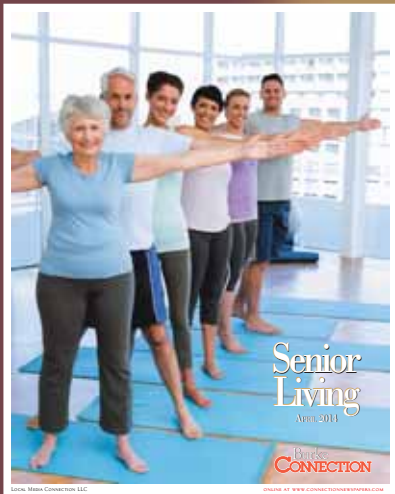


Historic Snowstorm Revisited in Burke

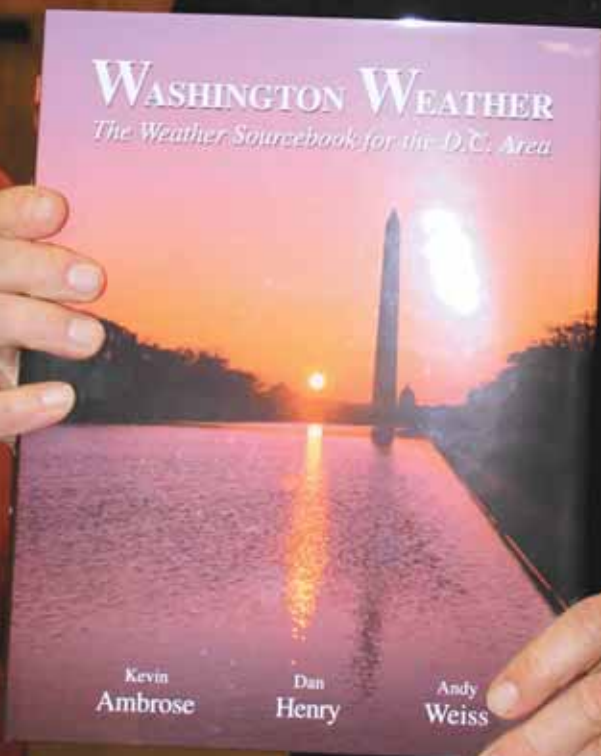
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Inside



Senior Living

Senior Living



Kevin Ambrose holds his book "Washington Weather" at a meeting of the Burke Historical Society on March 30.

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PHOTO BY JANELLE GERMANOS/THE CONNECTION

Doing Business at Robinson

Students in Robinson Secondary's Business Law and Management course are participating in two enrichment programs this year. The first is a partnership with a local business, CustomInk.com, and the second is with the Virtual Enterprise program, where students start and operate a virtual enterprise company in a simulated business environment as part of a global, virtual economy, in connection with schools all over the county. This year's students have created a T-shirt design company similar to that of CustomInk.com, which they recently toured. Students were able to speak with associates and toured the graphics, design, sales, web design and mobile applications departments. Participants included Andres Claire, Alex DeYoung, Michael Freeman, Dan Gherman, Lexi Hsu, and Erin McClendon.



BULLETIN BOARD

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

SATURDAY/ APRIL 5

- Dog Adoption.** 11 a.m.-2 p.m., Greenbriar Towncenter, 13053 Lee Jackson Memorial Hwy., Fairfax. Homeless Animals Rescue Team hosts this dog adoption event at PETCO. 703-817-9444 or hart90.org
- Restore: The Journey Toward Self Forgiveness & Physical Health.** 9 a.m. – 1 p.m. Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at cstm@glzbc.org.
- Navigating the Complexities of Lyme Disease.** 9 a.m. – 12 p.m. Vienna Presbyterian Church, 124 Park St, NE, Vienna. RSVP to mveiga@mylymeguide.com.

SUNDAY/APRIL 6

- The Effects of Mass Incarceration: A Public Forum on Criminal Justice Sentencing Reform.** 2-4 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Drive, Burke. www.accotinkuuc.org

WEDNESDAY/APRIL 9

- Free Dual Seminar.** 7-8:30 p.m. 2700 Fair Lakes Circle, Suite 120, Fairfax. Simplified Stock Investment Management and 1031 Tax-Free Property Exchanges. Register by calling 703-969-4966.
- Issues and Activities of Virginia State Legislature 2014.** 1:30 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. Delegate Mark Sickles (D-Franconia) will report on the issues and activities of the 2014 Virginia State Legislature and will include his thoughts on the influence of the recent Democratic party political changes in the State Legislature. Q&A to follow.

SATURDAY/APRIL 12

- Dog Adoption.** 12 to 3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444 hart90.org

WEDNESDAY/APRIL 16

- Getting your Legal Ducks in a Row.** 1:30 p.m. Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. An elder law attorney will lead this discussion on common legal considerations, such as power of attorney, wills and estates, guardianships, and trusts. Call 703-204-4664 to RSVP and for more information.

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Ask the Board of Supervisors to support the Green Energy Park



Budget Dialogue Continues In Braddock District

Supervisor John Cook hosts budget town hall.

BY JANELLE GERMANOS
THE CONNECTION

Fairfax County needs to be looking at the long-term picture in terms of the budget, Supervisor John Cook (R-Braddock District) said at a town hall meeting on April 1.

"Of course, we're all looking at the budget that starts July 1, but I'm really interested in hearing some dialogue about the next three, four and five years," Cook said.

The meeting, which was dedicated to discussions on the Fairfax County FY 2015 advertised budget, included a presentation by County Executive Ed Long.

Long said he is much more optimistic about this year's budget, and echoed Cook's opinion that the budget should be considered long-term.

According to Long, technology and public safety investments are two important long-term issues Fairfax County will be looking at over the next couple of years.

Still concerning, however, is that Fairfax County is still seeing the effects of the government shutdown that occurred in October 2013, Long says.

Another concern is the sales tax revenue, which has dropped in Fairfax County.

"Snow has had an impact on the local economy," Long said.

Although Long's proposed budget does not include an increased tax rate, homeowners in Fairfax County will see property taxes increase by \$331.67 or more, on average, due to increased assessments. Funding from real estate taxes makes up 63.2 percent of the budget.

"The bad news is it was only 62 percent last year. We're becoming more dependent on real estate," Long said.

At the request of the Board of Supervisors, Long presented a list of further possible reductions to the budget totaling around \$20 million on March 18.

Cook, who asked for the list of cuts, said at his town hall meeting that he isn't happy about that list, and plans on coming up with one of his own.



Braddock District Supervisor John Cook and County Executive Ed Long speak at a town hall meeting about the proposed FY 2015 Fairfax County budget on April 1.



Megan McLaughlin, the Braddock representative for the Fairfax County School Board, talks about issues facing the school system at a town hall meeting at Robinson Secondary School on April 1.

Questions and comments on school funding were common from the audience at the meeting.

"You're asking for cuts and cuts and cuts. I know your discussions aren't done yet, but what are we seeing on the county level to do the same thing Dr. Garza did with her 730 cuts?" Kathy Ryan of Annandale asked at the meeting.

Cook said that a multi-year discussion between the Supervisors and the school board on the school system's budget is needed.

The Board of Supervisors has advertised a two-cent increase in the real estate tax rate, but this rate could be lowered when the budget is approved at the end of April.

"If we can't find the cuts on the

county side, because I don't want to necessarily cut county services, then maybe we have to be looking at what that two penny increase does to our tax bills but maintains quality of life in Fairfax," said Braddock District School Board member Megan McLaughlin said.

Braddock resident James Hawkins said at the meeting that the county and schools need to be more efficient as to where money is spent.

"I don't want my taxes increased," Hawkins said.

Public hearings on the budget are April 8, 9 and 10 at the Fairfax County Government Center. The formal adoption of the budget is April 29

PHOTOS BY JANELLE GERMANOS/THE CONNECTION



Kevin Ambrose took members of the Burke Historical Society back in time to the Knickerbocker Snowstorm of 1922 at the group's meeting on March 30.

Historic Snowstorm Revisited in Burke

BY JANELLE GERMANOS
THE CONNECTION

It was only fitting on a snowy Sunday in late March, following a winter filled with snow days, that members of the Burke Historical Society celebrate the beginning of spring by learning about the eventful Knickerbocker Snowstorm of 1922.

Kevin Ambrose, a contributor to the Washington Post's Capital Weather Gang and author of several books about weather, gave the Burke Historical Society a look back at this snowstorm.

But before his account of this historic event, Ambrose talked about his experience as a writer for the Capital Weather Gang this winter.

"We've had just an amazing winter to cover," Ambrose said.

Ambrose had written a couple articles on the Knickerbocker Snowstorm for the Capital Weather Gang, and was approached by a publisher. His book, "The Knickerbocker Snowstorm," was published in January 2013.

According to Ambrose, the snowstorm was the biggest on record to hit the city of Washington, D.C. Nearly 30 inches of snow fell in Fairfax County.

The Knickerbocker Snowstorm was named after an incident that occurred at a famous Washington, D.C. theater. On Jan. 28, 1922, the roof of the theater collapsed, killing 98 people and injuring 133.

"The only thing that was really a positive was because of the storm, the theater was only half full, so it could have been worse," Ambrose said.

Ambrose shared the stories of some of these victims and survivors, many of which were filled with tragedy but a few with happy endings.

"From the outside street level, it looked like nothing was

wrong. Literally the roof just completely went down flat. The shell of the building was really untouched," Ambrose said.

The snow's weight caused the roof to collapse, resulting in one of the worse disasters in the history of the city.

The U.S. military led the rescue effort. George Patton was even involved, although the U.S. Marines had already been at the scene for hours before Patton arrived as part of the U.S. Army.

"One thing a lot of people don't know is that Washington, D.C. literally has a shadow government," said Don Williams, vice president of the Burke Historical Society.

Sad stories included that of Agnes Mellon. Mellon died in the incident, but her fiancé survived.

Charles Lyman was planning to attend the show that night, Ambrose said, but his parents made him stay in and finish his homework. Unfortunately, his cousin David was at the show and died.

In addition to talking about the theater incident, Ambrose compared the snowfall of the Knickerbocker Snowstorm to other major storms in the Washington, D.C. area. Thirty inches of snow was measured in Fairfax County during the Knickerbocker Snowstorm. In the "Snowmageddon" of 2010, Ambrose said 32 inches was measured at Dulles Airport.

Even though it was snowing outside, members of the Burke Historical Society enjoyed learning even more about the snowstorm.

"It's one of the better events that we've had," said Cindy Bennett, the group's fundraising chair and a Burke resident. "Especially after this winter that we just had."

For more information on the Burke Historical Society, visit www.burkehistoricalsociety.org.



Before his first game, Ian had already made a comeback.

Ian was born with a heart that was not fully formed. Reconstructive surgeries were a must. Uncertain what to do, his parents put their trust in a team that knew newborn hearts better than anyone. Watch Ian's story at JustRightForChildren.com/Ian.

“ I hit a ground ball to right field, and scored two runs to win. ”

Ian Duke
Baseball MVP



NEWS

Bronze Medal of Valor Award recipients (from left) included Fairfax County Fire & Rescue Department Firefighter Andres F. Martinez, Technicians Jeffery T. Pfeifer, Jorge H. Ochaita, and Kevin R. Dabney and Captain I Patrick Sheehan.



PHOTOS BY
VERONICA BRUNO
THE CONNECTION

County Honors Its Heroes

Chamber of Commerce hosts annual Valor Awards.

The 36th annual Valor Awards, honoring public safety heroes, was presented by the Fairfax County Chamber of Commerce at a luncheon at the Hilton McLean Tysons Corner on Monday, March 31.

Certificates of Valor were bestowed upon Police Department First Class Officers Adam P. Ankers, Sara R. Polowy, Beth L. Gardner, Daniel S. Goldman, Michael A. Lentz, Mark E. Tenally as well as Sergeant Camile S. Neville, Second Lieutenant Dwayne F. Machosky, Technician Thomas R. Barnes, Captain II David K. Gruendel and Captain I Marc. L. Straubinger. Fairfax County Sheriff's Office recipients included Private First Class Nicolas Barb, Daryl Shifflett and Sergeant Shawna Wood.

The Bronze Medal of Valor was presented to Fairfax County Police Officers Robert C. Hines, Scott H. Reeve, Shannon L. Sams, Daniel W. Romanoff and Second Lieutenant Trafton C. Parr.

Fairfax County Fire and Rescue crews 410 and 418 responded to a high-rise building on Nov. 8, 2013 and rescued a barely conscious woman before the hose line was ready to extinguish the fire engulfing the building. For their heroic efforts, Captain I Patrick Sheehan, Technicians Kevin R. Dabney, Jorge H. Ochaita, Scott E. Herbert and Jeffery T. Pfeifer, Lieutenant Michael S. Taylor, Firefighter Andres F. Martinez and Volunteer Firefighter Brian Pelletier were honored with the Bronze Medal of Valor.

For their efforts in rescuing a crew member from a crash site in the Republic of Kyrgyzstan, Firefighter and Medic Sally Dickinson, USAR Canine Handler Elizabeth Kreitler and Battalion Chief Michael C. Schaff were also honored with the Bronze Medal of Valor. Canines were also honored for that mission: Fielder and Garo, who was on hand to receive the medal around his neck from Fire and Rescue Chief Richard Bowers Jr. Master Deputy Sheriff Heather Lama from the Fairfax County Sheriff's Office was awarded the Bronze Medal of Valor



First Class Police Officer Sara R. Polowy was awarded a Certificate of Valor by Police Department Chief Ed Roessler.

for her response to a high-risk domestic dispute in Chantilly. Lieutenant Antonio D. Trammell received the Silver Medal of Valor for his quick response to an inflamed car accident in Prince George's County, Md.

The Gold Medal of Valor, which has not been handed out for years, was presented to First Class Police Officers Keith J. Baker and Edward L. Carpenter for displaying uncommon valor in the face of an extremely violent incident involving two armed assailants.

Fairfax County Fire and Rescue Department Engine 413, Rescue 401 and Tower Ladder 430 responded to a fire that broke out in a liquefied propane gas refilling and storage yard in a densely populated area of Merrifield area. Fire and Rescue crew members who prevented this disaster and were honored included Battalion Chief James J. Walsh, Captain II Ronnie A. Rodriguez, Master Technicians Annette Corwin, Douglas L. Miller, Ronald G. Bauserman and Daniel M. Sova, Technician Jarrod A. Schmidt, Firefighters Todd E. Clist, Joshua M. Morrison and Donald W. Rohr and Lieutenants Carmen Alessi and Daniel J. Kwiatkowski.

Connolly noted in his message to those honored: "Their efforts, made on behalf of the citizens of Fairfax County, are selfless acts worthy of our highest praise and respect."

— VERONICA BRUNO

WWW.CONNECTIONNEWSPAPERS.COM

FAITH NOTES

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

Mothers and daughters, come together to enjoy Bingo, crafts, games, refreshments and more. Bring your favorite teacup and wear your best tea party hat for special contest categories. The cost is \$25/couple with an extra \$5 for each additional sibling.

The Tea is Saturday, April 5, from 2-4 p.m. at Burke United Methodist Church. There will also be a silent auction with a portion of the proceeds to benefit SHARE - Share Her Annual Real Expenses - a Girl Scout Council of the Nation's Capital program that provides funding for Girl Scout campsites, leader training and financial aid.

For reservations contact Sandy Latta at 703-495-0063 or slatta@fourthwave.com. Reservations close March 29.

The Cancer Treatment Centers of America, sponsored by the Cancer Support Team, Ministry of Greater Little Baptist Church, Fairfax, will present "Restore: The Journey Toward Self-Forgiveness & Physical Health" on Saturday, April 5, 9 a.m. to 1 p.m. at the Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. This is a free event. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at cstm@glzbc.org

The speaker will be Rev. Dr. Michael Barry author of the Forgiveness Project and Director of Pastoral Care at Cancer Treatment Centers of America in Philadelphia, Pa.

The Effects of Mass Incarceration: A Public Forum on Criminal Justice Sentencing Reform will be held on Sunday, April 6, 2-4 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Drive, Burke. The panelists include state Sen. Dave Marsden, the Sentencing Project's Nazgol Ghandnoosh, Fairfax's Deputy County Executive David Rohrer. They will engage these concerns: the United States has more people in jail than any

nation in the history of the world. Unintended consequences of this Mass Incarceration are especially devastating to poor communities of color. Young African-American Men are more likely to go to jail than to college. Many drug offenders are discriminated against in housing, voting and education after they have served their sentences. How do we minimize the human costs of the Drug War and Mass Incarceration and fix this crisis? For more info go to www.accotinkuuc.org - or call 703-503-4579 and ask for Reverend Scott Sammler-Michael

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

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism.

The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

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

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.

St. Andrew's Episcopal Church to Host 'A Choral Feast'

The Friends of Music and the Arts at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke, will host "A Choral Feast," a concert of choral music, in Burke on Sunday, April 6, at 4 p.m. "There is no admission fee for our concerts, because we want to make great music available to everyone who is interested," said Jay Wilcox, the organist-choir-master at St. Andrew's. "We hope that those who are able to donate to support the ongoing series will do so." The series is in its third year, and presents a variety of artistic events. There is plenty of free parking at St. Andrew's, and there is free childcare so that parents of young children can attend without having to worry about hiring babysitters.

The 90-minute concert will be performed by the Potomac Ensemble, a group of 10 of the D.C. area's finest professional singers. All of the choral music on the program is written for five-part choir (with two soprano parts), rather than usual four part choir. "The added soprano part gives the music a degree of richness that four-part music cannot achieve," notes Wilcox.

The first performance of Jay Wilcox's "O sacrum convivium" will also be featured in the program.

Bach's Passacaglia and Fugue in C minor will be played on St. Andrew's pipe organ, and the program will close with Bach's motet, "Jesu, meine Freude." Complete program details are available at <http://www.standrews.net/friends-of-music-and-arts>.

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will close his
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4/30/2014

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj



Invitation

For parents whose children are entering
Kindergarten for the 2014/15 School Year

Kiddie Country Developmental Learning Center, 9601 Old Keene Mill Road, will be presenting an overview to assist those parents who are seeking a high quality educational kindergarten experience for their child(ren) on Thursday, April 10, 2014 at 7:00 p.m.

This presentation will be conducted by Karen Duffy, Curriculum Specialist, and Tricia Daniels, Virginia Licensed Kindergarten teacher. Together Ms. Duffy and Ms. Daniels have a total of forty-four years of teaching experience between them and are eager to talk with you and answer any questions you may have.

Kiddie Country's Kindergarten program is highly recognized for its advanced curriculum and outstanding students who meet with great success in first grade and beyond. Come join us for a relaxed session that will fully describe the many outstanding attributes of this highly acclaimed curriculum and the reasons why Kiddie Country's Kindergarten is a "best choice" placement for your child.

No need for a sitter - bring your children!
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See you there!

www.kiddiecountry.com

R.S.V.P. 703-644-0066

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj

OPINION

Why I Support Medicaid Expansion

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY
BOARD OF SUPERVISORS



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 bipartisan 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-

COMMENTARY

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.

LETTERS TO THE EDITOR

Toxic Debate on School Budget

To the Editor:

Supporting the public schools is Fairfax County's number one priority. Proof of that lies in the fact that over 50 percent of the county's budget supports school programs. This large expense has generated considerable debate among county taxpayers over the years. However, this year the discussion has become toxic and personal. I went to the Lee District budget hearing on Wednesday evening, the 26th, to hear presenters from Fairfax County and Fairfax County Public Schools explain their respective proposed budgets. Although the financial picture has improved, the county is still not free of the impacts of the economic downturn at the end

of the last decade. Two issues dominated the audience discussion: the possible increase in real estate taxes and the request by the school board for a funding increase over last year's budget.

One of the very worst public meetings I've attended! Two older, retired persons in the audience worried about the impact of increased home assessments and tax rates; audience members representing the schools were belligerent and insulting to the point of bullying. "My kids deserve the best schools, so quit your whining and pay," was the gist of their attack. The school board member representing Lee District rolled her eyes, made faces, and played with her iPad during the County's budget

presentation and the county supervisor's subsequent responses to questions. It is clear that some parents and school board members are passionate about the schools. I understand that. But there needs to be some minimum level of decency and respectfulness during this debate. Those who cry out, "Fully fund Fairfax County Schools," need to stop and think. Over 70 percent of the taxpayers in Fairfax do not have kids in county schools. You are asking us to pay for your child's education at the expense of other important services. Social workers in the mental health field, for example, are today handling caseloads of 50 clients or more. This is almost double the recommended norm.

Clients must wait up to three months for an intake interview and up to six weeks after that for treatment. These are some of the trade-offs you are asking taxpayers to make. You need to convince us that the school programs are more important than taking care of those with disorders of the brain, law enforcement, fire emergencies, the list goes on and on. Insults and threats do not convince! It is also not a good example for those very children about whom you care. I left the meeting angry at and ashamed of my fellow citizens...and much less assured about the abilities of those managing my county schools.

Terry Atkinson
Fairfax

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 Fairfax County 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 sig-

nificant 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

SEE HUMAN, PAGE 10

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NEWS

Don't Fall For Tax Scams

"Your driver's license has been suspended. You will be arrested. You will be deported. We are on our way to your home right now." These are just a few of the many threats scammers have made against hundreds of Fairfax County residents over the past several weeks. Police warn the public not to fall prey to them and, instead, to call and report them.

These telephone scammers are described as demanding, aggressive, threatening and easily angered when callers don't immediately agree to their demands of "overdue tax balances." Some have also had heavy accents.

Typically, callers demand between \$4,000-\$6,000 in immediate payment of unpaid tax bills. These scams are sophisticated and involve false names, numbers and phony IRS badge numbers. Suspects often continue to call and harass the recipient. Once money's been wired/sent, it's impossible to recover. More information on common scams may be found at <http://www.fairfaxcounty.gov/police/financialcrimes/commonscams.htm>.



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Residents Concerned About 'Fracking in Our Backyard'

BY JANELLE GERMANOS
THE CONNECTION

At a town hall meeting in Burke, area residents, along with members of the Great Falls chapter of the Sierra Club, learned about fracking that could take place nearby in the George Washington National Forest.

Dustin Horwitt, a senior analyst at Earthworks, showed the audience the proposal for drilling in the George Washington National Forest, which has led to a number of environmental concerns.

The headwaters of the Potomac River are found within the million-acre forest. Drilling in the forest could cause risks to the drinking water used by over four million people in the D.C. area, including Fairfax County.

"There are countless tributaries that flow out of the forest and connect up to the Potomac," Horwitt said.

Fairfax County Water Authority, the D.C. Water and Sewer Authority, and the Washington Aqueduct have voiced their opposition to fracking in the forest.

"It's not just the forest service that has been concerned about this drilling and fracking," Horwitt said. "Three of our major water providers have written to the forest service saying please do not allow this type of drilling in the forest because we are concerned it could contaminate our water supply here in Fairfax and the D.C. area."

DURING THE COMMENT PERIOD on the draft forest plan for George Washington National Forest's in 2011, Fairfax County Water Authority general manager Charles Murray wrote in a letter that Fairfax Water is concerned about the impact of drilling in the forest.

"It is imperative that decisions regarding oil and gas leasing be based on sound science and that the highest-level of protection be afforded sources of drinking water supply," Murray wrote.

Trish Wotowiec, a resident of Burke, said she is working to convince the Fairfax County Board of Supervisors to pass a resolution voicing the county's disapproval to the fracking plan. In early March, the Washington, D.C. City Council passed a resolution opposing fracking in the George Washington National Forest due to the possibility of it contaminating drinking water.

Attendees of the town hall meeting in Burke hope Fairfax County follows this example.

"This area is very politically active. We just need to make sure more people know about it," Wotowiec said.

Linda Burchfiel of the Great Falls chapter of the Sierra Club encouraged attendees to write a letter to their supervisor, urging them to pass a resolution in favor of a ban on fracking in the George Washington National Forest.

The Forest Service estimates that half of the million-acre forest sits on top of the Marcellus Shale.

In 2011, the National Forest Service de-



Dustin Horwitt, a senior analyst at Earthworks, shares information about the proposal to drill for oil in the George Washington National Forest. Horwitt has been speaking at several town meetings across the area and informing residents on how fracking in the forest could impact drinking water in Northern Virginia.

their drill bed and up would come the oil and gas," he said.

Those formations, however, have for the most part been used. Companies have moved to shale, an unconventional formation.

"In these formations, the oil and gas is dispersed over a much larger area underground, and it's locked up in the rock in millions of tiny pores. You need much more extensive drilling and fracking to access it," Horwitt said.

According to Horwitt, these unconventional locations, including the Marcellus Shale, are located where people live.

"In unconventional formations, it takes a much more intensive process to extract the oil and natural gas," Horwitt said. "In the George Washington National Forest, the forest service is predicting that they'll have to use up to five million gallons of fluid injected into the well for hydraulic fracturing, and they're predicting about 250 horizontal wells."

Over the development of each oil pad, which includes three wells and could take several months, Horwitt said the forest service is predicting 4,400 truck trips per well and up to hundreds of thousands of gallons of waste water per well.

"Most of that truck traffic is going to be bringing in the fluid for the hydraulic fracturing and then hauling out the waste water for disposal," Horwitt said.

Opponents to fracking in the forest are concerned that spills could occur during fracking and that the water waste disposal could also cause problems.

"There's so many trucks and equipment on each site that spills are basically inevitable," Horwitt said.

THE OIL AND GAS INDUSTRY has said that fracking is safe, and that concerns about its safety are not based on fact. Proponents also argue that it creates jobs.

"We need the jobs, energy and tax revenues. This can be done with minimal impact to the environment and recreational uses of the forest," Gregory Kozera, president of Virginia Oil and Gas association, wrote in a letter in 2011.

A couple of public figures in Fairfax County, including state Del. Patrick Hope (D-47), and Don Beyer, former Virginia lieutenant governor, have voiced their opposition to fracking in the George Washington National Forest.

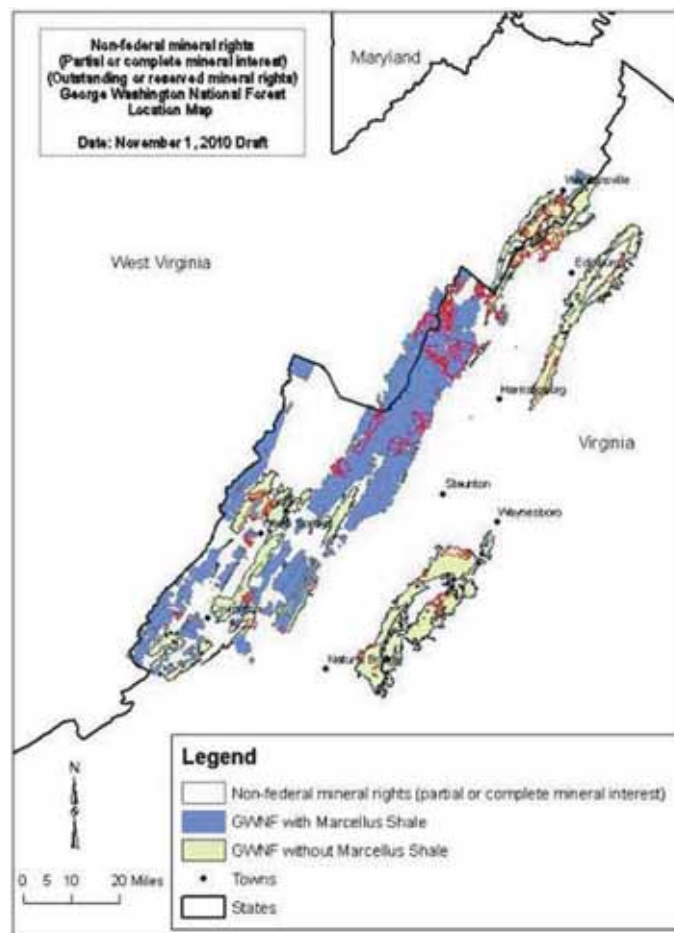
For now, members of the Sierra Club and area residents are continuing to write to their supervisors.

"We're hoping to get a board resolution. Fairfax County speaking as a whole is better than just us sending letters as individuals," Burchfiel said. "This is our chance to influence them."

Braddock District Supervisor John Cook said that he has not yet been briefed on the situation and is unsure when a resolution would occur, although he is familiar with some of the news related to the possibility of fracking in the George Washington National Forest.

A map shows where the Marcellus Shale is located in the George Washington National Forest.

NATIONAL FOREST SERVICE



ecided that horizontal drilling would be prohibited in the forest. Now, the agency is considering allowing fracking to occur.

"Since about 2012, the forest service has been on the brink of issuing its final decision, and they keep postponing it and postponing it. The most recent estimate they gave is that sometime this year, they are going to make the final decision," Horwitt said. "We have to assume that they could make that decision at any time."

Hydraulic fracturing has been around since 1947, but Horwitt said there have been major changes in the oil and natural gas industry over the last couple of years.

"One of the changes is that increasingly, companies are accessing what is called unconventional formations. The companies used to primarily drill in conventional formations, which is essentially a pool of oil and gas underground, like a bubble. The companies could perforate the pool with

PHOTO COURTESY OF LINDA BURCHFIEL

The Northern Virginia Problem

Top Virginia Universities are harder to get into: checking why and how to help.

BY LISA SPINELLI
THE CONNECTION

Many Northern Virginian students are biting their nails, waiting for their college admission letters this week. But in a sea of overachievers, NoVa students are coming across a pervasive issue with in-state colleges—what is being dubbed the “the Northern Virginia Problem.” Many residents of Fairfax, Alexandria City, Loudon, Fauquier, Prince William and Arlington counties are spreading the word that top Virginia universities—the University of Virginia, Washington and Lee and William and Mary are becoming harder and harder to get into.

“I applied to a lot of Virginia schools. I didn’t get into UVa, but I’m not surprised because it’s gotten so hard—especially from Langley (High School) where everyone seemed to be applying to the same schools,” says Chris Susskind, a 3.8 (weighted) GPA senior at Langley High School with multiple AP courses, a near-perfect ACT score and a volunteer with disabled children. “It’s (UVa) become ivy league for schools in Virginia.”

Other high-achieving seniors, like Drew Treger of W.T. Woodson High School, don’t even bother applying.

“I knew I wasn’t going to get in, so I didn’t even try,” says Treger, captain of the men’s varsity lacrosse team and of the Fellowship for Christian Athletes at Woodson, who also holds a 3.5 GPA with four AP classes under his belt.

THESE TOP VIRGINIA UNIVERSITIES are not trying to totally dispel the rumors either—they are in fact accepting less of a percentage of NoVa students. But the reasons are not that they’ve become more stringent in their admission policies or more selective, they claim. The problem it seems is an issue of sheer volume. All hope is not lost, however, and we have a few tips for those students vying for entrance into these top-ranked schools.

Data from the University of Virginia’s communications office supports the rumors that they are indeed accepting less of a percentage of Northern Virginia applicants—39 percent this year compared to 42 percent for fall 2009. However, the number of students applying from our NoVa counties is also increasing—up 25 percent in just five years. Unless UVa and the other top-rated schools grow their facilities as fast as their applicant pool, there’s naturally going to be less of a percentage accepted.



PHOTO BY SANJAY SUCHAK. U.VA. OFFICE OF UNIVERSITY COMMUNICATIONS

University of Virginia Rotunda.



PHOTO COURTESY THE COMMUNICATIONS AND PUBLIC AFFAIRS OFFICE

Students at Washington and Lee University.

“Generally, the academic quality of incoming classes here has increased over the years and the number of applications for limited spots continues to set records,” says Charles McGregor McCance, senior director of media relations at UVA. “This raises the competitive environment for all applicants from everywhere. For the current academic year, the University received more than 31,000 applications for about 3,500 spots.”

The same trend appears to be the case with the College of William and Mary. According to data pulled from the State Council of Higher Education for Virginia, applications into this top-rated Virginia college increased 12 percent in the last five years and their acceptance rate only went down from 44 percent to 42. The actual number of students being accepted is steadily increasing at UVa and William and Mary, just not the percentage.

Washington and Lee University does not

report or collect data by county, the communications department informed us.

“We have always taken 15 percent from Virginia,” says Brian Eckert, executive director of communications and public affairs for Washington and Lee. “We look at grades first and—once we know that someone can handle the work here—then we start looking at demonstrated strong leadership and students who have performed community service.”

Fairfax County alone grew from 969,000 in 2000 to over 1.1 million in 2013. With thousands more students flooding the application system, it may seem harder to stand out amongst classmates—many of whom are getting straight As. But stressing out over SATs and class rank isn’t the most effective way to beat out the competition.

Yes, it’s true the types and grades you get in those classes are the first and foremost aspects of a transcript these colleges are

“It’s (UVa) has) become ivy league for schools in Virginia.”

—Langley High Senior Chris Susskind

looking at but leadership roles, caliber of essays and an overall interesting aspect about you—something to make you diverse, is what they all claim to set those who stand out against those who get weeded out.

“More and more students are adding an area of interest when applying to colleges,” says Judith Hingle, career connections specialist with the Fairfax County Public School System. “Adding a prospective major can help, because colleges need to balance all those things.”

With engineering degrees being the most popular, Eckert agreed there are undoubtedly more STEM (Science, Technology, Engineering and Math) students applying now than ever before, but classics majors are at an all-time low across the nation.

JUST TWO YEARS AGO, Fairfax County schools adapted a more career-minded focus with the installation of the Naviance system, a Web-based system FCPS named the Family Connection. Naviance is a career and academic guidance software system that links students’ academic choices to the counseling offices and helps them determine their high school, college and subsequent career path. Hingle says this kind of focus can only help up students’ chances at receiving those coveted admission letters.

Another way around the system entirely—which can also cut down on your final tuition bill—is to attend a Virginia community college. Many top schools in Virginia and the D.C. area have a guaranteed admissions agreement with not just UVa, but William and Mary, certain colleges within George Washington University and Catholic University of America. Washington and Lee, however, does not participate.

And if all else fails, Hingle says not to despair, there are tons of other great schools in Virginia that were established after the 19th century—many of whom are taking a higher percentage of NoVa students than in years past.

“Pick a school that really interests you,” Hingle advises. “If you just focus on the high end, a lot of great kids become discouraged, but there are lots of chances to grow and learn here in Virginia.”

Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

a program that is an essential component 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 support 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 exist-

ing 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.

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 increas-

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.

ing 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 financing 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 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, unin-

sured 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.

Signed by:
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 Michell, 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, Vienna (Providence District); Alvin W. Smuzynski, Fairfax Station (Springfield District); Francis J. Pettit, Burke (Springfield District), and Ellen Hayes, Fairfax (Braddock District)

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

SATURDAY/ APRIL 5

In the Name of Love: A Jazz Poetry Slam. 7-10 p.m., 10125 Lakehaven Drive, Burke, Accotink Unitarian Universalist Church. Join poets from around our region as they compete for prize money; hosted by Regie Cabico and Sarah D. Lawson from Busboys and Poets. www.accotinkuuc.org or 703-503-4579.

Jubil-Aires Concert. 2 & 7 p.m. Vienna Presbyterian Church, 124 Park Street NE, Vienna. The Fairfax Jubil-Aires Annual Spring Show will be a joint fundraiser for both the Jubil-Aires and the Shepherd's Center of Fairfax-Burke. Tickets are \$20 and allow you to attend either concert. If you buy your tickets ahead of time from the SCFB office at 703-425-2824 or a SCFB Council or Board member, \$10 of the ticket price is a donation directly to SCFB. All proceeds from tickets sold at the door go only to the Jubil-Aires.

Cabaret Series: It's A Comedy Night. 8 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a wide gamut of music intended to tickle your funny bone, from Broadway to standards to novelty songs, there's something for everyone who enjoys a good laugh. Tickets: \$30.

Children's Cherry Blossom Celebration. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. For ages 3 and up, learn about the cherry tree history and the springtime tradition that brings so many visitors to Washington every year. This open house format includes origami, a paper lantern craft, and a cherry tree 'hunt'. Register at www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

SUNDAY/ APRIL 6

Potomac Ensemble. 4 p.m., 6509 Sydenstricker Road, Burke, St. Andrew's Episcopal Church. Enjoy a group of 10 of the DC area's finest professional singers, in a program of great music for 5-part choir. foma_standrews@verizon.net.

In the Bunker with the Vice President on 9/11. 7 p.m. Stacy Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The lecture is free and open to all. Book signing and refreshments.

Seminar: "Feeding Hungry Roses." 2-4 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Learn how to feed your roses for beautiful blooms.

Pet Photos with the Easter Bunny. 11 a.m. - 2 p.m. Olde Towne Pet Resort, 8101 Alban Road, Springfield. The Easter Bunny wants a pic with your pet to benefit The Fairfax County Animal Shelter. Bring \$10 to benefit the shelter, and receive a 4x6 printed photo. RSVP to Katy Salo atksalo@oldetownepetresort.com; 703-455-9000.

Cabaret Series: It's A Comedy Night. 1 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a wide gamut of music intended to tickle your funny bone, from Broadway to standards to novelty songs, there's something for everyone who enjoys a good laugh. Tickets: \$30.

Japonism in Fashion Tea Program. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria View gorgeous avant-



PHOTO BY DAVID A. BELOFF.

Ginger Costa-Jackson as Carmen in Virginia Opera's production of "Carmen," playing April 11 and 13 at GMU's Center for the Arts.

garde designs that combined Japanese motifs with 19th and 20th century Western silhouettes. Discover elements of the kimono in tea gowns and opera coats and hear about Japanese designers who are redefining fashion worldwide today. To make reservations, call Historic Green Spring at 703-941-7987.

than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing.

TUESDAY/APRIL 8

Slam Poetry Cafe. 6-8 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Slam poetry is the art of performance poetry. Performers, come share your original or previously published pieces. Email slampoetrycafe@gmail.com with your name and poem.

WEDNESDAY/APRIL 9-SUNDAY/APRIL 20

Ringling Bros. and Barnum & Bailey Presents Built to Amaze Circus. GMU Patriot Center, 4400 University Drive, Fairfax. Tickets: \$15-\$30. For more information and showtimings visit, www.ticketmaster.com.

FRIDAY/APRIL 11-SUNDAY/APRIL 13

Virginia Opera's "Carmen." Friday at 8 p.m.; Sunday at 2 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. Virginia Opera, will present George Bizet's sultry tragedy about opera's most famous femme fatale, "Carmen." The opera has enthralled audiences for more than a century and is one of the most popular. Tickets are Friday: \$44-\$86; Sunday: \$48-\$98. Youth Discount: tickets are half price for youth through grade 12. Call 888-945-2468 or visit cfa.gmu.edu

SATURDAY/APRIL 12

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more

Once Upon A Time...7:30-10 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. A fairy tale themed costume ball. The evening includes music, social dancing, unique silent auction opportunities, food, laughter and special live performances by cabaret vocalists. Admission includes entertainment, light refreshments and two beverage tokens. Tokens may also be used for voting for the "Queen" of the night. Costumes are not required for entry, but do we encourage all to find some fairy tale inspiration for their attire-there will be a 'door prize' or two for the most imaginative costumes! Limited admission, early reservations strongly recommended. \$40 per person. http://workhousearts.org/events/performing-arts/once-upon-time

Easter Egg Hunt and Bake Sale. 9 a.m.-12 p.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. children (2 years old - 6th graders) are welcome to the free Easter Egg Hunt and bake sale. http://www.franconiaumc.org.

SATURDAY/APRIL 12-SUNDAY/APRIL 13

Spring Show. Merrifield Garden Center, 12101 Lee Highway, Fairfax. The Northern Virginia Bonsai Society is proud to announce that its Spring Show. Bonsai from beginning to expert will be exhibited and the Club will be demonstrating how to make a bonsai. Visitors may cast secret ballots on which of the bonsai exhibited should go onto the Potomac Bonsai Association show. Contact Person: Gary A. Reese. greese67@msn.com. 703-860-3374

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Robinson Baseball Rallies to Beat Marshall

Rams have 10 seniors on this year's team.

BY JON ROETMAN
THE CONNECTION

The Marshall and Robinson baseball teams took turns on March 27 capitalizing on each other's mistakes. Down by two runs in the bottom of the seventh inning, Robinson rallied to ensure Marshall's next miscue would be its last.

Robinson senior Kaden Darrow tied the score with a two-run single and Marshall catcher Mitch Blackstone's throwing error allowed the winning run to score as the Rams pulled out a 6-5 victory at Robinson Secondary School.

Robinson trailed 5-1 in the second inning and 5-3 entering the bottom of the seventh, but found a way to improve to 3-0 with its second consecutive walk-off victory. The Rams defeated West Springfield 4-3 on March 24 and opened the season with a 7-2 win over Woodson on March 22. Marshall fell to 1-2.

"We played five innings, six innings, things weren't really going our way and we found a way to pull it out," Robinson head coach John James said, "and that's a confidence builder."

ROBINSON ENTERS the 2014 season with 10 seniors on the roster, including six athletes in their third year on the varsity — pitcher/outfielder Chris Lohr, outfielder Adam Sisk, infielder/outfielder Zach Beck, outfielder Tyler Fitchett, pitcher/infielder Danny Herrera and Darrow. That experience paid off in the bottom of the seventh inning as the Rams, who had struggled at the plate for much of the contest, found a way to rally against 6-foot-5 Marshall left-hander Riley Cummins, who will pitch for the University of Virginia.

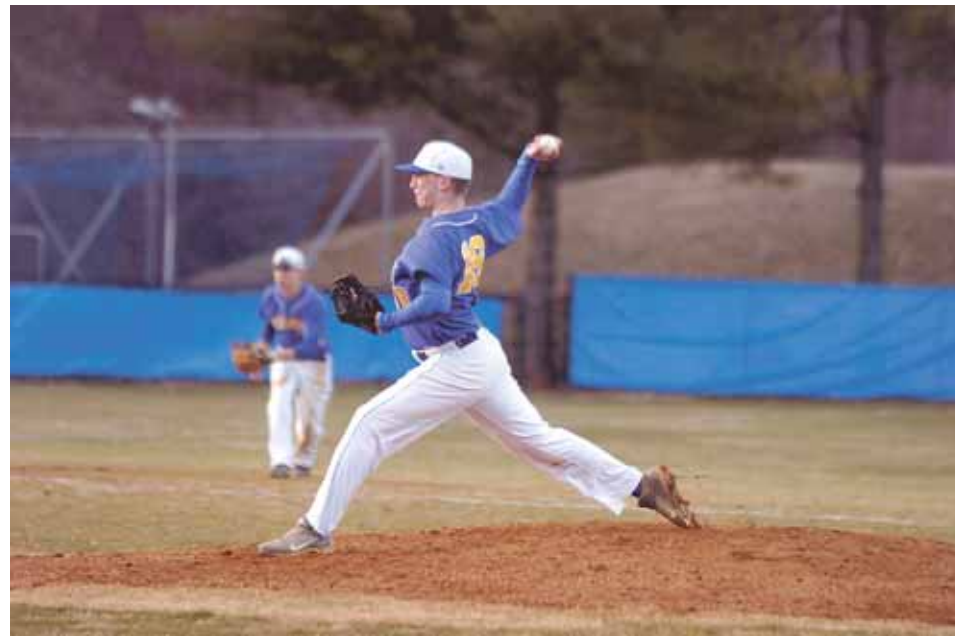
Leading 5-3 in the seventh, Marshall head coach Aaron Tarr moved Cummins from right field to the mound to close it out. But Robinson loaded the bases with one out after two walks, a strikeout and a Statesmen error. Darrow's two-run single tied the score at 5 and gave the Rams runners at the corners. During Fitchett's ensuing at bat, Blackstone tried to throw behind the Ram runner at third base, but the catcher's attempted pick-off sailed into left field, allowing the winning run to score.

Blackstone went 3-for-4 with a double at the plate and threw out two would-be base-stealers before his seventh-inning miscue.

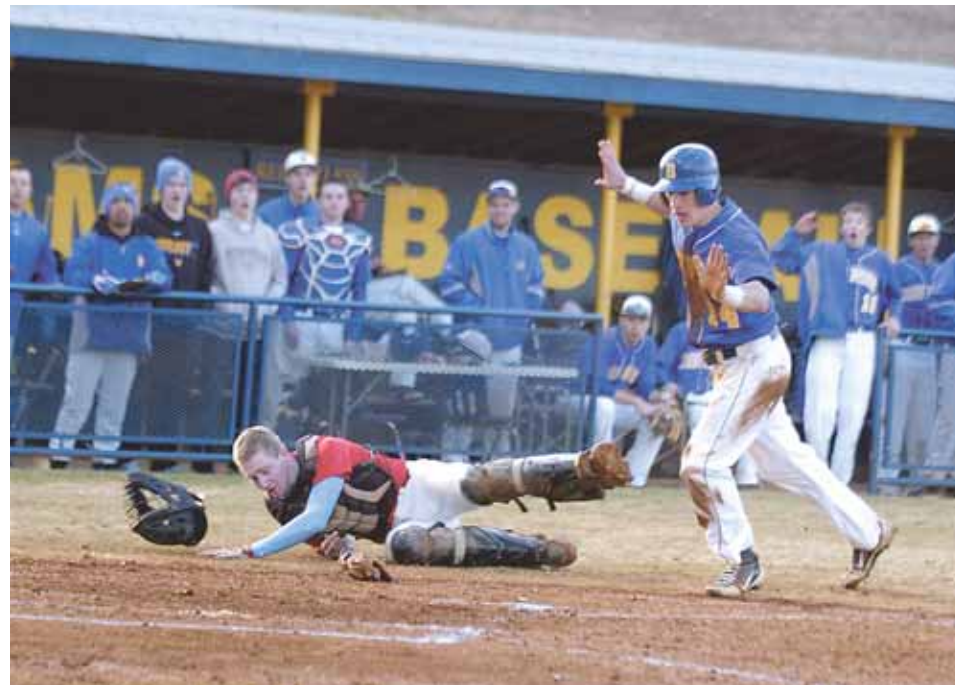
"[The runner at third] seemed to me that he was a little farther off the base than most people were," Blackstone said. "I thought I could get [Cummins] a quick out. ... [The] ball just got away from me."

Darrow's two-run single put the Rams in a position to capitalize on the error.

"He's been kind of an under-the-radar guy," James said. "He's been a three-year starter here, too, and has been very productive for three years. ... He's a utility guy."



Robinson senior Chris Lohr pitched 5 1/3 scoreless innings in relief to earn the victory against Marshall on March 27.



Robinson senior Adam Sisk, right, scores a run after colliding with Marshall catcher Mitch Blackstone on March 27.

SPORTS ROUNDUPS

Robinson Girls' Lax Starts 3-0

The Robinson girls' lacrosse team won its first three games of the season, scoring at least 20 goals in two of the contests.

The Rams defeated South County 20-7 on March 31 to improve to 3-0. Robinson beat Chantilly 22-6 on March 27 and Woodson 16-14 on March 24.

Robinson faced Lake Braddock on Wednesday, after The Connection's deadline. The Rams will travel to face T.C. Williams at 7:30 p.m. on Tuesday, April 8.

Lake Braddock Softball Improves to 3-0

The Lake Braddock softball team defeated West Springfield 21-0 on Tuesday with Bruins pitchers throwing a combined no-hitter. The victory improved Lake Braddock's record to 3-0.

The Bruins will host West Potomac at 6:30 p.m. on Friday, April 4.

We put him everywhere in the field. He plays anywhere defensively."

James said experience played a major role

in the Rams' comeback.

"Every guy that came to the plate there in the last inning was a senior," he said.

"That senior leadership and that experience is invaluable, especially in games like this when our backs are to the wall and they bring in their horse. You've got to have guys that aren't bothered by that — aren't bothered by the situation and aren't bothered by who is on the mound and they're just going to compete. Our backs were to the wall and they came up big for us."

The Statesmen took a 5-1 lead in the second inning thanks to a Rams error. With the score tied at 1, Marshall had the bases loaded with two outs when Blackstone hit an infield pop-up. Robinson starting pitcher Shane Hopkins dropped the ball in front of home plate, allowing two runs to score. Marshall first baseman Patrick Evans followed with a two-run single, giving the Statesmen a 5-1 advantage.

Marshall returned the favor in the bottom of the fourth. Robinson had the bases loaded with two outs when Statesmen starting pitcher Will Brooke got Robinson senior Herrera to pop up. But Marshall infielders appeared to lose sight of the ball, which fell to the ground for a two-run single, cutting the Statesmen lead to 5-3.

THE PERFORMANCE of William & Mary-bound pitcher Lohr also played a pivotal role in the Robinson comeback. Lohr came on in relief with one on and two outs in the top of the second inning and Marshall leading 5-1.

After allowing a single to junior Shane Russell, Lohr picked the runner off first base to get out of the inning. The right-hander went on to pitch 5 1/3 innings of scoreless relief and earn the win.

"In that situation, I just try and pitch like it's the start of the game," Lohr said. "[I needed to] take the runners on base out of my mind and just get the batters one at a time until I get out of that inning and then it's really just inning by inning."

Lohr allowed three hits. He walked one, hit two batters and struck out seven.

"Obviously, he did a fantastic job for us, and that's what we rely on him to do," James said. "He's a senior and he's been with us for three years and that's what he's capable of doing and that's what we need him to do — is come in and settle things down for us and give us a chance to win and he did."

Brooke pitched well for Marshall but received a no decision. The junior right-hander pitched 5 1/3 innings, allowing three runs and five hits while walking four and striking out two.

Cummins took the loss, surrendering three runs — one earned — and one hit in 1/3 of an inning. He walked two and struck out one.

Robinson's Hopkins went 2-for-3 against Marshall. Herrera and Darrow each had a hit and two RBIs, Fitchett had a hit and an RBI, and Will Miller had a hit.

Robinson was travel to face Annandale at 2 p.m. on Saturday, April 5.

"We've been running short on regionals for the last few years," Darrow said, "but I have high hopes for this year."

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21 Announcements

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NEWS

Reverend C. L. Bryant to Speak at Republican Women of Clifton April Meeting

Reverend C. L. Bryant, former president of the Garland, Texas chapter of the NAACP and noted speaker will speak at the April 16 meeting of the Republican Women of Clifton (RWC). Rev. Bryant is a conservative activist and frequent commentator on Fox News. He dazzled audiences at Glenn Beck's FreePAC event when he encouraged thousands in the audience to "defend the republic" while also tackling the enslavement of government dependency. Rev. Bryant is a radio and television host and creator of the independent film, The Runaway Slave, a movie about the race to free the Black community from the slavery of tyranny and progressive policies. The meeting will be on Wednesday, April 16 at the Fairview Elementary School, 5815 Ox Road, Fairfax Station. The social hour will begin at 7 p.m. when refreshments will be served and President Alice Butler-Short will open the business meeting at 7:30 p.m., after which Reverend C. L. Bryant will deliver comments and entertain questions.

Guests will be asked for a \$5 donation at the door for TAPS - the Tragedy Assistance Program for Survivors of our Fallen Heroes.

For more information, visit <http://cliftongop.com/>.

Main Street Recognized for 'Exemplary Inclusion'

On Tuesday, March 25, Main Street Child Development Center was recognized by Fairfax County Public Schools with an Exemplary Inclusive Practices Award for continually demonstrating exemplary inclusive practices for students with disabilities. Awards also were given to Bonnie Brae Elementary School and Halley Elementary School. Main Street is the first center to be recognized with an Exemplary Inclusive Practices Award. Previous awards were given solely to individuals. In addition to plaques, all of Main Street's lead teachers received certificates and gift bags. Main Street will be honored with a luncheon on April 16. Awards were presented by Early Childhood Identification & Services Coordinator Denise Forest at the Green Acres Center, which houses Main Street. Fittingly, the ceremony coincided with the Fairfax County Board of Supervisors designation of March as "Intellectual and Developmental Disabilities Inclusion Month."

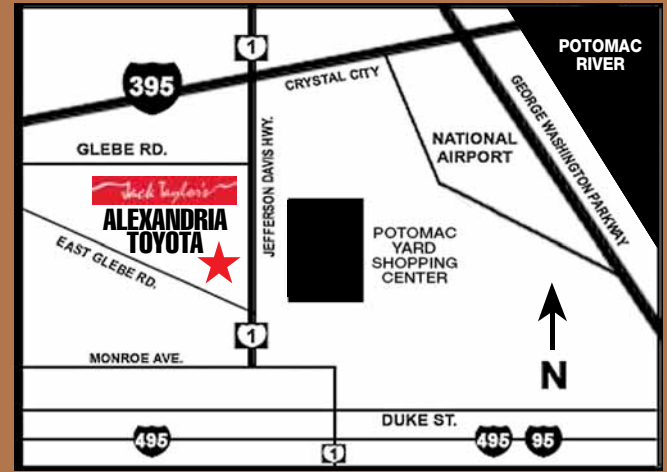
Fairfax County Public Schools' focus of increasing inclusion opportunities for preschoolers lies at the heart of Main Street Child Development Center's mission. "We are proud of the achievements that the Exemplary Inclusive Practices Award represents," said Main Street Director Carol Lieske. "It motivates us as we seek new and better ways to be an even more inclusive program."

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Marsha Wolber 703-618-4397



Springfield \$349,900
A delightful, updated and sparkling townhome in convenient Newington Station. So many updates include hardwood floors, windows, and more. A picturesque back garden professionally designed and executed by Merrifield Nursery!
Ellie Wester 703-503-1880



Fairfax \$649,999
Cul-de-sac location. Contemporary Rambler. Main Floor Master BR with Luxury Master BA & Glass Slider to Private Deck. Large Great Room with FP & High Ceilings + 2 Sets of Glass Sliders opening to Deck. Open Floor Plan, Skylights. 4 BRs, 3 Full BAs. Large Lower Level Fam Rm with Glass Slider to Yard.
Ann Witherspoon 703-863-9171
Sheila Adams 703-503-1895



Lorton \$675,000
3 Level Finished, Walk-out Basement, 1/2 Acre, High End Kitchen, Spa-Like Master Bath & Upgraded Guest Baths, Newer Hardwood Floors, New Carpet, Fresh Paint, Porch & Large Deck, 4BRs, 3.5BAs.
Jen & John Boyce 703-425-5646



Gainesville \$619,900
Heritage Hunt 55+. Gorgeous "Lakemont" on the golf course! 3BR, 3BA, main level MBR, gourmet kitchen with granite & island, Liv, Din, Fam with gas fireplace, Brkfst, Den, fit closets, fin LL with Rec room, craft room, workshop & storage, irrigation system, 2 car garage.
Amanda Scott 703-772-9190



Old Town Alexandria \$789,900
3BR, 2.5BA End unit. Hardwoods, remodeled kitchen and baths. Enclosed patio and possible off-street parking. Minutes to shops, cafes, waterfront, and metro!
Courtney Jordan 703-503-1835



Woodbridge \$469,000
This Raleigh model features 5 bedrooms, 3.5 baths and 2 car-garage. Open floor plan with over 3,700 sq ft, updated kitchen, master bedroom with sitting room, walk-in closet and luxury bath, finished walk-out basement, deck, patio and fenced back yard.
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Alexandria \$819,000
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Fairfax \$627,000
Down the street from Huntsman Lake sits this pretty colonial on 1/2 lot. 4 bedrooms, 2.5 baths, hardwood floors, granite countertops and freshly painted throughout. One of the largest lots in Lakewood Hills!
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Springfield \$479,900
Beautiful expanded rambler in sought-after Ravensworth. 3 bedrooms, 2.5 baths with new carpet throughout. Gorgeous master suite with updated master bath!! Move-in ready. Great schools.
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Lake Louisa \$229,000
Blue Ridge Shores 4 bedroom, 2 bath home. Well maintained & updated in gated lake community. Hardwood floors, corian countertops, ceramic backsplash, stainless appliances, and much more. See it to appreciate it!
Ken Isaac 540-661-6900



Alexandria City \$165,000
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Carol L. Manning 703-517-1828



Lake Anna \$319,000
Waterfront Dream without the Price! End unit Villa 2 BR, 2 BA home with water views from 3 sides. Huge front & rear decks. Screened porch with interchangeable screens & windows off master. Private guest suite. Hardwoods, gas fireplace, master steam shower with tub jets. Covered boat dock with lift, community beach & boat ramp.
Toni McQuair 703-795-2697



Clifton \$674,900
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Carol Hermandorfer 703-503-1812



Centreville \$524,900
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Mary LaRoche 703-919-0747



Clifton \$1,325,000
Stunning custom estate on beautiful 2+ acres. Gorgeous open floor plan with classic elegance throughout. Features 5 fireplaces, gourmet kitchen with breakfast room, elegant master bedroom with sitting room and bath, and perfect for guests, a full suite in the walk-out lower level.
Carol Hermandorfer 703-503-1812



Burke \$574,900
Burke Centre colonial. First time on market. 3 levels with 4 bedrooms and 2.5 baths. Large unfinished walkout basement. Family room with fireplace. 2 car garage. Nice lot. Close to elementary school, transportation, shopping.
Buzz Jordan 703-503-1866

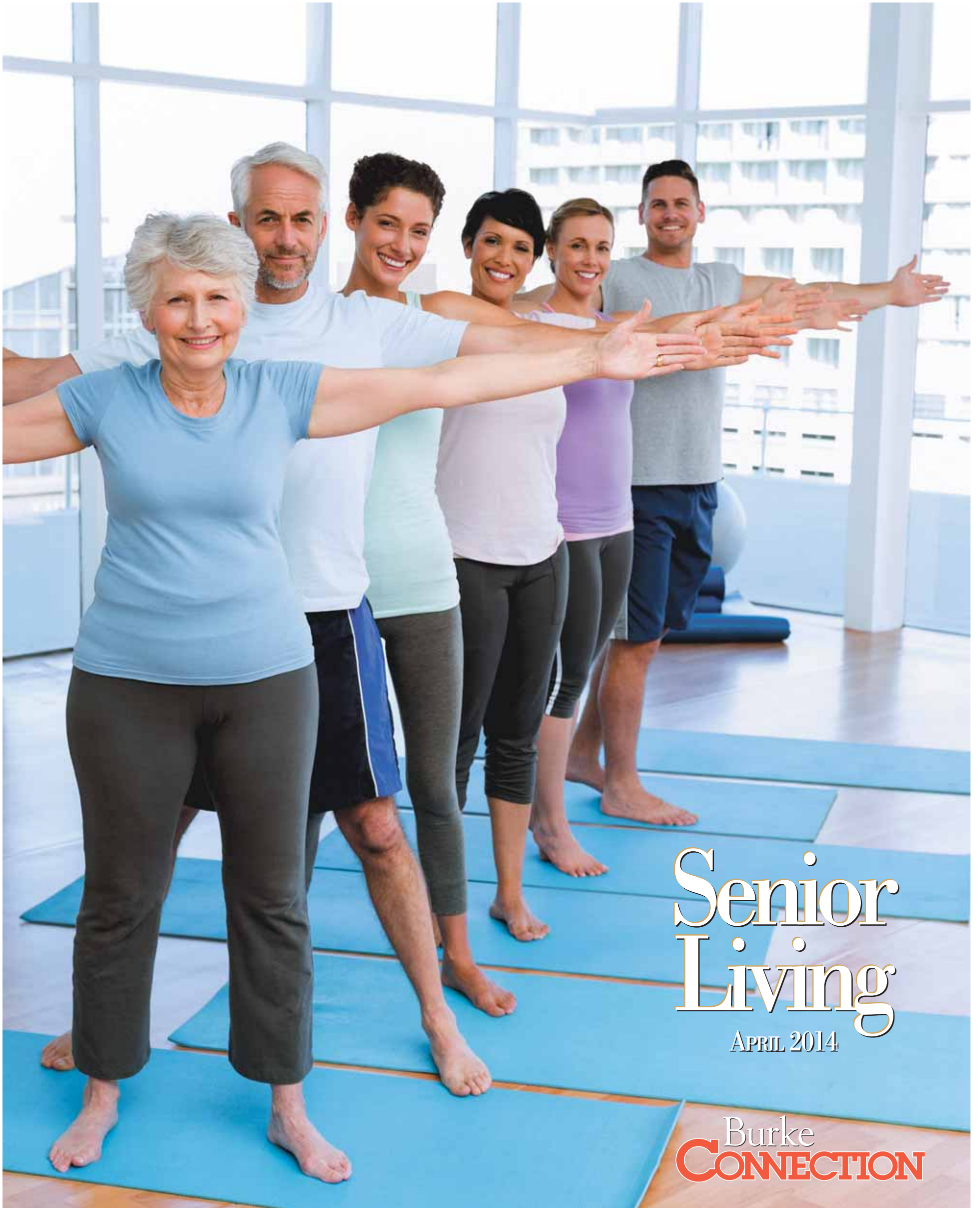


Alexandria \$425,000
Manchester Lakes. BIG Sunny Townhome - close to Metro! Three levels, 3 bedrooms, 3.5 baths! Finished walk-out basement includes family room with gas fireplace and a finished bonus room! Great community amenities include pool, tennis, exercise room and more! Close to Metro and VRE. Also close to great shopping and tasty eateries!
Mary Wharton 703-795-0587



Burke \$226,000
Beautiful 2 bedroom, 2 full bath, ground level Condo. Hardwood floors, laundry in unit. Kitchen, living room and dining room. Very reasonable condo fees.
Charles Shaw 703-989-7169

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Senior Living

APRIL 2014

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Senior Calendar

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 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.

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 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

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.

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

SEE SENIOR 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 HOW TO AGE, 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

Programs, Technology Aid 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



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.

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** — mosbywoodsivillage@gmail.com

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

❖ **Reston for a Lifetime** — www.restonforallifetime.org

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

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

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 oth-

ers. 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.



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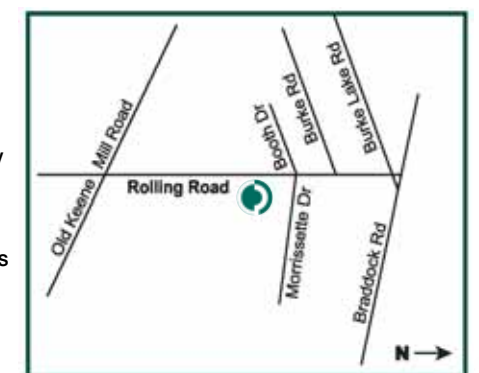
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Senior Living



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

Yoga for All Ages

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 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."



The curbless roll-in shower was designed for wheel-chair access.

PHOTO COURTESY OF GLICKMAN DESIGN BUILD

Accessibility on a Different Level

BY JOHN BYRD

Details

How can you tell when in-law suite is outperforming the usual requirements? Well, for starters, when the owners themselves decide to occupy the new accommodation as their primary living space.

Such was the recent choice of Gee and Aycha Saad, two Northern Virginia seniors who started investigating options for retrofitting their three-level home when the wife, Aycha Saad, transitioned from a walker to a wheelchair.

The idea was to improve everyday mobility and even incorporate equipment needed for physical therapy treatments while preserving the home's upper two levels should the couple later decide to sell the house and move to a retirement facility.

After weighing several scenarios, the couple summoned Russ Glickman, president of Glickman Design Build and an expert in aging-in-place, to explore options.

"We began by looking at ways to add an elevator," Glickman said. But the modifications for the elevator would disrupt the existing second floor plan without fully solving the accessibility issues.

The home's mostly unfinished 2,000-square-foot lower level, however, provided opportunities, and the Glickman team proposed a plan for a largely self-sufficient suite complete with accessible bath, kitchenette and other amenities.

Configured as an open floorplan that incorporates a sizable master suite, the new layout is differentiated into use zones that emphasize privacy.

Key components include: A kitchenette and dining zone finished with cherry Shaker-style cabinet facings, granite counter surfaces and ceramic tile flooring. A den/family room contiguous to the

Glickman Design Build periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com.

dining area that offers direct access to the rear yard. The space has been fitted with a large-scale plasma TV and a "Sensurround" sound system. A private master suite with spacious bedroom and a bath that includes a 5-foot-by-8-foot curbless "roll-in" shower with a pull-down seat. The bathroom connects to a fully-equipped laundry room.

To assure a suitable space for physical therapy treatments, Glickman custom-designed a wall cabinet in the dining area that contains a pull-down table with a reinforced steel frame.

To accommodate a wheelchair platform lift, the steps leading to the suite from the first floor were widened from 30 inches to 46 inches.

To make it easier for the Saads to identify visitors, the home's front door has been equipped with a security camera linked to a laptop. Glickman also introduced technologies that enable the couple to lock and unlock the front door from the lower level suite.

Aesthetically, the suite's carefully developed interior design confers both warmth and spatial cohesion. Mosaic tile flooring differentiates the kitchen/dining zone from the adjacent den and entertainment area. In short, it's a pretty, comfortable home that's also healing and supportive.

"Our goal was to satisfy immediate needs while implementing a makeover that will add re-sale value," Glickman said. "The house has simply been re-defined 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."

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, horseshoes, 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

www.MVGenealogy.org. Questions about the program should be directed to Karen Jenkins at 703-866-2478 or publicity@mvgenealogy.org.

WEDNESDAY/APRIL 23

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 wlrv.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.

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 wlrv.org for more.

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.

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.

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.redcrossna.org.

The Groveton High School class of 1964 is looking for contact information for as many classmates as possible. The planning for the 50th reunion is underway, however only a small number of people have been contacted.

Groveton graduates of '64 interested in attending next September's reunion should email contact information to GHS64@verizon.net.

Band musicians are invited to join the **Mount Vernon Community Band**. Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or www.mvbands.com.

Centreville Garden Club Meeting. 7 p.m. every third Monday at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Learn more at centrevillegardenclub.blogspot.com or e-mail: centrevillegardenclub@gmail.com. Visitors welcome. Phone 703-830-2942.

The League of Women Voters of the Fairfax Area, a non partisan organization that is concerned with election processes, voter participation and civic engagement, is welcoming new members. All women and men interested in civic affairs are invited to join the group. Visit www.LWV-Fairfax.org. or call 703-658-9152.

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