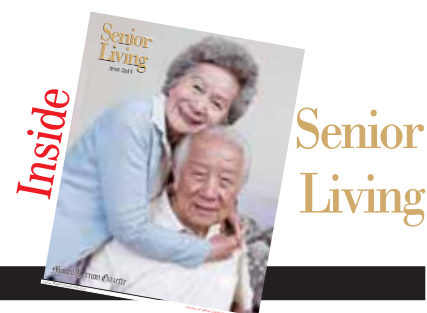


Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

APRIL 3, 2014



Community Weighs Transportation Options on Route 1

Route 1 Multimodal Transportation Alternatives Analysis to be completed this summer.

BY JANELLE GERMANOS
THE GAZETTE

At a public meeting on multimodal transportation for Route 1, community members and politicians made it clear that the time to decide on a plan for future transportation along the corridor is now.

"We're getting some great revitalization momentum on the highway that we don't want to kill," Lee District Supervisor Jeffrey McKay said at the meeting.

Community members came to hear about possible future transportation alternatives along Route 1 at the second public meeting of the Route 1 Multimodal Transportation Alternatives Analysis on March 26 at South County government center.

"This study is all about the future of our community. This is about what our community will look like when I'm 62 years old.



Karlene Sinclair-Robinson, a Mount Vernon resident, and her daughter Alexia look at a display board at the Route 1 Multimodal Transportation Alternatives Analysis public meeting on March 26.

It's about a vision through 2035. To me, it's very exciting," Del. Scott Surovell said at the meeting.

Representatives from the Virginia Depart-

ment of Rail and Public Transportation, Fairfax County and other stakeholders presented findings of the study to date. The study should be completed by this summer.



At the Route 1 Multimodal Transportation Alternatives Analysis public meeting on March 26, Del. Scott Surovell said that the study is about the future of the community.

"We've done a lot of studies of Route 1. What we haven't done is a lot of work," McKay said. "It's time to do something."

SEE WEIGHING, PAGE 3

Integrated Health Care Now Provided at Gartlan Center

Primary and behavioral health care clinic celebrates grand opening.

BY JANELLE GERMANOS
THE GAZETTE

The Fairfax-Falls Church Community Services Board and Alexandria Neighborhood Health Services, Inc. celebrated the integration of primary and behavior 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 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 allowing 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 spe-

cialist.

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

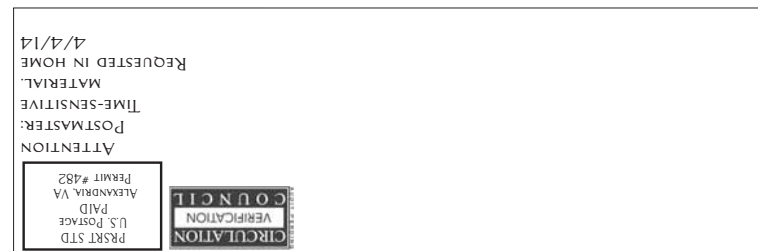
"It was a really natural transition to us to be able to see the benefit and recognize the value of moving a primary medical team

SEE GARTLAN, PAGE 3



PHOTO BY JANELLE GERMANOS/THE GAZETTE

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





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Welcoming guests and thanking sponsors are (from left): event emcee Jack Coffey with Diane Tollefson, president of event host The Friends of UCM; Margaret Murphy, vice president of The Friends,; along with UCM President Gigi Hyland and Executive Director Shirley Marshall.



Joining in for the celebratory toast to honor UCM's 45th Anniversary year of service to the community are Cathy and John Harris with Anniversary Partner sponsor Fairfax County Professional Firefighters & Paramedics, I.A.F.F. Local 2068.

PHOTOS BY MARTY LAVOR

UCM Spring Gala Raises More Than \$170,000

Hundreds of community members celebrated United Community Ministries' 45th Anniversary at its annual Spring Gala on Saturday, March 29, at the Madison Building Atrium, U.S. Patent and Trademark Building, in Old Town. Hosted by The Friends of UCM volunteers, the event raised more than

\$170,000 to bring help and hope to thousands of local low-income individuals and families. The evening featured cocktails, silent and live auctions, gourmet dinner, raffle drawing for a special Casa de Campo resort trip, and dancing with the Tower House dance band.

"Since 1969, UCM has grown from a small collection of services providing

food, clothing, and shelter to people in need — to a robust organization with diverse services that stabilize, empower, and engage," said UCM Executive Director Shirley Marshall. "We are so grateful for the Friends of UCM's enthusiasm, energy, and creativity. They exemplify the caring and can-do spirit in our great community. Thank you to all our gener-

ous supporters and attendees for a wonderful evening celebrating this special milestone."

UCM also premiered a new video "The Heart of Community." It is available for viewing via www.ucmagency.org, along with a list acknowledging gala sponsors and auction donors.

Weighing Metrorail, Light Rail, Bus Rapid Transit

FROM PAGE 1

The study includes a 15-mile stretch of Route 1 from the Huntington Metro Station to Route 123 in Prince William County.

Four transit alternatives to relieve transportation problems along Route 1 were presented at the meeting, including curbside bus rapid transit service, bus rapid transit service in the median, light rail transit, and Metrorail/bus rapid transit hybrid.

The first alternative presented, bus rapid transit curbside, would designate curbside lanes for buses only from Huntington to Pohick Road North. Between Pohick Road North and Woodbridge, the buses would operate in mixed traffic.

The second alternative has buses operated in the median, with a transition to mixed traffic in Prince William County.

The third alternative is Light Rail Transit in the median, which would extend for the entire length of the corridor.

"I don't think having a light rail system running down the middle of a six-lane, 45 mile-per-hour highway is an attractive option for people, plus studies show it is the most expensive option for riders out of all the options," Surovell said.

The third option is a mix of Metrorail and Bus Rapid Transit. The yellow line would be extended to Hybla Valley, and buses would operate in designated lanes from Hybla Valley and then with mixed traffic in Prince William County.

"I think our long-term objective should



PHOTO BY JANELLE GERMANOS/THE GAZETTE

Lee District Supervisor Jeffrey McKay speaks about future plans for Richmond Highway at the Route 1 Multimodal Alternatives Analysis public meeting on March 26.

be extending the yellow line down Route 1 through Fort Belvoir," Surovell said.

Mount Vernon Supervisor Gerry Hyland said that a rail option along Route 1 would attract development to the corridor; however, both Metrorail and light-rail should be taken into consideration.

"In looking at what density we need to normally support Metrorail, that's the reason that I would then back up and ask us to consider a light rail option, which is not as expensive and we have a better opportu-

nity to justify that than trying to bring heavy rail down Route 1," Hyland said.

In addition to transit options, plans for pedestrians and bicycles were also included.

"If you haven't worn the hat of a pedestrian lately on Route 1, let's consider that angle," said Jason Mumford, AECOM project manager.

Karlene Sinclair-Robinson, a Mount Vernon resident, said she is in favor of a rail option.

"We already have bus transit," Sinclair-Robinson said. "We need to consider something new."

The final recommended plan will include a suggested mode of transit, the number of vehicular lanes, and bicycle and pedestrian elements.

"We're blending those and putting them together on this corridor for a multimodal recommendation," Mumford said.

These types of projects don't depend on a single funding source, and includes federal and state programs and grants, local funding, and more.

"We have another budget amendment that's pending in the budget we're fighting about right now — for another \$4 million to pay for the preliminary engineering and federal grant application and environmental studies to further this work over the next two years," Surovell said.

A recommendation is expected to be made this summer. Anyone interested in viewing the presentation can visit <http://route1multimodalaa.com/>.

Gartlan Center

FROM PAGE 1

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 ANSHI 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.

The Gartlan Center is located at 8119 Holland Road, Alexandria.



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

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

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

Ian Duke
Baseball MVP



OBITUARY

Heinz Kestermann

Heinz Kestermann, 83, died Feb. 15, 2014. Born in Schoppingen, West Germany on Oct. 3, 1930, Heinz immigrated to the U.S. in November 1961 with his wife, Anna. He and Anna settled in Alexandria in 1962. Together they opened Foreign Car Service Mechanical and Auto Body Repair Shop in Old Town in 1964. Heinz's legacy continues in 2014, as the business celebrates 50 years of family ownership and service to the Alexandria community.

Mourning the loss of Heinz is his wife of 58 years, Anna Kestermann.

He is also survived by his sons, Fritz Kestermann and his wife Joan, Stefan Kestermann and his wife Donna and Andreas Kestermann and his wife Tania. Also surviving are two sisters, Hedwig Nienkemper and Else Nosiadek of Germany.

Mourning their Opa are grandsons Joey, Andy, Tommy and Christian Kestermann; granddaughters Mindy, Stephanie, Brittany, Elizabeth, Kierstin, and Lauren Kestermann; and Katie Kestermann Larrabee and her husband Kevin, along with three great grandsons Cullen, Bennett and Wells.

A Funeral Mass and burial service was held on Friday Feb. 21, 2014 at Sacred Heart Catholic Church in Manassas, Va.



BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com. Deadline is Thursday at noon.

TAX HELP

AARP Tax-Aide, the nation's largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Please bring Government-issued picture IDs, and social security cards for all persons that will be included in your tax return. Also bring a printed

copy of last year's tax return, if you itemized. Located at Sherwood Library, 2501 Sherwood Hall Lane, Mondays-Saturdays from 10:15 a.m.-2 p.m. and Mondays-Thursdays from 5-8 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide for additional information.

THURSDAY/APRIL 3

Economic Outlook. 8 a.m.-noon at Belle Haven Country Club, 6023 Fort Hunt Road. The 2014 Economic Outlook for the Alexandria South, Mount Vernon, and Fort Belvoir area will be discussed. Presentations will highlight trends in government and housing in the local economy.

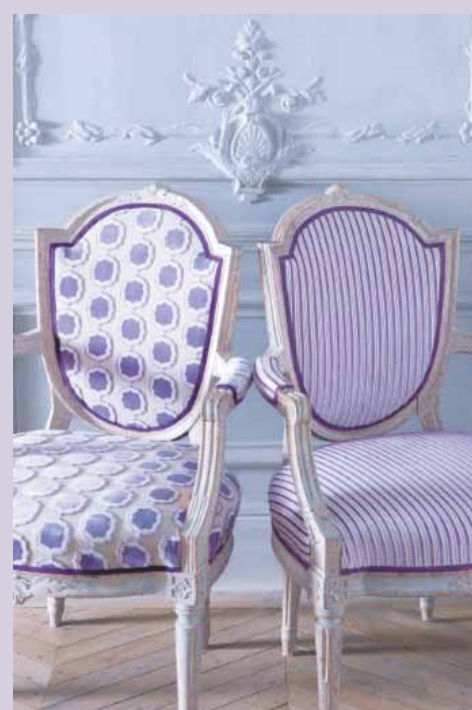
SEE BULLETIN BOARD, PAGE 5

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BULLETIN

FROM PAGE 4

\$30-\$40. Make reservations at www.MtVernon-LeeChamber.org or 703-360-6925.

SUNDAY/APRIL 6

Electronic Recycling Collection. 8 a.m.-4 p.m. at 8608 Lombardy Lane. Eagle Scout project will work with Goodwill through a program with Dell ReConnect to collect electronic equipment (computers, displays, printers, keyboard, televisions, game systems, audio equipment and cell phones) and properly dispose it for recycling. The money from the recycling of the electronics materials will go to Goodwill to support their job programs for people with disabilities. Also arrange to drop off equipment before then by emailing willrauschseagleproject@gmail.com.

WEDNESDAY/APRIL 9

Financial Aid Workshop. 7 p.m. at Sandburg Middle School, 8428 Fort Hunt Road. Fairfax County Public Schools and College Access Fairfax will offer workshops on college financial aid to help improve financial aid awareness among middle school parents. Free, open to all middle school students and their parents. The workshops are free and are open to any FCPS middle school student and their parents. Register at www.collegeaccessfairfax.org.

THURSDAY/APRIL 10

Legislative Wrap Up. 6:30-8 p.m. at the Huntington Community Center, 5751 Liberty Drive. Del. Rob Krupicka will discuss this legislative session and the ongoing budget process. Visit <http://krupicka.ngpvanhost.com> for more.

FRIDAY/APRIL 11

Business Financing & Microlending. 8:30-10 a.m. at SpringHill Suites, 6065 Richmond Highway. Learn the best ways to juggle risk, loans and investments from experts who have dedicated their careers to helping small (or rather, "significant") businesses get started and expand. Coffee and light breakfast will be served. Free. RSVP at info@sfdc.org.

SATURDAY/APRIL 12

Community Office Hours. 12:30-2:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, in Conference Room 3. Dan Storck invites members of the community to stop by to ask questions or to discuss concerns, no appointment necessary. Contact Dan Storck at Dan.Storck@fcps.edu or his assistant, Mary Ellen Hook at mehook@fcps.edu.

Candidate Forum. 4-6 p.m. at the Mount Vernon High School Little Theater, 8515 Old Mount Vernon Road. The first public forum for Democratic primary candidates in the 8th Congressional District is sponsored by the Mount Vernon District Democratic Committee. Free, open to the public. Voters can meet the candidates in a brief reception following the forum. Visit <http://mvdemocrats.com>.

TUESDAY/APRIL 18

Genealogical Society Meeting. 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road. Mount Vernon Genealogical Society meeting will feature "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. Visit www.MVGenealogy.org. Call 703-866-2478 or publicity@mvgenealogy.org.

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(en Español); 6:30 pm

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& Saturday

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PHOTO BY GENE BUONACORSI

Executive director Pam Hess says Arcadia's Mobile Market distributes fresh, affordable food to underserved D.C. area neighborhoods. "We get first quality food and bring it to low income people."



PHOTO BY MOLLY PETERSON

Food for Arcadia's annual spring dinner is prepared by a professional chef who, along with his team, creates a menu that is based on locally sourced meat and farm produce.

Local Farm Provides Fresh Food for Underserved Populations

Arcadia hosts mobile market and camp for children.

BY MARILYN CAMPBELL
THE GAZETTE

For many, spring symbolizes fresh flowers, new beginnings and baseball, but for those who work at Arcadia Center for Sustainable Food and Agriculture, located on the grounds of the Woodlawn Estate in Mount Vernon, spring means another season of working to ensure that all members of the community have access to fresh, healthy food.

"All of our programs start up again in spring," said Morgan Maloney, farm education manager.

These programs, which advance Arcadia's mission and serve the community, include the Arcadia Farm, which serves as an example of environmentally and economically sustainable growing practices; the Mobile Market, which distributes fresh, affordable food to underserved D.C. area neighborhoods; the Food Hub, which provides services that support and promote local sustainable farms, and the Farm to School program, which provides healthy, local food for school meals as well as hands-on food and farm education.

"There is always a lot of work to do in the off season," said Benjamin Bartley, mobile market director. "It is exciting because we've been able to expand our services each year. We've expanded our number of stops to 10 this year. I feel particularly good about the way that we've gone. I feel pretty prepared for the market season."

"The mobile market is very effective," said Pam Hess, Arcadia's executive director. "They are in the right places, our prices are



PHOTO BY GENE BUONACORSI

Arcadia runs a camp where children from 6-11 years old get to experience life on a farm and learn about the source of their food.

great, the food is fresh. We get first quality food and bring it to low income people. We don't take leftovers like mushy apples or bruised bananas and give it to them."

"It is easy to eat well in this town if you have money," she continued. "One thing we've learned from our customers is that they care about eating healthy, but have less economic power to make those wishes known."

How to Get Involved

For more information on becoming a member of Arcadia Center for Sustainable Food and Agriculture, The Arcadia Mobile Market Seasonal Cookbook, the Arcadia Farm Camp, Spring Dinner or any of the organization's other programs, visit: <http://arcadiafood.org/>

The staff is also excited about their new cookbook, "The Arcadia Mobile Market Seasonal Cookbook," written by Arcadia's culinary educator and mobile market outreach coordinator JuJu Harris.

"We put together seasonal recipes that incorporate ingredients that are WIC (The



PHOTO BY MOLLY PETERSON

One of Arcadia's signature fundraisers is its annual spring dinner. "It is an evening of wonder and whimsy," said Morgan Maloney, farm education manager.

Special Supplemental Nutrition Program for Women, Infants, and Children) staples," said Bartley. "We are going to be giving these away to those who use food assistance programs. We're looking forward to getting it into the hands of those who it was written for."

Additionally, Arcadia runs a camp where children from ages 6-11 get to experience life on a farm and learn about the source of their food. Arcadia officials are raising money to offer financial assistance to those who need it.

"Campers spend most of their time in our educational garden," said Maloney. "One fourth of the farm is specifically designed for that age group and is called the groundhog garden."

"I am really excited because we have 30 farm camp scholarships, but we still need more money to make it happen for families who would not be able to send their children to camp," said Hess.

She is passionate when she talks about her mission to ensure that all children are

able to attend a camp where they are safely immersed in the outdoors. "This camp counteracts nature deficit disorder," she said. "There are no electronics. The children are sweaty and happy. They have a lot of independence and freedom to make choices."

Arcadia offers other educational opportunities for children. "In the spring when school is in session, I am running field trips," said Maloney. "Kids come to the farm for purpose of hands-on learning."

"We have efforts going on right now to expand all of the organization's services," said Hess.

One of Arcadia's signature fundraisers is its annual spring dinner. "It is an evening of wonder and whimsy," said Maloney. "Food is prepared by a professional chef who, along with his team, creates a menu that is based on locally sourced meat and farm produce."

"Those who attend listen and learn what we do," she added. "We show folks what is going on and how we use the money we raise money for the farm."



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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.

Maintaining a Viable, Diverse Community

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

To the Board of Supervisors:

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

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

The guiding principles that informed our decisions are as follows:

- ❖ No one recommendation takes priority over the others;
- ❖ Each recommendation funds a program that is an essential component of a system of housing and services that offer individuals and families in need the optimum chances for success;
- ❖ These recommendations support a wide

spectrum of households along the housing continuum;

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

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

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

vide services must keep pace with inflation, our high cost of living, pay and benefits, to attract and retain their staff.

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

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

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

SEE HUMAN, PAGE 16

Mount Vernon Gazette

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

Published by
Local Media Connection LLC

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Alexandria, Virginia 22314

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A Connection Newspaper



Focusing on Helping Children with Autism

BY JAMES P. MORAN
U.S. REPRESENTATIVE (D-8)



We recognize this Wednesday, April 2, as World Autism Day, taking a moment to raise awareness around the fastest growing developmental disability in the U.S. Autism incidence in the U.S., and in Northern Virginia in particular, is

COMMENTARY

reaching astounding levels. While we don't yet know the causes of Autism, most signs point to environmental factors. We do know that each year, one in 68 children and one in 42 boys will be diagnosed with an Autism Spectrum Disorder (ASD) according to the Centers for Disease Control. That's a nearly 30 percent increase from the CDC's own estimate just two years ago.

Part of this increase, of course, comes from greater awareness and a better understanding about Autism Spectrum Disorder. Parents and medical professionals are increasingly alert to the signs and symptoms of ASD. Armed with this knowledge, early accurate diagnoses are easier to make.

In just the past 10 years, we have learned a tremendous amount about the importance of early detection for children with ASD, but less so on the kinds of high quality intervention methods that will help these children succeed. Because of the rapid increase in students with ASD, many teachers are ill equipped to effectively teach children on the spectrum.

We learn more and more about children with ASD every day, most importantly that they do not need to be sequestered in their own classrooms. Last year, I had the privilege to tour Barcroft Elementary and see how they've set an example for the rest of the country by providing innovative training for all staff members on methods to teach students with ASD. I

met a number of classes where non-ASD and ASD students were side by side, mastering new vocabulary and working on math prob-

lems. To help promote this model of learning, I introduced the Autism Educators Act last year which would establish pilot programs based on the Barcroft model. The bill would link school systems across the country with universities and non-profits to help train general education teachers who work with children diagnosed

along the Autism spectrum. Because it's a pilot program, it would be narrowly focused on school systems with a very high incidence of ASD — at least 10 percent or more of the special education population.

All children face obstacles in their education, and with the growing prevalence of ASD in U.S.

classrooms, we need to be prepared to help these children overcome additional barriers to success so they too can thrive in mainstream classrooms. I look forward to working with my colleagues to secure this legislative victory for children with ASD, to show them that we can make this investment in their educational success.

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TAKE ACTION! Before It's Too Late!

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



LETTERS

Parking, Bikes Can Coexist

To the Editor:

The two letters to the editor in last week's Gazette that wholly oppose every aspect of the proposed re-stripping of Sherwood Hall Lane raise some reasonable concerns, particularly as to the loss of parking lanes for residents. However, as a frequent cyclist for many

SEE LETTERS, PAGE 16



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 OPEN SUN 4/6, 1-4! GW Pky S, past Estate; L-Ferry Landing Rd; R-Forest Haven; R-Dolphin Ln.



5013 Mount Vernon Memorial Highway \$979,500
 Stunning New Luxury Home!
 Absolutely nothing comparable for under \$1 Million. Just completed luxury home designed on the "Great Room" concept. Incredibly wide open main level with high ceilings and many windows provides bright, airy atmosphere. Other features: 3 luxuriously finished levels. 5 full baths, hardwood flrs and stunning master suite! Gorgeous setting on level 1/2 acre lot. OPEN SUN 4/6 1-4! GW Pky S, past Estate; L-Patton; L-service road.



4505 Tarpon Ln \$575,000
 Contemporary Rambler Near Water!
 Unique opportunity! Large Rambler with Frank Lloyd Wright influence. Gorgeous condition—many features include open floor plan, cathedral ceilings, fabulous master suite, 3 bedrooms, 2.5 baths, and finished lower level with spare entrance. Prime location on half acre wooded lot near marina.



9407 Brambly Ln \$1,290,000
 Ultimate Luxury-Exceptional Price!
 Spectacular 6 year old custom home built to the highest standards, with almost every custom option & upgrade! Special features: stunning open floor plan, 10' ceilings, exquisite trim detail, cook's kitchen w/Viking appliances. 6BR, 4.5BA, finished lower level, 3 car garage. Screen porch overlooks prof. landscaped grounds. Extensive custom stonework. Remarkable opportunity! OPEN SUN 4/6 1-4! GW Pky S, past Estate; R-Old Mt Vernon Rd; R-Brambly.



4324 Adrienne Dr \$714,900
 Updated Five Bedroom Colonial!
 A truly spectacular property! Columned Colonial in pristine condition with fabulous updates throughout. Uniquely gorgeous setting on 1.4 acre grounds backing to wooded parkland. Features incl: 5BR, 3 finished levels, W/O lower level, open floor plan, updated custom kit. and oversize 2 car garage. Virtually all major components updated. Spacious 480 sq ft deck overlooks natural wonderland. Stunning value! OPEN SUN 4/6, 1-4! GW Pky S, past Estate; R-Southwood; R-Adrienne.



4413 Ferry Landing Rd \$555,000
 Yacht Haven Gem!
 Fabulous new listing in Yacht Haven Estates, one of area's leading waterfront communities! Many major upgrades include: furnace, A/C, water heater, roof, W&D. Truly stunning gourmet kitchen w/ custom cabinets, gas cooktop, top level granite countertop. Hardwood floors, bright, open floor plan, covered parking & stone walkway. Large deck overlooks gorgeous 1/2 acre grounds.



4200 Ferry Landing Rd \$698,500
 Spacious Colonial- Shows Like Model!
 Unique opportunity! This gorgeous 4BR Colonial is in impeccable condition, located on large lot and is loaded with upgrades. Exceptionally bright, open floor plan. Fab features: main level study and family room, large kitchen, breakfast area, finished LL, sumptuous master suite, stunning Brazilian Cherry floors, "Andersen" thermal windows, and 2 car garage. Property provides unique combination of size, condition and prime location.

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 Instructor
 703-683-0400 (office)
steve.kindrick@LNF.com

***Classes begin on Saturday, April 19th and end on Saturday, May 17th. They will be held on Tuesday and Thursday evenings from 6:00pm - 10:00pm and on Saturdays, 9:00am - 5:00pm during the day.

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\$ 720,000 Fairfax Station "CROSSPOINTE"
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400 MADISON ST #505
 Pretty 1BR/1BA pied-a-terre boasts sunny open floor plan, wood floors, bright kitchen, recently updated bath and excellent closet space including large walk-in. Both LR and MBR access huge balcony with a peek of the Potomac. Roof top pool with river views too! 2 blocks to river and just 9 blocks to Metro.

Ann Z. Logsdon 703.568.8433
 Emily Capelli 703.472.1282



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 Lorton
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www.brianandjerry.com
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8320 FT HUNT RD
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A First for MetroStage

'The Thousandth Night' and 'Underneath the Lintel' in Repertory

BY CAROLYN GRIFFIN
METROSTAGE, PRODUCING ARTISTIC DIRECTOR

The script of "The Thousandth Night" by Carol Wolf arrived in the mail unsolicited and unexpected almost 20 years ago, and I immediately knew I wanted to produce it. With its dramatic flair, incredible storytelling, grounding in a historical period for context, and an amazing tour de force role for an actor, I knew that it had all the elements I looked for in a play and would be perfect in an intimate space. But at the time I had no theatre!

NOTES FROM THE PRODUCER

When our new space opened in 2001, I produced it the first season to great acclaim. Knowing I would someday return to this play (and that it had a fabulous set), we moved the set straight to my garage where it has lived for the past 12 years. This spring I am happy to bring this remarkable theatre experience, featuring Marcus Kyd (last seen on our stage in 2005 in "One Good Marriage"), back to new audiences as part of our 30th anniversary celebration.

The challenge to the individual actor in a solo piece is tremendous. The level of commitment to the material and the passion for the story must be palpable. For an audience to experience this level of storytelling from a stage when they are intimately implicated and involved in the story is an unmatched opportunity for a theatregoer. Carol Wolf has written a remarkable play on so many levels that this live theatre experience promises a rich emotional and intellectual journey for both the actor and the audience.

In addition, through sheer chance and a little serendipity I was introduced to "Underneath the Lintel," written by Glen Berger, by actor Paul Morella when he was here last spring performing in "Ghost-Writer." I couldn't believe how perfectly this script fit with "The Thousandth Night." I immediately called director John Vreeke, and we decided that for the first time ever we would produce two plays "In Rep" on the same set and hope that our patrons would agree that there is an interesting, intriguing compatibility and connection between the two. It is storytelling at its best with underlying themes of individual choice and determination and that universal search for the meaning of life or, in other words, untangling the mystery of life. Entertaining yet poignant, and exquisite roles for two of our favorite actors.

PHOTOS BY CHRIS BANKS
Marcus Kyd performs the one man show "The Thousandth Night" in repertory at MetroStage through May 4.



Email announcements to gazette@connectionnewspapers.com. Photos and artwork are encouraged. Deadline is Thursday at noon.

ONGOING

Songwriter's Showcase. Every Tuesday at 8 p.m. at The Old Town Theater, 815 1/2 King St. Features a different Songwriter's Association of Washington artist each week. Visit www.theoldtowntheater.com for tickets.

Art Exhibit. See photographer E.E. McCollum transform the figure in "The Cocoon Series" through April 7 in the Art League Gallery at the Torpedo Factory, 105 N. Union St. Through a series of black and white photographs, McCollum transforms the human figure by using nylon tubing to encase the body. Free. Visit www.theartleague.org or 703-683-1780.

Art Exhibit. "ColorField" pays homage to the Washington Color School by encouraging Art League artists to revisit this method of abstract painting in which color is emphasized and form and surface are de-emphasized. The exhibit runs through April 7 in the Art League at The Torpedo Factory, 105 N. Union St. Visit www.theartleague.org.

Art Exhibit. See "REVOLUTION: Art and Technology" art exhibit April 4-27 at Del Ray Artisans, 2704 Mount Vernon Ave. Artists explore their relationship with technology in computer-created art, digitally manipulated art, art made from electronic parts, mixed-media pieces expressing feelings about technology, and more. Hours are Thursdays noon-6 p.m.; Friday & Saturday noon-9 p.m.; Sunday noon-6 p.m. Visit www.TheDelRayArtisans.org.

Sculpture Exhibit. Through Sunday, April 27 at Margaret W. and Joseph L. Fisher Art Gallery, located in the Rachel M. Schlesinger Concert Hall & Arts Center at the Alexandria Campus of Northern Virginia Community College. See Edmond Nassa's "Innermost Evocations." His website <http://edmondnassa.com/> showcases some of his work. Gallery hours are Monday-Friday 10 a.m. to 4 p.m. and during performances. Visit www.nvcc.edu/schlesingercenter/gallery.html.

Art Exhibit. See "LOULOU DI Flower/To Flower" at The Athenaeum, 201 Prince St. The exhibit explores the natural process of flowering and its metaphorical context through object making and installation. Free. The exhibit runs through May 4. Call 703-548-0035 or visit www.nvfaa.org.

Art Exhibit. See "Spirit of Place: Dyke Marsh," an exhibition of photography by Anthony Peritore and sculptural works by Megan Peritore through May 18 in the Crossroads Gallery, located in Goodwin House Bailey's Crossroads, 3440 S. Jefferson St., Falls Church. Free.

Theatre One-Man Shows. Through May 25, two shows will be performed in repertory at MetroStage, 1201 N. Royal St. "The Thousandth Night" by Carol Wolf and starring Marcus Kyd, and "Underneath the Lintel" by Glen Berger starring Paul Morella will be performed on Tuesdays and Wednesdays at 7:30 p.m., Thursdays and Fridays at 8 p.m., Saturdays at 3 or 5 p.m. and 8 p.m., Sundays at 3 and 7 p.m. Tickets \$50 (students \$25) at 800-494-8497 or www.boxofficetickets.com. Visit www.metrostage.org for more.

Attics and Alleys Tour. Tickets are now on sale for the Attics and Alleys tour, a three-hour walking tour featuring rarely seen spaces of four sites — the Lee-Fendall House, Gadsby's Tavern Museum, The Stabler-Leadbeater Apothecary Museum and Carlyle House. Tours

will be offered Saturdays in May, 9 a.m.-noon. \$35/peron. Reservations required. Visit shop.alexandriava.gov or 703-746-4242.

Art Exhibit. "Women Legends of Alexandria: 2007-2013" art exhibit will be on display at Prudential PenFed Realty, 300 N. Washington St., suite 100. The exhibit will showcase portraits from the Living Legends of Alexandria project with selected works from the Del Ray Artisans. Show runs through June 27. Hours are Mondays-Fridays 9 a.m.-5 p.m. Visit www.thedelrayartisans.org for more.

Doggy Happy Hours. 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Thursdays during the summer. Free, drinks sold separately. Treats and water for dogs, with pet boutique and service vendors. Portions of proceeds benefit People. Animals. Love. Visit www.Monaco-Alexandria.com/alexandria-hotel/doggy-happy-hour.html.

New Exhibit. Mount Vernon invites visitors to explore George Washington's design for the grounds of his estate, through a new exhibition, "Gardens & Groves: George Washington's Landscape" at Mount Vernon through Jan. 12, 2016. Gardens & Groves is the first museum exhibition to focus specifically on Washington's landmark achievements as a landscape designer combining rarely-seen original documents, artwork, and books with period garden tools, landscape photography, and a scale model of the Mount Vernon estate. Included in admission \$18/adult; \$17/senior citizen; \$9/child age 6-11; children under 5 are free. Visit www.mountvernon.org for more.

Alexandria Cars & Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

George Washington's Mount Vernon has joined Thomas Jefferson's Monticello and James Madison's Montpelier to expand the "Presidents Passport," Virginia's premier presidential trail. As an added bonus to this year's program, visitors to the Alexandria Visitors Center at 221 King St. showing or purchasing a ticket to any of the three presidential estates will, upon request, receive for free Alexandria's "Key to the City" pass, which grants access into nine historic sites and museums in Alexandria - a \$26 added value. Learn more at PresPassport.Monticello.org.

Art Exhibit. See "Sit Down and Take a Stand: Samuel W. Tucker and the 1939 Alexandria Library Sit-In" at the Alexandria Black History Museum, 902 Wythe St. The exhibit focuses on the life of famed civil rights attorney Samuel Wilber Tucker, and highlights the role of Robert Strange, who was a runner between the library and Tucker's office, keeping Tucker abreast of developments. The exhibit runs through August. Free. 703-746-4356.

CLASSES & WORKSHOPS

Art at the Center spring classes are now open for registration. The spring session runs April 21-May 30. The early-bird registration deadline is April 7. Visit www.artatthecenter.org or call 703-201-1250.

Metro Club After-School Program. Through June, the Metropolitan School of Arts presents an after-school program for grades 1-6. The program is located at both the Lorton studio at Workhouse Arts Center,

ENTERTAINMENT

9517 Workhouse Way and in Alexandria at 5775 Barclay Drive. Programs will focus on the arts, including music, dance, theatre, yoga and academics, as well as designated homework time. The program will run Mondays, 1-6 p.m., and Tuesday-Friday, 3-6 p.m. Tuition runs from \$130-150. Call 703-339-0444 or visit www.metropolitanarts.org.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Just drop-in for the session and bring your supplies to draw or paint our live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit www.TheDelRayArtisans.org for a schedule.

Photography Workshop. 10:30 a.m.-noon at Multiple Exposures Gallery on 105 N. Union St. Photographers and enthusiasts of all skill levels are invited to share work, ideas, and questions at this free workshop held on the last Sunday of each month, except December. No reservations. Call 703-683-2205.

SUMMER CAMP

Theater Camp. Mount Vernon Community Children's Theatre will hold sessions starting June 30 to Aug. 22. There are two-week sessions with morning, afternoon or all day sessions, and one-week sessions that go all day. To register, visit www.mvctt.org.

CHERRY BLOSSOM FUN

Cherry Blossom Food Tour. On Wednesdays at 11:30 a.m. and Saturdays at 2 p.m., take a guided tour of Alexandria, exploring the architecture, while pausing in locally-owned eateries to sample cherry-centric dishes and learn about cherry blossom history. \$49/person. Runs March 22-April 12. Visit www.dcmetrofoodtours.com/cherry_blossom_food_tour.html for more.

Blossoms by Bike River Ride. On Fridays, Saturdays and Sundays at 1 p.m., enjoy a three-hour bike tour along the Mount Vernon Trail, into DC and around the tidal basin to see the blossoms up close. Runs March 22-April 13. \$40/person age 13 and older. Visit www.biketbsites.com/tours for reservations.

Cherry Blossom Boat Tour. Departing Saturdays and Sundays at 11:30 a.m., 1:30 p.m., 3:30 p.m. or 5:30 p.m. at Cameron and Union Streets. Take a boat cruise and view the blossoms along the river. Runs March 29-April 13. \$26/adult; \$14/child age 2-11. Visit www.potomacriverboatco.com/blossoms2014.php to register.

THURSDAY/APRIL 3

Doggy Happy Hour Opening Day. 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Free, drinks sold separately. Treats and water for dogs, with pet boutique and service vendors. Visit www.Monaco-Alexandria.com/alexandria-hotel/doggy-happy-hour.html.

Jazz Concert. 8 p.m., The Lyceum 201 S. Washington Street Alexandria. The United States Air Force Band-Members of the Airmen of Note presents: An Evening of Jazz:Trumpet/Saxophone Sextet. Free. Call 202- 767-5658 or visit www.usafband.af.mil.

FRIDAY/APRIL 4

Opening Reception. 7-10 p.m. see "REVOLUTION: Art and Technology" art exhibit from April 4-27 at Del Ray Artisans, 2704 Mount Vernon Ave. Artists explore their relationship with technology in computer-created art, digitally manipulated art, art made from electronic parts, mixed-media pieces expressing feelings about technology, and more. Visit www.TheDelRayArtisans.org for more.

SATURDAY/APRIL 5

Fundraiser. 10 a.m.-1 p.m. at Heritage Presbyterian Church, 8503 Fort Hunt Road. The Nelly Custis Chapter of the NSDAR will host a fundraiser to help restore the children's crib at Mount Vernon. Vendors will sell jewelry, handbags, cosmetics, cooking ware, books and more. Cash, check and credit cards will be accepted.

Cheerleading Competition. 11 a.m. at T.C. Williams High School, 3330 King St. The Alexandria Invitational Cheerleading Competition features youth cheerleading teams from neighborhood recreation centers and the metropolitan area. \$10 for ages 13 and older, \$5

for ages 5-12 and ages 4 and under are admitted free. Call 703-746-5402 or visit www.alexandriava.gov/Recreation.

Fashion Show and Luncheon. 11:15 a.m. at Aldersgate United Methodist Church, Fort Hunt and Collingswood Roads. "Hats off to Spring" with fashions by Chico's. \$25 tickets. Wear a hat and receive a door prize ticket. Doors open at 9:30 a.m. for vendor and silent auction shopping. Visit www.aldersgate.net.

"The Grandest Congress" Meeting. Noon-4 p.m. at Carlyle House, 121 N. Fairfax St. Major General Edward Braddock, Commander-in-Chief of His Majesty's Forces in North America, has convened a meeting of five colonial governors at John Carlyle's Alexandria home to prepare for the impending French & Indian War. Carlyle will call the meeting "the Grandest Congress...ever known on the Continent." Visit <http://shop.alexandriava.gov> for tickets.

History Book Club. 1 p.m. at the Athenaeum, 201 Prince St. Join the discussion about "The Internal Enemy: Slavery and War in Virginia, 1772-1832" by Alan Taylor. Visit www.nvfaa.org.

The Civil War Returns. 1-4 p.m., at Historic Huntley, 6918 Harrison Lane. Historic Huntley will commemorate its heritage as Camp Michigan — a tenant farm occupied by Union forces during the winter of 1861-62. Join military and farming re-enactors as they demonstrate camp life and how civilians coped with soldiers overrunning their farms. Suggested donation \$5; children 10 and under, free. Rain or shine. Light refreshments. This special event is sponsored by the Friends of Historic Huntley. For more information call Huntley Meadows Park at: 703 768-2525.

Benefit for Fisher House Foundation. 6:30-10 p.m., at Lincolnia Senior Center, 4710 North Chambliss St. The Northern Virginia Country-Western Dance Association will host a fund-raising event for the Fisher House Foundation. Proceeds go to Fisher House. \$15 in advance, \$20 at the door. Visit www.nvcwda.org or call 703-860-4941.

Braddock Day Ball. 8-11 p.m. at Gadsby's Tavern Museum, 138 N. Royal St. Enjoy dancing and more. 1750s attire requested. \$45. Visit <http://shop.alexandriava.gov> for tickets.

THROUGH SUNDAY/APRIL 6

Community Theater. Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m., at 1301 Collingwood Road. Aldersgate Church Community Theater presents the premiere of the family-friendly classic "Anne of Green Gables." \$12 for youth and seniors and \$15 for adults. Visit www.acctonline.org.

SUNDAY/APRIL 6

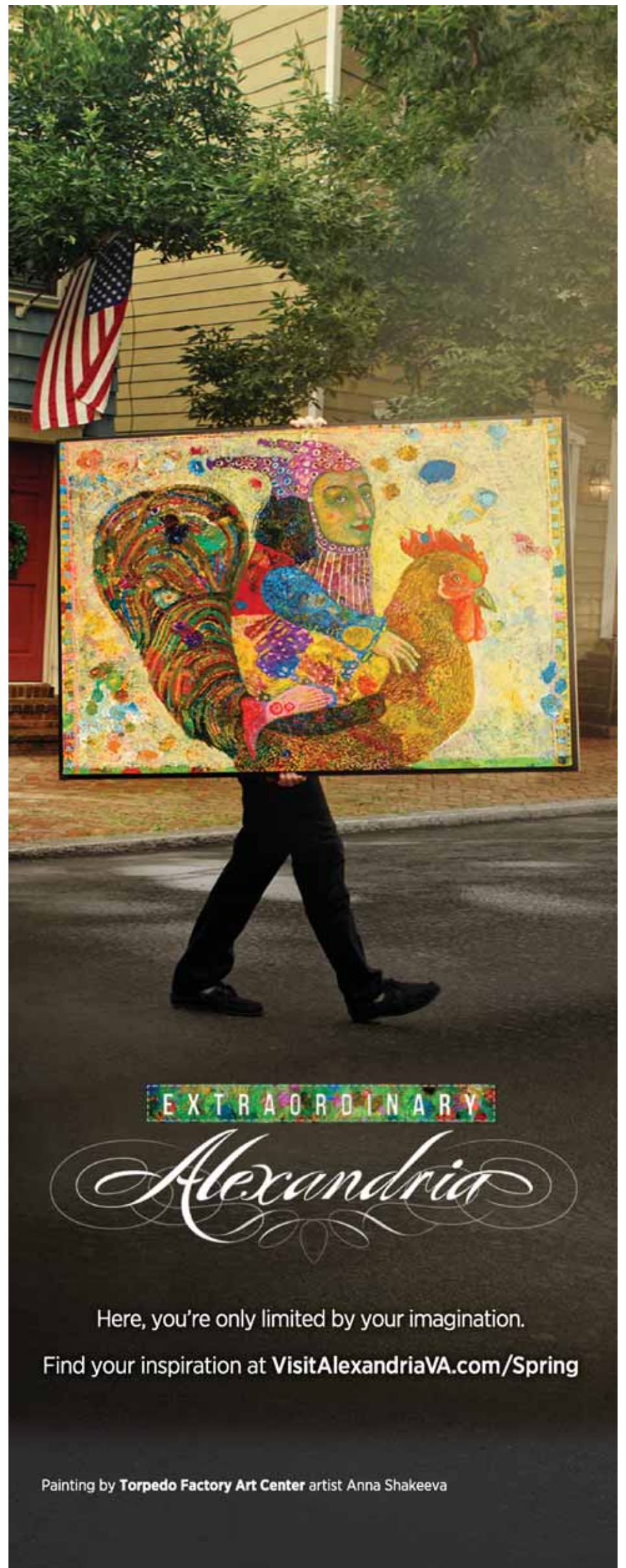
Historic Walking Tour. 1-3 p.m. in Old Town Alexandria. The tour covers the history of Alexandria as reflected through its architecture and urban design, highlighting examples from Georgian to Art Deco. Led by architects. Free, but registration required. Visit <http://aianova.org>.

Pocahontas and John Rolfe Wedding Celebration. 3-5 p.m. at Collingwood Library, 8301 E. Boulevard Drive. There will be a talk by Dr. James Ring Adams about the life of Pocahontas, followed by a reception. \$30/person will benefit NSCDA's American Indian Nurse Scholarship Fund. Email evelyngriswold@m.com or 703-765-3655.

Concert. 4-5:30 p.m., at The George Washington Masonic National Memorial, 101 Callahan Drive. Annie Yu, WTTG-FOX 5's morning anchor, will host the concert that includes performances by Metropolitan Youth Ballet, Metropolitan Youth Tap Ensemble, MSA's Impulse Jazz Company, MSA Academy vocalists and live music by local musicians, like Voices of Liberty. \$75 per person or \$100 per couple with proceeds benefitting MSA's Alexandria studio's Black Box Theater Project. A reception will immediately follow at 5:30 p.m. Visit www.metropolitanarts.org.

Opening Reception. 4-6 p.m. meet the artists of "Spirit of Place: Dyke Marsh," an exhibition of photography by Anthony Peritore and sculptural works by Megan Peritore in the Crossroads Gallery, located in Goodwin House Bailey's Crossroads, 3440 S. Jefferson St., Falls Church. Free.

Concert. 5 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. The EcoVoce Ensemble — an Alexandria-based trio of soprano, piano, and flute specializing in concerts about nature and the earth — celebrates 15 years with a Washington DC area premiere of an African-



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Painting by Torpedo Factory Art Center artist Anna Shakeeva

ENTERTAINMENT

inspired choral work, “Adiemus: Songs of Sanctuary.” EcoVoce teams up with The University of Mary Washington Chorus, in this multimedia concert sharing the beauty, wildlife, and people of South Africa. Suggested donation \$10. Students \$5. Call 703-683-0322 or visit www.ecovoce.org.

Spring Forward Fundraiser. 6-9:30 at Union Street Public House, 121 S Union St. Community Lodgings is hosting their 9th annual Spring Forward fundraiser. here will be cocktails, a buffet dinner, silent auction, and a short program, including the presentation of the Christopher McMurray Award to a family or child in our Transition in Place Housing or Youth Education Programs. \$75/person. Visit www.communitylodgings.org.

Movie Night. 7 p.m. at Del Ray Artisans, 2704 Mount Vernon Ave. Watch “The Thomas Crown Affair.” Free, but donations encouraged. Register at www.TheDelRayArtisans.org.

MONDAY/APRIL 7

R.E. Lee Camp Dinner. 6:15 p.m., at the American Legion Post 24 Hall at 400 Cameron St. Hear author Ed Trexler address “Causes of the American Civil War.” \$25, \$30 at the door. RSVP at 703-299-1725. Checks should be made out to R.E. Lee Camp #726 and mailed to 401 Wilkes St., Alexandria, VA 22314 and must be received by April 4. Visit, www.leecamp.org.

Poetry Reading. 7:30 p.m., in the Meeting Room of Duncan Library, 2501 Commonwealth Avenue, Alexandria. The Friends of Duncan Library and the Duncan Library Poetry Society will host local

Alexandria poet, Margaret B. Ingraham reading from her book, Proper Words for Birds.

WEDNESDAY/APRIL 9

Spring2Action. This online giving event helps nonprofits reach fundraising goals. In this 24-hour period, how much can Alexandria raise? Every donation counts. Visit spring2action.razoo.com/giving_events/act14/home for more.

THURSDAY/APRIL 10

Trunk Show Kickoff. 7 p.m., at Ten Thousand Villages, 915 King St. Ten Thousand Villages, a fair trade retailer on King Street in Old Town Alexandria, is hosting its second annual Fair Trade clothing trunk show through Monday, April 14. Visit www.alexandria.tenthousandvillages.com, www.matatradetraders.com, www.symbologyclothing.com, or call 703-684-1435.

Documentary Screening. 7 p.m. at T.C. Williams High School auditorium, 3330 King St. “Autism: The Musical” screening to mark Autism Awareness and Acceptance Month. The film follows five children with autism who create and perform a live musical. Light refreshments available 6:30-7 p.m. For information or to RSVP call 703-820-4997.

Second Thursday Music. 7 p.m. at the Athenaeum, 201 Prince St. The Glimpses, a local band featuring singer/songwriter Mercedes Mill and multi-instrumentalist and producer Matthew Leonard, accompanied by percussionist Jim Gormley. \$10 admission. Visit www.nvfaa.org.

Nature Presentation. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. Potowmack Chapter of

the Virginia Native Plant Society hosts the presentation, “Dyke Marsh Wildlife Preserve: Restoring a Primeval Wilderness in the DC Area.” Call 703-642-5173.

Concert. 8 p.m., at The Lyceum 201 S. Washington St. The United States Air Force Band-Members of the Air Force Strings will perform an evening of string music. Free. Visit www.usafband.af.mil or call 202-767-5658.

FRIDAY/APRIL 11

Plants, Food, and Art Market. 9 a.m.-6 p.m. The American Horticultural Society will be holding its annual Spring Garden Market at its River Farm. Call 703-768-5700 or visit www.ahs.org.

SATURDAY/APRIL 12

Plants, Food, and Art Market. 9 a.m.-6 p.m. The American Horticultural Society will be holding its annual Spring Garden Market at its River Farm. Call 703-768-5700 or visit www.ahs.org.

Round Table Discussion. 10 a.m.-noon at Del Ray Artisans, 2704 Mount Vernon Ave. Discuss “Using Technology to Promote Art.” Free, but donations encouraged. Register at www.TheDelRayArtisans.org.

Firefighting History Walking Tours. 1-2:30 p.m. at Friendship Firehouse Museum, 107 S. Alfred St. Explore Alexandria’s firefighting history through a tour. Learn about three major fires, the five volunteer fire companies and more. For people age10 and older. \$6/adults; \$4/age 10-17. Reservations required, www.alexandriava.gov/FriendshipFirehouse or 703-746-4994.

Book Signing. 1-5 p.m. at the Holiday Inn Express & Suites Alexandria Fort Belvoir, 6055 Richmond Highway. Author Wendy Marie Withers signs copies of her book “Adventures of My Brother’s Keeper.”

SATURDAY-SUNDAY/APRIL 12-13

Historic Ship Tour. Noon-5 p.m. at the pier at Alexandria Marina, 201 N. Union St. The Schooner Virginia, a tall ship recreation of the Virginia Pilot Association’s last pure sailing vessel, on the first stop of its 2014 tour. Deck tours. Visit www.SchoonerVirginia.org.

SUNDAY/APRIL 13

Easter Egg Hunt. 1 p.m. at Spring Hills Mount Vernon Assisted Living, 3709 Shannons Green Way. Bring a basket to collect eggs. There will also be arts and crafts and photos with the Easter Bunny. Refreshments provided for all guests. Free, reservations requested. Call 703-780-7100 or visit www.springhillsmountvernon.com.

Presentation. 2-3 p.m., at Beatley Central Library, 5005 Duke Street, Alexandria. The Northern Virginia Geocaching Organization will present an overview of geocaching, a real-world, outdoor treasure hunting game using GPS-enabled devices. Free. Visit www.alexandria.lib.va.us, or call 703-746-1702.

Folk Concert. 7 p.m., at Episcopal Church of the Resurrection, 2280 N. Beauregard St.. Focus Music presents folk singer David Mallett, with Thomas Gunn. \$25, \$20 for advance sales and members. Visit www.focusmusic.org/concerts_alexandria.php, www.davidmallett.com, or

www.thomasgunnn.com, or call 703-380-3151.

MONDAY/APRIL 14

The Art of Ballroom Dance. 7 p.m. at The Athenaeum, 201 Prince St. Learn the Fox Trot, Waltz, Tango, Swing, Salsa, Meringue, Rumba, Cha-Cha, and Samba. Come with or without a partner. Beginner (7-7:45 lesson) and advanced (7:45-8:30 lesson) dancers welcome. Practice 8:30-9 p.m. \$15 per lesson. Visit www.nvfaa.org or call 703-548-0035.

Music Performance. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Hear vibraphonist Gary Burton and pianist Makoto Ozone perform. \$35. Visit www.birchmere.com or 703-549-7500.

WEDNESDAY/APRIL 16

Civil War Lecture. 7:30 p.m. at the Lloyd House, 220 N. Washington St. Dr. Charles P. Poland, Jr. presents “The Endless Debate over What Caused the Civil War.” Free, no reservations required. Visit www.historicalalexandria.org or call 703-746-4554.

THURSDAY/APRIL 17

Live Music. 7:30 p.m.at The Birchmere Music Hall, 3701 Mount Vernon Ave. Lily Costner opens for Kevin Costner & Modern West. \$39.50. Visit www.birchmere.com or 703-549-7500 for tickets. Visit www.kevincostner.com.

Band Concert. 8 p.m. at the Lyceum, 201 S. Washington St. The U.S. Air Force Band plays A Quartet Celebration; Clarinet Quartet vs. Tuba Quartet. Call 202-767-5658 or visit www.usafband.af.mil.

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6:30 pm – Starts April 23

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For information,
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Email: JackisDC@gmail.com
Website: www.Jackis.com



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Mount Vernon Gazette

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Special Session Begins Work on State Budget

BY SCOTT A. SUROVELL
DELEGATE (D-44)

Last week, we returned to Richmond for the first day of our special session to finalize Virginia's two-year, \$90 billion budget. Gov. Terry McAuliffe proposed amendments to the budget originally introduced. The major change was for Virginia to expand its Medicaid program to all adults earning less than 133 percent of the federal poverty level with the cost reimbursed by the federal government for the next three years and phased down to 90 percent of the cost by the year 2020 pursuant to the Federal Affordable Care Act.

Shifting this cost to the federal government frees up at least \$225 million of Virginia taxpayer money to fund other programs this budget cycle. Governor McAuliffe proposes to use those savings to provide \$100 million for a "rainy day fund" to cover potential future Medicaid expenditures as requested by Republican senators. He also budgets \$76 million to shore up the Virginia Retirement System because the General Assembly borrowed money to balance the budget back in 2010-2011.



COMMENTARY

Most importantly, he proposes a two percent salary increase for all K-12 public school teachers and support personnel, state employees, college and university faculty, constitutional officer personnel (sheriffs and clerks) and state-supported local employees. With Fairfax County's teacher salaries lagging behind Arlington, Alexandria, Washington, D.C. and Maryland by thousands of dollars, this would be a sorely-needed boost and an especially effective way to retain and attract good teachers.

He also proposed new funding for pre-kindergarten education, covering costs shifted to local governments; mental health programs and land conservation. Overall, Fairfax County would receive at least an additional \$36 million over two years instead of \$28 million.

The Republican majority in the House of Delegates' Appropriations Committee killed Governor McAuliffe's proposals about three hours after they received them and voted to send their original budget to the full

House.

In response, the Senate adjourned on Monday night for three weeks so they could give it more careful consideration.

On Tuesday night, we debated the budget again. Governor McAuliffe's budget was reintroduced on the House floor and rejected on a party-line vote with one Republican voting for it and two Democrats voting against it. We passed the House's budget on a party-line vote and adjourned for the time being and its now on to the Senate.

We did get one thing done. We passed legislation wrapping up last year's budget and passing along \$440 million of excess revenue to the next budget cycle. I voted "no" because it also funded a new \$400 million Capitol office building for the General Assembly. Our current building is an asbestos-laden, energy inefficient, allergy-inducing fire hazard, but I could not tolerate the irony of spending \$400 million on ourselves at the same time we are refusing to extend healthcare to Virginia's 400,000 neediest citizens at minimal cost to taxpayers.

The Senate will return on April 7 to hold hearings on the budget. The House is not scheduled to return at this time.

Last week, I wrote about many of the consequences of inaction. More analysis pro-

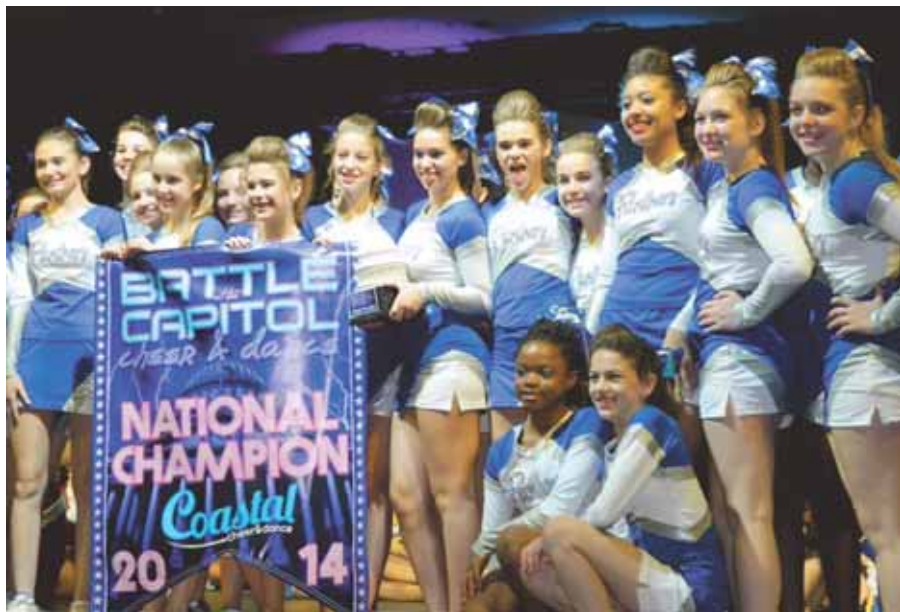
vides more consequences. As of today, Virginia taxpayers have lost over \$450 million due to the legislature's gridlock. One study estimates that failure to act will lead to 200 to 600 preventable deaths per year. Another report estimates \$28 million in savings to local governments via medical services provided by their community services boards such as Fairfax County's.

Some opponents argue that the federal government could prohibit Virginia from withdrawing after changing reimbursements. After Governor McAuliffe produced a letter from the federal government stating that Virginia could withdraw at any time, opponents moved the goalposts, contending that that was not good enough and demanded a new federal law.

The state now has spending authority through June 30, 2014. It is unclear what will happen if a budget is not approved. The state would clearly not close its jails, stop processing criminal cases or shut down university hospitals, but there would be consequences.

I will continue to work with my colleagues to find a bipartisan solution to our stalemate, but that path is not clear today.

As always, if you have any ideas, drop me a note at scottsurovell@gmail.com. It is an honor to serve you in the state legislature.



Cheer Team Takes Top Honors at National Harbor

The Panther Cheer Club from Carl Sandburg Middle School in Alexandria took home top honors this weekend, March 29 and 30, at the annual Battle at the Capitol, a destination national performance cheerleading and dance championship. The hometown Panthers earned a first-place finish and garnered over the two-day competition the highest overall combined score of all the middle schools that competed at the event, which included teams who traveled from Pennsylvania, Maryland, and New York. The Panthers also received a bid to attend the invitation-only U.S. Finals competition that will be held in Virginia Beach on May 3. This was the second weekend of wins for the team, who also took home championship T-shirts on March 22 at the Live! Cheer and Dance Championship held at the convention center in Washington, D.C. The team has been training all season in performance cheerleading, which entails an athletic routine that includes tumbling, stunting, and dance. For more information and to view a video of their winning performance, visit www.panthercheerclub.org.

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Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 8

held in reserve pending approval of the plan.

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

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

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

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

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

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

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

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

In considering these requests, please note the following statistics:

❖ U.S. Census Bureau statistics show an

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

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

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

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

❖ Nearly 1,650 CSB clients need affordable housing.

Communities who are successful in addressing their unmet housing needs have adopted a dedicated, reliable source of funding to preserve or develop housing that is affordable.

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

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

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

community to discuss a long term strategy for funding and maintaining adequate, annual investments in housing and human services in future budgets.

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

ter, **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)

LETTERS TO THE EDITOR

FROM PAGE 9

years in this area, I found it disappointing that the writers opposed the addition of marked bicycle lanes that would only enhance public safety in our community.

The loss of any parking lanes on Sherwood Hall Lane would be an unwise decision and the creation of new, dedicated turn lanes is unnecessary.

It should be noted, however, that the existing parking lanes on this road are considerably wider than those on other area roadways such as Fort Hunt Road, Collingwood and Riverside Drive. It is interesting that both letter writers readily admit that as currently striped, the parking lanes are wide enough to accommodate large vehicles and bicyclists. Unfortunately, at a minimum it is quite unsafe for a cyclist to occupy a parking lane that contains a vehicle. Moreover, under the Code of Virginia bicyclists on the roadway are subject to the same provisions as motor vehicles and as such, they have the same rights and duties as a motor vehicle operator and therefore should not be riding in an occupied parking lane.

However, if the parking lanes were to be re-striped at the width of other lanes on similar area roads, there would be plenty of room to park a vehicle as well as add a dedicated and marked cycling lane. Dedicated cycling lanes have been shown to enhance road safety since they increase overall awareness of the shared road and provide clear delineation from faster moving motorized vehicles. Further, one letter writer fears the addition of dedicated turn lanes and elimination of parking lanes is only a prelude to a future four-lane road. It should be pointed out that installation of cycling lanes along with narrower parking lanes would use up enough road space as to make future conversion to a four-lane road impossible.

It is unfortunate that the letter writers felt that simply because there are fewer bicyclists on the roads than automobiles, we should not be afforded the same benefits

of public safety as other citizens. Whether or not cycling lanes are marked on Sherwood Hall Lane, we will still be using the roadway. So why not provide a means to improve our safety too?

The FCDOT/VDOT proposal provides some good proposals like adding bike lanes to Sherwood Hall Lane, and some bad ones like eliminating resident street parking and adding unnecessary turn lanes. It doesn't have to be an either/or proposition but rather should be opportunity to agree upon the best way to improve that road, one that takes into account the safety of all citizens in the community — whether on two wheels, four wheels or on their own two feet.

Francois DiFolco
Stratford Landing

Multiple Needs

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, March 26, 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.

It was 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

SEE LETTERS, PAGE 19

SPORTS



West Potomac senior Billy Lescher struck out five Titans in two innings on Tuesday night.



West Potomac senior Billy Lescher and the West Potomac baseball team beat T.C. Williams 4-1 on Tuesday night.



West Potomac senior Michael Barnes struck out seven T.C. Williams batters in five innings on Tuesday night.

PHOTOS BY JON ROETMAN/THE GAZETTE

West Potomac's Barnes, Lescher Befuddle T.C. Williams

Wolverine pitchers combine for 12 strikeouts during 4-1 victory.

BY JON ROETMAN
THE GAZETTE

The T.C. Williams lineup showed signs of life in the bottom of the seventh inning as the Titans brought the tying run to the plate against West Potomac.

But with two runners on and two outs, TC's threat ended in an all-too-familiar fashion: with the bat resting near the shoulder as strike three settled in the catcher's mitt.

West Potomac senior pitchers Michael Barnes and Billy Lescher combined for 12 strikeouts, eight of the looking variety, and the Wolverines defeated the Titans 4-1 on Tuesday night at Simpson Field in Alexandria. The T.C. Williams baseball team managed just three hits.

Barnes started on the mound and pitched five innings, earning the win. He allowed one run and two hits while hitting one batter, walking none and striking out seven. Lescher picked up a two-inning save, allowing one hit and walking two while striking out five.

"[Barnes and Lescher are] our No. 1 and 2, and you can pick [which] one [is No. 1]," West Potomac head coach Jim Sullivan said. "We're counting on them to do a lot this year. If they pitch like they did tonight, we'll win a lot of games."

Barnes, listed at 6 feet 3, 166 pounds, will play for the U.S. Merchant Marine Academy.

"It's a really comfortable feeling," Barnes said of having two quality starting pitchers. "You feel really confident going into games. It's nice to have two different pitchers to throw two different games a week."

Lescher, listed at 6 feet 3, 210 pounds, will pitch for the University of Pennsylvania.

"It's a great advantage," Lescher said. "It's a great weapon for our team to have that 1-2 combo up there."

Fellow Wolverine seniors A.J. Melvin and David Wagner will also play college base-

ball. Melvin will attend Washington & Jefferson College and Wagner will play for New York University.

West Potomac (2-2) jumped out to a 3-0 lead in the top of the first inning. Leadoff batter Brett Schaefer doubled on a 0-2 pitch and freshman second baseman Luke Belanger reached on an error, which allowed a run to score. Junior designated hitter Tom Nicholson followed with an RBI double and junior outfielder Rocky Ibleon later stroked a run-scoring single.

T.C. Williams responded with a run in the bottom of the inning. Leadoff batter Pat Devine doubled down the third-base line on a 0-2 pitch and, two batters later, senior first baseman Tyler Ratliff delivered an RBI double down the third-base line.

The Titans went scoreless for the remainder of the contest, however, and did not produce another hit until the seventh inning, when JP McLaughlin led off the frame with a single. TC batters struck out 12 times.

"I think more so than anything, [the strikeouts are due to] a lack of seeing live pitching due to the way the weather has been this early season. We've been extremely limited," T.C. Williams head coach Jim Blair said. "... They need to have the discipline. We are a heavy junior, senior team this year, so they've been through this before. Early season, you have to make adjustments at the plate in order to be successful and I think that's where we did not do a great job tonight."

Devine, a junior infielder who had one of the three TC hits, said the Titans need to get more aggressive at the plate.

"You can change your approach," he said. "I think we've always had that problem; we need to be more aggressive. I've been here for two or three years and we've always had the problem of we just take too many pitches or just aren't aggressive enough early in counts, and that's one thing we've been trying to change this year."

The loss dropped TC's record to 0-2. Last season, the Titans, led by then-senior

pitcher Alec Grosser, qualified for regionals for the first time since 2009. The Atlanta Braves selected Grosser in the 11th round of the 2013 Major League Baseball draft and the Titans are trying to discover who they are as a team without him.

"Because we're an older group, I think the bar had been set last year," Blair said. "But in saying that, as well, we're still a team trying to find our identity without Alec Grosser and those are some big shoes to fill, obviously. As we progress through the season, hopefully we'll have the opportunity for some guys to really step up for this ball team."

Junior right-hander Jacob Katz started on the mound for the Titans and suffered the loss. He allowed three runs and five hits while walking one and striking out two in four innings.

WP's Snigur To Play Soccer at La Salle



PHOTO CONTRIBUTED

West Potomac senior Gregory Snigur committed to play soccer for La Salle University. From left are West Potomac boys' soccer coach Andrew Peck, DSA Aaron Helmick, Virginia Iaquina (mom) and Snigur.

Junior left-hander Brandon Beck pitched two innings for the Titans and sophomore Andrew Tovsky pitched one.

"Last year, we were afforded the luxury a little bit to put Alec up on the mound and kind of ride his coattails a little bit," Blair said. "This year, the load has to be picked up evenly by all."

Meanwhile, West Potomac, which finished second in last year's Patriot District regular-season standings, has visions of winning the Conference 7 championship.

"Hate to write [our expectations] down, but we plan to beat Lake Braddock," Sullivan said. "Our goal is to win the district."

West Potomac will travel to face Lake Braddock, the defending region champion, at 6:30 p.m. on Friday, April 4.

T.C. Williams faced West Springfield on Wednesday, after the Gazette's deadline. The Titans will host Woodson at 6:30 p.m. on Friday, April 4.

West Potomac senior Gregory Snigur has committed to play soccer for La Salle University, a NCAA Division I school in the Atlantic 10 Conference. Snigur was admitted to the La Salle Honors Program and plans to study psychology. In addition to receiving an athletic award of \$40,000, Snigur was awarded the Christian Brothers' Scholarship, which is the highest academic recognition offered by La Salle University awarding full tuition for four years.

In 2011, Gregory relocated from Warwick Valley High School, where he played varsity soccer as a freshman, to West Potomac. He has been a member of the varsity soccer team at West Potomac since and was named a captain this season. Gregory has played on various travel and elite academy soccer teams in New York, Maryland and Virginia, including the DC United MLS Pre-Academy team. Snigur is also a member of West Potomac's National Honor Society.

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FROM PAGE 9

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

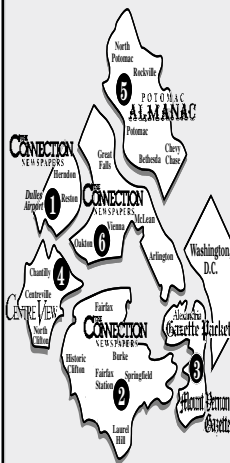
AMUSINGS

My wife and I live just a coupla blocks from the Mount Vernon mansion and property. Of course, in George's day, his property extended far, far beyond what it is now. Our house is on Cherrytree Drive. I mean, is that perfect, or what? What this means is that our property was once a part of George's farm. Without question, he grew stuff on it. Today, of course, there is no vestige of that left. (I use the word "vestige" because it is an extremely erudite word, just to show that (1) I was an English major in college, and (2) I am familiar with obscure, but colorful words like "erudite".) (And you would think that, as an English major, I would know whether the closing quotation mark thingy (") is supposed to go before or after the period; but I don't, and I'll bet you don't either. But here's the spooky part. When we walk around on our property, especially in the back yard, which is replete (erudite word again) with tall sycamore trees, just like you see when you tour Mount Vernon. We fancy that George once rode his horse right through there, and can almost hear the clippity-clop of the hooves, hear George saying, "Easy big feller", and even see dried, petrified horse droppings there. Now, be honest, dear readers - do you get a thrill from horse droppings like we do? Aha ... we know you don't.

— BART HEWITT

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Title: RFP #00000437, Eisenhower West Small Area Plan
Consulting Support Closing Date and Time: April 21, 2014, 4:00 p.m., prevailing local time
For general inquiries contact Jason Soltis, Contract Specialist at 703.746.4299.
The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

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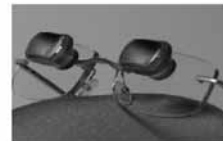
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Give your written or oral comments at the public meeting. For more information or questions regarding the upcoming meeting, please contact the Office of Environmental Quality at 703.746.4065. The meeting is open to the public. The City of Alexandria is committed to compliance with the Americans with Disabilities Act, as amended. To request a reasonable accommodation, e-mail Geraldyn.Taylor@alexandriava.gov or call 703.746.4084, Virginia Relay 711.

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

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BRAKE SPECIAL

\$99⁹⁵

PADS

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

MACHINE ROTORS AN ADDITIONAL \$199.95.

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30000 MILES FACTORY RECOMMENDED SERVICE

\$159⁹⁹

Synthetic \$10 More

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

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

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2003 & NEWER
Synthetic \$10 More

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Places**

Senior Living

APRIL 2014



Mount Vernon Gazette

Senior Calendar

FRIDAY/APRIL 4

Online Plant Order Deadline.

Native plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf for more.

SATURDAY/APRIL 5

Navigating the Complexities of

Lyme Disease. 9 a.m. – 12 p.m. Vienna Presbyterian Church, 124 Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost \$15

preregistration/\$20 at door. To register, visit <http://bit.ly/lymecomplexities>.

Reston 50/100 Founder's Day

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

TUESDAY/APRIL 8

Luncheon and Tour. 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191

Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

TUESDAY/APRIL 8

Retirement Planning. 7 p.m., located in the large meeting room at the Beatley Central Library, 5005 Duke Street, Alexandria. Bryan Riley, a financial advisor for Ameriprise, presents, "Plan for Retirement: Challenge Your Concerns and Take Control." Call, 703-746-1751.

SUNDAY/APRIL 13

Book Look: Child of the Civil

Rights Movement. 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org for more information and to register.

WEDNESDAY/APRIL 16

Discussion Series. 1-3 p.m. at Beatley Library, 5005 Duke St. "So You Think You're Covered: Evaluating Your Long-Term-Care Plans." Get guidance in how to evaluate long-term care insurance to see if it covers what you think it does, and if it doesn't, what you can do about it. Free. Reservations recommended, 703-231-0824.

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

SEE CALENDAR, PAGE 5

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Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
THE GAZETTE

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

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

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

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



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

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

range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week

study of 23 adults aged 62 to 83 years old. They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants attended two 90-minute yoga classes per week, and were asked to complete at least

20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way

SEE YOGA, PAGE 8

More Seniors Plan To Age in Place

BY MARILYN CAMPBELL
THE GAZETTE

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

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

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

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

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

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

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

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

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

SEE HOW TO AGE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

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

Mount Vernon Gazette

Senior Living

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Senior Living

Aging in Place Gracefully

FROM PAGE 3

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

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

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

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

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

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

Vernon at Home in Mount Vernon. “It is community-based. Every village is different, but they’re there for people who want to age in place.”

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

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

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



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

PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE



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.

Local Villages

Fairfax County Villages

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

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

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

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

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

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

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

❖ **Mount Vernon at Home Village** —

www.mountvernonathome.org

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

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

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

Senior Calendar

FROM PAGE 2

birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

THURSDAY/APRIL 17

Vietnam Veterans of America Chapter Meeting. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Ideas for the Garden. 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to rockspringgardenclub@gmail.com. Visit www.rockspringgardenclub.com.

TUESDAY/APRIL 18

Genealogical Society Meeting. 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road. Mount Vernon Genealogical Society meeting will feature a presentation entitled "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. What was it like for an 18 year old high school graduate from a small Ohio town to go off to war,

SEE CALENDAR, PAGE 6



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Senior Living

Fairfax County Senior Centers

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

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

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

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

possible. Participation reduces loneliness and isolation by providing fun and enjoyment in addition to preserving dignity and enhancing the quality of life.

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

- ❖ Planned and adapted activities created by a recreation therapist
- ❖ Health consultations and assessment

Senior Center Locations

❖ BAILEY'S SENIOR CENTER

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

❖ SOUTH COUNTY SENIOR CENTER (+)

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

❖ HERNDON SENIOR CENTER (+)

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

❖ HOLLIN HALL SENIOR CENTER

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

❖ JAMES LEE SENIOR CENTER (+)

2855-A Annandale Road, Falls Church, VA 22041
Monday-Friday, 9 a.m.-3 p.m.
703-534-3387, TTY 711

❖ KINGSTOWNE CENTER FOR

ACTIVE ADULTS

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

❖ LEWINSVILLE SENIOR CENTER (+)

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

❖ LINCOLNIA SENIOR CENTER (+)

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

❖ LITTLE RIVER GLEN SENIOR CENTER (+)

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

❖ LORTON SENIOR CENTER (+)

7722 Gunston Plaza, Lorton, VA 22079
Monday-Friday, 9 a.m.-4 p.m.
703-550-7195, TTY 711
Fax: 703-541-2092

❖ PIMMIT HILLS SENIOR CENTER

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

❖ SULLY SENIOR CENTER (+)

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

❖ WAKEFIELD SENIOR CENTER

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

❖ CITY OF FAIRFAX

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

❖ CITY OF FALLS CHURCH

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

Senior Calendar

FROM PAGE 5

fight the Germans and survive his plane "going down?" Visit www.MVGenealogy.org. Questions about the program should be directed to Karen Jenkins at 703-866-2478 or publicity@mvgenealogy.org.

WEDNESDAY/APRIL 23

Senior Services. 9:30 a.m.-noon at the Nannie J. Lee Center, 1108 Jefferson Street, Alexandria. Senior Services of Alexandria, Inova Alexandria Hospital and the successful aging committee of Alexandria are sponsoring a Health and Fitness Event. Free, open to the public. Visit www.seniorservicesalex.org, <http://www.seniorservicesalex.org>, or call 703-836-4414, ext 10.

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 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.

SATURDAY/APRIL 26

Community Cleanup. 9 a.m.-noon at five locations along Four Mile Run.

Cleanup volunteers needed at Madison Manner, Glen Carlyn, Arlington Mill Community Center, Barcroft Park and Shirlington Park. An adult must accompany children under 16 years of age. Call 703-525-0168 or ParkRangers@arlingtonva.us.

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 for more.

SATURDAY/MAY 3

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

TAX HELP

AARP Tax-Aide, the nation's largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Bring government-issued picture IDs, and social security cards for all persons that will be included in your tax

return. Also bring a printed copy of last year's tax return, if you itemized. Located at Lee Center, 1108 Jefferson St., Wednesdays and Fridays from 10 a.m.-2 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide for additional information.

ONGOING

Senior Fall Prevention Classes.

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

New Neighbors League Club of Northern Virginia.

For women, the club includes Bridge, mah jong, gardening, quilting and many other activities. www.newneighborsvirginia.com.

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

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

American Red Cross CPR, First Aid and AED. Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. Visit www.redcrossnca.org.

Mental Health First Aid Training

by a registered nurse

❖ Consultation and assessment by a mental health specialist

❖ Referrals to other county agencies and transitions to other programs as needed

❖ An Individualized Wellness Plan developed with staff and participant input

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

The Senior Plus program is offered

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

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

Senior Living



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

Northern Virginia Senior Olympics Mission: Living Healthy Longer

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

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

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

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

Online registration will be available at www.nvso.com 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



A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.

Yoga for All Ages

FROM PAGE 3

to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

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

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

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

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

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

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

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

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

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

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

"There are many kinds of seniors," he said. "There are seniors that are immobile and some who are really active. ... We created Yoga Rx for those with mobility issues. We work them in the chairs."

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

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offering 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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Image courtesy of The Butler Institute of American Art, Youngstown, Ohio