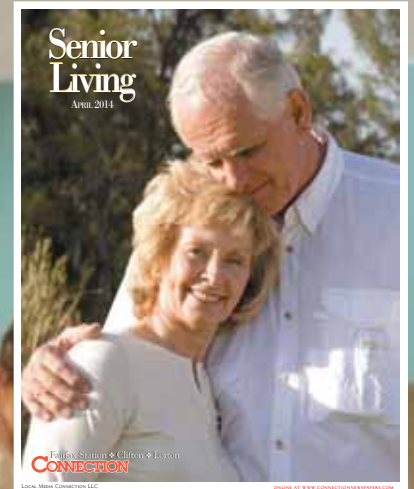


A student at Gunston Elementary School works with a computer as part of a LEGO® Robotics class.



Senior Living

# After-school Program Thrives at Gunston Elementary

NEWS, PAGE 7

## The Northern Virginia Problem

NEWS, PAGE 9

## Integrated Health Care Provided at Gartlan Center

NEWS, PAGE 3

## Doing Business at Robinson

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



## BULLETIN BOARD

Send notes to the Connection at [south@connectionnewspapers.com](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.

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Ask the Board of Supervisors to support the Green Energy Park



# Integrated Health Care Now at Gartlan Center

## Primary and behavioral health care clinic celebrates grand opening.

BY JANELLE GERMANOS  
THE CONNECTION

**T**he Fairfax-Falls Church Community Services Board and Alexandria Neighborhood Health

Services, Inc. celebrated the integration of primary and behavioral health care at the Gartlan Center at the clinic's official grand opening on March 27.

Visitors were able to tour the clinic, which is a collaboration of CSB and ANHSI. Clients of CSB are now able to receive primary and behavioral health care treatment at the same place.

"It may be just a little tiny space with two exam rooms, but this really is groundbreaking and it's important, and it's something to celebrate," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

On average, people with a serious mental illness die 25 years

**Sharon Bulova, chairman of the Fairfax County Board of Supervisors, talks about the importance of the integration of primary and behavioral health care at the Gartlan Center at its grand opening on March 27.**



earlier than the rest of the population, a 2006 study conducted by the National Association of State Mental Health Program Directors found.

"Many people who have behavioral health needs also have difficulty with accessing primary health care, and this clinic is one very obvious way to increase that access," Bulova said.

According to Bulova, the grand opening of the clinic at the Gartlan Center is timely as the Board of Supervisors recently approved a motion that reinforced Fairfax County's support for Medicaid expansion.

"Fairfax County strongly supports expanding Medicaid and al-

lowing more people to get coverage," Bulova said.

Bulova said people should always be treated holistically, with their primary health care needs in mind.

"Adding primary health services to this busy Gartlan Center site brings a whole health focus which is so important to the successful outcomes for people in all facets of their life," Bulova said.

ANHSI, a non-profit health care provider, provides primary care services at the Gartlan Center on Tuesdays and Fridays, providing a primary care physician, a medical assistant, and an enrollment specialist.

"The integration of primary and

**Pat Harrison, deputy county executive for human services, listens as Joan Gartlan speaks at the grand opening of the Gartlan Center on March 27.**



PHOTOS BY  
JANELLE GERMANOS  
THE CONNECTION

behavioral health care is a strategic priority across the country, not just here in Fairfax County," said Pat Harrison, deputy county executive for human services.

Trouble navigating the health care system, health literacy, socioeconomic status, transportation and insurance problems are among the reasons those with serious mental illness face disparity in life expectancy.

"Providing health care services to people with mental illness, substance use disorder, and intellectual disabilities is truly a milestone for the human services system," Harrison said.

The new clinic at the Gartlan Center will be a one-stop place

where patients can receive a wide range of services.

"We know that when people get these needs addressed together, people have better health outcomes, and they live longer and their care becomes more holistic," Harrison said.

According to Harrison, the improved access to health care is a natural addition to the care provided at the Gartlan Center.

"This truly is a collaborative partnership between two agencies," Harrison said.

The partnership has occurred without a grant, which is somewhat uncommon.

Martha Wooten, the executive  
SEE GARTLAN, PAGE 4

## 'Goal Is to Spot Kids in Crisis' Police take suicide prevention training.

BY BONNIE HOBBS  
THE CONNECTION

**A**lthough 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, 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



**Police Lt. Christian Quinn, school liaison commander, discusses the new suicide awareness and intervention training.**

suicides in 2012 and 95 in 2013. So far this year, there have been 19 – and 15 of them were teenagers.

"Suicidal persons find all manner of means to accomplish the act," said Quinn. "They don't choose one way over the other. We take the issue very seriously, and we know this training is critical so the folks on the front line will have a better chance to do something productive to keep kids safe."

PHOTO BY 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



## NEWS

PHOTO BY JANELLE GERMANOS/THE CONNECTION



**Mount Vernon District Supervisor Gerry Hyland, Joan Gartlan and Joseph Gartlan at the Gartlan Center's grand opening on March 27.**

## Grand Opening

FROM PAGE 3

director of ANHSI, said the partnership with the Fairfax-Falls Church CSB aligns with ANHSI's mission and goals.

“It was a really natural transition to us to be able to see the benefit and recognize the value of moving a primary medical team into a community services board environment where your patient population is comfortable and where we know from all kinds of national data where they are much more likely to access those services and continue in those services once they access them,” Wooten said.

ANSHI, which recently opened a new health care center on Route 1 across from the Beacon Hill shopping center, is seeing an increase in patients for 2014, most of

whom are visiting ANHSI locations in Fairfax County.

Joan Gartlan, the daughter of the late state Sen. Joe Gartlan and mental health advocate Fredona Gartlan, also spoke at the grand opening. “Our parents were wonderful and very smart people who recognized many decades ago the unmet needs of those with mental illness, intellectual disabilities and substance use disorders,” Gartlan said. Gartlan said in the 1970s, when her parents began their involvement in mental health advocacy, deinstitutionalization was the major issue of the time. “We’ve come a long way since then and this morning’s grand opening of the health center is a great example of that,” Gartlan said.

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Guitar teacher Shaun Tenan of Clifton

## Ninth Anniversary of In-home Music Lessons

**B**&B Music Lessons is celebrating its ninth anniversary this March and owners Brad Clements and Bhagwan Khalsa are pleased with the progress they've made since starting the service. For families in Northern Virginia, Washington, D.C. and Maryland, the service provides lessons for a whole range of instruments, including piano, woodwinds and brass, strings, and drums. The school currently has 370 students, mostly age five to 15. The 65 skilled teachers come to the homes of the students they instruct.

Clifton resident Shaun Tenan, one of B&B's guitar teachers, says that for him, the real pleasure of teaching is seeing students take what he has to give them and use it to make progress musically. Tenan has lived in Northern Virginia since 1993 and been playing music since the age of nine. Locally, he played shows at the Green Turtle and occasionally fills in with local 80s cover rock group "Hair Band," while he works to form his own group. Tenan left his career in private security to take up teaching music full time.

Oak Hill piano teacher Katia Potapov studied piano privately throughout her youth spent in a town just north of New York City. She has been playing for over 20 years, favoring classical, contemporary, and ragtime genres. Although she does not perform in public concerts, she finds that playing piano for herself and teaching it to others is a creative respite from a daytime career as production manager of a digital event company. Says Potapov, "It's inspiring to see students who are frustrated in the beginning because of slow progress or confu-



Piano teacher Katia Potapov of Oak Hill

sion turn a corner and make real strides as they progress in their musical studies. After that, the sky's the limit!"

Dedication and enthusiasm is what Clements and Khalsa are looking for in their teachers. They meet personally with each prospective teacher – something that the national music lesson services cannot do – and they make sure that their teachers can work well with children.

B&B sends out an array of supportive materials to students, including music lesson planners and lesson follow-up. B&B Music owners are performing artists as well as educators. Trumpeter Brad Clements has 25 years of experience playing in a variety of genres, including 14 years touring with Chuck Brown. He has performed with Prince, George Duke, Eric Benet, Lalah Hathaway and Ledisi.

Bassist Bhagwan Khalsa primarily plays jazz. He has toured the globe with the Eric Byrd Trio and recorded on all of their albums, helping to shape their distinctive sound. He has performed with other world-class musicians such as saxophonists Sonny Fortune, Eric Alexander and Gary Thomas, and with guitar legend Mike Stern.



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**Directions:** From Fairfax or Centreville, take Lee Highway to Clifton Road – proceed several miles to left on Megills Crossing Way to 6530 on left.

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.

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Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj

# OPINION

## Why I Support Medicaid Expansion

BY SHARON BULOVA  
CHAIRMAN, FAIRFAX COUNTY  
BOARD OF SUPERVISORS



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

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

### COMMENTARY

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

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

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

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

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

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

### LETTERS TO THE EDITOR

## Toxic Debate on School Budget

To the Editor:

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

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

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

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

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

Terry Atkinson  
**Fairfax**

## Maintaining a Viable, Diverse Community

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

To the Board of Supervisors:

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

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

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

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

The guiding principles that informed our decisions are as follows:

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

SEE HUMAN, PAGE 10

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# After-school Program Thrives at Gunston Elementary

Program includes stem components, helps students learn in safe environment.

BY ANDREA COCHRANE TRACEY

There is a dull roar of talking and laughter emanating from the cafeteria at Gunston Elementary School, and it is not lunch time.

Instead, the after-school program is about to get underway and students are chattering with each other as they find a seat at a cafeteria table. Ms. Ephraim, Gunston's Guidance Counselor, calls the group to attention and explains that it is time to start working on their homework. Volunteers and other staff members hand out snacks as the kids start focusing on their work.

After homework time, students break out into their self-selected enrichment activity. The Gunston After-School program is in its second year, thanks to the funds raised by the Lorton Community Action Center as well as the generous support of EnviroSolutions (ESI), who donated \$2,500 to support the LEGO® Robotics classes.

Additional support is provided by the Wal-Mart Foundation.

"We believe the program has a tremendous impact on our students – particularly those who don't otherwise have access to some of the extracurricular activities this program offers," said JoVon Rogers, Principal at Gunston Elementary School.

Rogers offers a concrete example of how the program benefits participants.

"One student had a history of misbehavior and was sent to the office quite frequently. However, after participating in the Sports Adventure component of the After-School Program last fall, he has excelled as a leader – even receiving the "Athletic Leader of the Week" award – and he has not re-



Gunston Elementary School students enjoy health snacks at a new after-school program.

ceived any discipline referrals to the office. Now, we can concentrate on his successes," Rogers said.

The program is also a hit with students as illustrated by their comments. A participant in the Craft Class commented, "I enjoyed working in a group with my classmates. It makes learning more fun" and a student in the Cooking

the Eagles; I-Creat; Let's Learn to Cook; Sports Adventure; Crafty Crafts and LEGO/Robotics. The Robotics is offered at both the beginner and advanced levels. Advance LEGO Robotics allows students to engage in STEM requirements, in addition to the LEGO construction component in the beginner program.

"This opportunity would not have been possible without the generous support of ESI," said LCAC Executive Director Linda Patterson. "Students throughout the program are learning, having fun, all in a safe, supportive environment. I am grateful for such a great community partner."

The fall program had 90 students and the response to the spring program has been overwhelming.

Class said, "I liked making healthy food with Mrs. Benton."

The Gunston After-School program is offered in the fall and in spring. The 2014 spring session operates for five weeks and wraps up the first week of April. The program is offered two afternoons each week and the children have a safe ride home on a school bus. The enrichment activities offered this spring include: Dancing with

LCAC also partners with William Halley Elementary School on a similar after-school program that serves more than 130 children. To learn more about LCAC visit [LortonAction.org](http://LortonAction.org) or call 703-339-5161.

Andrea Cochrane Tracey is the development director, Lorton Community Action Center.

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# Cuts Could Impact Special Education Graduates

Families will speak against proposed budget cuts at public hearing on April 10.

BY JANELLE GERMANOS  
THE CONNECTION

**L**ynn Ruiz's daughter Lydia, who has Down syndrome, will be graduating from Fairfax County Public Schools this June. Ruiz, a Springfield resident, had originally planned for her daughter to participate in an employment program that helps students with special needs transition into adulthood.

The \$1.3 million funding increase to the Community Services Board budget for this program that is necessary to support community members like Lydia was included in County Executive Ed Long's budget presentation on Feb. 25.

However, when Long presented further reductions to the Fairfax County Board of Supervisors on March 18, as the supervisors requested, the \$1.3 million for day support and employment programs was among the possible reductions.

If these reductions are approved, Lydia will be one of the estimated 74 special education graduates this year without funding for these services.

"I think this is just really, really poor planning to throw at people just a couple months before graduation," Ruiz said. "We really didn't see this coming this year."

Ruiz, who works as the director of community relations at the Arc of Northern Virginia, an organization that advocates for individuals with special needs and their families, isn't sure what she is going to do if these cuts are made.

"She needs to have something productive to do," Ruiz said. "My daughter sitting at home means I'm sitting at home."

She said her daughter is ready for employment, but needs funding for services that provide employment skills and job training. For years, Fairfax County has provided these funds for special education graduates, allowing them to enroll in programs that provide transitional life skills.

"Fairfax County realized that's the most productive and the best way to keep these students productive and active in the community. It benefits the whole community," Ruiz said.

If Ruiz were to pay for a transition service out of pocket, she said it would cost her up to \$3,000 a month.

Many of the 74 students, including Lydia, are on the waiting list for Medicaid waivers, which would provide the necessary funding for these programs. But Lydia's been on the waiting list for 12 years.

Ruiz, along with numerous other families of children in Fairfax County, was counting on this program.

"This is a huge surprise to many parents.



**County Executive Ed Long speaks in Mount Vernon in February. Long was requested by the Fairfax County Board of Supervisors to present a list of further possible budget cuts. Those cuts, which Long presented on March 18, include a \$1.3 million cut to employment programs for special education graduates.**



**Lydia Ruiz and Melissa Saunders are graduating from Fairfax County Public Schools this June. Melissa attends Falls Church High School, and Lydia attends the James Earl Pulley Center in Alexandria.**

A lot of parents aren't even understanding how exactly this is going to affect them," Ruiz said.

**FOR SPECIAL EDUCATION GRADUATES**, the transition process can sometimes be difficult. Without these programs, they are unable to receive the support they need in the workplace, Ruiz said.

"If there is no support in that workplace, they are going to get fired," she said.

Special education students exit the public school system when they turn 22. If the program is cut, Ruiz says the momentum

the students have from being in school for nearly two decades will be lost.

"You've learned to read, write, count your money; you've learned to do all these things. You're all prepared to be an adult, just like those other kids who are going off to college, and suddenly you're told schools over, and there's no funding out there," Ruiz said. "You have nothing in your life, unless of course you have maybe a mom and dad take off and do things like an almost home-school situation."

And often, that type of situation does occur, either by choice or because of a lack of

**"This is a huge surprise to many parents. A lot of parents aren't even understanding how exactly this is going to affect them."**

— Lynn Ruiz

funding.

Because Ruiz is still waiting for Lydia's Medicaid waiver, and the funding from Fairfax County for these programs may be cut, she may have to quit her job and start her own business, providing her daughter with an employment opportunity.

"She needs something productive to do. I was thinking maybe I'll go back to my business I used to do — I was a photographer before, and she could be my assistant. I don't know," Ruiz said.

Possible cuts to human services programs are nothing new, but the Arc was just not expecting them this year.

"There is a cruel irony in seeing this proposal put forth as a way to allocate more funding for the Fairfax County educational system by robbing the most vulnerable graduates of post-school opportunities," Rikki Epstein, executive director of the Arc of Northern Virginia, said in a press release.

"Fairfax's special education students work hard to develop skills that will help them work and be as independent as possible post-graduation. Fairfax County teachers, transition coordinators, and school administrators invest in that potential. To allow these students to graduate without opportunities for support services in the vocational world is a disservice to the work of all involved and a painful misuse of an incredible investment and potential," Epstein stated.

Now, Lydia will be on yet another waiting list, this time for funding for a program that Ruiz was expecting her daughter to start after graduation.

**IN A LETTER** to Kevin Bell, chairman of the Fairfax County Human Services Council, Ken Garnes, chair of the Fairfax-Falls Church Community Services Board, asked the council to do as much as possible to convince the Board of Supervisors to keep the funding for these employment services.

"Just last month, the Board of Supervisors issued a proclamation supporting and celebrating the inclusion of individuals with intellectual and developmental disabilities in our community. We need to show these June 2014 special education graduates that, as a county, we mean what we say," Ruiz wrote.

The Arc of Northern Virginia is encouraging families that will be impacted by the budget cuts to speak at the public hearings in front of the Board of Supervisors on April 10 at 3 p.m. at the Fairfax County Government Center.

PHOTO BY JANELLE GERMANOS/THE CONNECTION

PHOTO COURTESY OF LYNN RUIZ



# The Northern Virginia Problem

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

BY LISA SPINELLI  
THE CONNECTION

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

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

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

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

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

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



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

**University of Virginia Rotunda.**



PHOTO COURTESY THE COMMUNICATIONS AND PUBLIC AFFAIRS OFFICE

**Students at Washington and Lee University.**

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

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

Washington and Lee University does not

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

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

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

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

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

**—Langley High Senior Chris Susskind**

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

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

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

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

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

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

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

# Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

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

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

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

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

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

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

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

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

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

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

**Domestic and Sexual Violence Services \$139,973 (Department of Family Services):** We support funding for one new program manager position to address both increas-

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

ing caseloads and the complexity of work in the Office for Women and Domestic and Sexual Violence Services.

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

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

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

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

With the current Bridging Affordability program funding, we are positioned to continue to serve approximately 150 new households through FY14 and FY15. Beginning in FY16, it is critical that Fairfax County continues to invest in this high-impact, high-demand program to ensure that hundreds

of extremely low income families have access to stable housing options and don't cycle back into homelessness.

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

In considering these requests, please note the following statistics:

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

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

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

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

❖ Nearly 1,650 CSB clients need affordable housing.

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

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

ured clients to travel to Charlottesville, spending scarce money and missing days at work. It is our understanding that a working group of public and private providers and leaders has recently initiated efforts to build and sustain a local specialty network system.

Therefore, rather than recommend restoration of the funding at this time, we suggest that the county continue to support this effort and play an appropriate role in developing solutions to this problem. By the time of Carryover, we should all have a better understanding about the needed resources, if any.

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

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



PHOTO BY DAVID A. BELOFF



**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.**

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

## CALENDAR

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

### SATURDAY/ APRIL 5

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

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

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

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

### SUNDAY/ APRIL 6

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

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

**Seminar: "Feeding Hungry"**

WWW.CONNECTIONNEWSPAPERS.COM

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

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

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

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

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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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# 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.

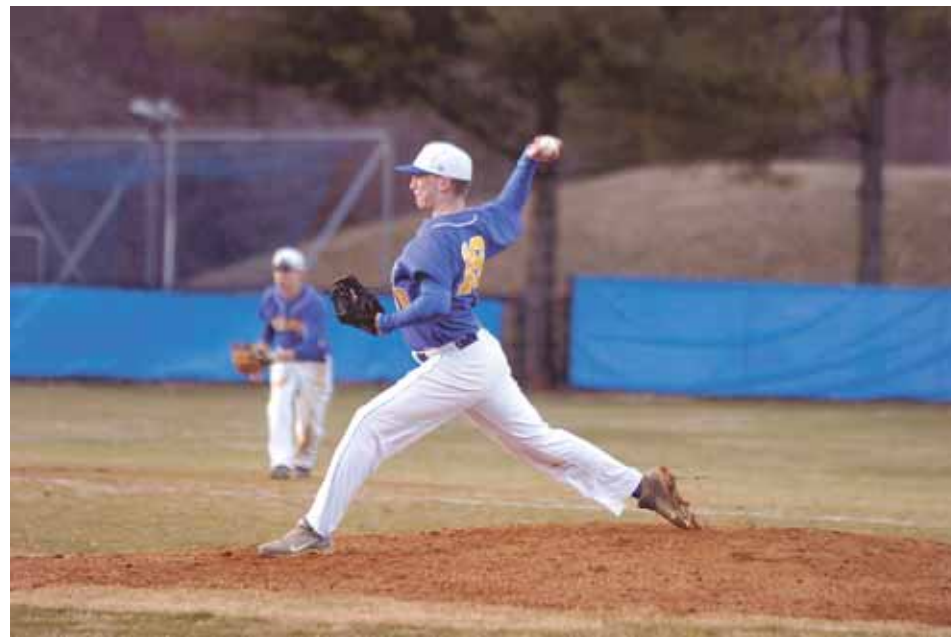
Leading 5-3 in the seventh, Marshall head coach Aaron Tarr moved Cummins from right field to the mound to close it out. But Robinson loaded the bases with one out after two walks, a strikeout and a Statesmen error. Darrow's two-run single tied the score at 5 and gave the Rams runners at the corners. 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.

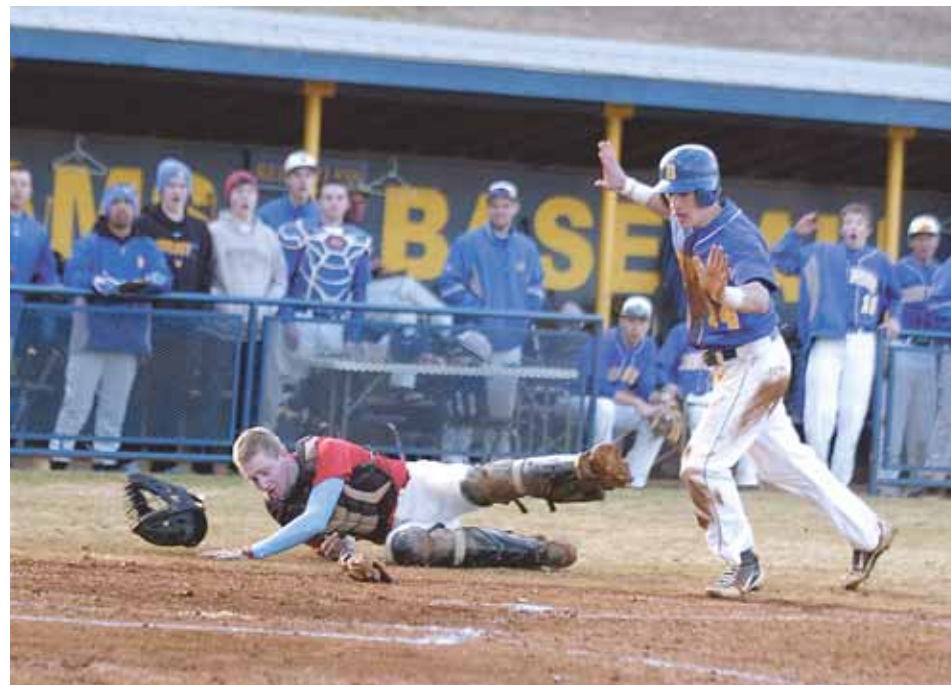
"[The runner at third] seemed to me that he was a little farther off the base than most people were," Blackstone said. "I thought I could get [Cummins] a quick out. ... [The] ball just got away from me."

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."

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## NEWS

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

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

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

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

### Main Street Recognized for 'Exemplary Inclusion'

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

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

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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.

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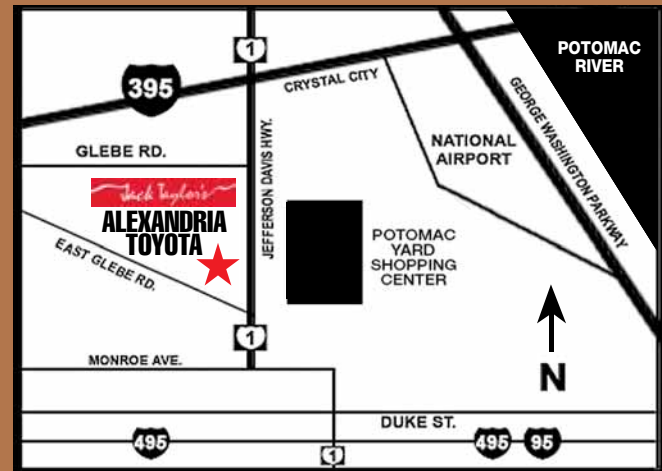
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<p><b>VENTILATION SPECIAL</b> <b>\$79.95</b></p> <p><b>Includes:</b> Clean condenser fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p><b>TRUE START BATTERY SPECIAL</b> <b>\$139.95</b></p> <p><small>INCLUDES BATTERY INSTALLATION</small></p> <p><b>Includes:</b> 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables &amp; connections.</p> <p><small>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.</small></p>	<p><b>BUY 3 TIRES AND GET 4TH FOR \$1.00</b></p> <p><small>TIRE CENTER</small></p> <p><b>GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.</b></p> <p><small>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.</small></p>	<p><b>HEADLIGHT RESTORATION SPECIAL</b> <b>\$89.95</b></p> <p>Plastic lenses can yellow with age, reducing the vehicle's market value. Headlight brightness &amp; the overall safety during nighttime driving. The headlight lens restoration from us allows you to shine and restore headlights to like-new conditions.</p> <p><small>BEFORE AFTER</small></p> <p><small>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.</small></p>
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**Marsha Wolber 703-618-4397**



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



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



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



**Gainesville** \$619,900  
Heritage Hunt 55+. Gorgeous "Lakemont" on the golf course! 3BR, 3BA, main level MBR, gourmet kitchen with granite & island, Liv, Din, Fam with gas fireplace, Brkfst, Den, 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**



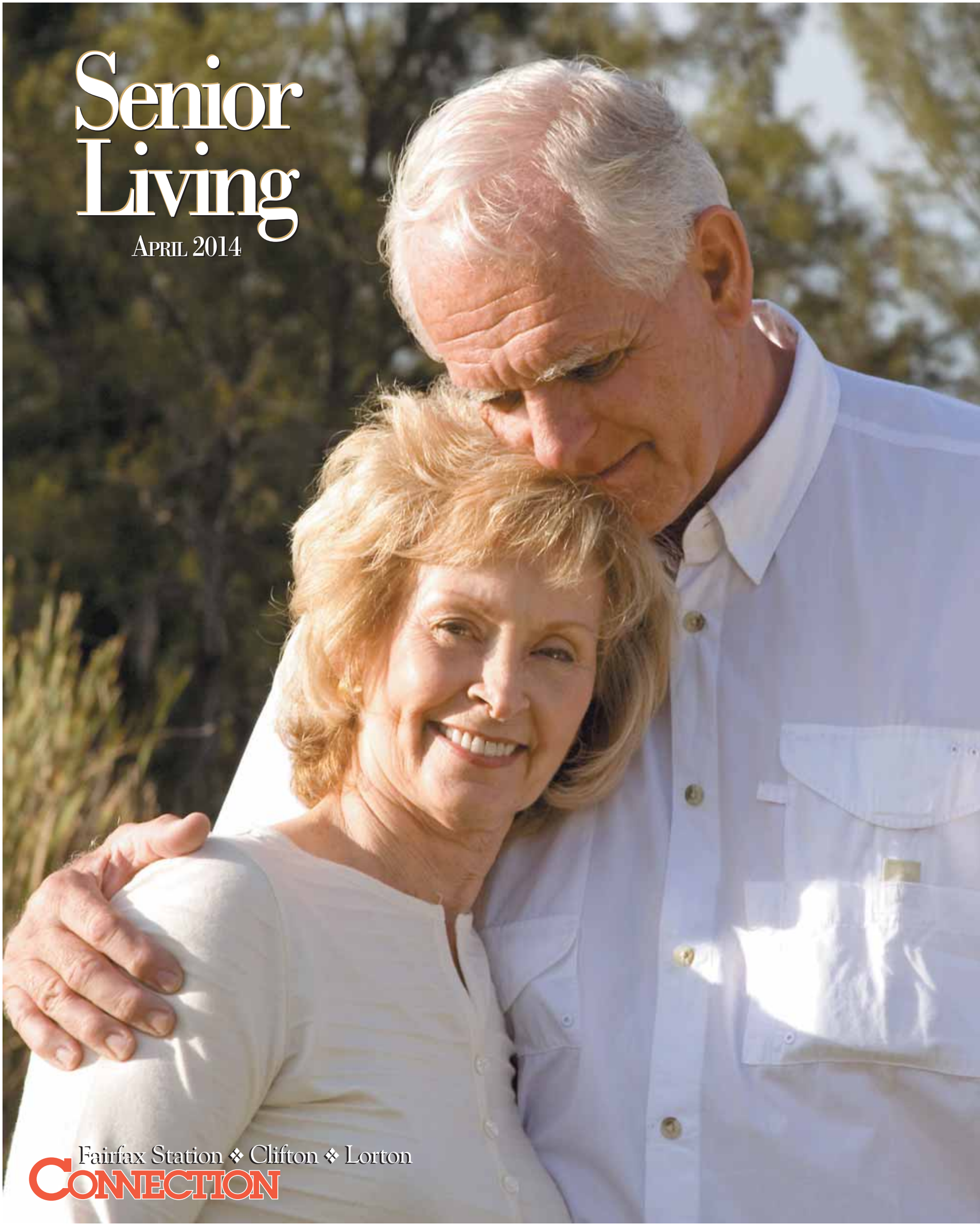
**Burke** \$226,000  
Beautiful 2 bedroom, 2 full bath, ground level Condo. Hardwood floors, laundry in unit. Kitchen, living room and dining room. Very reasonable condo fees.  
**Charles Shaw 703-989-7169**

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



# Senior Living

APRIL 2014



Fairfax Station ❖ Clifton ❖ Lorton  
**CONNECTION**

# 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.

## 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

SEE SENIOR CALENDAR, PAGE 6

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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 Godsend," 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 HOW TO AGE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

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

Fairfax Station,  
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Senior Living

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## Senior Living

# Programs, Technology Aid Aging in Place Gracefully

FROM PAGE 3

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

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

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

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

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of professionals and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial

investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves."

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



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

### Local Villages

#### Fairfax County Villages

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

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

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

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

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

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

❖ **Mosby Woods Village** — mosbywoodsivillage@gmail.com

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

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

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

To learn more, visit the Village to Village Network at [www.vtvnetwork.org](http://www.vtvnetwork.org).

people who want to age in place."

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

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

The "All Volunteer" model organizes community volunteers to provide services and support to oth-

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

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

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

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

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



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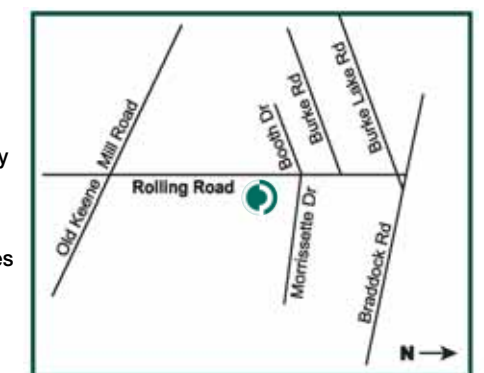
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# Senior Calendar

FROM PAGE 2

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## 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>.

## ONGOING

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

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

Free **mall walking program** for seniors will be held Tuesdays and Thursdays from 8:30-9:30 a.m. at Ballston Common Mall, 4238 Wilson Blvd. Participants walk at their own pace. There will be a group stretch and cool down led by Virginia Hospital Center staff. 703-558-6859.

**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** in a heated indoor pool designed to work on balance and core muscles 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.

**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).

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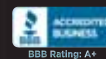
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## Senior Living

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 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.

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## Senior Living

# 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."

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."

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