

Centreville ❖ Little Rocky Run CENTRE VIEW

APRIL 3-9, 2014

25 CENTS NEWSSTAND PRICE



First Class Police Officer Ernest S. Jones, Jr. receives the Lifesaving Award from Fairfax County Police Department Chief Ed Roessler.



Fairfax County Police Department Lieutenant Timothy W. Field sang the National Anthem before the awards ceremony presentation.

PHOTOS BY VERONICA BRUNO/CENTRE VIEW

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.

Mark Moore from John Marshall Bank and the chairman of the Fairfax County Chamber and Doug Brammer, government affairs manager for Verizon and chair of the Valor Scholarship Fund welcomed the audience. The Fairfax County Pub-

lic Safety Honor Guard performed the Presentation of Colors. Fairfax County Police Department Lieutenant Timothy W. Field sang the National Anthem. Emcees ABC7/WJLA-TV evening anchors Leon Harris and Alison Starling announced award winners for Lifesaving, Certificates of Valor, Bronze Medals, Silver and rarely-given Gold.

The Fairfax County department chiefs who handed out the awards were Police Chief Ed Roessler; Fire and Rescue Chief Richard Bowers, Jr.; Sheriff Stacie Kincaid; Town of Vienna Police Chief Jim Morris; Fairfax County Board of Supervisors Chairman Sharon Bulova, and U.S. Rep. Gerry Connolly.

Lifesaving Awards were given in recognition of actions above and beyond the call of duty. Fairfax
SEE CHAMBER, PAGE 12



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.

'In Difficult Economic Times' Supervisors, School Board are in annual, budget tug-of-war.

BY BONNIE HOBBS
CENTRE VIEW

In the best of all worlds, every day would be a holiday and Fairfax County would have all the money it needs to fully fund its school system and government. But since that's not the case, it's a battle each year between the school system's needs and the county's ability to address them.

"About 52 percent of our budget goes to the schools, and we've got a lot of tough choices to make," said Supervisor Michael R. Frey (R-Sully). "So we're here to give you some information and we want to get your input."

He was speaking last Thursday, March 27, before a public budget meeting hosted by the Sully District Council of Citizens Associations at Rocky Run Middle School. Further public hearings will be held April 8, at 6 p.m., and April 9-10, at 3 p.m., at the county Government Center.

"There's no question, we're still in difficult economic times," said Frey. "They started in 2008 and got worse; then things came back slightly. Fortunately, the real-estate market is relatively strong. But as your [property] assessment goes up, you're going to pay more in taxes."

He said local governments in Virginia are too dependent on the sales tax. "Other jurisdictions to our east have a meals tax [to bring in revenue], but we'd have to have a referendum first," said Frey. "I'd support putting a meals-tax refer-



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Michael Frey

endum on the ballot and letting the voters decide. Local cities and towns that have a 4-percent meals tax receive about \$80 million to \$90 million a year from it — which is a significant help to their budgets."

"About 63 percent of our tax base comes from property tax; our commercial percentage is about 18 percent and the rest is residential," he said. "So we're working hard to improve the transportation system — for example, in Tysons Corner and with the Silver Line — which is a huge incentive to attract commercial business development."

But, said Sully District School Board representative Kathy Smith, "The schools don't have taxing ability. We only get about 20 percent of our funding from the state and about 71 percent from the

SEE SUPERVISORS, PAGE 8

ATTENTION
POSTMASTER:
TIME SENSITIVE
MATERIAL
REQUESTED
IN HOME
4-4-2014

PRSR.T STD.
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

CIRCULATION
VERIFICATION
COUNCIL



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



SCHOOLS



PHOTOS BY JULIE CARY

School Spirit

The Virginia Run 6th grade volleyball team played Cub Run Elementary at Westfield High School on March 21.



Kelly Bobek with daughter Emily.



Virginia Run 5th grade cheerleaders Meghan Gary, Sarah Walowac and Allie Matz cheer their team.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?
E-mail: goinggreen@connectionnewspapers.com



CENTRE VIEW

Merrifield GARDEN CENTER

Beautiful Plants Arriving Daily!

Pansies and Early Annuals
Potted Spring Bulbs
Trees, Shrubs & Perennials
Dormant Plantable Roses
Early Vegetable & Herb Plants

Let us help you create your dream landscape!
Patios • Walkways • Walls • Garden Structures • Outdoor Kitchens
And so much more

Call 703-560-6222 today to schedule a consultation

FREE SEMINARS
Gainesville – April 5, 10 am
SPRING FLOWERING SHRUBS
Fair Oaks – April 5, 10 am
CONTAINER GARDENING
Gainesville – April 6, 1 pm
GROUND COVERS AND VINES

Stop by our Fair Oaks location and visit the **Techo-Bloc MOBILE DISPLAY**
See the newest and most popular paver products for your landscape

MERRIFIELD 703-560-6222	FAIR OAKS 703-968-9600	GAINESVILLE 703-368-1919
----------------------------	---------------------------	-----------------------------

Hours: Monday - Saturday 8 am - 8 pm • Sunday 9 am - 6 pm
merrifieldgardencenter.com

Stonecroft/Route 50 Detour

As part of the Route 50 widening project, Stonecroft Boulevard in Chantilly will be closed at its intersection with Route 50 from Friday, April 4, at 8 p.m., until Monday, April 7, at 5 a.m., for installation of a waterline.

Route 50 traffic heading to Stonecroft will instead use Lee Road to Willard Road to Stonecroft. Drivers on Stonecroft heading to Route 50 will take Willard Road to Lee Road to Route 50. Access to Chantilly Auto Park will remain open.

One Charged with DWI

Last Friday, March 28, police officers from the Fair Oaks District Station patrolled the county searching for drunk drivers. They charged one driver with DWI and issued 19 summonses and 17 warnings.

Human Trafficking Meeting

Human trafficking is the topic of the next Sully District Police Station Citizens Advisory Committee meeting. It's set for Wednesday, April 9, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Attendees will learn about what human trafficking really is, its signs and dangers and what's being done to prevent it.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, April 10, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Craft Fair April 12

New Life Christian Church's Passion 4 Community is sponsoring a craft show with local artisans. It's set for Saturday, April 12, from 9 a.m.-3 p.m., at the nZone, 14550 Lee Road in Chantilly.

There'll be about 70 vendors total for the event, food will be available for sale and there'll be activities for children. Admission cost is a non-perishable food item for local families in need.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of Ramen Noodles, spaghetti sauce, fruit juice, canned vegetables (no green beans), cooking oil, canned pasta, sugar, flour and canned fruit and meat.

Also needed are diapers in sizes 5 and 6, toothpaste, deodorant and baby wipes. (WFCM clients cannot purchase toiletries with food stamps).

Bring all items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

Thrift-store needs include spring and summer clothing, quality shoes and like-new houseware. The store is at 13939 Metrotech Drive. In addition, Thrift Store volunteers are needed for two-hour shifts Saturdays, anytime between 10 a.m.-4 p.m.

Drive Seniors to Appointments

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov.

SEE ROUNDUPS, PAGE 5

Depicting Characters with Humanity

Local woman writes book, "A Season's Assemblage."

BY BONNIE HOBBS
CENTRE VIEW

A new author has emerged with an anthology of short stories called "A Season's Assemblage." Her name is Cleo Magwaro, and she's a resident of Fair Oaks's Penderbrook community.

Originally from Zimbabwe, she started writing the book in 2002 while attending law school in Australia. Then she became busy teaching law and government classes at a university in Queensland, Australia, so she didn't finish her book until around 2005.

"It was a long labor of love," said Magwaro. "I'd put it aside, go over it and edit it. But I didn't put it all together until 2009 when I figured I had enough different types of stories to include in the book. And I changed some of the stories over time."

Meanwhile, she was also busy living her life, which included moving to the U.S. "I wanted to get my master's in International Law at American University's Washington College of Law," she said. "I got it in May 2011."

Magwaro is also a wife and mother. Her husband Joe works in business development and their daughter Zoe is two-and-a-half. But now, she wants to let people know about her book, and she's proud of what she's accomplished in it.

"I wanted to have stories that would speak about various types of experiences," she said. "I also wanted to see how my own experiences reflected on my writing to learn what qualities I had as a person. It's fiction, but I treated my characters so they'd be relatable to readers."

It's a slim volume, just 84 pages, but Magwaro's packed it with a variety of interest-catching characters who overcome different challenges. "They're always coming out of a struggle," she said. "I'm African and my characters are African men, women and children."

Most of the stories are set in Africa, as well, and all except one take place in modern day. In the first one, the main character is dealing with issues of self-worth and domestic abuse.

"But it's approached in a lyrical way because I like poetry and beautiful words to introduce my characters and their thought processes," said Magwaro. "Most of the story is told through the woman's perspective, but there's also another voice that's interjected. It reminds her of who she was prior to her abusive situation and encourages her to reach into herself and see herself as someone capable of finding true love and worthy of having it."

Magwaro also likes to leave some things unsaid so the readers may make up their own minds and appreciate learning about lives they might not know about, otherwise. "It's real and it's relatable — no matter where the characters live — because people can identify with the characters and their humanity," she said.

Another story looks more closely at how she views "the process of childhood and memory — and how we reconstruct events in the past and call them memories. I wanted to put down something beau-



PHOTOS CONTRIBUTED

Cleo and Joe Magwaro with their daughter Zoe.

tiful and memorable."

Still another of Magwaro's stories in the anthology examines suicide. "But it's done without judgment and looks at what could have led to the character's decision to do this," she said. "Observing her life objectively, it seemed fine on the surface. But she didn't have the courage to explore what she didn't like about herself."

Another powerful story is written from a father's perspective. "It tells about his lost dreams and what he'd want for his daughter if he could take her back in time to a place he once knew," said Magwaro. "For example, he would have lived by an ocean. But how do you explain what an ocean is to someone living in a landlocked country?"

Magwaro's paternal grandfather was originally from South Africa. So, she said, "I've always wondered what it was like for him to have lived there. He was kidnapped by others and taken to what was then Rhodesia as a young boy. So I wondered what his dreams and aspirations were and what he would have thought of South Africa if given the chance to go back there."

But Magwaro always likes to look on the bright side of things, so most of her stories have happy endings. "They speak to people's tenacity and their ability to overcome their struggles," she said. "I self-published my book in Zimbabwe, but I'm looking for a literary agent or publisher for the U.S. and other places."

For more information about the book or to contact her, go to www.aseasonsassemblage.com. The title refers to the name of the first story Magwaro wrote for the anthology, with the seasons being a metaphor for various memories.

Her goal in writing it was to create characters that people wouldn't otherwise be familiar with or initially believe they could relate to in their own lives. She's now working on a novel exploring the lives of strong, African women "making tough decisions and coming out of them stronger, happier and more complete."

The toughest part of writing "A Season's Assemblage," said Magwaro, was "allowing other people to read it before it was finished and see any possible flaws." But what gave her the most satisfaction, she said, was "being able to sift through my own thoughts and preconceived ideas and discover who I am through my writing."



Cleo Magwaro with her book, "A Season's Assemblage."

Area Robotics Teams Compete at Patriot Center

Several NOVA teams win awards at FIRST Robotics Competition Greater D.C. Regional

BY JANELLE GERMANOS
CENTRE VIEW

More than 50 teams, including several from Fairfax County, spent the weekend at the two-day FIRST Robotics Competition Greater D.C. Regional, using their engineering and science skills to compete for a spot in the world championship.

The competition, which took place at the Patriot Center in Fairfax on March 28 and 29, allowed students from Virginia, Maryland, Washington D.C. and other states along the East Coast to show off their robots and work together in what has been called “the varsity Sport for the Mind.”

FIRST (For Inspiration and Recognition of Science and Technology) is a non-profit organization that helps young people foster an interest in science and engineering.

Students had only six weeks to design and build a robot for the competition. The robot can be up to 5 feet tall and can weigh no more than 120 pounds.

This year’s game was called “Aerial Assist,” and requires the robots to shoot exercise balls through goals. The competition included more than 100 rounds of the game, in which six teams are divided into three-team alliances.

Brian Morris, the CEO of Chantilly Robotics Team 612, said the team spent most of



PHOTOS BY JANELLE GERMANOS/THE CONNECTION

Judges greet the Wildcat Robotics team from Centreville High School after the team won the Highest Rookie Seed Award at the FIRST Robotics Competition Greater D.C. Regional.

Friday morning adjusting their strategy for the game.

“It may seem simple, but the strategy behind it is really complex and really deep,” Morris said. “There are certain plays in this game that are very high risk, but high reward. It’s cool and impressive to be able to shoot in the high goal, but if you miss the goal, the ball has the tendency to bounce around and you waste a ton of time, and it’s time when you could be doing the simpler things.”

Chantilly Academy’s strategy seems to have worked, as the team won the Greater D.C. Regional Engineering Inspiration Award and will be advancing to the world

competition in St. Louis.

Teamwork is an important value at FIRST, something that can be seen at the competition.

“It’s fantastic. A lot of the teams know each other and we see each other at other events,” Morris said. “It may seem like chaos, but if you ask any FIRST person, they’ll tell you it’s the best thing in the world.”

Members of AIM Robotics Team 1123, which is a community-based team that practices in Lorton, said they enjoy seeing all of the robots in action at the competition.

“It’s a great experience seeing everything put together,” said William Mills, a mem-

ber of the team. “It’s great seeing all of our hard work put into action.”

Since the teams are organized into red and blue alliances, teamwork is emphasized at the competition and is important to advancing and winning points. The competition is also a great place to learn from each other.

“It’s really cool to see other robots. I’ll see one and think, why didn’t I think of that?” said Ryan Beaver, co-captain of AIM Robotics Team 1123.

The teams rely on their mentors, sponsors and volunteers to help them prepare for the competitions.

“We have some awesome students and mentors,” Morris said.

After the final round, the alliance of Techfire from York, Pa., Team Illusion from Greenbelt, Md., and Fresta Valley Robotics Club from Marshall, Va. won the competition and will be advancing to the world competition in St. Louis.

In addition, several teams in the Northern Virginia area qualify for the world competition after receiving awards at the Greater D.C. competition.

ILITE Robotics from Haymarket, Va. received the Regional Chairman’s Award and Chantilly Robotics won the Greater D.C. Regional Engineering Inspiration Award.

Team 1418 from George Mason High School in Falls Church was a finalist at the competition.

According to Robin Thurman, of Oakton, chair of FIRST Robotics Greater DC Regional, the organization’s partnership with the George Mason Volgenau School of Engineering has been enjoyable. She is also impressed with the work the students put towards the competition.

“Each year they get smarter,” Thurman said.



Physical education teacher Matt Mydlinski helps Oliver Kasap, Quinn Masi, and Annie Bai with the sliming of assistant principal Andrew Blount.

PHOTOS
CONTRIBUTED



The Slime Squad fulfills its mission.

Reading Empowers CES Slime Squad

To celebrate Read Across America Day and promote the reading of electronic books, the teachers of Centreville Elementary School challenged the students to read 10,000 books on a website called myOn.com. As an incentive, students were promised to have a special assembly where they could pour slime on the administrators. After a few weeks of intense reading, the students exceeded the goal by reading 10,118 electronic books and had their chance to slime the administration.

Readers from each grade level were chosen to be part of the “Slime Squad” and helped pour slime on the administrators. Both the Slime Squad and the Top Readers at each grade level were recognized at the assembly.

Slime Squad included Lance Choi, Quinn Masi, Annie Bai, Bidan Feng, Lizzie Velasquez-Bolivar, Braeden Joch and Oliver Kasap. Top Readers were Lance Choi, Landon Nguyen, Bijaya Oli, Amarachi Onugha, Andrew Mangum, Michelle Lee and Shrijana Oli.



Lizzie Velasquez-Bolivar and Braeden Joch slime assistant principal Angela Thompson.

ROUNDUPS

FROM PAGE 3

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.

How to Help the CLRC

The Centreville Labor Resource Center (CLRC) needs volunteers to lead vocational training workshops to increase the workers' job skills. A Wednesday morning ESOL instructor is also needed; contact Molly Maddra at coordinator@centrevilleLRC.org for more information.

In addition, end-of-year contributions to CLRC may be made at www.centrevilleimmigrationforum.org. The organization is supported totally by grants and donations; it receives no government funding.

Long-Term Care Advocates

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities. Training is provided in March. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to www.centrevilleLRC.org and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done well and to their satisfaction and to make sure the workers are fairly paid.

NOVEC: Beware of Scam Artists

Northern Virginia Electric Cooperative warns all consumers to be alert to anyone who calls them, claims to represent NOVEC, and directs them to pay bills with a specific prepaid debit card. The Co-op says the caller is a scammer.

In the last couple of years NOVEC has received a number of reports of phone-scam attempts. So have businesses throughout the nation. Several reports to NOVEC have come from people who live in Maryland and West Virginia — far from NOVEC's service territory.

On March 25, a NOVEC employee who lives outside of the Co-op's territory received an automated call. Caller ID indicated that the call was from her electricity provider. The message said her bill was overdue and instructed her to purchase a prepaid debt card, then call back and provide the number on the card. She reported the scam attempt to her utility company.

In 2013, the Virginia Attorney General's office warned Virginians to be alert to scam phone calls. The office said people who are called are told to purchase a Green Dot Visa card, MoneyPak, or other pre-paid debit card and make a payment over the phone. The AG's office noted that scammers are apparently targeting Spanish-speaking and elderly people in particular, and businesses.

As in the March 25 call, scammers are "spoofing" utility companies' phone numbers so that customers who have Caller ID will see the name of their utility provider on their phones. For more information, visit www.novec.com or call 703-335-0500 or 1-888-335-0500.

Police Warn Residents about 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. So police urge residents to:

- ❖ Contact IRS at <http://www.irs.gov/uac/Telephone-Assistance> if they feel there's any discrepancy with their tax bills or they believe they're being scammed.

- ❖ Report suspicious or harassing calls to police at <http://www.fairfaxcounty.gov/police/120413citizenreportingsystem.htm>

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!
Mad Science presentation! Treats, goodies, and fun!*

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



COMMENTARY

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

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

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

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

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

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

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

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

Maintaining a Viable, Diverse Community

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

To the Board of Supervisors:

The following open letter to the Fairfax County Board of Supervisors concerns housing and human services budget recommendations from the 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 significant amounts of private capital to provide a return on the county's investment. These investments help us maintain a diverse, caring community that provides access to opportunities for all.

The guiding principles that informed our decisions are as follows:

- ❖ No one recommendation takes priority over the others;
- ❖ Each recommendation funds a program that is an essential 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 existing employment services programs — is essential for these households to achieve greater financial security and self-sufficiency. This funding was originally included in the FY 2014 budget, but was held in reserve pending approval of the plan.

SEE BUDGET CUTS, PAGE 15

CENTREVIEW

www.ConnectionNewspapers.com

@CentreView

Newspaper of
Centreville
Little Rocky Run
A Connection Newspaper

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to
your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns, Call:
703-778-9410
e-mail:
centreview@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9438
bhobbs@connectionnewspapers.com

Jon Roetman
Sports Editor, 703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Kim Taiedi
Display Advertising, 703-778-9423
ktaiedi@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

A Connection Newspaper



SCHOOLS

The following Centreville High School students were selected and participated in the All District Band event, Jan. 30-Feb. 1:

- Alison Dettmer** (12) – Flute
 - Shivani Adusumilli** (11) – Flute
 - Hedvig Unander-Scharin** (11) – Eb Clarinet
 - Ho-Jin Yeo** (12) – Bb Clarinet
 - Ryan Kim** (12) – Bass Clarinet
 - Ryan Yoo** (11) – Alto Saxophone
 - Laura Hwangpo** (12) – Trumpet
 - Alyssa Kim** (11) – French Horn
 - David Shim** (11) – Trombone
 - Ignatius Idio** (12) – Euphonium
 - Nathaniel Hara** (11) – Percussion
- In addition, based on her audition, **Alison Dettmer** was selected to participate in the 2014 All-Virginia Orchestra, which will take place in Blacksburg this month.

SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Corey Darnell Bennett, of Centreville, graduated with a Master of Business Administration degree from Brenau University in 2013.

Alexander Jung, the son of Kyung and Kristina Jung of Centreville, has been named to Randolph-Macon Academy's dean's list for the second quarter of the 2013-14 school year. Alexander is a sophomore at Randolph-Macon.

SYA Summer Sports Registration Open

Registration for the SYA summer season is now available online at www.syasports.org. Summer sports include basketball, travel basketball, rugby and track and field. Register early to ensure team placement. For more information visit the website.

Basketball: the summer league is for boys and girls rising 2nd through 12th grades with the league beginning in late June. Games are played in local Centreville gyms on weekday evenings.

Select Basketball: the travel program is for boys and girls rising 5th through 8th grades. Registration takes place after tryouts once a player is selected to a team.

Rugby: teams of non-contact rugby will be formed for boys and girls ages U7, U9, U11 and U13. It will help develop abilities that will cross over to other sports.

Track & Field: summer track & field begins in late May and is open to boys and girls rising 1st through 12th grades.

Summer Art Camp

ENROLLING NOW!

Boys and Girls 7-14 years

Sample projects include:

- Ceramic painting
- Glass fusing
- Mosaics
- Wood
- Origami & paper arts
- Glass painting
- Beading & jewelry


Register at www.claycafechantilly.com
or call **703.817.1051**
13894 Metrotech Dr. • Chantilly
(Just to the left of Petsmart)



Gary Kramer, D.D.S.

Sara Bunin, D.D.S.

DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
Dentistry for Children, Adolescents & Special Needs
703-978-0051 KBPediatricSmiles.com



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. • 22015
MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER
WEEKDAYS • SATURDAYS • EVENINGS **24 HOUR EMERGENCY CARE**

FREE ESTIMATES!

Patios, Walkways, Retaining Walls, Landscaping

Pansies are Here!

On Sale 97¢
Reg. price \$1.89

60 50-75% Off Pottery

Lowest Prices Since 2008

Bulk Mulch, Playground Chips & Organic Compost

\$29.99/cu. yd. **FREE FILL!**

35% OFF Japanese Maples

Over 150 varieties

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week

Visit our new Web site: www.cravensnursery.com

Yeppi Pet Grooming

14200F Centreville Square • Centreville
703-815-1166
Mon.-Sat. 8 A.M.-5 P.M.
Shampoo & Conditioning • Bath & Brush
De-Matting • Custom Style & Cut • Nail Clipping

TEETH CLEANING

\$5-\$7.00

With coupon, new customers. Limit on per customer. Not Valid with any other offer. Expires 4/30/14

\$5 OFF

Any Pet Custom Style & Cut Package. New Clients Only. With coupon, new customers. Limit on per customer. Not Valid with any other offer. Expires 4/30/14

We Use Only All-Natural Products • Professional Full-Service Grooming • Teeth Cleaning

It's the SPIN SALE!

During the month of April, visit Van Metre Homes and SPIN for the hottest selection of accessory packages + enhanced EXTRAS that will be included with your new home purchase!* Making your favorite space in your new place COMPLETE!



VAN METRE HOMES SPIN SALE



HANDCRAFTED HOMES
Van Metre
SINCE 1955

www.VanMetreHomes.com/SpinSale



*Offer valid on contracts written between 4/1 - 4/30/14. This is a limited time offer, subject to change and may be withdrawn at the discretion of Van Metre Homes without prior notice and may not be used in conjunction with any other discount. Prices subject to change without notice. Certain restrictions apply. For more details, see Sales Manager. 4/2014. ©American Express Bank, FSB. All rights reserved.

Supervisors, School Board in Budget Tug-of-War

FROM PAGE 1
county.”

Susan Datta, with the county Office of Management and Budget, then gave an overview of the County Executive’s proposed budget. She said the supervisors will make changes to it and adopt it, the end of April. And she noted that sales-tax receipts for March were down 4.1 percent because of the snow.

THE COUNTY’S OVERALL budget is about \$7 billion, including a General Fund budget of \$3.7 billion. “Businesses are concerned about what’s going to happen with the federal budget, so they’re not expanding,” said Datta. “And the schools are asking for \$64 million more than the county has budgeted for it.”

FCPS Budget Director Kristen Michael said the county School Board advertised its \$2.5 billion, proposed FY 2015 budget after Schools Superintendent Karen Garza cut \$96.5 million from it. “We’ve made significant staff reductions since 2009, froze pay in 2010 and 2011 and made reductions in clerical and custodial positions,” said Michael. “We’re asking for a 5.7-percent increase [in county funding over FY 2014] to cover the cost of uncontrollable increases.”

This number amounts to \$98.1 million. Enrollment and demographics, alone, are fueling \$25.8 million of this increase. Since FY 2010, enrollment has rocketed by 15,603 students — many of whom require multiple services, including intensive special education. Some 28 percent are projected to be eligible for free- or reduced-price meals, and 15.4 percent will need ESOL services.

And, said Michael, while it costs an average of \$11,359 to educate a general-education student, it costs \$3,481 more per student to educate ESOL students. The cost to educate each special-ed student is \$22,720.

In addition, school-system retirement



Kristen Michael answers a question while Susan Datta listens.

costs — mainly driven by hikes in the state-mandated, contribution rate for the Virginia Retirement System — have jumped by \$38.9 million. Also rising are the health-insurance rates, by \$23.9 million, and the step increases for eligible employees, by \$41 million.

Nonetheless, to trim FCPS’ budget, Garza eliminated 731 positions: 82 from central support, such as Information Technology; 180.5 from school support, including assistant principals, technology specialists, clerical staff and custodians; and 468.7 from the classroom, including teachers and instructional assistants.

As a result, said Michael, “We’re going to see 3,000 more students next year — and we’ll have to educate them with 317.4 fewer [teaching] positions.”

THE SCHOOL BOARD will adopt its bud-

get on May 22 and the County Executive is recommending only a 2-percent increase in school funding over last year. When a female resident asked what the county has done to cut back, Datta said it’s chopped more than \$240 million from its budget since 2008, including 650 positions.

So, said Frey, the county has also had to do more with less money and personnel. “When economic times are tough, we have more demands by residents for services,” he said. “More people are needing food, health-care



Kathy Smith

and housing assistance. Our population has also grown, and economic stress leads to more domestic-violence calls.” But, he added, I’m hopeful we’re going to give more than a 2-percent increase to the school system.” Hoping for that, as well, is Mountain View High librarian Becca Ferrick, president of the Association of Fairfax Professional Educators. “We’re being asked to do more, with less resources and increased mandates, for no increase in compensation,” she said. “So to ask for a realistic 5.7-percent increase and get 2 percent is frustrating.”

“I want to do more for the schools than 2 percent,” replied Frey. “That’ll be a priority of mine.”

In one of the meeting’s few comments not about education, Jeff Parnes — whose wife Daria is branch manager of the Chantilly Regional Library — told Frey the county library system needs the extra \$2 million it requested. He said adults use libraries for educational purposes, as well as youth, and many depend on libraries for access to a computer. The last resident commenting

was Montgomery County first-grade teacher Charlene Aguste. “As an educator and a parent, I moved [to Fairfax County] because of the school system, and the student-to-teacher ratio is huge to me,” she said. “But I choose not to work in Fairfax County because of the pay.”

“Teachers are being asked to deal with more students with mental and other issues for such low pay,” she continued. “Without good schools and teachers, Fairfax

County will lose its great reputation and people and businesses won’t move here.”

Food, Fashion and Fun in Fair Oaks

Salvation Army luncheon, silent auction is April 4.

BY BONNIE HOBBS
CENTRE VIEW

Springtime fashions, a tasty meal and fun are on the menu this Friday, April 4, during the Fairfax Salvation Army Women’s Auxiliary’s yearly fundraiser. It’s slated for April 4 at the Waterford in Fair Oaks (next to the Bank of America, across from Fair Oaks Mall).

It’s the Auxiliary’s 34th annual fashion show, luncheon and silent auction to benefit the Fairfax Salvation Army. The silent auction begins at 10:30 a.m., and lunch — catered by the Waterford — is at noon. Tickets are \$40; contact event Chairman Angela Ganey at 703-250-5809 or via

angelaganey@verizon.net.

“And back by popular demand, Carlos “Chuckie” Ibay of Fairfax will entertain,” said event Co-Chair (with Meg McLane) Angela Ganey. “He has a magnificent voice and recently sang at the Vatican for the Pope. He’s also an accomplished concert pianist.”

Lord & Taylor of Fair Oaks is providing the fashions, and seven women and two men will each model outfits for casual wear, daytime and evening soirees. And, said Ganey, “The store’s general manager, Chris Poletto, does a wonderful job with the commentary, describing the clothes as the models come down the runway.”

Modeling are Mary Lou Glover of Clifton; Carolina Hurtado, Fairfax; Christina O’Connell, Fairfax; Sharon Gottlieb, Fairfax Station; Jeanette Crutchfield, Vienna; Stephen Braitsch, McLean; firefighter Paul Meade, Fairfax Station; Kathleen Lear, Ashburn; and Bridget Sampson,

Charlottesville.

Chicken with roasted tomatillos and citrus sauce, salad and dessert will be served for lunch; a vegetarian meal will also be offered. And a selection of costume jewelry will be available for purchase. The silent auction features an array of items, including gift cards from local restaurants such as Ruth’s Chris and the Great American chain.

“It’s a delicious lunch in a nice setting, with a silent auction, jewelry sale, great entertainment and good company,” said Ganey. “And it raises money for a worthy cause — the valuable outreach projects the Salvation Army does.”

The event raises money toward the Fairfax Salvation Army’s programs for local families in need. The group provides utility and rent assistance, food, emergency clothing and furniture, plus toys and bicycles at

SEE FUN, PAGE 15



Carolina Hurtado, of Fairfax, models a dress.

Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

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

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

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

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

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

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

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

homelessness.

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

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

In considering these requests, please note the following statistics:

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

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

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

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

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

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

- ❖ Nearly 1,650 CSB clients need affordable housing.

SEE CUTS, PAGE 15

**THE FAIRFAX GREEN ENERGY PARK
WILL REDUCE GREENHOUSE GAS EMISSIONS
BY 3.6 MILLION TONS.**

TAKE ACTION! Before It's Too Late!

**Go to www.FairfaxGreenEnergy.com/take-action/
Ask the Board of Supervisors to support the Green Energy Park**

**FAIRFAX
GREEN ENERGY
TRIANGLE**

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

COUNSELORS-IN-TRAINING

The Fairfax County Park Authority is seeking applicants (age 14-17) to serve as Counselors-in-Training during the 2014 summer Rec-PAC program. Counselors-in-Training work as part of a team during the summer Rec-PAC program, a structured recreation program with emphasis on leisure skills designed for elementary school children. The cost is \$135 for six weeks of training, but CITs can commit to as little as one week of camp. The Rec-PAC program will operate in 50 elementary schools around Fairfax County on weekdays from June 30-Aug. 7, 2014. During the summer, students will be assigned to a site and work daily 8:15 a.m.-3:45 p.m. Visit www.fairfaxcounty.gov/parks/rec-pac/cit-volunteer.htm or call 703-222-4664 for more.

FREE TAX ASSISTANCE

Tax Help. Centreville Regional Library, 14200 St. Germain Drive, will hold free tax help hosted by AARP Tax-Aide on Tuesdays 4-8:30 p.m. and Wednesdays 1-5 p.m. Free. For taxpayers with low- and middle-

income and special attention to those age 60 and older. Bring photo ID, social security card and prior year's tax return.

Tax Help. Chantilly Regional Library, 4000 Stringfellow Road, will host free tax help with IRS-certified volunteers for taxpayers who earned up to \$52,000. On Thursdays at 6 p.m. and Saturdays at 10 a.m. Call 703-502-3883.

THURSDAY/APRIL 3

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

SATURDAY/APRIL 5

ESL Book Club. 11 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Adults learning English meet to discuss a book. Call 703-502-3883.

English Conversation Group. 3:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Conversation practice for adult learners of English, led by volunteers. Call 703-830-2223.

SUNDAY/APRIL 6

Music and Ministry. 8:45 and 11

a.m. at Jubilee Christian Center, 4650 Shirley Gate Rd., Fairfax. New York City tenor Israel Martinez will sing and his wife, Katie, will minister regarding her fashion design work to help restore lives of abused women. Free. Visit www.jccag.org or call 703-383-1170.

MONDAY/APRIL 7

Kindergarten Registration. Brookfield Elementary School will host a kindergarten registration for the 2014-2015 school year. Parents of children who will be five years old on or before Sept. 30, 2014, and are living within the Brookfield Elementary School boundaries should contact the school at 703-814-8700 in order to make an appointment.

Korean Immersion Showcase. 2-3 p.m. at Colin Powell Elementary School, 13340 Leland Road, Centreville. Colin Powell Elementary School will share information about their Two-Way Korean Immersion Program. The Korean Immersion Program is open, primarily to students who live within the Colin Powell boundaries; however, a limited number of seats will be opened for pupil placement of students from neighboring FCPS schools. Interested parents of kindergarten, first grade or second grade students should come to the

showcase to learn more about the program. Contact Mrs. Apperson at 571-522-6000.

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book. Call 703-830-2223.

WEDNESDAY/APRIL 9

Free Seminar. 7-8:30 p.m. at 12700 Fair Lakes Circle, Suite 120, Fairfax. Simplified Stock Investment Management and 1031 Tax-Free Property Exchanges. Register at 703-969-4966.

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/boardagn2.htm for meeting materials, archives and more. Call 703-324-8662.

MONDAY/APRIL 14

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book. Call 703-830-2223.

TUESDAY/APRIL 15

English Conversation Group. 10:30

a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

WEDNESDAY/APRIL 16

Palliative Care Conversation. 1 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Palliative Care at INOVA Fair Oaks Hospital explains how they try to help families deal with serious illnesses. Call 703-502-3883.

THURSDAY/APRIL 17

Republican Women's Club. 6:30 p.m. at the Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Liberty Republican Women's Club meeting with Del. Jim LeMunyon as guest speaker. Everyone is invited to attend. Social hour from 5:30-6:15. Free. Call 703-378-2519.

eBook Help. 5 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Get eBook questions answered. Bring a tablet or digital reader and library card. Call 703-502-3883.

Diagnosis: Dementia ... Now What? 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Christi Clark, education and outreach coordinator at Insight Memory Care Center, presents information on how to adjust to life with someone who has dementia. Call 703-502-3883.

English Conversation Group. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

SATURDAY/APRIL 19

English Conversation Group. 3:30 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Conversation practice for adult learners of English, led by volunteers. Call 703-830-2223.

SUNDAY/APRIL 20

Easter. Fairfax County Public Libraries are closed for the Easter holiday.

MONDAY/APRIL 21

Registration. Lees Corner Elementary School is gathering information on children who will be 5 years old by Sept. 30, 2014 and live within the school's boundaries. Boundary information can be accessed at www.fcps.edu/boundary. Call Mrs. Nolan at 703-227-3500 if you have a child who meets these requirements. Registration will be held 2-7 p.m. Enrollment information and forms will be mailed out prior to the registration. For more information visit www.fcps.edu/parents/start/kindergarten.shtml.

Wellness Presentation. 7 p.m. at the Cale Community Center (formerly the Greenbriar Community Center), 4615 Stringfellow Road. GFWC Western Fairfax County Woman's Club (WFCWC), will host "Take Charge of Stress in Your Life." J. Goodlett McDaniel will discuss how action allays anxiety and helps us survive the stressors of life. Guests welcome and admission free. Visit www.wfcwc.org, call Marion Brown at 703-631-7093, or email westernfairfaxcountywc@gmail.com.

ESL Book Club. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book. Call 703-830-2223.

TUESDAY/APRIL 22

English Conversation Group. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Practice English with other students. Call 703-502-3883.

CENTREVILLE

Communities of Worship
To highlight your faith community, call Karen at 703-917-6468

The Anglican Church of the Ascension



Traditional Anglican Services
1928 Book of Common Prayer
1940 Hymnal

Holy Communion 10 A.M. Sundays
(with Church School and Nursery)

13941 Braddock Road, (north off Rte. 29) Centreville, VA
703-830-3176 • www.ascension-acc.org



"One Voice"

A Musical Presentation for Easter
Saturday, April 12 at 2:00 & 7:00 pm
Sunday, April 13 at 7:00 pm
Free tickets required, please call the church office

Easter Services - Sunday, April 20

6:30 am Sonrise Service
9:15 am Celebration Service
11:00 am Contemporary Service

CENTREVILLE BAPTIST CHURCH
15100 Lee Highway, Centreville, VA 20120
www.cbca.org 703-830-3333



Centreville
PRESBYTERIAN CHURCH

Sunday Worship
8:45 and 11am

15450 Lee Highway
Centreville, VA 20120
703.830.0098

www.CentrevillePres.com



ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com.

ONGOING

Easter Bunny. Bunnyville will be located in the lower level of the Fair Oaks Mall's H&M wing, opposite Charming Charlie and Payless ShoeSource. Bunnyville will welcome visitors Monday-Saturday, 10 a.m.-8:30 p.m. and Sundays, 11 a.m.-6 p.m. through Saturday, April 19. Fair Oaks will be closed on Easter Sunday, April 20. All children who visit the Easter Bunny at Fair Oaks' new Bunnyville will receive a gift from the Bunny just for visiting. Visit www.shopfairoaksmall.com or call 703-359-8300.

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

THURSDAY/APRIL 3

Ready for Baby Storytime. 10:30 and 11:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Stories and games for preschool-aged children with pregnant mothers or newborn siblings to help get used to the baby. Dolls welcome. Call 703-502-3883.

Small Wonders. 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities for children age 13-23 months with adult. Call 703-830-2223.

FRIDAY/APRIL 4.

Volleyball. 7 p.m. at Centreville High School, 6001 Union Mill Rd, Clifton. Centreville ES vs. Union Mill ES annual staff volleyball game — teachers from both schools show their school spirit. \$2, buy tickets in advance to support a school or buy tickets at the door.

SATURDAY/APRIL 5

A Bear-y Good Time. 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities about bears for children age 3-5 years with adult. Call 703-830-2223.

Paws for Reading. 3 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Read aloud for a 15-minute session with a therapy dog. Bring a book or choose from the library. Ages 5-12. Call 703-502-3883.

SUNDAY/APRIL 6

Fine Arts and Music. 6 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Jubilee Christian Center is having a Fine Arts & Music performance sponsored by the Youth Department. Free, the public is invited. Call 703-383-1170 or visit www.jccag.org for more.

MONDAY/APRIL 7

Puppetopia Stories for April. 4 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Puppet stories pay tribute to National Poetry Month, Earth Day and National Library Week, for children age 6-12. Call 703-830-2223.

TUESDAY/APRIL 8

A Bear-y Good Time. 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities about bears for children age 3-5 years with adult. Call 703-830-2223.

Storytime. 1:30 p.m. at the Chantilly Regional Library, 4000 Stringfellow

www.connectionnewspapers.com

Road. Early literacy program with stories and activities for children age 3-5 with adult. Call 703-502-3883.

Magic and Mayhem. 4 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. A sci-fi and fantasy book discussion group for students in middle school. Call 703-502-3883.

THURSDAY/APRIL 10

Civil War Lecture. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. "Gettysburg, 1938 Veterans Reunion" by author and historian Al Smith. Call 703-830-2223.

FRIDAY/APRIL 11

Used Book Sale. 10 a.m.-6 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Large selection of adult and children's fiction and non-fiction, including Korean books, and DVDs, CDs and audio books. Sponsored by the Friends of the Chantilly Regional Library to fund special programs, renovation projects, activities and equipment for the library. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Call the library at 703-502-3883 or visit www.fairfaxcounty.gov/library/ events.

SATURDAY/APRIL 12

Passion4Community. 9 a.m.-3 p.m. at the nZone, 14550 Lee Road, Chantilly. Cost of Admission is a can of food or other non-perishable item, which will be used to help families in need throughout our local communities. Visit <http://artscraftsfair.weebly.com>.

Spring Upscale Resale. 9 a.m.-3 p.m. at The Salvation Army Fairfax, 4915 Ox Road, Fairfax. The Salvation Army Women's Auxiliary of Washington is holding a SPRING UPSCALE RESALE. For sale will be new and gently used purses, scarves, jewelry, lamps, art, silk floral arrangements, Christmas and home decor, glassware, knick-knacks, kitchen goods, toys, furniture, sporting goods and more. Visit www.SalvationArmyNCA.org.

Masters Demo Day. 10 a.m.-3 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave, Clifton. Gear from top brands, beverages, coverage of the Masters Tournament, and deals are just a few of the things that will be going on at the 2nd Annual Masters Demo Day. Visit www.westfieldsgolf.com for more.

Used Book Sale. 10 a.m.-5 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Large selection of adult and children's fiction and non-fiction, DVDs, CDs and audio books. Sponsored by the Friends of the Chantilly Regional Library to fund special programs, renovation projects, activities and equipment for the library. Call 703-502-3883 or visit www.fairfaxcounty.gov/library/ events.

SATURDAY-SUNDAY/APRIL 12-13

Bunny Paws. Fair Oaks Mall will host two 'Bunny Paws in Bunnyville' dates for pet photography with the Easter Bunny on Saturday, April 12, 8:30-9:30 a.m., and Sunday, April 13, 6:30-7:30 p.m. All pets must be on a leash or in a lightweight cage or pet carrier with a harness. Pets and their owners may enter Fair Oaks after hours from the lower level south east entrance only, adjacent to Todai Japanese Sushi & Seafood Buffet. Visit www.shopfairoaksmall.com or call 703-359-8300.

SUNDAY/APRIL 13

Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a T-TRAK (table top) train show of N gauge model trains. \$4/ adults 16 and over; \$2/ children 5-15; free for children under 5 and for Museum members. Visit, www.fairfax-station.org or 703-425-9225.

Used Book Sale. 1-4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Large selection of adult and children's fiction and non-fiction, including Korean books, and DVDs, CDs and audio books. Sponsored by the Friends of the Chantilly Regional Library to fund special programs, renovation projects, activities and equipment for the library. Call the library at 703-502-3883 or visit www.fairfaxcounty.gov/library/ events.

MONDAY/APRIL 14

Eric Energy: Spark Attack. 2 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Fun science experiments involving electricity, lasers and sound, with lots of audience participation. For ages 6-12. Call 703-830-2223.

Bookalicious. 2:15 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. A book discussion group for students in grades 3 and 4. Call 703-502-3883.

Writers of Chantilly. 6:45 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. A supportive environment for adults to share their work, give and receive feedback. Call 703-502-3883.

TUESDAY/APRIL 15

Toddlin' Twos. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Early literacy storytime with stories, songs and activities. Age 2 with adult. Call 703-502-3883.

Time for Tots. 11 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories and activities for children ages 2-3 with adult. Call 703-830-2223.

Pajama Party. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Storytime for children ages 3-5 with adult. Wear pajamas, bring a stuffed animal and a blanket. Call 703-502-3883.

WEDNESDAY/APRIL 16

Duplo Storytime. 10:30 a.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Duplo play storytime helps develop and reinforce early literacy skills for children ages 3-5 with adult. Call 703-502-3883.

Bouncin' Babies. 3 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for babies up to 11 months with adult. Call 703-502-3883.

Small Wonders. 4 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Rhymes, songs, stories and activities for children 12-23 months with adult. Call 703-502-3883.

Eric Energy: Spark Attack. 7 p.m. at the Chantilly Regional Library, 4000 Stringfellow Road. Fun science experiments involving electricity, lasers and sound, with lots of audience participation. For children from kindergarten through 6th grade. Call 703-502-3883.

Starlight Storytime. 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories for children ages 4-8 with adult. Pajamas and stuffed animals welcome. Call 703-830-2223.

COOL CRAFTS

Meet 250 Juried Artisans in Person

- ☉ Designer Crafts
- ☉ Home Furnishings
- ☉ Affordable Art
- ☉ Specialty Foods
- ☉ Family Fun

Sugarloaf Crafts Festival

APRIL 4, 5, 6, 2014
Montgomery County Fairgrounds
Gaithersburg, MD • EXIT 11 OFF I-270

Admission \$8 online, \$10 at the door - good all 3 days
Children under 12 and parking are FREE
Fri. & Sat. 10-6, Sun. 10-5



DISCOUNT TICKETS, show info, exhibitor lists, directions and more at:

SugarloafCrafts.com

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

Your Local Upscale Resale Store

All Proceeds Benefit Friends of Homeless Animals

A No-Kill Shelter for Cats & Dogs



Variety of Beautiful Treasures

Great Prices

Adopt Volunteer Donate

The Treasure Hound

14508-D Lee Road,
Chantilly, VA
(Corner of Rt. 50 and Lee Rd.
One light West of Rt. 28)
703-263-9073



www.foha.org

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



Helping Animals Find Their Way Since 2001

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

Housing Expo Provides Insight on Finding a Home

Potential renters and buyers flock to 2014 NOVA Housing Expo.

BY JANELLE GERMANOS
CENTRE VIEW

Am I qualified to buy a home? What does my credit score need to be? Where is affordable housing located in Fairfax County? Those were just a few of the many questions that Gail Lee of the Fairfax County Department of Housing and Community Development answered at the 2014 NOVA Housing Expo at Lee High School on March 27.

Lee was stationed at Fairfax County's table, one of the dozens of booths with information on buying or renting a house set up at the fair. She distributed information on the Fairfax County First-Time Homebuyers program, which helps families with moderate incomes find a home in the county.

"I got a lot of questions on what the process is for enrolling in this program," Lee said.

To be eligible for the First-Time Homebuyers program, applicants have to be first-time homebuyers, have an income of at least \$25,000 and less than the maximum income limits, have a credit score of 640 and above, and meet additional criteria including conditional lender approval and a three percent down payment, closing costs and one month of savings.

THOSE INTERESTED in enrolling in the program have to attend an orientation session and a certified homeownership class, meet with a lender, and attend an application session.

Xiomara Fleming, a housing service specialist for the Fairfax County Department



Gail Lee and Carol Erhard, director of the Rental Services Division at Fairfax County Department of Housing and Community Development, presented information on housing programs in Fairfax County at the 2014 Northern Virginia Housing Expo.

of Housing and Urban Development, said she was kept busy at the expo answering questions on renting in Fairfax County. The county offers programs such as the Workforce Dwelling Unit Rental program, which helps people with modest incomes find an affordable place to live.

The event also included free workshops that offered practical advice on buying or renting in the area, including household budgeting and finance, condominium 101, maximizing energy efficiency, and "Are you ready to rent?"

Noel Shepherd, a home lending officer for CitiBank, taught one of the three "Are You Ready to Buy?" workshops. Shepherd has been a loan officer for over 17 years.

"I've seen the good, the bad and the ugly," Shepherd said.

According to Shepherd, prospective homeowners need to be pre-approved for a loan before beginning the search for a house and to be taken seriously as a homebuyer.

"There is a big difference between being

pre-approved and being pre-qualified," Shepherd said. "In order to be pre-approved, you need to have completed a full application.

You need to have supplied the lender with your income documentation and your asset documentation, so that they can be reviewed by the underwriter and you can be issued a pre-approval."

Shepherd said that in today's home buying environment, pre-approval is the way to go. Everything on the application is scrutinized, and honesty is important.

"As a loan officer, I become your very best friend while you go through this process," Shepherd said.

After being pre-approved for a loan, potential homebuyers can begin the process of finding a property for purchase.

Shepherd then asked those present at the workshop what they saw as the major pros of home ownership.

"The American dream," answered Johnny Alexander, an employee of the City of Alex-

andria.

According to Shepherd, however, tax benefits are a major plus to being a homeowner.

The cons include home maintenance, which Shepherd says potential homeowners need to budget in when beginning the process of buying a home.

THE WORKSHOP also gave advice on credit scores and reports. According to Shepherd, the minimum credit score people looking to purchase a home can have is 350, and the maximum is 850.

"Typically, lenders will not lend to you if you're under a 620 credit score. It is very difficult to do a loan with a credit score below 620," Shepherd said.

Shepherd recommended that individuals with a credit score below 620 should meet with a counseling agency to increase their score.

In addition, before consulting a loan officer, potential homebuyers should know what is on their credit report. Everyone is entitled to a free credit report annually, Shepherd said.

"Do not go with that commercial that you see on TV with the lovely jingles. You have to pay for that. The place to go is annualcreditreport.com where you get your credit report free," Shepherd said.

Shepherd also advised the class to keep balances on credit cards below 50 percent of the credit limit.

After learning about types of loans, credit scores and more, Alexander, who attended Shepherd's class, said he is more informed about the process of buying a home.

"Really, everything that he taught was helpful," Alexander said.

And despite the rainy weekend, Abdi Hamud of the Fairfax County Department of Housing and Community Development said the turnout was pretty high.

"The event went really well. We had people from all income spectrums attend," he said.

Chamber of Commerce Hosts Annual Valor Awards

FROM PAGE 1

County Police Department recipients included Officer Robert K. Hughes and First Class Officers Joseph E. Clerkin (ret.), John J. Donohue, Erit Hanidias, Ryan L. Fisher, Ernest S. Jones, Jr., Christopher M. Lincoln, Peter T. Liu and Frederick M. Rappina. Sergeant Daniel B. Spital, Technicians Rickie L. Atkins and Vernon Johnson and Lieutenant Scott F. Primrose. Sheriff's Office honorees included Private First Class Jonathan Alvarado, Nicholas Andariese and Joe Jones as well as Master Deputy Sheriff David Plazyk.

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. Ochaíta, 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 Kreidler 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 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 assail-

ants.

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

SPORTS

Westfield Girls' Soccer Beats Yorktown

The Westfield girls' soccer team improved to 2-0 with a 1-0 win over Yorktown on April 1.

The Bulldogs opened the season with a 5-1 win against Washington-Lee on March 26. Westfield will host Centreville at 7 p.m. on Thursday, April 3.

Westfield Girls' Lax Opens With Win

The Westfield girls' lacrosse team started the 2014 season on a positive note, beating Herndon 19-8 on March 27. The Bulldogs faced Stone Bridge on Wednesday, after The Connection's deadline. Westfield will host Oakton at 7:30 p.m. on Friday, April 4.

Centreville Boys' Lax Falls to Oakton

The Centreville boys' lacrosse team endured a loss to Conference 5 rival Oakton on Thursday, March 27 by a score of 10-6.

The game featured long possessions and ball control, magnifying the importance of every missed shot and turnover. The first goal did not come until more than five minutes had passed, when Kyle Richbourg gave Centreville a 1-0 edge. The Cougars responded three minutes later to tie the score, and a Wildcat turnover less than a minute later allowed Oakton to move ahead. Oakton scored again early in the second quarter, but the game turned in Centreville's favor following a goal by Danny Meador. The Wildcats tied the score at three on a goal by John Tarver. The assist came from Kainoa O'Connor, who ran the ball across midfield following a defensive steal and clearing pass from Aidan Barnes. Centreville took a 4-3 halftime lead on a goal by Tommy Healy, with an assist from Carson McEver.

However, the third quarter belonged to Oakton, which scored five goals, including two when Centreville was in man-down situations. Oakton kept shooting in the fourth quarter, leading to two more goals, but Centreville did not give up.

The final score resulted from two late Wildcat goals, both unassisted. The first was by Richbourg on a fast break, and the other was by Tarver during a man-up situation. Centreville goalie Kent Roy finished his second consecutive game with double-digit saves as the defense of Ben Kandel, Britton Lee and Aidan Barnes contributed several interceptions and takeaways.

Centreville Girls' Lax Loses 2 Straight

The Centreville girls' lacrosse team kicked off its season last week with two tough games.

On Monday, March 24 the Lady Wildcats traveled to Langley, where they lost in a close game, 10-9. The Wildcats had a slow start and were down at half-time. They came out strong in the second half with a quick goal from junior Reagan Newell, who was assisted by junior Kara Waddell. That goal sparked the Wildcats' comeback in the second half. Junior midfielder Caroline Wakefield led the Wildcats with three goals. Senior Katherine Zempolich and Newell each tallied two goals and an assist. Sophomore Jamie Chang and freshman attacker Elizabeth Murphy both netted a goal. In the cage for the Wildcats, in her first varsity start, was junior Alex De La Rosa, who had many key saves. On Thursday, March 27 the Lady Wildcats traveled to Oakton for their first conference game of the season. They lost 13-7, but never stopped battling the Cougars. Junior attacker Newell led the team with four goals and an assist in the Wildcats' loss. Murphy contributed two goals and Wakefield had one. Wakefield also tallied three assists, while Zempolich had one.

Centreville Track Competes at Relays

The Wildcats competed in the Battlefield Relays in Haymarket on Saturday, March 29.

For the girls' team, the distance medley relay of Natalie King (1200), Hannah Huggins (400), Joanna Zhao (800) and Jackie O'Shea placed second, and the 4x800 (King, Huggins, Colette Rizzi and O'Shea) placed fifth.

The boys' team had good performances in several events, with the 4x100 relay team of Young Bin Jin, Michael Bishop, Kevin Bishop and Andrew Ridenour winning the event. The same foursome also placed fourth in the Sprint Medley relay. The 4x800 team of Alex Jung, Ryan French, Brent Bailey and Chase Heiner captured second place. The long jump relay of Andrew Ridenour and Mikael Mantis finished in third place, and Mantis teamed up with James Waranjuntano for fourth place in the triple jump relay. The 1600 medley relay of Waranjuntano, Cormac Roe, Mantis and Franco Villaneueva placed fourth and the distance medley team of Ryan French (1200), Alex Kyle Lyon (400), Alex Jung (800) and Brent Bailey finished in fifth place. Garrett Friendly placed third in the shotput, but as Centreville's lone thrower, could not place in the relay. The added depth for the distance squad allowed the boys to finish third.

LOUIS C. FILIPPONE, D.D.S., P.C.
ORTHODONTIST



WE OFFER TWO CONVENIENT LOCATIONS
Both of our beautiful, modern offices use the latest technology in orthodontic treatment for children and adults.
Flexible interest free payment plans are available
Most insurance plans are accepted
Convenient Saturday and evening hours
**BOARD CERTIFIED DIPLOMATE
Of THE AMERICAN BOARD
OF ORTHODONTICS**

Call for your **FREE Initial Consultation**

Centreville 6138 Redwood Square Center, Suite 103	Gainesville 7521 Virginia Oaks Dr., Suite 120
----------------------------------------------------------------	------------------------------------------------------------

703-815-0127 703-754-4880
www.nvaortho.com

DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

Complete Dental Care for the Entire Family

BRUCE R. HUTCHISON, D.D.S.
MICHAEL H. GORMAN, D.D.S.
WHITNEY S. JARRELL, D.D.S.
BRIGID B. MOONEY, D.D.S.



FAMILY DENTISTRY

14245-P Centreville Sq.
Centreville, VA 20121

703-830-9110

www.smilesforcentreville.com

Advanced Dentistry With A Sensitive Touch FAMILY & COSMETIC DENTISTRY

Now you can relax with **Sedation Dentistry**
and wake up with a beautiful smile.

Comprehensive Dentistry For All Ages
Including ...

- Extensive Cosmetic Options
- Laser Dentistry
- Invisalign®
- Orthodontics
- Implants

*Financing Available



Call our office today to change your smile
"AND PUT YOUR FEARS TO REST."

703-818-1500

Charles and Katherine Fischer, D.D.S., P.C.
5895 Trinity Parkway, Suite 200
Centreville, VA 20120
www.fischerdental.net

Unlimited Sessions ■ 1st-Calculus ■ TJ Math Prep

MATHNASIUM®
The Math Learning Center

2 COMPLIMENTARY SESSIONS*
(*With this ad within 2 weeks)

We Make Math Make Sense

(703) 828-2003
www.mathnasium.com/centrevilleva

Thanks, Coach...



By KENNETH B. LOURIE

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

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

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

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

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

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

ZONE 4:
• CENTREVILLE

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-917-6400

ZONE 4 AD DEADLINE:
MONDAY NOON

EMPLOYMENT

ELECTRICAL ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

GUTTER GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

HANDYMAN HANDYMAN

Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:
Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia
703-296-6409

IMPROVEMENTS IMPROVEMENTS

Picture Perfect Home Improvements
(703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services Available
“If it can be done, we can do it”
Licensed — Bonded — Insured

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811

R&N Carpentry

◆BASEMENTS ◆BATHS ◆KITCHENS
Foreclosure specialist/Power washing
◆Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

IMPROVEMENTS IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

LANDSCAPING LANDSCAPING

ANTONIO LAWN & LANDSCAPING

Spring Cleanup • Lawn Mowing • Edging
Mulching • Planting • Patios
Expert Trimming & Removal • New Beds Made
Outline/Extend Existing Beds
Repairs • New Installations • & Much More

CALL NOW FOR FREE ESTIMATE
571-201-5561

PINNACLE SERVICES, INC.
LAWN SERVICE

**MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES**

Friendly Service for a Friendly Price
703-802-0483

MASONRY MASONRY

Potomac Masonry
703-498-8526

New Installations & Repairs
Stone - Flagstone - Brick - Concrete
FREE ESTIMATES!!
Lic. & Ins
potomac-masonry.com

TREE SERVICE TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured
Spring Cleanup...
Tree removal, topping & pruning,
shrubbery trimming, mulching, leaf
removal, planting, hauling, gutter cleaning,
retaining walls, drainage problems, etc.
25 years of experience - Free estimates
703-868-5358

24 Hour Emergency Tree Service

BUSINESS OPP BUSINESS OPP

TELEPHONE TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

MUST LOVE CATS

Volunteers needed for cat caretaker shifts with Lost Dog & Cat Rescue Foundation at 7 Corners/Falls Church, Tysons Corner, Reston or Leesburg PetSmart locations. Morning, mid-day or evening shifts available, need varies by location. Shifts are generally 60-90 minutes, training provided. Great opportunity for student service hours. Also opportunities for transport volunteers and fostering. Email cats@lostdogrescue.org with questions or interest.

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE CONNECTION NEWSPAPERS

HOME & GARDEN
CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

LANDSCAPING

A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

ANGEL'S HAULING
Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commercial,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.
703-520-4338 N-VA

I'am a slow walker, but I never walk back.
-Abraham Lincoln

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

Human Services Face New Cuts

FROM PAGE 9

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

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

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

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

Alternative House, **Judith Dittman**, Executive Director; Centreville Immigration Forum/Centreville Labor Resource Center, **Alice Foltz**, Board President; Cornerstones, **Kerrie Wilson**, CEO; Community Residences, Inc. **Dennis J. Manning**, LCSW, President and CEO FACETS, Inc., **Amanda Andere**, Executive Director; Fairfax Area Disability Services Board; Fairfax County Alliance for Human Services, **Shannon Steene**, Chair; Fairfax Education Association, **Kimberley Adams**, President; Governing Board of the Fairfax Falls Church Partnership to Prevent and End Homelessness, **Michael L. O'Reilly**, Chairman; Habitat for Humanity of Northern Virginia, **Rev. Jon Smoot**, Executive Director; James Mott Community Assistance Program, Inc., **Cheryl Mavritte**, Executive Director and **Rebecca Johnson**, Acting Board Chair; Literacy Council of Northern Virginia, **Patricia Donnelly**, Executive Director; Lorton Community Action Center, **Linda Patterson**, Executive Director; New Hope Housing, **Pam 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)

NEWS

Fun in Fairfax — Food, Fashion

FROM PAGE 8

Christmastime. The Auxiliary also gives school supplies and backpacks to local students, helps send children to camp and purchases music and instruments for a Youth Music Program. So the members hope for a good turnout at Friday's fundraiser.

"We have 111 silent-auction items," said silent-auction coordinator Connie Lauther of the City of Fairfax. "Items up for bid include two tickets to the National Symphony Orchestra Pops Concert, Waterford candlesticks, Vera Bradley purses and accessories, a limited edition of a print titled 'Hillside

of Fairfax Station,' and fine jewelry, such as Majorica pearls."

Other auction items include \$100 gift cards to Lord & Taylor and L'Hermitage Bistro in Occoquan. Noted children's author Deborah Sue Latiolais is offering a story time for 20 children, and Great Harvest Bread Co. will provide a gift basket, plus a monthly loaf of bread for a year.

There's also an overnight stay for two at the Red Fox Inn in Middleburg and an overnight stay in the family suite at Great Wolf Lodge in Williamsburg. Also up for bid will be artwork and home appliances such as blenders and toaster ovens.

CLASSIFIED

703-917-6400

ZONE 4 AD DEADLINE:
MONDAY NOON

ZONE 4:
• CENTREVILLE

Employers:
Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

101 Computers

HDI COMPUTER SOLUTIONS
JENNIFER SMITH ♦ Serving the Area Since 1995

- > Speed up Slow Computers
- > Troubleshooting
- > Virus Removal
- > Computer Setup

(571) 265-2038
jennifer@HDIComputerSolutions.com

101 Computers

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING
by VaCarolina Buildings, INC

100% Financing
Free Estimate
Free Roof Inspection

1.800.893.1242
metalroofover.com

21 Announcements

21 Announcements

21 Announcements

Help for people with
Macular Degeneration

Find out if special glasses can help you see better.

Call today to schedule your **FREE** Low Vision Screening.

888-700-8067
www.LowVisionMD.org

21 Announcements

21 Announcements

21 Announcements

Help for people with
MACULAR DEGENERATION

Find out if special glasses can help you see better.

Call for a **FREE** phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030
Dr. David L. Armstrong VirginiaLowVision.com

21 Announcements

21 Announcements

21 Announcements

Outer Banks, NC Vacation Homes!

Brindley Beach
VACATIONS & SALES

Over 500 Vacation Homes, from Duck to Corolla, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com
1-877-642-3224
"SERVICE FIRST... FUN ALWAYS!"



Inova Comprehensive Cancer and Research Institute - Fair Oaks



Advancing Cancer Care *Closer to Home*

Inova Fair Oaks Hospital now offers radiation oncology services as a part of our comprehensive cancer care program . . . bringing advanced, coordinated care closer to home.

- State-of-the-art center designed to improve patient experience and treatment journey
- Advanced radiation treatment with enhanced precision, patient comfort and shorter treatment time
- Integrated team-based care including most experienced radiation oncology team in the DC metro area, oncology counselors, plus registered dietitians and rehabilitation specialists



Inova Fair Oaks Hospital Radiation Oncology team

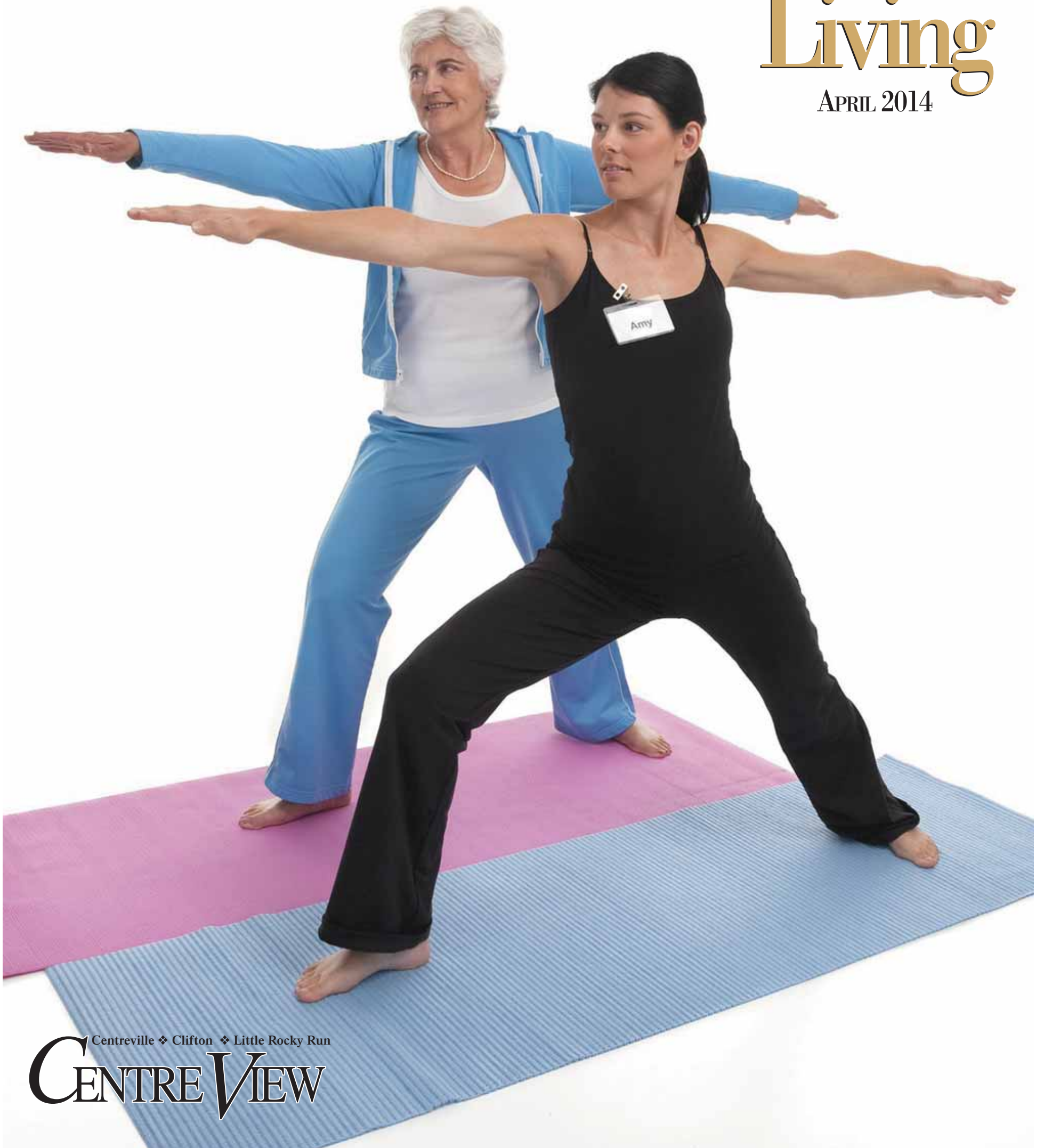


Inova Comprehensive Cancer and Research Institute - Fair Oaks
3580 Joseph Siewick Drive, Fairfax, VA 22033
703.391.4250 • inova.org/FairOaksCC



Senior Living

APRIL 2014



Centreville ♦ Clifton ♦ Little Rocky Run
CENTRE VIEW

Senior Living

Fairfax County Senior Centers

Senior Centers for Active Adults offer opportunities to make friends, stay on the move, and learn new things. Fairfax County residents age 55 and older may join any of the 13 senior centers sponsored by the Department of Neighborhood and Community Services. Senior centers offer classes, health and wellness programs, computer and internet access, trips and tours, and opportunities to socialize with others and stay connected with your community. There is an annual membership fee of \$48 for attending the senior centers. Visit www.fairfaxcounty.gov/ncs/srctrs.htm for more.

Lunch is available to those 60 and older with a suggested donation of \$2-\$6, based on age and income. Participants younger than 60 may purchase lunch for \$8.50. Reservations must be made at least one day in advance.

Transportation, by Fastran bus, may be available at a nominal charge from your home to the center nearest you and back home. Check with the center to find out about transportation.

SENIOR+ is an innovative inclusion program for seniors with minor cognitive and physical disabilities. The program bridges the gap between programs for fully independent seniors and those who require some assistance. It allows seniors with disabilities to enjoy the wide range of programming found at the county's full service senior centers. Senior+ enables participants to remain in the least restrictive environment and maintain as much independence as possible. Participation reduces loneliness and isolation by providing

fun and enjoyment in addition to preserving dignity and enhancing the quality of life.

Senior+ offers supportive services so that seniors with mild impairments may maintain as much independence as possible in their home and community. Services include:

- ❖ Planned and adapted activities created by a recreation therapist
- ❖ Health consultations and assessment by a registered nurse
- ❖ Consultation and assessment by a mental health specialist
- ❖ Referrals to other county agencies and transitions to other programs as needed
- ❖ An Individualized Wellness Plan developed with staff and participant input

Senior+ programs also offer a sliding fee scale for monthly program fees or a nutritional lunch. Program hours are Monday-Friday, 10 a.m.-2 p.m. Transportation may be available from the participants home to the nearest center.

The Senior Plus program is offered through the cooperative efforts of several Fairfax County agencies: Department of Neighborhood and Community Services, Department of Family Services, Department of Housing and Community Development, Department of Systems Management for Human Services, Fairfax-Falls Church Community Services Board, the Health Department and our non-profit partner, Easter Seals of the Greater Washington-Baltimore Region, Inc.

Centers offering Senior+ are indicated with (+). Visit www.fairfaxcounty.gov/ncs/seniorplus.htm for more.

Senior Center Locations

❖ Bailey's Senior Center

5920 Summers Lane, Falls Church, VA 22041
Monday-Friday, 9 a.m.-3 p.m.
703-820-2131, TTY 711

❖ South County Senior Center (+)

8350 Richmond Highway, Suite 325, Alexandria, VA 22309
Monday-Friday, 9 a.m.-4 p.m.
703-704-6216, TTY 711
Fax: 703-704-6699

❖ Herndon Senior Center (+)

873 Grace Street, Herndon, VA 20170
Monday-Thursday, 9 a.m.-8 p.m.; Friday, 9 a.m.-4 p.m., Saturday, 10 a.m.-5 p.m.
703-464-6200, TTY 711

❖ Hollin Hall Senior Center

1500 Shenandoah Road, Alexandria, VA 22308
Monday-Friday, 9 a.m.-4 p.m.
703-765-4573, TTY 711

❖ James Lee Senior Center (+)

2855-A Annandale Road, Falls Church, VA 22041
Monday-Friday, 9 a.m.-3 p.m.

703-534-3387, TTY 711

❖ Kingstowne Center for

Active Adults

6488 Landsdowne Center, Alexandria, VA 22315
Monday - Friday 9 a.m. to 4 p.m.
703-339-7676, TTY 711

❖ Lewinsville Senior Center (+)

1609 Great Falls Street, McLean, VA 22101
Monday-Friday, 9 a.m.-4 p.m.
703-442-9075, TTY 711

❖ Lincolnia Senior Center (+)

4710 North Chambliss Street, Alexandria, VA 22312
Monday-Friday, 9 a.m.-4 p.m.
703-914-0223, TTY 711

❖ Little River Glen Senior Center (+)

4001 Barker Court, Fairfax, VA 22032
Monday-Friday, 9 a.m.-4 p.m.
703-503-8703, TTY 711

❖ Lorton Senior Center (+)

7722 Gunston Plaza, Lorton, VA 22079
Monday-Friday, 9 a.m.-4 p.m.
703-550-7195, TTY 711

Fax: 703-541-2092

❖ Pimmit Hills Senior Center

7510 Lisle Avenue, Falls Church, VA 22043
Monday-Friday, 9 a.m.-4 p.m.
703-734-3338, TTY 711

❖ Sully Senior Center (+)

5690 Sully Road, Centreville, VA 20120
Monday-Friday, 9 a.m.-4 p.m.
703-322-4475, TTY 711

❖ Wakefield Senior Center

Audrey Moore RECenter
8100 Braddock Road, Annandale, VA 22003
Monday-Friday, 9 a.m.-4 p.m.
703-321-3000, TTY 711
Fax: 703-764-2204

❖ City of Fairfax

4401 Sideburn Road, Fairfax, VA 22030
Monday-Friday, 8 a.m.-5 p.m.
Phone: 703-359-2487, TTY 711

❖ City of Falls Church

223 Little Falls Street, Falls Church, VA 22046
Monday-Friday, 9 a.m.-3 p.m.
703-248-5020, TTY 711



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 Brauner, 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.

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 wlrvva.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 presentation entitled "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. Visit www.MVgenealogy.org. Questions about the program should be directed to Karen Jenkins at 703-866-2478 or publicity@mvgenealogy.org.

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.

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

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

Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
CENTRE VIEW

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 Godsend," she said. "I have less pain now. I still have some stiffness, but I have a better



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.

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

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

SEE YOGA, PAGE 8

More Seniors Plan To Age in Place

BY MARILYN CAMPBELL
CENTRE VIEW

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.

CENTREVIEW

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,
CALL 703-778-9431 OR EMAIL
SALES@CONNECTIONNEWSPAPERS.COM

Senior Living

Aging in Place Gracefully

FROM PAGE 3

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

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

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

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

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

VILLAGES ARE community-based organizations designed to help members help each other remain independent and in the communities of their choice. "Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom," said Barbara

Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members define the type and scope of services. "A good starting point when creating a village is to survey the community members to determine their needs," he said. "We provide technical assistance to community groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

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

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

ANOTHER BIG GAP is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for



Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.

PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

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."

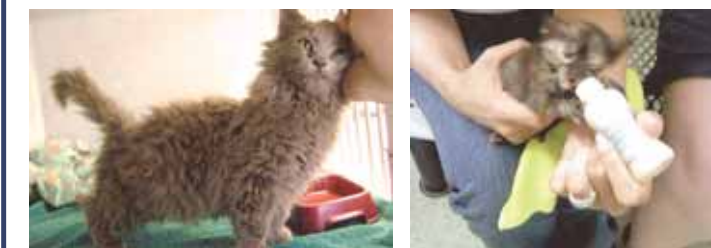
In addition, "people don't always understand the economic, social and safety aspects of it," he added. "You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted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



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

WWW.CONNECTIONNEWSPAPERS.COM



You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own. Email cats@lostdogrescue.org.

Consider Fostering
visit the website, click on Participate
Adopt/Donate/Volunteer at www.lostdogrescue.org



got TOYS?
Van Metre Homes is good for you.
www.VanMetreHomes.com

Luxury Elevator Condominiums with Private Garages for Your "Toys."

Ashburn's 50+ Active Adult Destination
Priced from the Low \$300's.

VILLAGES AT BROADLANDS SPACES FEATURE:

- 2BR + Den or 3BR + Den
- Low-maintenance Living
- 5-star Amenities

703.764.5482

New Model & Sales Gallery Grand Opening:
43138 Stillwater Terrace, Broadlands, VA 20148

Live in Award-winning Stone Ridge
Priced from the Low \$300's.

CENTRE PARK AT WESTEND SPACES FEATURE:

- 2BR + Den or 3BR + Den
- Convenient to Shopping and Dining
- Clubhouse with Fitness Center

703.764.5487

New Model & Sales Gallery Grand Opening:
24636 Woolly Mammoth Terrace, Stone Ridge, VA 20105



Check out our new VM Digital Short!

*Prices subject to change without notice. See Sales Manager for details. 3/14.



Celebration: Senior Living

Bob Simon Celebrates 100 Years,



1966

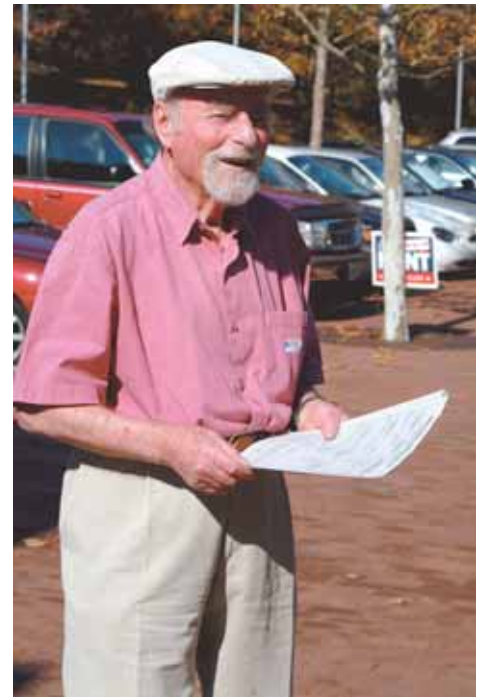
Robert E. Simon Jr., was born in New York City in 1914. After graduating from Harvard, Simon took over the family real estate management and development business. In 1961, with the proceeds from the sale of a family property, Carnegie Hall, Simon purchased 6,750 acres of land in Fairfax County which would become Reston.



1968



1986



2004

TIMELINE: 100 Years of Robert E. Simon Jr.

1914: Robert E. Simon Jr. Born
1922: Robert E. Simon Jr.'s Grand Tour of Europe, School in Paris
1925: Robert Simon Jr.'s Father Purchases Carnegie Hall from Louise Carnegie
1931: Robert E. Simon Jr. Graduates from Horace Mann
1935: Robert E. Simon Jr. Graduates from Harvard
1935: Father, Robert E. Simon Sr. Dies
1942: Robert E. Simon Jr. Enlists in the U.S. Army
1946: Robert E. Simon Jr. Leaves U.S. Army as a Captain
1960: Robert E. Simon Jr. Sells Carnegie Hall to New York City for \$5 million
1960: Robert E. Simon Jr. signs contract to purchase 6,750 acres of farmland and woods located between DC and the airport under construction (to be named Dulles)
1962: Fairfax County Board of Supervisors adopts Residential Planned Community Ordinance (RPC)

1964: Singer Electronics Laboratory and Air Survey Corporation open for business. First residents move in.
1964: Carnegie Hall Declared a National Historic Landmark
1966: Official dedication of Reston with presentations by Poet Laureate Steven Spender and NYC Parks Commissioner August Hecksher, interior Secretary Stuart Udall and representatives of 37 countries with "New Towns"
1997: Robert E. Simon Jr. returns to Reston and move into condo on 13th floor of Heron House
1998: Robert E. Simon Jr. meets Cheryl Terio, his wife
2002: Reston designated a National Planning Landmark
2004: The first Founder's Day was celebrated on April 17, 2004, on Reston's 40th Anniversary.

SOURCES: Robert E. Simon Jr.; Reston Museum Biography of Robert E. Simon Jr.; George Mason University Libraries; Reston Connection Archives.

It would be difficult to find a better example of the vibrancy possible in the so-called senior years than Bob Simon, founder of Reston, who will turn 100 years old this month.



2008: Chuck Veatch leads the community in singing "Happy Birthday" to founder Bob Simon.



2009: The honored couple, Cheryl Terio Simon and Robert E. Simon Jr., Reston's founder, watch the Reston Community Orchestra's Brass Quintet.



2011



PHOTO BY ALEX McVEIGH/THE CONNECTION
 2012: Robert Simon cuts the birthday cake at the annual Founder's Day celebration at Lake Anne Saturday, April 14, on the occasion of his 98th birthday.

Reston Turns 50

Simon's Favorite Places in Reston

In his own words:

- ❖ My bed in 1301 Heron House — I love to sleep and nap
- ❖ Lake Anne Plaza (officially designated Washington Plaza) — Modeled after plazas throughout the rest of the world as the social glue of communities
- ❖ Jasmine and Montmartre restaurants on Lake Anne Plaza — good food, reasonable prices
- ❖ Pathways and trails going all around Lake Anne — beautiful views, lovely gardens
- ❖ Fountain Square in Town Center — a true gathering place with its pavilion for

skating in winter and events the rest of the year; restaurants and shops

- ❖ Nature Center — 70 acres of natural beauty and its Nature House for permanent exhibits and frequent classes
- ❖ Center Stage at Reston Community Center, Hunters Woods — a fully equipped stage with orchestra pit, seating 300 and offering a full schedule of concerts, plays and events
- ❖ Reston Regional Library
- ❖ The park located just East of GRACE [Greater Reston Arts Center]
- ❖ New tennis courts for small children converted from two regular courts located on Washington Plaza W.



2008: Reston founder Bob Simon and resident Lee Rau listen as Jennifer Lapple conducts the Flute Force during its performance on Founder's Day.



2012: Reston residents sing "Happy Birthday" to Reston founder Robert Simon on the occasion of his 98th birthday.

PHOTO BY ALEX McVEIGH/THE CONNECTION



2007: Bob Simon with a bust of his father at Carnegie Hall. Simon sold Carnegie Hall, using the money to buy the land that would become Reston.



CONNECTION FILE PHOTOS AND CONTRIBUTED PHOTOS



2009: Bob Simon, who had just turned 95, toasts the people of Reston, the town he founded 45 years ago.



2011: Mary and David Supley Foxworth of the 'Mallow Drama' bakery watch Bob Simon cut his birthday cake at the celebration of his 97th birthday.



PHOTO BY ALEX McVEIGH/THE CONNECTION

2013: Reston founder Robert Simon blows out his birthday candles as the crowd sings "Happy Birthday" at Lake Anne Saturday, April 13 on Simon's 99th birthday.



2013: Reston founder Robert Simon gets a 99th-birthday hug from Beverly Cosham during the Founder's Day celebration Saturday, April 13, at Lake Anne.

Seniors Rush to Yoga

FROM PAGE 3
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



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



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

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

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

— Sandy Pradas, Joyful Heart Yoga

alternative ways of exercise because they are not going to be able to keep up with impact exercises like running."

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

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and older are among her office's most popular.

"Some of our [yoga] classes fill up within minutes of opening," said Collins. "We have

people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill."

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

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

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into

the community's fitness program. The instruction will be tailored to meet the needs of his clients. "We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors."

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

PHOTO COURTESY OF ONEAUM YOGA

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

