

# 'Luck, Be a Lady Tonight'

NEWS, PAGE 8

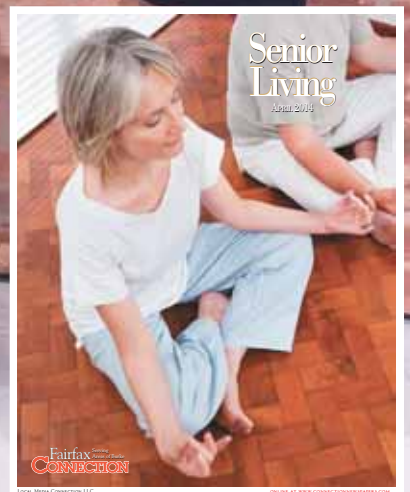
Inside

## Route 123 Bridge Work Starts Now

NEWS, PAGE 3

## Good News for City of Fairfax

NEWS, PAGE 3



Senior Living

(From left) Spencer Loessberg, Abby Rozmajzl, Jacob Rozmajzl and Caleigh Davis rehearse a scene from the Paul VI production of "Guys and Dolls."





## 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](http://inova.org/FairOaksCC)





# Route 123 Bridge Work Starts Now

Construction work to replace the bridge over Accotink Creek on Route 123/Chain Bridge Road at Kenmore Drive began this week. So both motorists and pedestrians will have to be alert to some route changes.

The City of Fairfax is replacing the existing, 87-year-old, obsolete bridge with a new one that has a safer design.

The City also will install a new pedestrian bridge just to the east of the vehicular bridge.

During the bridge replacement, northbound Chain Bridge Road traffic, as well as pedestrians, will be detoured at Whitehead Street, east to University Drive, north to Kenmore Drive, then back west to Chain Bridge Road.

Sidewalks through the work zone also will be closed while bridge construction is taking place. Pedestrians may detour around the work zone by using the sidewalks on Whitehead Street, University Drive and Kenmore Drive.

The detour will last for nearly the entirety of the project, which could take as much as six months. Drivers are advised to use University Drive as an alternate, north-south route to avoid the work zone.

Southbound traffic will not be



Detour map

detoured, but lanes in the work zone will shift.

In addition, sidewalks in the work zone will be closed; pedestrians should follow the Chain Bridge Road detour.

The bridge replacement is necessary to improve public safety for drivers, pedestrians and bicyclists. For more information, go to [www.fairfaxva.gov](http://www.fairfaxva.gov) or call 703-385-7810.

## Good News for City of Fairfax

Less unemployment;  
Lowe's and ALDI planning  
moves here.

BY BONNIE HOBBS  
THE CONNECTION

There's good news for the City of Fairfax: its unemployment rate is one of the lowest in Virginia and two new businesses are interested in locating here.

According to the Virginia Employment Commission, the unemployment rate in Fairfax is at a five-year low of 3.8 percent, significantly lower than the high of 6.7 percent during the economic recession. As a result, the City's rate is now lower than Fairfax County's.

In addition, both Lowe's and the ALDI grocery chain are anticipated to open new stores in the City. Besides giving local residents more choices about where to shop, the new businesses would also be welcome additions to Fairfax's commercial-property base.

Pleased with these latest developments, Mayor Scott Silverthorne said they underscore Fairfax's bright economic future. "The City continues to receive interest from the private sector, including large retailers, developers and small businesses who want to locate in the heart of Northern Virginia," he said.

"This is in part due to the City Council's commitment to low tax rates, more predictable regulations and a timely review process," he explained. "Combined with our top-to-bottom review of our zoning ordinance, we are sending the signal that the City of Fairfax is a great place to start or grow a business."

In keeping with that idea, Silverthorne announced last week that two of the City's large, vacant, "big-box," commercial properties may soon have new tenants.

Lowe's has expressed interest in moving into the former Kmart site in the City's west end, along Route 29. It plans to create a new, state-of-the-art store within the existing footprint.

Furthermore, the ALDI chain – which sells grocery and household items, mainly under its own brand names, has indicated it'll open a new store in the former Office Depot site in the City's Kamp Washington area.

Private Label Store Brands magazine recently named ALDI the 2014 Retailer of the Year.

"I've promised both retailers that I'll ensure they have a smooth application process and that the City government will move quickly to welcome them into the City of Fairfax family," said Silverthorne. "I thanked them for their investment and for bringing vacant buildings to productive use, which is a strong symbol of economic revitalization in the City of Fairfax."

All in all, he said, combined with the plummeting jobless rate, "This is incredibly good news for a small city."

## 'Goal Is to Spot Kids in Crisis'

Police, others  
take suicide  
prevention  
training.

BY BONNIE HOBBS  
THE CONNECTION

Although there have been four recent incidents of teen suicides in Fairfax County, the Police Department has planned to offer Suicide Awareness and Intervention Training for its officers since October 2013.

So police and others who work with youth recently took a two-day course at the Criminal Justice Academy in Chantilly to learn how they can help prevent people at immediate risk of suicide from following through.

"This is a collaboration between school social workers, counselors, [police] School Resource Officers [SRO] and school security," said police Lt. Christian Quinn, school liaison commander. "SROs are the liaison between the Police Department and the school system."

"This training will give the officers some perspective and help them establish relationships with these other groups because they see the kids first," he continued. "The goal is to spot kids in crisis and provide them with meaningful intervention before they make tragic choices."

**THE WORKSHOP** focused on small-group discussions and skills that could help them save lives. Officers learned how to recognize a call for help, reach out and offer support and connect people with the particular resources they need.

"This is the means to identify kids struggling and maybe not voicing it," explained Quinn. "Not everybody who's depressed commits suicide, and not everybody who's suicidal expresses this feeling. So we try to see what subtle behaviors they do in advance so we can provide proactive measures."

For example, it helps if police, social workers or counselors can receive a peer referral because of something disturbing or unsettling that a teen posted on social media. Then,



Police Lt. Christian Quinn

said Quinn, "We can put in a safety plan and try some steps to help [that teen]."

SROs get to know students and their friends personally. So often, said Quinn, "The kids will go to the SRO and say, 'I'm concerned about So and So.' If it prevents even one suicide, it's worth the effort."

He said teens often exhibit some telltale behavior signaling they're having some type of problems. Some of the warning signs to look for are behavioral changes; threatening messages; and a change in grades, friends and/or activities outside of school. That's why, said Quinn, "Parental involvement is paramount. If parents see changes in their kids, they can bring it to the attention of the SRO. They and the school social workers and counselors are the first net to provide safety and catch something. Then there can be some intervention and kids can get help, such as a referral for long-term care."

**ABOUT 30 PEOPLE** signed up for the mid-March class at the Criminal Justice Academy. They were evenly divided between SROs, school security, and school social workers, clinicians and counselors.

Master trainers from the ASIST (Applied Suicide Intervention Skills Training) program – offered by a company called LivingWorks – provided the instruction. Also sponsoring the course was the Virginia Department of Criminal Justice Services; it was funded by a grant. According to ASIST, as much as 6 percent of the population has serious thoughts of suicide. In Fairfax County, there were 94 suicides in 2012 and 95 in 2013. So far this year, there have been 19 – and 15 of them were teenagers.

BONNIE HOBBS/THE CONNECTION





## 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](http://JustRightForChildren.com/Ian).

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

Ian Duke  
Baseball MVP

# City Is Advertising Lower Tax Rate

BY BONNIE HOBBS  
THE CONNECTION

Although City Manager Bob Sisson recommended maintaining Fairfax's residential real-estate tax rate of \$1.06 per \$100 assessed valuation in Fiscal Year 2014-2015, the City Council is advertising a lower rate.

That's because – even if the tax rate stays the same – homeowners' tax bills will still rise because their property has generally seen a 4.5-percent jump in assessed value over last year. So at the March 25 City Council meeting, the councilmen mulled over different tax-rate amounts.

“I'd like us to do due diligence to find as many budget cuts as we can to get to the equalized tax rate,” said Councilman Michael DeMarco. That number would be \$1.03. Property-tax bills wouldn't rise, but the City would have to find \$2.5 million in budget cuts, over two years, to make up for the revenue loss.

“If the tax rate is \$1.03, that means people's tax burdens would be relatively the same,” said Councilman Steven Stombres. “But people tell me all the time they're willing to pay more for all the amenities they receive. Yet, there are also people who say, ‘My husband lost his job’ or ‘I'm paying more for gas, groceries, heating costs and health care.’”

“They're living paycheck to paycheck –

and we represent all of them – so I'd like to advertise a lower tax rate [than \$1.06],” continued Stombres.

Mayor Scott Silverthorne reminded him the City doesn't yet know how much money it'll receive back from its school system. Stombres then made a motion to set the advertised tax rate at \$1.04 and Councilwoman Eleanor Schmidt seconded it.

“This is our opportunity to build a little discipline into the process,” she said. “I think there's some whittling-down work that we can do.”

“But we'd have to role up our sleeves and make cuts,” replied Councilman Jeffrey Greenfield. And Sisson said that tax rate would necessitate more than \$1.6 million in budget cuts.

The motion was defeated, 4-2, and then Stombres moved that the tax rate be advertised at \$1.05. Again, Schmidt seconded and, this time, the motion passed, 5-1, with only Councilman David Meyer dissenting.

This action sets \$1.05 as the maximum real-estate tax rate that can be advertised and later adopted on April 30, but doesn't set the actual amount.

According to Sisson, a \$1.05 residential real-estate tax rate would require \$840,000 in cuts.

The Council will hold a public-outreach meeting and work session on the budget next Tuesday, April 8, at 7 p.m. in City Hall, 10455 Armstrong Street.

## Give us your time, and we'll give you a future.

**Job Corps** prepares low-income 16 through 24 year olds for great careers.



**Job Corps offers you a chance to finish your education, train with experienced instructors, gain hands on experience and start a real career – all at no cost to you.**

## Call: (703) 671-5300

Job Corps is a U.S. Department of Labor Equal Opportunity Employer Program. Auxiliary aids and services are available upon request to individuals with disabilities. TDD/TTY telephone number is (877) 889-5627.





## FAITH NOTES

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

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

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

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

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

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

**The Effects of Mass Incarceration: A Public Forum on Criminal Justice Sentencing Reform** will be held on Sunday, April 6, 2 - 4 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Drive, Burke. The panelists include state Sen. Dave Marsden, the Sentencing Project's Nazgol Ghandnoosh, Fairfax's Deputy County Executive David Rohrer. They will engage these concerns: the United States has more people in jail than any nation in the history of the world. Unintended consequences of this Mass Incarceration are especially devastating to poor communities of color. Young African-American Men are more likely to go to jail than to college. Many drug offenders are discriminated against in housing, voting and education after they have served their sentences. How do we minimize the human costs of the Drug War and Mass Incarceration and fix this crisis? For more info go to www.accotinkuuc.org - or call 703-503-4579 and ask for Reverend Scott Sammler-Michael

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

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

## Maplewood Grill

Serving Our Neighbors and Friends for Over 30 Years

30th Anniversary

In Thanks for Your Support Enjoy  
Our Special 3 Course Dinner  
Every Tuesday, Wednesday  
& Thursday  
In April - \$30 per Person

30th Anniversary

Open Saturdays for Lunch

Live Entertainment  
Mon. thru Sat.  
**703-281-0070**

Brunch Every Sunday

132 Branch Road, S.E. • Vienna, VA  
Visit [www.maplewoodgrill.com](http://www.maplewoodgrill.com) for Specials

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

## Adopt Donate Volunteer

[lostdogandcatrescue.org](http://lostdogandcatrescue.org)



## Paul H. Weisshaar, M.D.

will close his  
Gynecology  
practice on  
4/30/2014

### 25% OFF ALL Nursery Stock

### Pansies are Here! On Sale 97¢

Reg. price \$1.89

### FREE ESTIMATES!

Patios, Walkways, Retaining Walls, Landscaping and much more!

### Ivy & Pachysandra

Approx. 100 \$29.99

### Vinca 50 Peat Pots \$36.99

### 60-75% Off Pottery

Lowest Prices Since 2008!

### 35% OFF Japanese Maples

Over 150 varieties

### Bulk Mulch, Playground Chips & Organic Compost \$29.99 cu. yd.

RR Ties - Starting at \$14.99 each



**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](http://www.cravensnursery.com)



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!



[www.VanMetreHomes.com/SpinSale](http://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.





# OPINION

## Why I Support Medicaid Expansion

BY SHARON BULOVA  
CHAIRMAN, FAIRFAX COUNTY  
BOARD OF SUPERVISORS



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

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

### COMMENTARY

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

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

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

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

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

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

### LETTERS TO THE EDITOR

## Toxic Debate on School Budget

To the Editor:

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

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

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

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

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

Terry Atkinson  
**Fairfax**

## Maintaining a Viable, Diverse Community

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

To the Board of Supervisors:

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

As you consider the proposed FY 2015 county budget, we urge you to make additional and needed investments in housing, health and human services programs. These recommendations were developed

through a collaborative process of nonprofit housing developers, human service providers, and advocacy organizations identifying community needs. Strategic public investments in housing and human services can leverage sig-

nificant amounts of private capital to provide a return on the county's investment. These investments help us maintain a diverse, caring community that provides access to opportunities for all.

The guiding principles that informed our decisions are as follows:

- ❖ No one recommendation takes priority over the others;
- ❖ Each recommendation funds

SEE HUMAN, PAGE 10

## Fairfax CONNECTION

www.ConnectionNewspapers.com

@FfxConnection

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:**  
**fairfax@connectionnewspapers.com**

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
kemal@connectionnewspapers.com

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
arehmatulla@connectionnewspapers.com

**Victoria Ross**  
County Reporter  
301-502-6027  
vross@connectionnewspapers.com

**Bonnie Hobbs**  
Community Reporter  
703-778-9438  
south@connectionnewspapers.com

**Jon Roetman**  
Sports Editor  
703-778-9410  
jroetman@connectionnewspapers.com  
@jonroetman

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

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
debfunc@connectionnewspapers.com

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

**Andrea Smith**  
Classified Advertising, 703-778-9411  
classified@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, Louise Krafft,  
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:**  
Ann Oliver  
circulation@connectionnewspapers.com





## NEWS



Ava Buhr, 4, of Fairfax was one of the children honored at the event. A leukemia survivor, she just finished 2-and-a-half years of chemotherapy on Friday and is now in remission. In photo, she helps start her dad Steve's head-shaving. "In 2012, Ava lost all her hair," said her mom Jeannie. "But now it's come back and she can wear it in pigtails."

## Shaving Heads, Helping Children

**A** St. Baldrick's Day event, March 23, at Fast Eddie's in Centreville raised more than \$40,600 toward a cure for childhood cancer. Some 40 people, including two women, got their heads shaved for the cause.

**Mike Bush of Fairfax got his head shaved while daughter Sasha, 5, watched.**



PHOTOS BY  
BONNIE HOBBS/  
THE CONNECTION



**Before: Fairfax's Sean Byars gets shaved by barber Mercedes Smith.**



**After: Sean Byars shows off his newly shorn head.**

WWW.CONNECTIONNEWSPAPERS.COM

## Bathroom Remodel Special \$6,850

**Celebrating 15 Years in Business!**

### TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



**Free Estimates**  
**703-969-1179**

Select your products  
from our Mobile Showroom  
and Design Center



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

**Handyman Services**  
**Available:**

**Call 703-999-2928**



Fully Insured &  
Class A Licensed  
Est. 1999

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](http://www.kiddiecountry.com)**

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

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj



## SCHOOL NOTES

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

**Four Fairfax County Public Schools (FCPS) students** have received national awards for their writing from the Scholastic Art and Writing Awards. Three of the students received Gold Medals, the highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award, for her poetry, "Accent Marks, Exorcism, Model Minority, Second-generation."

National winners include:

❖ Melissa Halbrook of Woodson

High School, Gold Medal for humor, "Kim Jung-Un's New Clothes."

❖ Emma Hastings of Thomas Jefferson High School for Science and Technology (TJHSST), Gold Medal for short story, "Sight Without Vision, Vision Without Sight;" and Gold Medal for writing portfolio, "I Sing Of."

❖ Sara Warrington of TJHSST, Silver Medal for Journalism, "Overcoming Intolerance."

The Scholastic Art and Writing Awards, a 91-year old program of the Alliance for Young Artists and Writers, will honor the winners at a special ceremony at Carnegie Hall in New York City on Friday, June 6.

The Scholastic Writing Awards competition is administered locally by Writopia Lab.

# 'Luck, Be a Lady Tonight'

## Paul VI presents 'Guys and Dolls.'

BY BONNIE HOBBS  
THE CONNECTION

Featuring a cast and crew of 90, Paul VI High presents one of Broadway's most popular musicals ever, "Guys and Dolls."

The school's Cappies show will burst upon the stage Friday-Saturday, April 11-12, at 7 p.m., and Sunday, April 13, at 2 p.m. Tickets are \$13, adults; \$8, students and senior citizens, at [www.PaulVI.net](http://www.PaulVI.net), and \$15 and \$10, respectively, at the door.

"The actors are creative and enthusiastic, and they really wanted to do 'Guys and Dolls,'" said Director Katherine Miller. "They knew the songs were terrific, and this show has lots of roles for boys – and I've got lots of male actors this year. I've also got tremendous singers, comic actors and physical actors, all dedicated to this show."

**THE STORY** mainly takes place in early 1950s New York and is about a group of gamblers and the women who love them. And while some mission workers are trying to convert the gamblers, one of them – Nathan Detroit – bets that fellow gambler Sky Masterson can't get Sarah the mission leader to go with him to Havana.

"The costumes are colorful and stylized," said Miller. "The men wear pinstriped suits or 'zoot suits' with big shoulders and fedora hats, and the women wear bright, flashy dresses and hats. For the mission workers, a parent got us authentic, Salvation Army uniforms and bonnets from 50 years ago."

There's also a 12-piece pit band comprised of students and professional musicians. "It's a witty, fast-paced show, with catchy songs and snappy dialogue," said Miller. "The audience will love the color, energy and exuberance of the whole cast."

Sophomore Abby Rozmajzl plays Adelaide, a dancer at the Hot Box club. "She and Nathan have been engaged 14 years and she wants to get married already," said Rozmajzl. "She's ditzy, carefree and tends to overlook things, but she's also down-to-earth."

Rozmajzl called Adelaide "a blast to play. Her high voice and nasally, New York accent are difficult. But I love belting her songs and making awesome notes everyone will remember." Her favorite song is "Sue Me," when Adelaide confronts Nathan about her feelings and finally unleashes her bottled-up emotions. And she said the audience will like the "fantastic costumes – our dresses are so elaborate and sparkly. God bless Flo Arnold, our costume lady."

Portraying Nathan Detroit is senior Spencer Loessberg. "He runs the 'oldest, established, permanent, floating crap game' in New York," said Loessberg. "That's also the name of my favorite song because everyone's singing about my character, and it goes to his head. Nathan's always worrying about finding a new place for the game every night, since gambling's been outlawed in New York."

"He's ambitious and the other crap shooters look up to him," continued Loessberg. "He always wins and has lots of money. But he almost never bets; he just takes his cut off the top. But Adelaide doesn't know about it, or they'd be over."



PHOTO BY BONNIE HOBBS/THE CONNECTION

Portraying tough guys clashing are (from left) Jacob Rozmajzl, Joey Arzeno and Spencer Loessberg.

Loessberg said the audience will especially like the dance numbers by the gamblers because "high-school theater is usually more girls dancing, but this show has an equal number of male and female dancers."

Senior Jacob Rozmajzl, Abby's brother, plays Sky Masterson. "He's suave and perfect in every way," said Rozmajzl. "He bets the highest on everything and always wins and gets the girls. He's charming, but self-absorbed. He knows how to manipulate people and get what he wants, but everyone loves him."

Rozmajzl enjoys acting charming and "like everything around you is yours. But I'm giving him more depth. This role was my number-one choice and I'm so happy I got it." He especially likes his song, "Luck, Be a Lady," because "it's upbeat, crazy and masculine. Sky's about to risk \$50,000 and all the gamblers are backing him up."

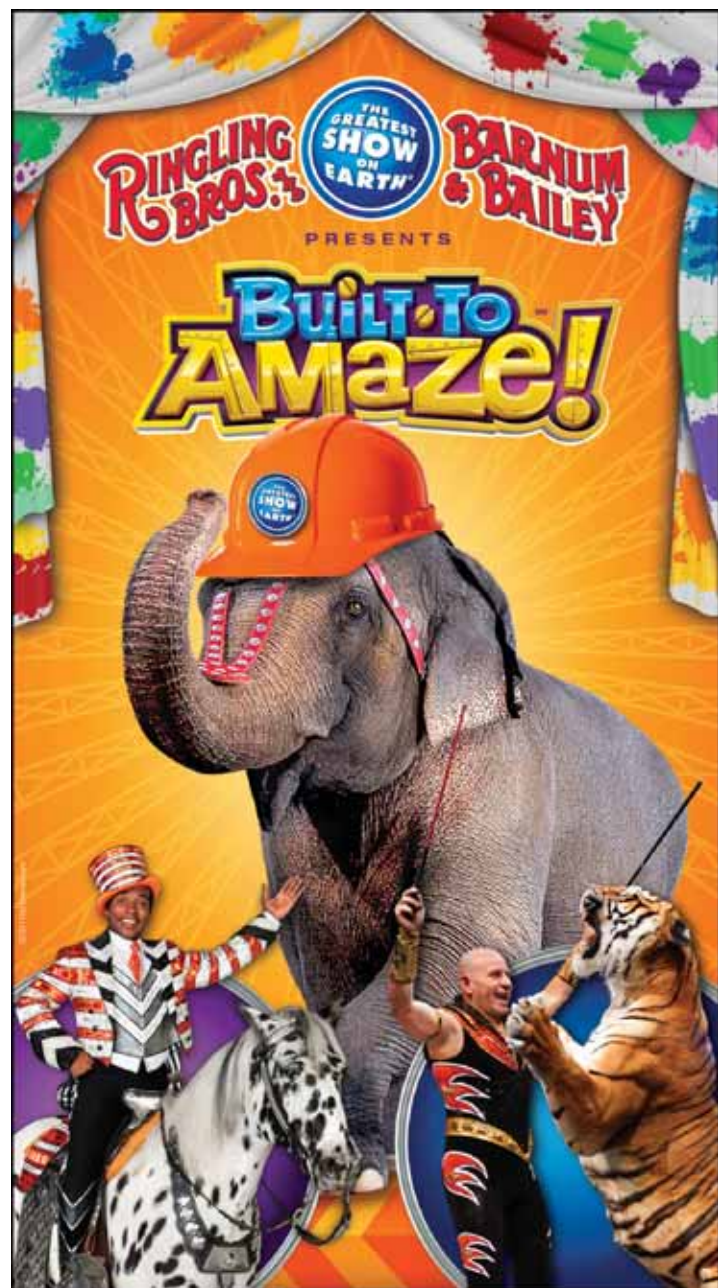
He said the audience will like the "fantastic singers, including Abby, and tenor J.J. Cummings singing 'Sit Down, You're Rocking the Boat.' And they'll love characters that, in real life, they wouldn't root for."

Junior Joey Arzeno plays mob boss Big Jule. "He's portrayed as a scary guy everybody's afraid of, but he's like a Chihuahua that thinks it's a pit bull," said Arzeno. "It's fantastic; I get to push people around and have an air of superiority."

His favorite song is "Sit Down, You're Rocking the Boat" because the mobsters, gamblers and sinners are all together singing and dancing. And he said the audience will enjoy "seeing the gamblers in the sewer because they couldn't find another place to play, plus the relationships between the characters."

**PLAYING SARAH**, head of the Save a Soul Mission, is freshman Caleigh Davis. "She's trying to recruit sinners to the good side," said Davis. "She's determined and wants to help people. She's also a bit naïve and out of her element in New York. I'm excited about this role; Sarah's a leader, but compassionate, and it's fun envisioning myself as someone like that."

Davis likes the number, "Marry the Man," which she and Abby sing. "Sarah's in love with Sky, and they're scheming to marry their boyfriends and change them into working men," said Davis. "The audience will love the show's romance and will see how much fun everyone's having onstage. And the songs and story are great."



## SAVE \$8 on Tickets In Advance!

Restrictions and exclusions may apply. No double discounts. Subject to availability. Limit of up to six (6) tickets per order. Excludes premium seats. Offer excludes Opening Night performances. Additional charges may apply.

**MAR.  
20 – 23**



**MAR. 26 –  
APR. 6**



**APR.  
9 – 20**



Redeem Offer: Bring this ad to appropriate venue box office  
Ticketmaster.com • 800-745-3000 • Use offer code: 8BARNUM • Exp. 4/4/14



Ringling.com

All trademarks shown are the property of their respective owners.





## Doing Business at Robinson

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



## BULLETIN BOARD

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

### SATURDAY/ APRIL 5

**Dog Adoption.** 11 a.m.-2 p.m., Greenbriar Towncenter, 13053 Lee Jackson Memorial Hwy., Fairfax. Homeless Animals Rescue Team hosts this dog adoption event at PETCO. 703-817-9444 or [hart90.org](http://hart90.org)

### Restore: The Journey Toward Self Forgiveness & Physical Health.

9 a.m. – 1 p.m. Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at [cstm@glzbc.org](mailto:cstm@glzbc.org).

### Navigating the Complexities of

**Lyme Disease.** 9 a.m. – 12 p.m. Vienna Presbyterian Church, 124 Park St, NE, Vienna. RSVP to [mveiga@mylymeguide.com](mailto:mveiga@mylymeguide.com).

### SUNDAY/APRIL 6

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

### WEDNESDAY/APRIL 9

**Free Dual Seminar.** 7-8:30 p.m. 2700 Fair Lakes Circle, Suite 120, Fairfax. Simplified Stock Investment Management and 1031 Tax-Free Property Exchanges. Register by calling 703-969-4966.

**Issues and Activities of Virginia State Legislature 2014.** 1:30 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. Delegate Mark Sickles (D-Franconia) will report on the issues and activities of the 2014 Virginia State Legislature and will include his thoughts on the influence of the recent Democratic party political changes in the State Legislature. Q&A to follow.

### SATURDAY/APRIL 12

**Dog Adoption.** 12 to 3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444 [hart90.org](http://hart90.org)

### WEDNESDAY/APRIL 16

**Getting your Legal Ducks in a Row.** 1:30 p.m. Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax.

An elder law attorney will lead this discussion on common legal considerations, such as power of attorney, wills and estates, guardianships, and trusts. Call 703-204-4664 to RSVP and for more information.

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/](http://www.FairfaxGreenEnergy.com/take-action/)  
Ask the Board of Supervisors to support the Green Energy Park

FAIRFAX  
GREEN ENERGY  
TRIANGLE



# Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

a program that is an essential component of a system of housing and services that offer individuals and families in need the optimum chances for success;

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

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

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

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

**Consolidated Community Funding Pool (CCFP):** We support the increase of \$743,388 (7.5 percent over the FY 2014 Adopted Budget amount of \$9.9 million) for the first year of a two-year CCFP cycle that begins in FY 2015. FY 2015 Community Development Block Grant funding is projected to be \$1.8 million, an increase of \$250,791. The total FY 2015 CCFP funding is therefore anticipated to be \$12.4 million, an increase of \$944,179 over the FY 2014 amount of \$11.4 million. This additional funding strengthens the county's investment in community-based programs and is welcomed.

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

**Employment Services \$200,000 (Office to End and Prevent Homelessness):** We support continued funding for a pilot program integrating employment services into the existing Bridging Affordability framework of the Housing Blueprint. Providing services that adequately address the special needs of many in the Bridging Affordability program — something that is lacking in exist-

ing employment services programs — is essential for these households to achieve greater financial security and self-sufficiency. This funding was originally included in the FY 2014 budget, but was held in reserve pending approval of the plan.

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

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

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

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

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

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

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

The FY2015 advertised budget also includes \$5 million for the New Private Partner Acquisition to increase the county's stock of committed affordable housing. This funding would be used to preserve or develop 120 units of affordable housing for low income working families, but this amount is inadequate to provide the gap financing for such a project, especially if the goal of serving formerly homeless persons, as stated in the Blueprint, is to be achieved.

In considering these requests, please note the following statistics:

❖ U.S. Census Bureau statistics show an estimated 73,916 households in Fairfax County earning less than \$50,000 annually, or about 47 percent of the area's median income for a family of four (\$107,300);

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

❖ According to the Center for Housing Research at Virginia Tech, the total affordable housing gap in Fairfax County for low and moderate-income renters (earning no more than \$85,000 for a family of four) is 28,405 units;

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

❖ Nearly 1,650 CSB clients need affordable housing.

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

**Community Health Care Network (CHCN):** In FY 2014, funding for CHCN was cut by \$752,000. The \$250,000 reduction in specialty care contracts that resulted has worsened an already insufficient supply of local specialists. CHCN has therefore increased its utilization and reliance on University of Virginia Medical Center specialists, requiring CHCN's low income, 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 bet-

ter 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, 2417 Luckett Avenue, Vienna (Providence District); Alvin W. Smuzynski, 7522 Rambling Ridge Drive, Fairfax Station (Springfield District); Francis J. Pettit, 6668 Old Blacksmith Dr., Burke (Springfield District), and Ellen Hayes, 9431 Mauck Ct., Fairfax (Braddock District)

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://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](mailto:goinggreen@connectionnewspapers.com)

**THE CONNECTION**  
NEWSPAPERS





# CALENDAR

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

## SATURDAY/ APRIL 5

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

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

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

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

## SUNDAY/ APRIL 6

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

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

**Seminar: "Feeding Hungry Roses."** 2-4 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax.



PHOTO BY DAVID A. BELOFF.

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

**Bring out your pet on April 6 to Old Towne Pet Resort, 8101 Alban Road, Springfield, to take a photo with the Easter Bunny. Proceeds benefit the Fairfax County Animal Shelter.**



Learn how to feed your roses for beautiful blooms.

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

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

**Japonism in Fashion Tea Program.** 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road,

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

## TUESDAY/APRIL 8

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

**WEDNESDAY/APRIL 9-SUNDAY/APRIL 20**  
**Ringling Bros. and Barnum &**

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

## FRIDAY/APRIL 11-SUNDAY/APRIL 13

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

## SATURDAY/APRIL 12

**2nd Saturday Art Walk.** 6-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing.

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

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

## SATURDAY/APRIL 12-SUNDAY/APRIL 13

**Spring Show.** Merrifield Garden Center, 12101 Lee Highway, Fairfax. The Northern Virginia Bonsai Society is proud to announce that its Spring Show. Bonsai from beginning to

expert will be exhibited and the Club will be demonstrating how to make a bonsai. Visitors may cast secret ballots on which of the bonsai exhibited should go onto the Potomac Bonsai Association show. Contact Person: Gary A. Reese. greese67@msn.com. 703-860-3374

## SUNDAY/APRIL 13

**Table Top N Gauge Model Train Show.** 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Admission is \$4 for adults 16 and over; \$2 for children 5-15; free for children under 5 and for Museum members. For more information on the Museum events, visit, www.fairfax-station.org. 703-425-9225.

## SATURDAY/APRIL 19

**2014 Lions Club Flea Market.** VRE parking lot, 6900 Hechinger Drive, Springfield. Cost is \$20 per space, first come, first serve. Website for rules: sfhostlions.org

## SUNDAY/APRIL 27

**Jeffrey Siegel, "Mistresses and Masterpieces."** 7 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. The pianist performs music inspired by composers' major love interests. \$19-\$38, Mason ID permits 1 free ticket on April 15. cfa.gmu.edu.

**Young Artists Musicale.** 6 p.m., George Mason University Center for the Arts lobby, 4400 University Drive, MS 2F5, Fairfax. Piano students and winners of the Northern Virginia Music Teachers Association Honors Recitals perform short pieces. Free admission. cfa.gmu.edu.

## ONGOING

**Workhouse Farmers Market.** 3-6 p.m., at the Workhouse, 9601 Ox Road, Lorton. Every Thursday on the quad is a producer-only market for discerning shoppers featuring locally grown fruits and vegetables, locally raised meats and poultry and local foods from breads to salsas and sausages. www.smartmarkets.org.

**First Fridays at the Clifton Art Guild.** 6-9 p.m. at Clifton Wine Shop, 7145 C Main St., Clifton. Enjoy a wine tasting and mix and mingle with the Art Guild of Clifton artists. 703-830-1480 or www.artguildofclifton.org/.

**Saturday Farmers Market.** 8 a.m.-1 p.m., at the parking lot at the intersection of West and Main Streets behind Wells Fargo Bank in Fairfax. Every Saturday there is fresh produce, goods and wares at the market. church@sovgracefairfax.org or www.FairfaxSaturdayMarket.com.

*Build Your Community*

**Support Your Local Businesses.**

**THE CONNECTION**  
to your community

www.connectionnewspapers.com

# COMMUNITIES OF WORSHIP

*Jubilee Christian Center*

*"Experience the Difference"*

Realtime Worship - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sunday Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Call for our Home Life Group schedule visit our website: www.jccag.org  
4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170

**To Advertise Your Community of Worship, Call 703-778-9422**

# COOL crafts

**Meet 250 Juried Artisans in Person**

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

**Sugarloaf CraftsFestival**

**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



# Robinson Baseball Rallies to Beat Marshall

**Rams have 10 seniors on this year's team.**

BY JON ROETMAN  
THE CONNECTION

**T**he Marshall and Robinson baseball teams took turns on March 27 capitalizing on each other's mistakes. Down by two runs in the bottom of the seventh inning, Robinson rallied to ensure Marshall's next miscue would be its last.

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

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

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

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

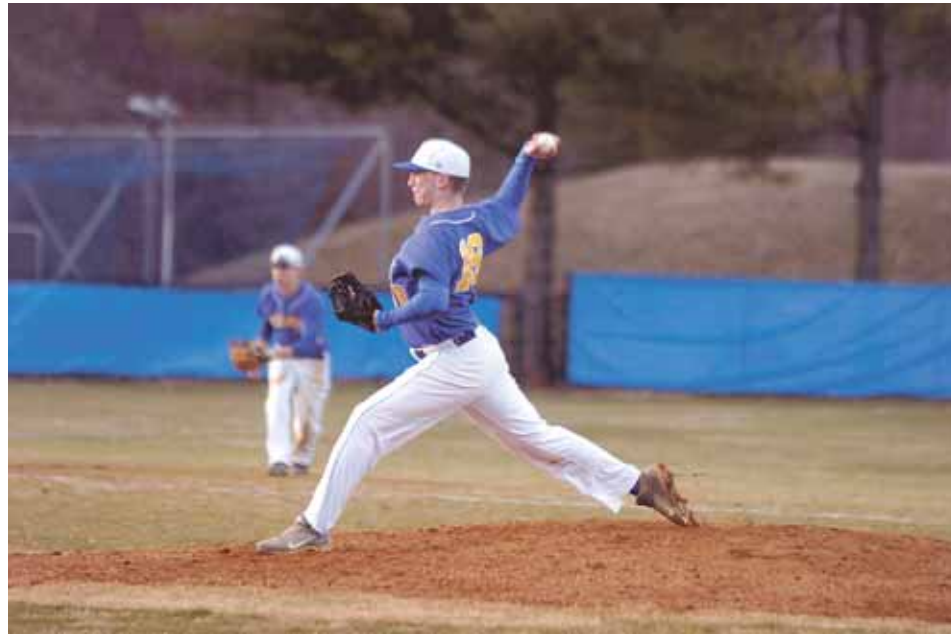
Leading 5-3 in the seventh, Marshall head coach Aaron Tarr moved Cummins from right field to the mound to close it out. But Robinson loaded the bases with one out after two walks, a strikeout and a Statesmen error. Darrow's two-run single tied the score at 5 and gave the Rams runners at the corners.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

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

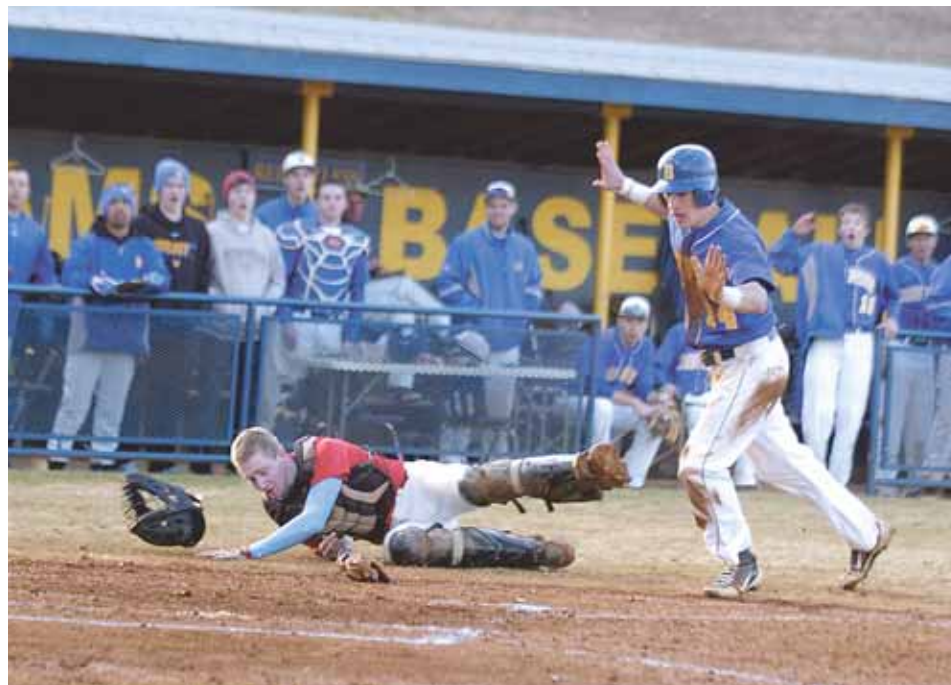
"[The runner at third] seemed to me that he was a little farther off the base than most people were," Blackstone said. "I thought I could get [Cummins] a quick out. ... [The] ball just got away from me."

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

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



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



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

## SPORTS ROUNDUPS

### Robinson Girls' Lax Starts 3-0

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

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

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

### Lake Braddock Softball Improves to 3-0

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

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

We put him everywhere in the field. He plays anywhere defensively." James said experience played a major role in the Rams' comeback. "Every guy that came to the plate there in the last inning was a senior," he said.

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

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

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

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

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

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

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

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

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

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

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

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

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

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



ZONE 2: • BURKE  
• FAIRFAX • SPRINGFIELD

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE 2 AD DEADLINE:  
TUESDAY NOON

## 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

## 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

"If it can be done, we can do it"

Available

Licensed — Bonded — Insured

## 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

## HAULING

## LANDSCAPING

### 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

### A&S LANDSCAPING

Planting • Mulching • Sodding  
Patios • Decks • Driveway Sealing,  
Asphalt • Retaining Walls  
Erosion Control • Drainage Solutions

703-863-7465

### JUNK HAULING

Junk, Rubbish,  
Homes, Offices,  
Commercial,  
Yard/Construction  
Debris, Lot Clear  
out, 24 hrs day,  
General Hom Work.

703-520-4338 N-VA

### TREE SERVICE

### ANGEL'S TREE REMOVAL

Brush & Yard Debris  
Trimming & Topping  
Gutters & Hauling

Angel'streeslandscaping-hauling.com

703-863-1086

703-582-3709

240-603-6182

### 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

I'm a  
slow walker,  
but I never  
walk back.

-Abraham Lincoln

### HOW TO SUBMIT ADS TO

## THE CONNECTION

Newspapers & Online

CLASSIFIED • CHOOSE 1 TO 6 ZONES

E-mail classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

EMPLOYMENT • CHOOSE 1 TO 6 ZONES

E-mail classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

### HOW TO SUBMIT ADS TO

## THE CONNECTION

Newspapers & Online

### CLASSIFIED

#### DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

### EMPLOYMENT

#### DEADLINES

Zones 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

### ZONES

Zone 1: The Reston Connection  
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection

Zone 3: The Alexandria Gazette Packet  
The Mount Vernon Gazette

Zone 4: Centre View North  
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## 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

### RCL HOME REPAIRS

Handyman Services

Springfld • Burke • Kingstowne

Light Electrical • Plumbing •

Bathroom Renovation • Ceramic Tile •

Drywall Repair

703-922-4190

LIC. www.rclhomerepairs.com INS.

### 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

## 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

### THE CONNECTION NEWSPAPERS CLASSIFIED

Classified or Home • Lawn • Garden:

703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

### CRESCENT HOME SERVICES

703-953-7309

crescenthomeservices@gmail.com

Winter Special!

15% off

For a limited time, Connection readers can take 20%  
off labor costs on any home maintenance or  
improvement project when they mention this ad.

Your Home Handyman since 1999!

Call or email us today for a fast, free  
estimate on any home maintenance or  
improvement project. **No job too  
small—we do it all!**

- Gutter cleaning & repairs
- Kitchen/Bath remodeling
- Exterior/Interior painting
- Rotten wood replacement
- And way too much to list here!

FAST, RELIABLE & AFFORDABLE.

Call Crescent today! Your "friend in the business," we're  
owner-operated, licensed and insured.

We're on Angie's List! ID# 8088426

www.facebook.com/crescenthomeservices



# EMPLOYMENT

ZONE 2: • BURKE  
• FAIRFAX • SPRINGFIELD

# CLASSIFIED

703-917-6400

ZONE 2 AD DEADLINE:  
TUESDAY NOON

## BUSINESS OPP

### TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## BUSINESS OPP

### TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## ELECTRICIANS/ELECTRICAL HELPERS WANTED

Commercial Electrical Contractor has openings for electricians and electrical helpers, helper must have two years minimum experience. We offer an excellent salary package including outstanding benefits. Print application from our website at: creative-electrical.com and mail to: PO Box 528, Farmville, VA 23901.

## Mechanic, Helper, Inspector-Emissions

WOODLAWN  
AUTO CENTER  
5634 MT VERNON MEM HWY  
22309

703-347-5555 ask for Chris

## Compassionate Caregivers Wanted

Home care agency seeks caregivers to help seniors with household tasks so they can maintain their independence. Experience a plus, but not required. Retirees or those seeking a second job encouraged to apply. Tasks include driving, cooking, light housekeeping, and keeping someone company. E-mail resume to jlandrum@visitingangels.com or fax to 703-542-0113.

# 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

## 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



## 12 Commercial Lease

Burke - 650 to 2025sf  
2nd floor office space available in thriving mixed use shopping center. Perfect for a move from a home office. Kevin Allen / Kimco Realty 410-427-4434

## 21 Announcements

ABC LICENSE  
Ha To Pham Trading as Rice Pot Asian Cuisine, 4709 Backlick Road, Annandale, VA 22079. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a wine and beer on premises, mixed beverages on premises license to sell or manufacture alcoholic beverages. Ha To Pham, Owner  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

## 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

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

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

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)

THE  
CONNECTION  
NEWSPAPERS

## 101 Computers

## 21 Announcements

## 21 Announcements

### LEGAL NOTICE

Notice is hereby given that on Monday, April 21, 2014 commencing at 10:00 AM, at 5801 Rolling Road, Springfield, Virginia 22152, in order to enforce the warehousemen's lien for storage and related services, we will sell by Public Auction the personal effects in the accounts of: Antonio Adair, Mark Beesley, Judith Boston, Greg Devane, Thomas Manski, Donna Perry Mmoh, Randolph Modlin, Spiro Nomikos, David Parker, and Leona Taylor. These effects are stored with any of the following: Ace Van & Storage Co., Inc.; Interstate Moving & Storage, Inc.; Interstate Moving Systems, Inc.; Interstate Relocation Services, Inc. dba Ambassador International, Ltd.; Ambassador Relocations, Inc.; Ambassador Worldwide Moving, Inc.; or Interstate Van Lines, Inc., at 3901 Ironwood Place, Landover, Maryland; 22455 Powers Court, Sterling, Virginia; or 5801 Rolling Road, Springfield, Virginia. All parties in interest please take notice.

## 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](http://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](http://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](http://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](http://www.brindleybeach.com)  
1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

## News

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

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

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

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

## Main Street Recognized for 'Exemplary Inclusion'

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

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



# Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.  
Alexandria, VA 22305

**703-684-0710**

[www.alexandriatoyota.com](http://www.alexandriatoyota.com)



**Service Department Hours:**  
Monday – Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

Make your next service appointment at:  
**[alexandriatoyota.com](http://alexandriatoyota.com)**



**TOYOTA  
LIFETIME GUARANTEE**

Mufflers • Exhaust Pipes • Shocks • Struts  
Toyota mufflers, exhaust pipes, shocks, struts and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer. See us for full details.



**You Have Saturdays Off**  
*That's Exactly Why We Don't!*



## OIL & FILTER SERVICE SPECIAL

**\$5<sup>00</sup> OFF**

**Includes:** Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

## VARIABLE DISCOUNT

**\$5.00 OFF** with purchase of \$35.00 - \$49.99  
**\$10.00 OFF** with purchase of \$50.00 - \$99.99  
**\$15.00 OFF** with purchase of \$100.00 - \$199.99  
**\$20.00 OFF** with purchase of \$200.00 - \$499.99  
**\$50.00 OFF** with purchase of \$500.00 Or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## 4 WHEEL ALIGNMENT

**\$79<sup>95</sup>**

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## SPRING DETAIL SPECIAL

**\$119<sup>95</sup>**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

## BRAKE SPECIAL

**\$99<sup>95</sup>**

PADS

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

**MACHINE ROTORS AN ADDITIONAL \$199.95.**

DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## 30000 MILES FACTORY RECOMMENDED SERVICE

**\$159<sup>99</sup>**

Synthetic \$10 More

**Includes:** Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## BASIC MINOR SERVICE PERFORMED EVERY 5,000 MILES OR 6 MONTHS WHICHEVER COMES FIRST

**\$69<sup>00</sup>**

2003 & NEWER  
Synthetic \$10 More

**Includes:** Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, inspect brakes, top off under hood fluids, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## DETAIL SPECIALS

**\$39<sup>95</sup>**

Wash & Vacuum

**\$139<sup>95</sup>**

Hand wash, wax & interior cleaning

**\$295<sup>95</sup>**

Full premium detail

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

## VENTILATION SPECIAL

**\$79<sup>95</sup>**

**Includes:** Clean condensor fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

## TRUE START BATTERY SPECIAL

**\$139<sup>95</sup>**

INCLUDES BATTERY INSTALLATION

**Includes:** 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## BUY 3 TIRES AND GET 4TH FOR

**\$1<sup>00</sup>**

**GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## HEADLIGHT RESTORATION SPECIAL

**\$89<sup>95</sup>**

Plastic lenses can yellow with age, reducing the vehicle's market value. Headlight brightness & the overall safety during nighttime driving. The headlight lens restoration from us allows you to shine and restore headlights to like-new conditions.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

## COMPLIMENTARY MULTI-POINT INSPECTION

**Includes:** Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## ROTATE & BALANCE SPECIAL

**\$49<sup>95</sup>**

**Includes:** Rotate and balance all 4 wheels and inspect brakes and tires.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

Jack Taylor's  
**ALEXANDRIA**  
TOYOTA / SCION

**ALEXANDRIA TOYOTA/SCION**  
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305  
**1-866-616-8420 | ALEXANDRIATOYOTA.COM**  
**JUST MINUTES FROM REAGAN NATIONAL AIRPORT!**



**Let's  
Go  
Places**





# LONG & FOSTER® # 1 in Virginia

703-425-8000



**Fairfax** \$598,500  
Colchester Hunt! Sited on 1/2 acre on a cul-de-sac, features hardwood floors on 2 levels, Corian updated kitchen, 2.5 renovated baths and more! Supersized family room, 2 level deck, and home theatre room! Great neighborhood w/large lots. 10 minutes to Burke Centre VRE, 5 minutes to Historic Clifton w/restaurants and winery!  
**Marsha Wolber 703-618-4397**



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



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



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



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



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



**Woodbridge** \$469,000  
This Raleigh model features 5 bedrooms, 3.5 baths and 2 car-garage. Open floor plan with over 3,700 sq ft, updated kitchen, master bedroom with sitting room, walk-in closet and luxury bath, finished walk-out basement, deck, patio and fenced back yard.  
**Ngoc Do 703-798-2899**



**Gainesville** \$549,900  
Heritage Hunt 55+. Pristine 2 lvl "Tigerlily." 3BR, 3BA, Gourmet kitchen with Corian & island, Liv, Din, Brkfst, Great room w/gas Fireplace, Loft, new landscaped yard & paver front porch, fenced yard, patio, new paint & carpet, irrigation system, 2 car garage.  
**Amanda Scott 703-772-9190**



**Alexandria** \$819,000  
Selected for the 2014 Hollin Hills house and garden tour, this 3 bedroom, 2 bath mid-century modern home offers a stacked stone fireplace, updated kitchen and baths, beautiful master suite and a garden with shady pergola that's perfect for entertaining.  
**Ngoc Do 703-798-2899**



**Fairfax** \$627,000  
Down the street from Huntsman Lake sits this pretty colonial on 1/2 lot. 4 bedrooms, 2.5 baths, hardwood floors, granite countertops and freshly painted throughout. One of the largest lots in Lakewood Hills!  
**Catie & Steve Morales 703-278-9313**



**Springfield** \$479,900  
Beautiful expanded rambler in sought-after Ravensworth. 3 bedrooms, 2.5 baths with new carpet throughout. Gorgeous master suite with updated master bath!! Move-in ready. Great schools.  
**Cheryl Pryor 703-801-9985**



**Lake Louisa** \$229,000  
Blue Ridge Shores 4 bedroom, 2 bath home. Well maintained & updated in gated lake community. Hardwood floors, corian countertops, ceramic backsplash, stainless appliances, and much more. See it to appreciate it!  
**Ken Isaac 540-661-6900**



**Alexandria City** \$165,000  
Open Sunday, April 6, 1-3 PM. Investor's Special. 1 BR, 1 BA garden style condo with balcony. Newly renovated. Move-in ready. Washer/Dryer in unit. 883sf. Easy parking. Pet friendly. Low condo fees. Swimming pool. Excellent location. 1/2 Mile to Van Dorn metro. Bus friendly. Near shopping, restaurants, Landmark Mall.  
**Carol L. Manning 703-517-1828**



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



**Clifton** \$674,900  
Custom Built Acorn Home on private 1 acre backing to common grounds. Gorgeous views from each room! Master BR features wall of windows and fireplace. Offers 4 BR, 3 BA, updated Kitchen & baths, screened porch, deck and patio!  
**Carol Hermandorfer 703-503-1812**



**Centreville** \$524,900  
Contemporary flair in 4BR/3.5 bath with premium kitchen & bath upgrades to include Corian, granite & ceramic tile. Maple hardwoods on both main & 2nd level. Fin. LL with large rec room & storage. Patio opens to private, part fenced rear yard. New windows. Sequoia Farms has outdoor pool, tennis courts & in Westfield HS pyramid.  
**Mary LaRoche 703-919-0747**



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



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



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



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

Access the Realtors' Multiple Listing Service: [www.searchvirginia.listingbook.com](http://www.searchvirginia.listingbook.com)



A photograph of a woman with short, light-colored hair, wearing a white t-shirt and light blue pants, sitting in a meditative pose on a wooden floor. Her eyes are closed, and her hands are resting on her knees in a mudra. Another person is partially visible in the background, also in a meditative pose.

# Senior Living

APRIL 2014

Fairfax Serving  
Areas of Burke  
**CONNECTION**



# Discover The Fairfax



## A premier retirement community just minutes from Fort Belvoir, VA

Celebrating 25 years, The Fairfax is an extraordinary continuing care retirement community offering independent living apartments and cottages along with assisted living, memory care and nursing on a picturesque 60-acre campus. Being a life care community, even if your health needs increase, your costs will remain within reach.

Ask us how you can live in our community without military affiliation.



**Call today to schedule a tour and  
learn about our latest move-in incentives!**



A SUNRISE SENIOR LIVING COMMUNITY  
Developed for the Army Retirement  
Residence Foundation-Potomac



9140 Belvoir Woods Parkway, Fort Belvoir, VA • 703-799-1200 • [TheFairfaxRetirement.com/Discover](http://TheFairfaxRetirement.com/Discover)



## GET MORE OF KARASTAN'S SOPHISTICATED STYLING NOW FOR LESS.

Select styles of Karastan's most popular carpets are going on sale soon. It's the perfect time to add the Karastan touch to your home and live more beautifully.

*Sale Coming Soon! See store for details.  
6 months financing available.*

# Kemper carpet & flooring

*Quality, Value and Service since 1972  
Woman-Owned Business*

**3891 Pickett Road • Fairfax, VA 22031**

**703-978-9001** [www.kempercarpet.com](http://www.kempercarpet.com)



# Senior Living

## Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL  
THE CONNECTION

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

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

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

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



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

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

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

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

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

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

SEE YOGA, PAGE 6

## More Seniors Plan To Age in Place

BY MARILYN CAMPBELL  
THE CONNECTION

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

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

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

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

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

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

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

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

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

SEE AGING IN PLACE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

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

Fairfax  
**CONNECTION**

Senior Living

IS PRODUCED BY  
CONNECTION NEWSPAPERS  
[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)  
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,  
CALL 703-778-9431 OR EMAIL  
[SALES@CONNECTIONNEWSPAPERS.COM](mailto: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 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.



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



### Local Villages

#### Fairfax County Villages

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

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

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

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

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

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

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

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

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

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

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

Looking for a New  
Place of Worship?  
Visit Antioch Baptist Church!



All Are Welcome!

Sunday Worship 8:00, 9:30 & 11:30 a.m.  
Sunday School for Children & Adults 9:30 a.m.  
Married Couples Sunday School 11:30 a.m.

Rev. Dr. Marshal L. Ausberry, Sr., Senior Pastor

**Antioch Baptist Church**  
6531 Little Ox Road  
Fairfax Station, VA 22039  
703-425-0710 • [www.antioch-church.org](http://www.antioch-church.org)

**SUN DESIGN** INVITES YOU TO OUR  
REMODELED HOME TOUR IN  
VIENNA!

**Saturday, April 12th, 12pm-4pm**

1902 Toyon Way, Vienna, VA 22182



REINVENT YOUR HOME TO ENRICH YOUR LIFE

Why add more square footage when, with careful consideration and armed with a unique design, you can accomplish much more with less? Come see first hand how redesigning existing space created better function, flow, and light in this first level remodel.



**SUN DESIGN**

design/build | additions | kitchens | baths | basements | outdoor spaces  
703.425.5588 [SunDesignInc.com](http://SunDesignInc.com) [info@SunDesignInc.com](mailto:info@SunDesignInc.com)



Van Metre Homes is good for you.

[www.VanMetreHomes.com](http://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.





# Seniors Rush to Yoga

FROM PAGE 3

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

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

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

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

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

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

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



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



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

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

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

— Sandy Pradas, Joyful Heart Yoga

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

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

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

older are among her office’s most popular.

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

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

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

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

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

PHOTO COURTESY OF ONEAUM YOGA

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





# Senior Calendar

## SATURDAY/APRIL 5

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

**Reston 50/100 Founder's Day Celebration.** 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston "home." Join the Reston Historic Trust and Museum for Founder's Day as they celebrate Reston's 50th anniversary and the 100th birthday of founder, Robert E. Simon, Jr.

## TUESDAY/APRIL 8

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

## TUESDAY/APRIL 8

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

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

**Ideas for the Garden.** 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles

during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com). Visit [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com).

## TUESDAY/APRIL 18

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

## WEDNESDAY/APRIL 23

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

## THURSDAY/APRIL 24

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

## WEDNESDAY/APRIL 30

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

## SATURDAY/MAY 3

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

## TAX HELP

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

## ONGOING

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

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

**New Neighbors League Club of Northern Virginia.** For women, the club includes Bridge, mah jong, gardening, quilting and many other activities. [www.newneighborsvirginia.com](http://www.newneighborsvirginia.com).

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

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

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

**American Red Cross CPR, First Aid and AED.** Various times, at 2720 State Route 699, Suite 200, Fairfax.

SEE SENIOR CALENDAR, PAGE 8



**Turn unwanted valuables into CA\$H!**

**Powerful eBay selling for households and businesses**

**Single Items • Full Liquidations • Buy-outs**

**Drop off or call for a pick-up...we'll do the rest!**

**ezauctioning.com**

1320 Prince St., Alexandria, VA 22314 • 703.778.6440

## 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.



**Consider Fostering**

visit our website, click on Participate

Adopt/Donate/Volunteer at [www.lostdogrescue.org](http://www.lostdogrescue.org)



Thomas Jefferson Memorial  
Washington, D.C.

## Spring Sightings



Spring is in the air, it's time to shake off the winter doldrums. Enjoy the vibrant colors of spring with a walk around the pond, visit nearby historic Occoquan or experience the excitement and culture of our nation's capital. Westminster at Lake Ridge promotes an active, vibrant lifestyle, with exceptional services and amenities. *You'll discover a life in full bloom!*

Call **703-791-1100** today to learn more about  
*Westminster at Lake Ridge!*

**Westminster**  
at Lake Ridge

Northern Virginia's Best Kept Secret in Retirement Living

[www.wlrva.org](http://www.wlrva.org) • 703-791-1100 • 12191 Clipper Drive, Lake Ridge, VA 22192





# 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/srctr.htm](http://www.fairfaxcounty.gov/ncs/srctr.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](http://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](http://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

FROM PAGE 7

One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. Visit [www.redcrossnca.org](http://www.redcrossnca.org).

**The Groveton High School class of 1964** is looking for contact information for as many classmates as possible. The planning for the 50th reunion is underway, however only a small number of people have been contacted. Groveton graduates of '64 interested in attending next September's reunion should email contact information to [GHS64@verizon.net](mailto:GHS64@verizon.net).

Band musicians are invited to join the **Mount Vernon Community Band**. Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount

Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or [www.mvbands.com](http://www.mvbands.com).

**Call For Articles.** The Arlington Historical Society welcomes articles for publication in the annual Arlington Historical Magazine. Although the focus is on Arlington County history, subjects dealing with the history of Northern Virginia, or the metropolitan Washington, D.C. area, are also appropriate and welcomed. Articles should be 1,500 to 6,000 words in length. The deadline for receipt of copy is July 1, 2014. There is a prescribed format, especially for endnotes. A style sheet will be provided upon request, and the editor will assist authors and/or

make corrections as needed. Pictures and maps are encouraged, but should be submitted separately, and credit information and suggested captions should also be included. Direct questions to Editor W. Karl VanNewkirk at 703-536-5916, [karlvannewkirk@comcast.net](mailto:karlvannewkirk@comcast.net); or 1116 North Rochester St., Arlington, VA 22205-1741.

**Choral Rehearsal.** Encore Chorale's spring season will start Jan. 14 from 2-3:30 p.m. at Langston Brown Senior Center, 2121 Culpeper St. Anyone over the age of 55 can participate. Registration information is available at [encorecreativity.org](http://encorecreativity.org), or by calling 301-261-5747 or via e-mail to [info@encorecreativity.org](mailto:info@encorecreativity.org).

**Lifeline Personal Alert System.** Virginia Hospital Center Senior Health staff locally manage the personal emergency response system.

Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

**Senior Fall Prevention Classes** are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instructor is certified in back and hip rehab. Classes are held Tuesdays and/or Thursday, 1:30-2:30 p.m.; at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. \$10 per class. Registration required, call 703-667-9800. Space is limited. Instructor is certified in back and hip rehab.

**Centreville Garden Club Meeting.** 7 p.m. every third Monday at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Learn more at [centrevillegardenclub.blogspot.com](http://centrevillegardenclub.blogspot.com)

or e-mail: [centrevillegardenclub@gmail.com](mailto:centrevillegardenclub@gmail.com). Visitors welcome. Phone 703-830-2942.

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

**Strength & Stretch For Seniors.** Mondays and Thursdays at 1 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Dr. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.