February, 2009. Although there are no whistles involved in her coaching, there are phone calls, e-mails, YouTube videos, Webinars and miscellaneous other advisories regularly landing in my in box. To say Rebecca has saved my life might be an overstatement, given that I am being treated by an oncologist; however, she has given me an alternate perspective on what I can do to help my body survive my treatment and live like I have a present and a future, a gift if ever there was one.

To say that I was a bad eater (think problem child) would be unfair to any child ever characterized as a "bad eater." My joke was: I eat about 10 things – all the time: meat and potatoes, bread and butter, bagels and cream cheese, pizza and more pizza; cake, cookies, candy and ice cream; bologna and hot dogs; sugary drinks for breakfast, lunch and dinner; salty snacks. I could go on, but I'm sure you get the picture, as Rebecca certainly did; and presumably you've noticed no mention of salad, fruits or vegetables included in my list. I wouldn't say – or even admit to, intentionally ignoring the produce section in the supermarket but one would be hard-pressed to notice me walking toward that outside-aisle-type area of the store unless it was on the way to the Entenmann's display. Typically, I shopped in the middle aisles where generally speaking, all the canned, pre-packaged, processed, non-organic, less expensive and shall we say, less healthier alternatives were/are readily available.

Though I had healthy parents who both lived well into their 80s, neither of whom ever exhibited any history of cancer, I was diagnosed with terminal lung cancer at age 54 and a half, a long-time non-smoker to boot. I was given a "13-month to two-year" prognosis at the time. Processing that kind of information doesn't happen overnight, I can tell you that. But eventually, you begin to sift through your options, traditional and otherwise, and proceed on a course of treatment/action that either stands you pat or changes you. I decided change was necessary and sought out Rebecca's help.

The goal was to make my body's blood chemistry (ph balance) as high and as inhospitable to cancer cells as possible by eliminating certain foods (basically everything I eat), and try to increase the oxygen in my blood stream and minimize the acid. The goal: to strengthen my immune system for the fight ahead. This meant – among other avenues – drinking alkaline water (using a machine that converts tap water to alkaline water, highly oxygenated), and following an alkaline diet: 75 percent alkaline and 25 percent acid. In addition to eating different foods than I ever used to (I give myself a "C;" friends who know my eating habits say I deserve an "A"), I take about 40 pills a day: Turmeric and Curcumin, Royal Jelly, Sea Kelp, Ubiquinol, Pancreatic Enzymes, Chinese Chlorella and Spirulina, Red Krill Oil, Juice-Plus multivitamins: Orchard, Vineyard and Garden blends; Resveratrol, probiotics, vitamin C, vitamin D; in addition, I mix/drink baking soda with 8 oz. alkaline water once a day; I mix/drink one tablespoon of Bragg's Organic Apple Cider, with the "mother," into my alkaline water once a day; spoon out 4 table-spoons of pureed asparagus twice a day; make fresh fruit/fresh vegetable smoothies once a day which also include flaxseed oil, almonds, hemp seeds, organic blackstrap molasses (unsulfured), and maybe even ginger if I can stand it (it's very strong). I've recently added wheat grass and almond milk to my regimen. Next up will be apricot kernels and whatever else Rebecca tells me – within reason, because I'm still very particular and this whole eating thing is practically impossible for me to maintain.

What does all this stuff do? I don't really know, but Rebecca does and I trust her. And five years later, I'm living proof. Even though I'm a survivor and a believer, I'm not a very good explainer. As I'm fond of saying, I know sports and chocolate. Rebecca does know more than that, a lot more, and for that, I am eternally grateful – and extremely fortunate to have her in my corner, because this cancer thing is definitely a fight.

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

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Senior Living

APRIL 2014

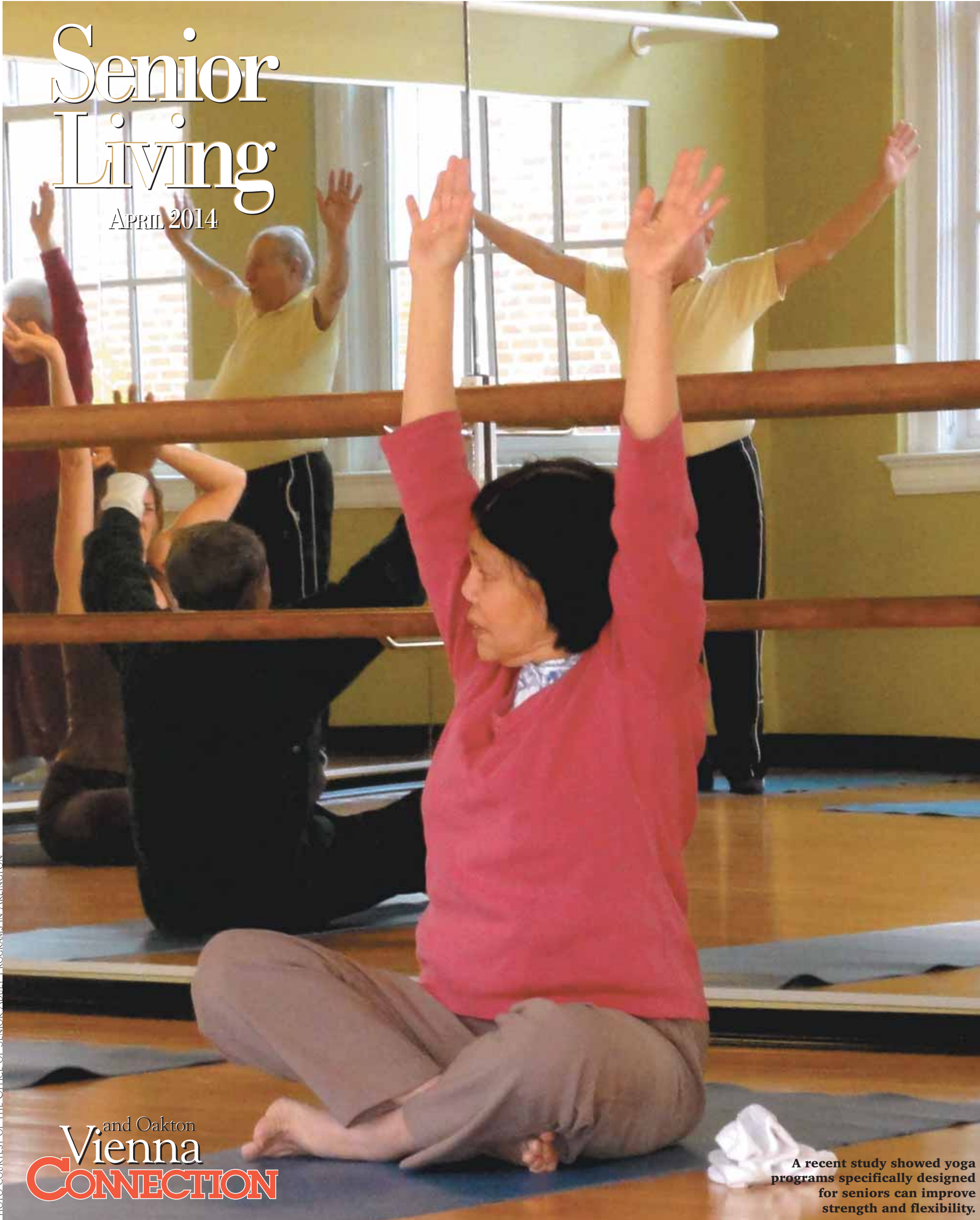


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A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.



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Senior Calendar

WEDNESDAY/APRIL 2

Combat Financial Fraud. 9:30 a.m. at Ernst Cultural Center, NOVA Community College, Annandale Campus, 8333 Little River Turnpike, Annandale. The Lifetime Learning Institute of Northern Virginia Speaker's Forum presents Nora Dowd Eisenhower who will discuss the complicated financial decisions about retirement, home equity, long-term care, and financial care taking responsibilities for seniors. Free. Garage parking is \$2 per hour. Call 703-503-0600.

Museum for Founder's Day as they celebrate Reston's 50th anniversary and the 100th birthday of founder, Robert E. Simon, Jr.

TUESDAY/APRIL 8

Luncheon and Tour. 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

FRIDAY/APRIL 4

Online Order Deadline. Native plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf for more.

SATURDAY/APRIL 5

Navigating the Complexities of Lyme Disease. 9 a.m. - 12 p.m. Vienna Presbyterian Church, 124 Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost \$15 preregistration/\$20 at door. To register, visit <http://bit.ly/lymecomplexities>.

Reston 50/100 Founder's Day

Celebration. 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston "home." Join the Reston Historic Trust and

TUESDAY/APRIL 8

NARFE (National Active and Retired Federal Employees) Vienna Oakton Chapter 1116 Meeting. 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. The program will be about the Vienna Town Council and mayor candidates. The meeting is open to all members and their guests. Refreshments will be served.

Retirement Planning. 7 p.m., located in the large meeting room at the Beatley Central Library, 5005 Duke Street, Alexandria. Bryan Riley, a financial advisor for Ameriprise, presents, "Plan for Retirement: Challenge Your Concerns and Take Control." Call, 703-746-1751.

SUNDAY/APRIL 13

Book Look: Child of the Civil Rights Movement. 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, Child of the Civil Rights

SEE CALENDAR, PAGE 8



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Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
THE CONNECTION

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a God-send," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants

SEE YOGA, PAGE 6

More Seniors Plan To Age in Place

BY MARILYN CAMPBELL
THE CONNECTION

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond (www.firststreetonline.com) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

A LACK OF SOCIAL interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

SEE AGING IN PLACE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

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Senior Living

Aging in Place Gracefully

FROM PAGE 3

ganizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

“OLLI, as we call it, is for people who don’t want to sit around and watch television all day,” said Carle. “Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp.”

Jennifer Disano, OLLI’s executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group’s main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don’t want the pressure of writing papers and taking tests, but are still interested in learning.

“We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes,” she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. “We have a wide variety of professionals and a wide variety of groups that meet,” he said. “We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week’s headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves.”

VILLAGES ARE community-based organizations designed to help members help each other remain independent and in the communities of their choice. “Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom,” said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. “It is community-based. Every village is different, but they’re there for people who want to age in place.”

Eiffert, of George Mason, says village members define the type and scope of services. “A good starting point when creating a village is to survey the community members to determine their needs,” he said. “We provide technical assistance to community

groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village.”

There are a few different models, including the “Concierge Village,” which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The “All Volunteer” model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by volunteers are “banked” and can be used in the future if the volunteer needs services or assistance. The “Neighborhood Network” is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

ANOTHER BIG GAP is medication management, Eiffert said. “If someone can’t manage their own medication and can’t afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities.”

Carle agrees that the decision to age in place is complicated. “The first knee-jerk reaction is that when asked, seniors want to stay in their own

homes,” he said, adding that those surveys can be misleading: “The surveys are not always credible if you’re surveying people who are 50-plus. I’m 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus.”

In addition, “people don’t always understand the economic, social and safety aspects of it,” he added. “You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town.”

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. “These small living units allow you to put an elderly relative in your backyard and hook up to your electricity,” said Carle.



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE
Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.



“Professors volunteer their time to give lectures on art, history, science and other topics.”

Local Villages

Fairfax County Villages

For more information about current Villages in Fairfax County, call, email or visit the web page of one of the Villages listed below:

♦ **Braddock District Council Aging in Place Program** — Email: bwallbdc@gmail.com

♦ **Franklin Park Village** — email e.duggan@verizon.net or call 703-534-4964

♦ **Herndon Village Network (HVN)** — 703-582-9482

♦ **Lake Barcroft Village** — www.lakebarcroftvillage.org

♦ **McLean Community: A Village for All Ages (MCVA)** — email mcleancommunityvillage@gmail.com or visit www.mcva.weebly.com

♦ **Mosby Woods Village** — mosbywoodscommunityvillage@gmail.com

♦ **Mount Vernon at Home Village** — www.mountvernonathome.org

♦ **Reston for a Lifetime** — www.restonforalifetime.org

♦ **Reston Useful Services Exchange** — www.restonuse.org

To learn more, visit the Village to Village Network at **www.vtvnetwork.org**.



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Seniors Rush to Yoga

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

"The main thing that I hear is that you have to already be flexible to do yoga," said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. "People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, 'If I can't do that, then I can't do yoga.'"

Pradas, whose students are mostly between 50 and 75 years old, said, "Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody."

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

"That is baby boomers going into yoga," she said. "Yoga for seniors is going to be



Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Seniors Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

"Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody."

— Sandy Pradas, Joyful Heart Yoga

the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running."

In fact, she says gentle yoga classes are among the most popular at her studio. "I have students who are as old as 84. We deal with people who can't get on the floor," she said. "We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age."

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and

older are among her office's most popular.

"Some of our [yoga] classes fill up within minutes of opening," said Collins. "We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill."

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it's important to find a class that is a good fit.

"There are many kinds of seniors," he said. "There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions."

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community's fitness program. The instruction will be tailored to meet the needs of his clients. "We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors."

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. "The future of senior housing will include science-based wellness activities like yoga," he said. "Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up."

PHOTO COURTESY OF ONEAUM YOGA

A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac, Md.



Senior Living



The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauning, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

Northern Virginia Senior Olympics Mission: Living Healthy Longer

"Living healthy longer is the mission of the Northern Virginia Senior Olympics," said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. "It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games."

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men's basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horse-

shoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men's and women's basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at www.nvso.com after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



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Senior Calendar

FROM PAGE 2

Movement is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org for more information and to register.

WEDNESDAY/APRIL 16

Discussion Series. 1-3 p.m. at Beatley Library, 5005 Duke St. "So You Think You're Covered: Evaluating Your Long-Term-Care Plans." Get guidance in how to evaluate long-term care insurance to see if it covers what you think it does, and if it doesn't, what you can do about it. Free. Reservations recommended, 703-231-0824.

125th Birthday Celebration for Charlie Chaplin. 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

THURSDAY/APRIL 17

Vietnam Veterans of America Chapter Meeting. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Ideas for the Garden. 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com.

TUESDAY/APRIL 18

Genealogical Society Meeting. 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road. Mount Vernon Genealogical Society meeting will feature a presentation entitled "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. What was it like for an 18 year old high school graduate from a small Ohio town to go off to war, fight the Germans and survive his plane "going down?" Visit www.MVGenealogy.org. Questions about the program should be directed to Karen Jenkins at 703-866-2478 or publicity@mvgenealogy.org.

WEDNESDAY/APRIL 23

Senior Services. 9:30 a.m.-noon at the Nannie J. Lee Center, 1108 Jefferson Street, Alexandria. Senior Services of Alexandria, Inova Alexandria Hospital and the successful aging committee of Alexandria are sponsoring a Health and Fitness Event. Free, open to the public. Visit www.seniorservicesalex.org, <http://www.seniorservicesalex.org>, or call 703-836-4414, ext 10.

Author Lecture: Cheat the Clock. 1 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Margaret Pressler will discuss her book, "Cheat the Clock: How New Science Can Help You Look and Feel Younger." First 20 registrants receive free copy of the book. Call 703-496-3440 to attend. Visit wlrva.org for more.

THURSDAY/APRIL 24

Condo Living Class. 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour "Understanding Condominium Living" class. Free, seating is limited. Confirm attendance at 703-746-4990 or email shane.cochran@alexandriava.gov.

SATURDAY/APRIL 26

Community Cleanup. 9 a.m.-noon at five locations along Four Mile Run. Cleanup volunteers needed at Madison Manner, Glen

Carlyn, Arlington Mill Community Center, Barcroft Park and Shirlington Park. An adult must accompany children under 16 years of age. Call 703-525-0168 or ParkRangers@arlingtonva.us.

WEDNESDAY/APRIL 30

How to Protect Yourself From Identity Theft. 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

SATURDAY/MAY 3

Plant Sale. 9:30 a.m.-2:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St., on the Dinwiddie Street side of the building. Annuals, perennials, herbs, vegetables and flowering baskets available. Place an order before April 12 in the school main office; drop it off or mail it in. Order forms are available on the Wakefield Website <http://apsva.us/Page/17411>.

TAX HELP

AARP Tax-Aide, the nation's largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Bring government-issued picture IDs, and social security cards for all persons that will be included in your tax return. Also bring a printed copy of last year's tax return, if you itemized. Located at Lee Center, 1108 Jefferson St., Wednesdays and Fridays from 10 a.m.-2 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide for additional information.

ONGOING

Senior Fall Prevention Classes. 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

New Neighbors League Club of Northern Virginia. For women, the club includes Bridge, mah jong, gardening, quilting and many other activities. www.newneighborsvirginia.com.

Join Jewish War Veterans of the USA. The Burke Post E 100 at 5712 Walnut Wood, Burke, invites Jewish veterans and service members to join. 703-209-5925.

Singers Wanted for the Celebration Singers. The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email gparsons3@cox.net.

Senior Fall Prevention Classes. 1:30-2:30 p.m., at the Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesday and/or Thursday classes in a heated pool designed to work on balance and core muscles for injury prevention. \$10. Call 703-667-9800.

American Red Cross CPR, First Aid and AED. Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. Visit www.redcrossnca.org.

Mental Health First Aid Training Classes.

Additional sessions have been added to the schedule. The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders. Registration is open until filled. Limit 20 participants per class and seats fill quickly. Classes run from September through June. Visit alexandriava.gov/DCHS for class dates and registration. Attendees of the full eight-hour course will receive a three-year certification in MHFA. For more about the classes, contact Donielle Marshall at 703-746-3523 or donielle.marshall@alexandriava.gov. To learn more about MHFA, visit mentalhealthfirstaid.org.