

# Herndon Middle to Present '13!'

Herndon Middle School is producing the musical  
"13!" this April. The role of Evan Goldman is to  
be preformed by Ryan Muha (center).

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PHOTOS BY RYAN DUNN/THE CONNECTION

The 2014 Mardi Gras scene models included Claire Barns, Kristen Cors, Kimberly Foechterele, Samantha Horowitz, Maddy Johnson, Maddie Joseph, Isabelle Roy and Hannah Studen.

## Herndon High Presents Fashion Show

Show held in honor of teacher Julie Pickering.

BY RYAN DUNN  
THE CONNECTION

**O**n March 27, Herndon High School held its annual fashion show at the school auditorium. The fashion show was titled “Celebrate” and had scenes of holidays throughout the year. The show was put together with Herndon High Marketing Department chair David Petruzzi, Maggie Russell and many volunteers and models.

The annual fashion show has long been orchestrated by school marketing teacher Julie Pickering. Yet this year Pickering was forced to take an absence from school as she is battling cancer. In 2013, Pickering was selected as the NWFCU Foundation’s Educator Partner of the Year for her long time support of the Night of Magic ball for children and families receiving care at Inova Children’s hospital. The show student directors were Dima Alkharouf and Diana Mamoud. The designers of the fashion show were eleven students including Monica Barbery, Madi Chernick, Emaly Chuon, Rylie Evertsen, Marvin Funes, Maggie Gallagher, Olivia Gentilcore, Rachel Gregson, Lyric Jones, Shelby Stevens, and Madeline Tran. Also helping were a crew of technicians and many models. “It was a hard and stressful time, but we did the show in honor of our teacher Julie Pickering,” said Herndon senior



The Labor Day scene was modeled by teachers at Herndon High School. Physics teacher Steve Brown and math teacher Alyson Willey both participated.



Herndon High Marketing Department chair David Petruzzi and Maggie Russell helped coordinate the 2014 Herndon High Fashion show held in March.

Madi Chernick. The show program stated Ms. Pickering was greatly missed, and everyone could not wait for her return to the classroom in good health.

Also stepping on the stage were several teacher models including physics teacher Steve Brown, government teacher Meghann Jones,

social studies teacher Chris Gannon, and math teacher Alyson Willey. Willey graduated from Herndon High in 2004. “I was asked to participate in this show,” said Willey. “They have had fashion shows here since I was a student. I was flattered to participate,” she said.



The theme of the 2014 Herndon fashion show was holidays throughout the season. The Valentine’s Day scene was designed by Lyric Jones and Madeline Tran. Models included Andrea Catacora, Sarah Crum, Sami Gidea, Bella Jurdi, Taylor Kusseling, Daisha McDuffy, Nia Minta, Terijoy Nepacina, Ariel Quant-Linares, Savanaa Rains, Idializ Santiago and Christina Zerda.



The 2014 Mardi Gras scene was put together by Herndon High student designers Madi Chernick, Rachel Gregson, and Shelby Stevens.





On April 1 the back door to the Herndon Fortnightly Library, a public library was shattered. The library was closed to the public on April 1 to make repairs.



Herndon Police are investigating if the damage done on April 1 was connected to the Jan. 17 vandalism which occurred at the Herndon council chamber building.

## Vandalism Hits Downtown Herndon

Structures damaged in downtown Herndon.

BY RYAN DUNN  
THE CONNECTION

On April 1 police from the town of Herndon were visiting locations in downtown Herndon which had been vandalized. The glass back door to the Herndon Fortnightly Library was shattered, and windows to the Herndon council chamber building were further destroyed. On Friday night, Jan. 17, large windows around the outside of the Herndon Town Council Chamber building had been smashed. Also vandalized was the historic Herndon Depot Station and the glass windows of the Herndon caboose, a local landmark.

"I was shocked to hear that there has been another episode of vandalism in the town," said Signe Friedrichs, executive director Council for the Arts of Herndon. "Usually Herndon is pretty low-key and vandalism has always been rare. I really hate to hear that the Depot was damaged. It's a lovely little historic building and can't be repaired back to the way it was. I hope they catch whoever did it so this doesn't continue to happen."

"Several cyclists have made reports of broken Corona beer bottles and glass along the trail between the caboose and near Fortnightly Library," said Beth Meyers, co-owner of the Green Lizard. So far no damage has been



PHOTO BY RYAN DUNN / THE CONNECTION

Glass windows at the Herndon Depot Station, at 717 Lynn Street Herndon, were found destroyed on April 1. The building is listed on the National Register of Historic Places.

reported to any private businesses. "I'm extremely disappointed someone would cause this destruction of public property," Del. Tom Rust (R-87), a former mayor of Herndon, said. "We have such a wonderful town and the fact that someone would want to do this is inconceivable. It will cost taxpayers money. I trust the police will find the person(s) involved and justice will be served."

"Hearing of the vandalism this morning in the Town of Herndon is very disheartening," said Lauri Swift, Director of Membership & Marketing for the Dulles Regional Chamber of Commerce. "This community works so hard to make Herndon a beautiful and inviting place for visitors and residents." For a community that has long enjoyed a small-town charm, these acts of vandalism are rare. Police



Windows to the Herndon caboose, a historic local landmark, were found damaged by vandals on April 1. Local police are still investigating the situation.

hope witnesses will come forward this week. Anyone who observed anything related to this incident can call the police department's main number at 703-435-6846.



PHOTOS BY RYAN DUNN / THE CONNECTION

Herndon resident Kirsten Eddy points out a bicycle improvement option at a March meeting at Herndon Middle School.

## Workshops Held For Herndon Metrorail

Meetings held to gain input on pedestrian and bike facility improvements.

BY RYAN DUNN  
THE CONNECTION

With the incoming Metrorail Silver Line, Fairfax County has begun seeking public input on bike and pedestrian access to Herndon's Silver Line Metro station. The first of two workshops was held at Herndon Middle School at Locust Street on March 26. The meeting was open to the public.

"The goal is to identify and prioritize necessary pedestrian and bicycle improvements to access the Herndon metro stations," said Kris Morley-Nikfar, transportation planner with the Fairfax County Department of Transportation. Morley-Nikfar previously helped with the Tysons Metro rail station access

management study (TMSAMS). Preparation of the Herndon Metrorail Stations Access Management Study (HMSAMS) follows the completion of studies for Reston with the Reston Access Management Group Study (RMAG) in 2006 and the Tysons Metrorail Station Access Management Study (TMSAMS) in 2012. Those studies developed community-vetted and prioritized multimodal transportation project recommendations to improve access to future Silver Line Metrorail Stations in Reston and in Tysons Corner.

"Tonight's meeting was a great opportunity for citizens to offer input regarding how to improve pedestrian and bike access to our future Metrorail SEE CITIZENS, PAGE 4



A public forum was held at Herndon Middle School in March to discuss bike and pedestrian access to Herndon's Silver Line Metro station. Iain Banks, associate with Nelson Nygaard speaks with Kelley Westenhoff.



# Herndon In-town Absentee Voting Denied

Mayor, council still have more questions about details.

BY REENA SINGH  
THE CONNECTION

**A**uthorization to establish an in-person absentee voting location for the Herndon Town Council election fell 5-1.

A last-minute resolution ended up denied on Tuesday, March 25 due to the amount of questions the council still had about it so close to the May elections.

"We didn't want to rush into it, because it didn't seem like the right thing to do at the time," Mayor Lisa Merkel said in an interview after the meeting.

Councilmember Sheila Olem was the only one who wanted to approve the absentee voting location.

According to the meeting agenda, the resolution called to establish an in-person absentee voting location at the Herndon Community Center rather than at the Fairfax County Government Center for the next town election.

The town council meeting started off with a local man insinuating that the resolution was a conspiracy to flood the election with voters who would otherwise care less about voting.

"The resolution as a scheme was obvious to allow outside groups like the Virginia Majority, the [Service Employees International Union] and political parties and their operatives to come into town Saturday, May 3, to shuttle-bus over otherwise apathetic voters as they have bragged about in Herndon's last two elections," said resident William Campenni during the audience comment period.

**MAYOR LISA MERKEL** said the resolution was added at the last minute because she did not think she would get approval from the county Board of Elections before the election. She said the council was notified by email of the addition for discussion.

"I don't think town residents should have to leave their towns to vote in town elections," she said. "However, it doesn't appear



The Herndon Town Chambers building at 765 Lynn Street.

there is enough time to discuss the issue, and the last thing I want is for our town election to become a circus. Talk about bringing buses of people to an election is just ludicrous. I don't think there's anyone here who would dream of doing such a thing."

Since there will be other elections in May, including a possible Democratic Primary, Vice Mayor Connie Hutchinson asked, since the funds were being used for multiple elections, if they would still be appropriated. Previously, the Board of Elections told the town that an in-person absentee voting location would cost \$2,000. Additionally, she wanted to know if having a Democratic Primary election at a town satellite location would violate the town bipartisan charter.

Town Attorney said that because elections are dealt with by the county, it would not violate the town charter.

"With an issue like this, I always ask the question, 'What problem are we trying to solve?'" said councilmember Charlie Waddell.

He said there was no problem to solve because a resident could go to the government center early and return later that day or send

the ballot in by mail.

Councilmember Dave Kirby said he was not comfortable passing the resolution for the time being.

Olem said the government center is about 30 minutes away, approximately 10 miles.

"So if you're an individual that has to take the bus, that trip could take you an hour and a half to go over there and vote if you wanted to vote absentee in person, because you weren't going to be in town on Tuesday," she said. "Or, like many people, like my next door neighbor, he leaves before 7 in the morning and gets home after 7 at night." She said that working in D.C. and the commute can create issues for those who want to vote within the designated hours. "This is simply giving people in Herndon the access they want," she said.

**IN OTHER BUSINESS**, Francisco Antonio Gomez of the Town of Herndon Department of Public Works received a certificate of appreciation from town council members. Additionally, A.N.D. Contractors, Inc. was awarded the bid for Spring Street utility improvements. They bid the lowest of six contractors at \$621,769.39.



PHOTOS BY RYAN DUNN/THE CONNECTION

After the main presentation, the audience was divided into groups to review suggested pathways and proposed improvements. In back are Kristen Eddy, Town of Herndon Mayor Lisa Merkel, Rick Hamilton, Cindy Roeder and Kelly Westenhoff. Seated are Iain Banks and Himanshu Verma.

## Citizens Discuss Metrorail Options

FROM PAGE 3

stations," said Hendon resident Jen Baker. After the presentation, the four groups were formed to review the suggested pathways and improvements proposed.

Kelley Westenhoff attended the March 26 meeting with her son. "It was nice to have so many pedestrians and bicyclists concerned about the same issues, largely in the same map locations," stated Westenhoff. "It was also nice to hear people thinking about the others not represented at the meeting... service workers who travel in the dark, by bike and foot, and often face greater risk due to lack of lights and knowledge."

An advisory group of fifteen citizens was formed and has been meeting to guide the study in coordination with Fairfax County Department of Transportation (FCDOT) staff, making sure diverse interests of the study area are addressed and represented. One member of this group is Charlie Strunk, bicycle coordinator for the Fairfax County Department of Transportation. "I thought the meeting went well and got a lot of good feedback from the citizens," stated Strunk.

The consulting firm of Kimley-Horn and Associates, Inc. is working with the advisory group to identify, confirm, and guide the analysis and development of recommendations. Morley-Nikfar said results from the studies and online survey would be made public in June, with the public meetings summarized in a final report that will be finalized in May. "The final document can be used by the Town of Herndon for negotiating for redevelopment,"



**Iain Banks, associate with Nelson Nygaard, discusses bike and pedestrian access to Herndon's Silver Line Metro station at a public forum meeting at Herndon Middle School. On the right is Himanshu Verma, Herndon resident.**

ment," said Morley-Nikfar.

The Silver Line will be a 23.1-mile Metrorail extension connecting the Tysons, Reston, Herndon, and Dulles Airport areas of Fairfax County to the regional Metrorail system. The Silver Line is being constructed by the Metropolitan Washington Airports Authority (MWAA) in two phases. The Herndon Station and Innovation Center Station are metro stations both part of Phase 2 for the Silver Line. Opening dates will be determined by the Metropolitan Washington Area Transit Authority. For more information on the Herndon Metrorail Stations Access Management Study, visit [www.hmsams.com/index.html](http://www.hmsams.com/index.html).



# Area Robotics Teams Compete at Patriot Center

By Janelle Germanos  
The Connection

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

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

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

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

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

Brian Morris, the CEO of Chantilly Robotics Team 612, said the team spent most of Friday morning adjusting their strategy for the game.

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

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

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

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

Members of AIM Robotics Team 1123, which is a community-based



**Team 116 from Herndon High School checks out their robot moments before competition.**

team that practices in Lorton, said they enjoy seeing all of the robots in action at the competition.

“It’s a great experience seeing everything put together,” said William Mills, a member of the team. “It’s great seeing all of our hard work put into action.”

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

learn from each other.

“It’s really cool to see other robots. I’ll see one and think, why didn’t I think of that?” said Ryan Beaver, co-captain of AIM Robotics Team 1123. The teams rely on their mentors, sponsors and volunteers to help them prepare for the competitions.

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

After the final round, the alliance of Techfire from York, Pa., Team Illusion from Greenbelt,

Md., and Fresta Valley Robotics Club from Marshall, Va., won the competition and will be advancing to the world competition in St. Louis. In addition, several teams in the Northern Virginia area qualify for the world competition after receiving awards at the Greater D.C. competition.

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

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

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

“Each year they get smarter,” Thurman said.



**Robin Thurman, of Oakton, Chair of FIRST Robotics Greater DC Regional, greets a student from Chantilly Robotics Team 612.**

It's the

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# OPINION

## Why I Support Medicaid Expansion

BY SHARON BULOVA  
CHAIRMAN, FAIRFAX COUNTY BOARD OF  
SUPERVISORS



### COMMENTARY

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

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

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

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

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

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

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

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

## Donate to Diva Central

To the Editor:

On Saturday, March 8, I had the opportunity to volunteer for Reston Community Center's annual Diva Central Event. Since RCC's creation of this program twelve years ago, Diva Central has provided a chance for young ladies in our surrounding community the opportunity to shop and select a beautiful prom outfit, complete with gown, wrap, purse, shoes, and jewelry, absolutely free, relieving some of the financial burden of what we all know can be a lavish, and therefore, expensive event.

The kindness of donors was only surpassed by the joyful looks and expressions of gratitude from the girls and their parents who waited patiently for their daughters to try on as many gowns as they desired,

finally selecting "the one." In all, 155 girls attended the event, perusing over 353 items at their disposal with the assistance of 40 volunteers. Kenny Burrowes, the Teen Program Director for the Reston

Community Center who has managed the program for the last three years, thanked all of the volunteers, sponsors, and donors who gave generously to this event and made it such a success.

With the season of high school proms just around the corner, if there are any young ladies who are thinking about donating this year's dress and/or accessories after prom, please consider giving them to Diva Central for next year's event.

**Stacy Sevy**  
Oakton

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor • The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail: herndon@connectionnewspapers.com

## Maintaining a Viable, Diverse Community

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

To the Board of Supervisors:

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

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

caring community that provides access to opportunities for all.

The guiding principles that informed our decisions are as follows:

- ❖ No one recommendation takes priority over the others;

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

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

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

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## WEEK IN HERNDON

### Don't Fall For Tax Scams

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

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

Typically, callers demand between \$4,000-\$6,000 in immediate payment of unpaid tax bills. These scams are sophisticated and involve false names, numbers and phony IRS badge numbers. Suspects often continue to call and harass the recipient. So police urge residents to:

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

- ❖ Be skeptical if someone asks/demands tax payments with a Green Dot Moneypack.

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

Once money's been wired/sent, it's impossible to recover. More information on common scams may be found at <http://www.fairfaxcounty.gov/police/financialcrimes/commonscams.htm>.

### Cox's Spring Special Offers Nearly 600 Free Episodes

Cox Communications customers can enjoy an all-access free pass to some of the most popular TV shows with the opportunity to catch up on past episodes of shows they love, plus get exclusive On Demand sneak peeks, all in the Spring FreeView On Demand from now until April 20.

With nearly 600 episodes of over 50 popular shows from more than two dozen premium, broadcast and cable networks, the "Spring FreeView" delivers hundreds of entertainment options with episodes and recaps from this season's hit shows, plus exclusive sneak peeks of new shows such as

the return of Fox's "24," all On Demand.

Cox customers are able to search for live or On Demand content on more than 100 channels and watch on traditional TV or tablets with Contour. The Cox Spring FreeView curates the most recent seasons of popular shows like "Brooklyn Nine-Nine", "The Millers", "Game of Thrones", "The Good Wife", "True Detective", "Banshee", and more.

The spring collection will be available for free with various programming rotating each week,

until April 20. For more information on the available entertainment choices, customers can visit [www.cox.com/freeview](http://www.cox.com/freeview) or by selecting "Spring FreeView" on Channel 1 from the main menu.

### Taste of the Town: April in Paris

Taste of the Town: April in Paris will be held on Thursday, April 24, from 5:30 to 8:30 p.m. at

Worldgate Center in Herndon. The Herndon Foundation for the Cultural Arts invites everyone to this fundraising event to benefit ArtSpace Herndon. Enjoy an evening featuring entertainment reminiscent of Paris, delectable food from 20 local restaurants, a raffle, and auction. "We are expecting a big crowd," says Larry Verbiest, Executive Director of ArtSpace Herndon. "We have many fine local restaurants participating and dozens of terrific items for auction. The event will be a big fundraiser for ArtSpace

Herndon."

Tickets are \$15/person, \$25/couple, \$5 for children 4-12, children 3 and under free. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) to purchase tickets.

Worldgate Center is on the intersection of Elden Street, Centreville Road, and Worldgate Drive in Herndon. To volunteer, send an email to [tasteofthetown@artspaceherndon.com](mailto:tasteofthetown@artspaceherndon.com). Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) for information about donating a tax-deductible item to be auctioned at the Taste of the Town.

## 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





# CALENDAR

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## MONDAY/MARCH 31-FRIDAY/APRIL 11

**Artists Honored at LRA's "Winter Dreams" Exhibit.** Monday through Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston.

## TUESDAY/APRIL 1-SUNDAY/APRIL 6

**2014 Fine Art Photography Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. ArtSpace Herndon's annual Fine Art Photography Exhibit showcases the work of thirty-seven regional photographers. This photography exhibit delivers photographs of astounding colors, extraordinary textures, remarkable faces and breathtaking places; images from a wide variety of artists. [www.artspaceherndon.org](http://www.artspaceherndon.org).

## THURSDAY/APRIL 3

**Meditations for Kind Heart.** 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron Avenue, Reston. These teachings on Buddhist psychology and guided meditations will help us to develop greater peace of mind and improve our relationships through learning to cherish others. [www.meditation-dc.org](http://www.meditation-dc.org). Cost: \$10.

## FRIDAY/APRIL 4

**First Fridays Art House Cinema and Brew.** 7 p.m. ArtSpace Herndon, 750 Center Street,



**Listen to Nora Jane Struthers & The Party Line, a Nashville-based quintet perform Struthers' original story-songs with tight, three-part harmonies, fiddle, claw-hammer banjo, acoustic guitar, bass, and drums, on April 13 at The Bluegrass Barn, 2709 West Ox Road, Herndon.**

Herndon. April's movie, Pan's Labyrinth (2006), the tale of 11-year-old Ofelia's dark fantasies set against the reality of The Spanish Civil War. Rated R. Advance reservations are required, made through our website, 21+, \$10 for the movie and two microbrews. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org)

**SATURDAY/APRIL 5**  
**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.

**CrossCurrents: The Americas Ensemble Concert.** 6:30- 7:30

p.m. ArtSpace Herndon, 750 Center Street, Herndon. Life and music weave together in this unique project. The artists of the Americas Ensemble come from places north and south, as do the songs in this concert. From traditional Peruvian waltz to disco, from Mexico to Cuba and finally to the U. S., the musicians' life journeys are traced through the music. Tickets are \$10 for adults (includes Sangria and Salsa Bar) and \$8 for students

(includes Salsa Bar). Join Dr. Salguero for a pre-concert discussion and demonstration. Bring your acoustic instruments and join the demonstration. Free and open to the public. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org)

## SUNDAY/APRIL 6

**Mr. Vaudeville and Friends with Mark Brutsché.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. Buddy Silver, and alter-ego Mark Brutsché, returns to to prove, once again, that nothing can take the place of live entertainment. \$5 Reston/\$10 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**Dry Branch Fire Squad.** 3 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Dry Branch Fire Squad brings you traditional bluegrass music "on the ragged edge" with soaring vocals and creative work on wood and strings. They are known almost as much for their humor as for their music. \$15. <http://www.drybranchfiresquad.com>.

## WEDNESDAY/APRIL 9-SUNDAY/APRIL 27

**Mind, Heart, Vision Exhibit.**

ArtSpace Herndon, 750 Center Street, Herndon. Every spring Art teachers at Herndon High School invite senior artists to participate in a juried art show. Students show paintings, photographs, drawings, and digital art. Student work is juried by professional artists in the local community. The opening reception will be on Thursday, April 10 from 6-8 p.m. 703-956-6590 [www.artspaceherndon.org](http://www.artspaceherndon.org).

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## SCHOOLS

# Herndon Middle to Present '13!'

Students rehearse for spring musical.

BY RYAN DUNN  
THE CONNECTION

**T**he show is a lot of fun, it pokes fun at how difficult it is to go through middle school," said Bryan Case. Case is a music teacher at Herndon Middle, and is music director for the upcoming spring musical "13!" which will be performed at the school's auditorium on Locust Street.

Written by Jason Robert Brown, the musical premiered in 2007. The story follows young Evan Goldman as he grapples with his parents' divorce, prepares for his impending Bar Mitzvah, and navigates the social circles of a new school. "The show was cast in January and they have been rehearsing tirelessly since then," said Carin Procopio, president of the Herndon Middle School Theatre Boosters group.

Helping with the music are several Herndon High students, including freshman Joey Rudek, Trevor Baranowski, and Evelyn Showalter. "It is going to be awesome, I really like this music," said Rudek. "Lots of things are represented at extremes." Herndon high students Elsa Nylund and Brooke Widmer, members of the Herndon High dance team are assisting with the choreography.

Chris Overton, vice president of the Herndon The-

atre Boosters helped prepare theatre backdrops with other volunteers. "The set is fairly simple to accommodate the cast," said Overton. "We emphasized the Herndon Middle School colors of red and black." The musical has a cast of 40. The role of Evan Goldman is to be performed by Ryan Muha. "He's always had an interest in drama," said Ryan's mother, Emily Muha. Cast in the role of Archie Walker is Kishan Rao. "I kind of grew to like this character more as I saw the comedy in the script," said Rao.

Directing the show is Scott D. Pafumi, theatre arts director at Herndon Middle School. In the program notes, Pafumi mentions the story for the musical "13!" is about being in middle school, fitting in and finding a place in the social strata of life. "I believe in giving young people a place to feel comfortable to grow in," stated Pafumi. "Teaching theatre has allowed me to create that environment and continue my life's work."

Performances are scheduled April 4 at 7 p.m. and April 5 at 2 p.m. and 7 p.m. General admission tickets are \$8 (cash or check to HMS Theatre).

Tickets are available for sale at the door one hour before performances.

To learn more about Herndon Middle School drama, visit [www.hmsdrama.org](http://www.hmsdrama.org).

**"I kind of grew to like this character more as I saw the comedy in the script."**

— Ryan Muha



Herndon Middle School is producing the musical "13!" this April. The cast consists of 40 persons and the role of Evan Goldman is to be performed by Ryan Muha (center).



Students at Herndon Middle School have been rehearsing for the April production of the musical "13!" at the school auditorium.

PHOTOS BY RYAN DUNN/THE CONNECTION

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# Human Services Face New Cuts

FROM PAGE 6

ciency and adoption of best practices.

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

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

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

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

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

**Katherine K. Hanley Townhomes \$235,220 (Office to End and Prevent Homelessness):** We support funding to pro-

vide 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 better understanding about the needed resources, if any.

This coalition appreciates the significant budget challenges you face for FY2015, and thanks you for our partnership as we work together in support of the most vulnerable in our community. However, we are deeply concerned that the housing and human services system has reached a "tipping point" where it will not be possible to decrease funding without sacrificing services and failing to meet the human services needs of county residents. We believe that there is very little margin for error, and that any further cuts will result in program reductions, eliminations, or waiting lists for services. If Fairfax County is to remain a place of excellence, we must come together as a community to discuss a long term strategy for funding and maintaining adequate, annual investments in housing and human

services in future budgets.

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

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
herndon@connectionnewspapers.com



**Siddharth Krishnakumar**

PHOTO  
CONTRIBUTED



## A McNair Elementary Student Heads to State Finals

**S**iddharth Krishnakumar, a fifth grader from McNair Elementary School in Herndon, will compete in the Virginia state finals of the National Geographic Bee on April 4 at Longwood University in Farmville. Krishnakumar joins the other 100 finalists among Virginia's fourth- to eighth-grade

students who won their school-level geography bee championships, which qualified them to take a written geography exam to select the state finalists. The winner of the state finals will advance to the national competition, which will be held on May 19-21 at the National Geographic Society headquarters in Washington, D.C.

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**"I hit a ground ball to right field, and scored two runs to win."**

Ian Duke  
Baseball MVP



# Maye Leads Herndon Boys' Soccer to Victory

**Hornets start 2-0 under new coach Tolaba.**

BY JON ROETMAN  
THE CONNECTION

**D**uring the first half of Friday's Herndon-Woodson boys' soccer match, someone from the Woodson sideline shouted: "Tight marks! Don't let 9 have space!"

The No. "9" referenced was Herndon senior Brian Maye, the Hornets' primary goal-scoring threat. And after Herndon fell behind 1-0 early in the second half, Maye made sure no amount of defensive attention would keep him from making an impact. Maye netted the equalizer in the 57th minute and added an empty-netter late in the contest as Herndon improved to 2-0 with a 3-1 win over Woodson on March 28 at Herndon High School.

With the Hornets trailing 1-0 in the 57th minute, Maye poked the ball away from Woodson goalkeeper Brian Breslin and scored the game-tying goal. "It was a through ball and I took a couple positive touches," Maye said. "As [Breslin] came up, I got one last small touch and that was all that it took because it caught him off guard."

Herndon junior Zouhir Warid lobbed the ball over Breslin's head for the go-ahead goal in the 62nd minute before Maye added an insurance goal in the closing moments.

"He's a very mature player," first-year Herndon head coach Guillermo Tolaba said about Maye. "He loves the game and he loves to learn. He's in the learning process now. He has to adjust to a few positions he's not used to. You saw the guy, he's very explosive and he's hard to stop when he puts his mind to the game. He's going to be a very dangerous player for any team."

Maye said he will play soccer at either Shenandoah University or the University of Scranton.

After a scoreless first half, Woodson jumped out to a 1-0 lead in the opening



**Herndon senior Brian Maye, left, scored two goals during the Hornets' 3-1 victory over Woodson on March 28.**



**Herndon captain Adam Gallelli (7) and the Hornets are off to a 2-0 start.**

**"He's the best coach I've played for. ... I feel like I'm progressing more, I'm developing more, just simply by what he tells me."**

**— Herndon senior Brian Maye**

minute of the second half when junior Carlton Wasike scored following a deflected free kick. Herndon battled back to take a 2-1 lead, but the Cavaliers made things interesting in the closing minutes. Woodson had five opportunities in near the end of the second half (two corner kicks, two long throws and a free kick) but Herndon managed to survive.

"I was freaking out," Maye said. "... I was thinking to myself, 'Just clear the ball.'"

Tolaba is in his first season as Hornets head coach. He used to coach at Potomac Falls High School and also coaches club soccer in Herndon. He takes over a program that won the Concorde District in 2012 and finished 9-3-3 last season.

"He's the best coach I've played for," Maye said. "... I feel like I'm progressing more, I'm developing more, just simply by what he tells me." While the Hornets have won both their games and each of their two scrimmages, Tolaba said there's room for improvement. "I'm not happy with the way we played," he said after the Woodson game. "What I liked from my team is that they have the fire to come back. We cannot afford to play catch up anymore. We spend extra energy playing catch up."

Herndon will host Oakton at 7 p.m. on Thursday, April 3. Oakton won its first three games this season. Last year, the Cougars finished 18-1-2, winning the Concorde District and Northern Region titles before losing to Cosby in the state semifinals.

"I expect a little bit more form my seniors," Tolaba said. "I expect a little bit more maturity from my seniors. ... We're going to go as far as our maturity lets us go."

## Langley Boys' Lax Starts 1-2

**T**he Langley boys' lacrosse team is off to a 1-2 start this season.

The Saxons opened with a 5-4 come-from-behind win against McLean on March 20, but lost to Dominion, 12-9, on March 21 and Woodson, 7-5, on March 22.

Langley won four consecutive state championships from 2009-12, but lost in the region semifinals last season.

"I know there are other schools where they think if you have a winning season it's a great year," Langley head coach Earl Brewer said after the McLean win, "but that doesn't go here."

Langley will travel to face Fairfax at 7:15 p.m. on Thursday, April 3.

**Billy Orme and the  
Langley boys' lacrosse  
team defeated McLean  
5-4 on March 20.**

PHOTO BY CRAIG STERBUTZEL  
THE CONNECTION





## NEWS

# Dance-A-Thon, Concert To Help Feed a Child

Over 150 people of all ages attended a two hour A Cappella concert last Saturday, March 29, at Floris UMC to benefit the Feed A Child campaign. Attendees were entertained by three groups performing a range of music, from pop to rock to gospel. The evening was MC'd by Floris UMC members Anna Lopynski and Kathryn Berlin.

The Feed A Child campaign was a youth initiative by area students

under 25 years old to raise \$20,000 in support of the children of the Child Rescue Centre and patients of Mercy Hospital, both located in Bo, Sierra Leone. It kicked off on Feb. 16 and concluded March 30.

The \$20,000 fundraising goal was exceeded, and all of the money raised will go directly to feeding, educating, clothing and attending to the medical needs of children in Bo.



The Floris UMC Fellowship Hall was rocking to music from the '50s to the '90s during its five hour Dance-A-Thon last Friday night, March 28, to raise money for the Feed A Child campaign, in partnership with Helping Children Worldwide. Pictured, from left, are the members of the winning team, The Swiggles: Hayley Wolf, Megan Connell, Megan Dinneen, Sarah Williams, Sally Karras, and Alexa Garcia. The dance was organized by Floris UMC members Laura Merten and Stephanie Willerth.

Pictured, left to right, are groups SMAC, Do Re Migas, both from South Lakes High School, and Mutual Agreement, a gospel group from George Mason University.

PHOTOS BY ANNA  
LOPYSKI



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# Thanks, Coach...

By KENNETH B. LOURIE



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

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

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

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

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

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

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Advani, Inc trading as Supper Club of India, 364 Elden St, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Naresh Advani, Member of Inc.  
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](http://www.abc.virginia.gov) or 800-552-3200.

## ABC LICENSE

IBG Virginia, LLC trading as Inchin's Bamboo Garden, 13059 Worldgate Dr, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Vera Kodeboyina, member.  
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](http://www.abc.virginia.gov) or 800-552-3200.

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## THURSDAY/APRIL 3

**Walk in Registration Session.** Crossfield Elementary, 2791 Fox Mill Road, Herndon. 4-7 p.m. Crossfield Elementary School is accepting registrations for the 2014-2015 school year.

## SUNDAY/APRIL 6

**Cat Adoption Event.** 1-4 p.m. Reston Petsmart, 11860 Spectrum Center, Reston. [www.lostdogrescue.org](http://www.lostdogrescue.org)

## WEDNESDAY/APRIL 9

**MOMS Club of Reston.** 10 a.m. YMCA, 12196 Sunset Hills Rd, Reston. MOMS Club of Reston is a social and support group for mothers who primarily stay at home with their children, including those with home-based businesses or who work part-time. Our only membership requirements are for you to be a mom or dad living in Reston. Learn more at [momsclubofreston@yahoo.com](mailto:momsclubofreston@yahoo.com).

**Lifeline Screening.** Unitarian Universalist Church, 1625 Wiehle Avenue, Reston. Residents living in and around the Reston, Virginia community can be screened to reduce their risk of having a stroke or bone fracture. Packages start at \$149. For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit [www.lifelinescreening.com](http://www.lifelinescreening.com). Pre-registration is required.

## SATURDAY/ APRIL 12

**Take Control of Your Blood Sugar.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Certified Health Coach and Pre-diabetes Educator Anita Capizzi, R.N. will present ways to lower your blood sugar levels naturally through diet and exercise. Free.

## THURSDAY/APRIL 17

**Women's Club of Greater Reston Meeting.** 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The guest speaker for the April meeting will be Linda Fuller, owner of Lake Anne Florist, Virginia Wine & Gourmet. Linda will demonstrate the art of flower arranging. Come prepared to be entertained and learn from one of the best. Free and open to the public. (No need to be a Reston resident.) Refreshments provided. For more information, please visit [www.restonnewcomers.org](http://www.restonnewcomers.org) or call Sharon at 571-201-8719.

**Meditations for Kind Heart.** 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron Avenue, Reston. These teachings on Buddhist psychology and guided meditations will help us to develop greater peace of mind and improve our relationships thorough learning to cherish others. [www.meditation-dc.org](http://www.meditation-dc.org). Cost: \$10.

**Seder Hosted by United Parish Christian.**

6:30 p.m. United Parish Christian Church, 11508 North Shore Drive, Reston. For more information call the church office at 703-620-3065 or see [www.unitedchristianparish.org](http://www.unitedchristianparish.org).

## ONGOING

**Fairfax County's Meals on Wheels** urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults).

**Knitting Enthusiasts, Musicians Needed.**

10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, [www.fairfaxcounty.gov/olderadult](http://www.fairfaxcounty.gov/olderadult) or [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).

**Habitat Heroes Project.** The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact [habrock@reston.org](mailto:habrock@reston.org) or 703-435-7986.

**Arabic-speaking Older Adult Social Visits.**

Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

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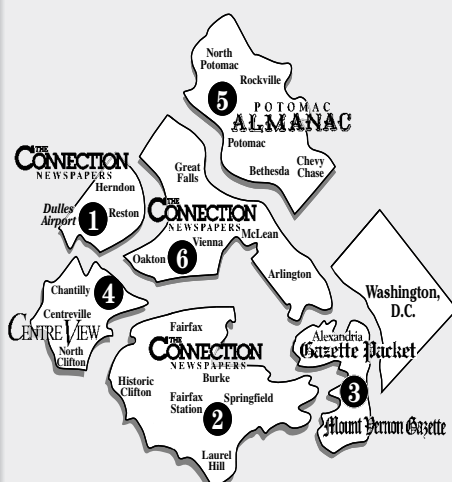
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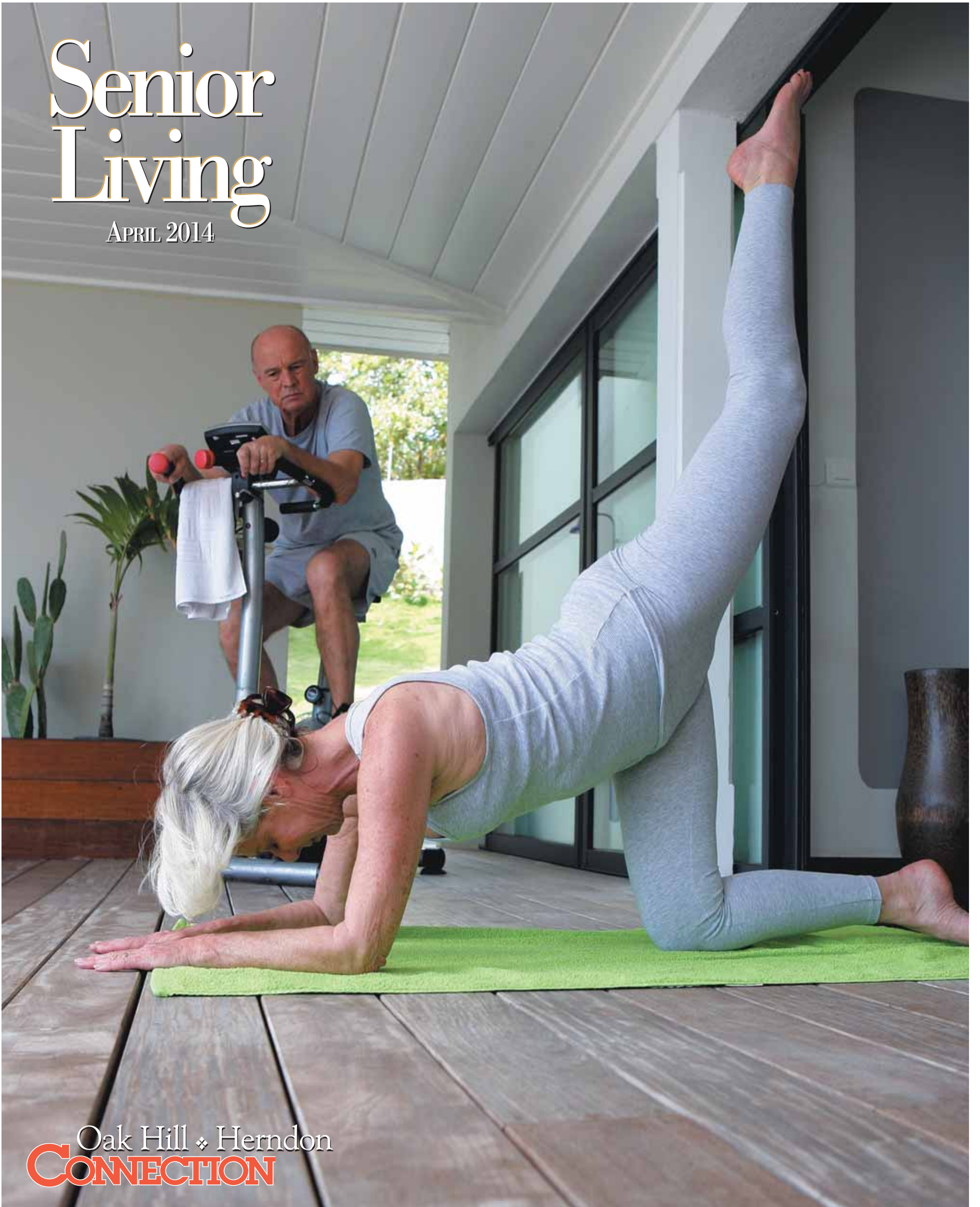
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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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# Senior Living

## Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL  
THE CONNECTION

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

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

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

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



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

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

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

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

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

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

SEE YOGA, PAGE 8

## 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 6



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

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

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Senior Living

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# Celebration: Senior Living

## Bob Simon Celebrates 100 Years, Reston Turns 50



1966

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



1968



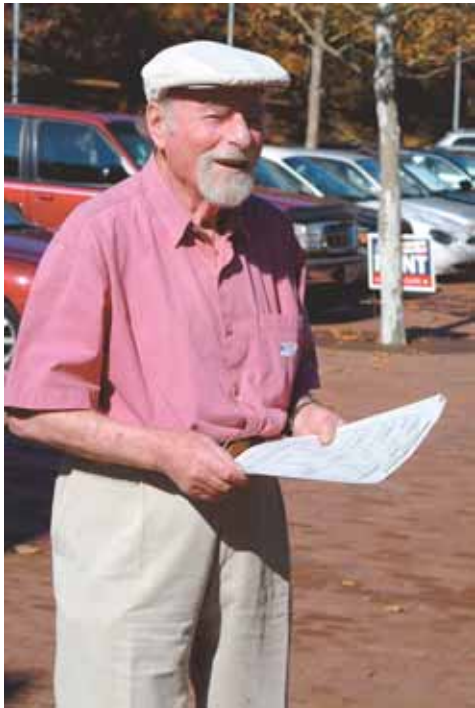
1986

### TIMELINE: 100 Years of Robert E. Simon Jr.

- 1914:** Robert E. Simon Jr. Born
- 1922:** Robert E. Simon Jr.'s Grand Tour of Europe, School in Paris
- 1925:** Robert Simon Jr.'s Father Purchases Carnegie Hall from Louise Carnegie
- 1931:** Robert E. Simon Jr. Graduates from Horace Mann
- 1935:** Robert E. Simon Jr. Graduates from Harvard
- 1935:** Father, Robert E. Simon Sr. Dies
- 1942:** Robert E. Simon Jr. Enlists in the U.S. Army
- 1946:** Robert E. Simon Jr. Leaves U.S. Army as a Captain
- 1960:** Robert E. Simon Jr. Sells Carnegie Hall to New York City for \$5 million
- 1960:** Robert E. Simon Jr. signs contract to purchase 6,750 acres of farmland and woods located between DC and the airport under construction (to be named Dulles)
- 1962:** Fairfax County Board of Supervisors adopts Residential Planned Community Ordinance (RPC)
- 1964:** Singer Electronics Laboratory and Air

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

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



2004

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



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

### Simon's Favorite Places in Reston

- In his own words:
- ❖ My bed in 1301 Heron House — I love to sleep and nap
  - ❖ Lake Anne Plaza (officially designated Washington Plaza) — Modeled after plazas throughout the rest of the world as the social glue of communities
  - ❖ Jasmine and Montmartre restaurants on Lake Anne Plaza — good food, reasonable prices
  - ❖ Pathways and trails going all around Lake Anne — beautiful views, lovely gardens
  - ❖ Fountain Square in Town Center — a true gathering place with its pavilion for skating in winter and events the rest of the year; restaurants and shops
  - ❖ Nature Center — 70 acres of natural beauty and its Nature House for permanent exhibits and frequent classes
  - ❖ Center Stage at Reston Community Center, Hunters Woods — a fully equipped stage with orchestra pit, seating 300 and offering a full schedule of concerts, plays and events
  - ❖ Reston Regional Library
  - ❖ The park located just East of GRACE [Greater Reston Arts Center]
  - ❖ New tennis courts for small children converted from two regular courts located on Washington Plaza W.



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



PHOTO BY ALEX McVEIGH/THE CONNECTION  
**2012:** Reston residents sing "Happy Birthday" to Reston founder Robert Simon on the occasion of his 98th birthday.



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



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



CONNECTION FILE PHOTOS AND CONTRIBUTED PHOTOS



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



PHOTO BY ALEX McVEIGH/THE CONNECTION  
**2013:** Reston founder Robert Simon blows out his birthday candles as the crowd sings "Happy Birthday" at Lake Anne Saturday, April 13 on Simon's 98th birthday.



**Reston founder Robert Simon gets a 98th-birthday hug from Beverly Cosham during the Founder's Day celebration Saturday, April 13, at Lake Anne.**



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



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



2011



# Senior Living

## Aging in Place Gracefully

FROM PAGE 3

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

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



### 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** — mosbywoodsvillage@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](http://www.vtvnetwork.org).



## Senior Living



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

## Northern Virginia Senior Olympics Mission: Living Healthy Longer

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

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

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

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

Online registration will be available at [www.nvso.com](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.



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the earth  
from our  
parents.  
We're  
borrowing  
it from  
our  
children.

—Chief Seattle (1788-1866)  
Suquamish/Duwamish chief



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## Senior Living



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

# Yoga for All Ages

FROM PAGE 3

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

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

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

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

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

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

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

In fact, she says gentle yoga classes are among the most popular at her studio. "I have students who are as old as 84. We deal with people who can't get on the floor," she said. "We use chairs. We work on balance

because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age."

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

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

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

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

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

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



PHOTO COURTESY OF GLICKMAN DESIGN BUILD

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

# Accessibility on a Different Level

BY JOHN BYRD

## Details

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

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

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

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

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

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

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

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

Glickman Design Build periodically offers workshops on accessibility solutions for seniors. Visit [www.GlickmanDesignBuild.com](http://www.GlickmanDesignBuild.com).

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

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

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

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

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

"Our goal was to satisfy immediate needs while implementing a makeover that will add re-sale value," Glickman said. "The house has simply been re-defined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."