

# Herndon Elementary Holds Open House

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Herndon Elementary math teacher and PTA officer Jaime Graham and volunteers helped explain the kiss and ride program at Herndon Elementary School during the August open house.

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# BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) by the Friday prior to the following week's paper.

## FRIDAY/SEPT. 5

### American Red Cross Blood

**Donation.** 9 a.m. - 2 p.m. YMCA Reston, 12196 Sunset Hills Road, Reston. [redcross.org](http://redcross.org) or 1-800-RED-CROSS.

## SATURDAY/SEPT. 6

**Reston Community Yard Sale.** 8:30 a.m. - 12:30 p.m. Reston Association, 12001 Sunrise Valley Drive. Rain date Sept. 7. Vendor Space is sold

out. In case of rain in the forecast call 703-435-6577.

## MONDAY/SEPT. 8

### American Red Cross Blood

**Donation.** 3:30 p.m. - 7:30 p.m. Herndon Elementary School, 630 Dranesville Road, Herndon. [redcross.org](http://redcross.org) or 1-800-RED-CROSS.

## WEDNESDAY/SEPT. 10

**DMV2Go.** 9 a.m. - 4 p.m. Reston Town Center Plaza, 11900 Market St, Reston. The Department of Motor Vehicles wireless office on wheels will be open. [http://www.dmv.state.va.us/general/#dmv\\_2go.asp](http://www.dmv.state.va.us/general/#dmv_2go.asp)

### American Red Cross Blood

**Donation.** 4 - 8 p.m. St. Thomas A. Becket Rcc, 1421 Wiehle Avenue, Reston. [redcross.org](http://redcross.org) or 1-800-RED-CROSS.

## THURSDAY/SEPT. 11

### American Red Cross Blood

**Donation.** 8 a.m. - 1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. [redcross.org](http://redcross.org) or 1-800-RED-CROSS.

## MONDAY/SEPT. 15

### American Red Cross Blood

**Donation.** 8 a.m. - 1:30 p.m. Cisco, 13600 Dulles Technology Drive, Herndon. [redcross.org](http://redcross.org) or 1-800-RED-

CROSS.

## MONDAY/SEPT. 22

### NARFE Dulles Chapter 1241

**Luncheon Meeting.** 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Suzanne Scholte (R), Congressional District 11, and Pete Snyder speaking for Barbara Comstock (R), Congressional District 10. Please call in your reservation by Sept. 18 to Louise Rooney 703-435-3523.

## TUESDAY/SEPT. 23

**Inova Blood Drive.** 12-7 p.m. Reston Town Center Plaza, 11900 Market St., Reston. Blood drive occurs

monthly on the 4th Tuesday. 1-866-256-6372.

## ONGOING

### Fairfax County's Meals on Wheels

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

### Knitting Enthusiasts, Musicians

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

## WEEK IN HERNDON

# Joint Meeting of AAUW and NVHC Sisterhood - Sept. 11

The Reston-Herndon Branch of the American Association of University Women and the Northern Virginia Hebrew Congregation Sisterhood invite members and the public to join them for an evening with Supervisor Cathy Hudgins (D-Hunter Mill). Hudgins has been recognized for her "outstanding dedication and pioneering initiatives to foster and build inclusive, quality communities for all." The Supervisor will speak about what is happening in the County to further women's equity. She will also address more broadly items of interest such as education, economics, and of course politics.

There will be time for questions and for discussion following her presentation. The event is scheduled for 7 p.m. on Thursday, Sept. 11, in the Multi-purpose room of the Northern Virginia Hebrew Congregation at 1441 Wiehle Avenue in Reston. The meeting is open to the public—all are welcome. For more information, contact: Roz Zietz at 703-620-4521.

# Dulles Regional Chamber Welcomes New Chairman

The Dulles Regional Chamber of Commerce recently welcomed Mary Gayle Holden, attorney and founder of her own sole-practitioner firm, as chairman of its 2014-2015 board of directors. Holden, who succeeds Don Owens of Griffin-Owens and Associates, is a Charlottesville native with degrees from Roanoke College and the University Of Virginia School Of Law. More information on the Dulles Regional Chamber is available at [www.dulleschamber.org](http://www.dulleschamber.org).



## You do your best to keep your kids healthy and fit... But, what about YOU?

It's back-to-school season, and busy parents everywhere are running around, managing new routines, juggling schedules and shuffling the kiddos from one afterschool activity to the next. Gymnastics, sports practice, martial arts, dance – you make it a priority to ensure your kids get the physical activity they need to live a healthy, happy, well-balanced and FIT life from an early age. **But what about YOU?**

Are you among the group of parents sitting in the waiting room or on the sidelines while your kids are physically active? What are you doing to improve your health and the quality (and quantity) of your life?

There never seems to be enough time left in the day for Mom and Dad to take care of themselves. It's easy to say, "I'm too busy," and do another errand rather than hit the gym.

But when you make fitness a priority for the entire FAMILY – parents included – you are setting a healthy example and establishing a lifestyle that kids will have for life. Taking just 15-30 minutes for a workout is important for managing stress, looking and feeling great, and having more energy. **Bottom line: a fit parent is a happy parent. And happy, fit parents have happier, healthier kids.**

That's why I came to Koko FitClub. I am a busy dad, and my kids mean everything to me. I'm proud to be leading my team to serve this community to changes lives, setting a positive example for my children, and becoming a healthier dad in the process. Koko offers a fast, efficient workout – so you can get in and out before the kids are done with karate,

You CAN be that fit, strong person you've always wanted to be – for yourself and your family. Let us prove it to you. I feel so strongly about what we do at Koko FitClub, and believe it will truly change your life, that I invite you to try 30 days of Koko for just \$30 -- no obligation. Come in for a visit, meet my team, try our club for yourself, and see how easy it can be to fit fitness into your busy life. Don't just do it for you – do it for the kids!

Yours in good health,  
Scott Richardson and the Koko FitClub Team

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– Linda Weber



"There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!"  
– Scott Kreitz

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



# Herndon Elementary Holds Open House

Parents, teachers and students meet before school begins.

BY RYAN DUNN  
THE CONNECTION

**H**erndon Elementary School (HES) held an open house on Aug. 29 as an opportunity for teachers, parents and students to meet and connect. Fairfax County Public Schools opened Sept. 2, so students could visit their classrooms and get oriented. Herndon Elementary School has over 920 students enrolled at the school located at 630 Dranesville Road. Friends and volunteers with the local PTA assisted school staff and provided information on upcoming PTA events.

"The school kiss and ride program is for students brought through by car," said Herndon Elementary math teacher and PTA officer Jaime Graham. "We have about 60 to 70 cars which go through the school parking lot."

Food trucks including Rito Loco, DC Slices and Safari Ice were parked by the curb as families visited the school. Relatives and students had the opportunity to see and play on the new playground, which was set up over the summer. "We have a campaign to help families join the PTA, as well as a celebration of the new playground," said Rita Fullerton, a member of the school PTA. "I think the open house has been really successful," said Herndon PTA president Amanda Geary.

"It has been a good show," said school counselor Brian Falkey. "It makes things run smoother when people know where they are supposed to go." This will be Falkey's second year at Herndon Elementary. Welcom-



During the August open house at Herndon Elementary, food trucks including Rito Loco, DC Slices and Safari Ice were parked by the curb as families visited the school.

ing students and parents near the front entrance was school principal Ann Gwynn. Herndon Elementary School offers enrollment from kindergarten to sixth grade, and also offers a language immersion program.

"It is nice to be able to meet my child's teacher in an open atmosphere," said Alex Steis, a graduate from Herndon High School in 1996. "The food trucks are a plus." The Steis parents and their son met second grade teacher, Ann Godden. "This is my 19th year teaching here," said Godden. "I love the open house because it is a wonderful time to meet my students and their families. It is an exciting day." As the students visited, Godden asked them to choose a desk and write a nametag.

**THIS WILL BE THE LAST YEAR** a second grade class can take the French language immersion program. Due to changes that began several years ago, the French program will be phased out year by year

through 2019. Principal Gwynn has said a Spanish dual immersion program will benefit the HES population, as learning Spanish is a skill for English speakers in society and the workforce. Some parents did not concur with this change, and felt HES and the Fairfax County School Board did not sufficiently engage parents before making the decision. "I think it is important for school to meet the needs of the community they are in," said language immersion teacher Maria Conomos. Conomos will teach first grade Spanish and French to fourth grade students. While the school has a new playground, it has been struggling with an issue of over capacity. In 2009, Herndon Elementary was number 21 on the district's list of schools to be renovated, but by the following year, renovations were pushed back to 2021. Currently trailers are being used at the Herndon Elementary school campus to assist a need for classrooms and teaching space. "It is an old



Herndon Elementary second grade teacher Ann Godden with Aiden Steis.

building, and this is just how it is in a growing area," said HES second grade teacher Kathryn Schroeck. "I do not know how this issue can be resolved unless they change the school boundaries," said Schroeck.

**THE NEW 2014-2015 SCHOOL YEAR** will have full-day Mondays for all elementary students. The change will increase instructional time for students and dedicated planning time for teachers. On Aug. 25 Herndon Elementary teachers took a bus tour through the Herndon community visiting six locations including Runnymede Park, Fortnightly Library, Lifestyle Apartments, and Haley Smith Park. Herndon Elementary will host a Back to School Night on Sept. 18 from 6:30 to 8:30 p.m. This will be an opportunity to hear teachers speak and find volunteer, club and other PTA information at the cafeteria. For more information, visit [www.fcps.edu/HerndonES/](http://www.fcps.edu/HerndonES/).

## Making change: Some DTR Lanes Converting to E-ZPass

**N**ineteen exact change lanes on the Dulles Toll Road are going to be converted to E-ZPass lanes over the next year.

"It's an effort to ease traffic congestion on the Dulles Toll Road," said Metropolitan Washington Airports Authority spokesperson Chris Paolino.

He said there is already a 90 percent use of E-ZPasses for the lanes being converted. He said the move also addresses safety issues that occur when traffic stops unexpectedly for a person to throw coins in a basket.

"It allows smooth progression through the booths," he said. "There will always be a full service lane for people who want to pay with cash or a card, just to provide that extra option."

The conversion, which started Tuesday on the lanes near the westbound Fairfax

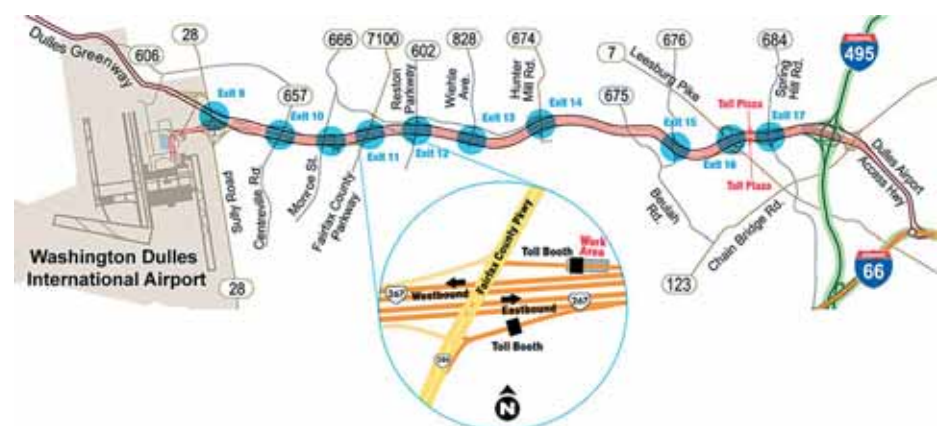
County Parkway exit, will take about a year to make the change.

Each lane will take two weeks to dig up the infrastructure under the road and create a new infrastructure. After each booth is completed, it will be watched carefully for the next two weeks to make sure it works correctly.

"We'll be working one lane at a time so that drivers have ample warning of which booth to avoid," said Paolino. "We encourage drivers to plan accordingly."

Hunter Mill Supervisor Cathy Hudgins represents the area that will be directly affected by the work.

"MWAA expects the new E-ZPass lanes will help reduce congestion around the plaza and exits of the Dulles Toll Road for our commuters," she said. "However, the conversion could limit the options and lengthen travel times for individuals that



MAP COURTESY OF METROPOLITAN WASHINGTON AIRPORTS AUTHORITY

**A project to convert 19 exact change lanes on the Dulles Toll Road to E-ZPass started Tuesday. The project is expected to last a year.**

do not use the E-ZPass service."

For more information or to find out where construction is occurring, visit <http://www.mwaa.com/tollroad/toll.htm>.

[www.mwaa.com/tollroad/toll.htm](http://www.mwaa.com/tollroad/toll.htm).

— REENA SINGH



# Backpacks Donated At Herndon Hutchison Elementary

Community reaches out to families of young students.

By RYAN DUNN  
THE CONNECTION

**T**housands of students in the Virginia and D.C. Metro area will be returning to schools this fall. In Fairfax County, public schools open Sept. 2. However, due to various circumstances many young children will not have the basic needs that allow them to be successful in their studies. This was where community organizations such as McLean Bible Church were able to offer their services. On the afternoon of Saturday, Aug. 23, congregants of McLean Bible Church went to Hutchison Elementary in Herndon for a special backpack drive.

Leading the event was Gustavo Pacheco, a resident of Maryland and minister with McLean Bible Church. "I have been working with McLean Bible since May of 2014," said Pacheco. "We minister to many communities within Herndon." Over 200

backpacks filled with new school supplies were given out to parents and families who stopped by the Hutchison Elementary cafeteria to pick them up. Hutchison Elementary school is a Title I school, which means the school eligible for Title I funds based on the percent of low-income students. In Fairfax County Public Schools (FCPS) the elementary schools with the highest level of poverty receive funding that is used for positions and resources to meet the needs of their students.

"We have been preparing for this event for at least a month and a half."

— Alexis Ramirez

"We have been preparing for this event for at least a month and a half," said Alexis Ramirez who helped coordinate the event.

While volunteers were preparing the donated supplies and school gear in the cafeteria, other McLean Bible congregants and volunteers were setting up games for children outside the school building. Chiropractor Dr. Camille D'Amato and Judy Pozo grilled hot dogs for event attendees. "I have an office in Herndon," said D'Amato. "We certainly hope to make a positive outreach for the community."

"We were asked to bring a variety of school related materials including



Karen Hilliard and Leslie Montague both volunteered for the backpack drive held at Herndon Hutchison Elementary on Aug. 23.



Gustavo Pacheco, a minister with McLean Bible Church, coordinated a backpack drive at Hutchison Elementary School. Assisting him were a team of community volunteers.



Camille D'Amato and Judy Pozo grilled hot dogs for event attendees of a backpack drive outside Herndon Hutchison Elementary on Aug. 23.



Alexis Ramirez displays some of the school backpacks which were donated to families during a backpack drive held at Hutchison Elementary School in Herndon.

markers, rulers, pencils, and notebooks," said Karen Hilliard, a resident of Vienna. Before the event began, Pacheco thanked all the volunteers for participating. "Thank you so much, with your prayers and support it is a big blessing," said Pacheco. The McLean Bible Church had held Bible studies led by Gustavo Pacheco at Hutchison

Elementary on Saturdays. Beginning in September, the church will have Bible studies on Sundays at 5:30 p.m.

McLean Bible Church is a non-denominational church with multiple locations in the Washington, D.C. metropolitan area. The congregation offers various ministries to Northern Virginia including a career net-

work ministry which meets on Tuesday at 8925 Leesburg Pike, Vienna and Jill's House, an overnight respite care center for children with special needs. Jill's House is located on the property of the McLean Bible Church Tysons Campus in Vienna. To read more about McLean Bible Church, visit [www.mcleanbible.org](http://www.mcleanbible.org).



## NEWS

# Eagle Scout Project to Benefit Herndon High Band

**R**yan Jasmann, with Boy Scout Troop 157, based out of Herndon United Methodist Church, dedicated his Eagle Scout project to benefit the Herndon High School Band program. His Eagle Scout Project consisted of refurbishing and repairing five of the uniform carts and one hat box for the Marching Band. "When considering my Eagle Scout project, I wanted to provide a service for an organization which had made an impact on me. The band program promotes teamwork, loyalty, leadership and respect for yourself and others. This organization was a true inspiration for me and I wanted to give back to it," said Ryan. The project took place over two days to complete in July.

Criteria of the Eagle is to lead a project with assistance from friends, family and fellow scouts. Ryan engaged close to 80 people for the first day of the project and almost 50 the second day. He enlisted many people from the band organization, band alumni, various Boy Scout troops, Order of the Arrow chapters and the community. Ryan was thrilled with the number of people who wanted to assist on this project.

The project included removing the old boards from the carts and



**Ryan Jasmann, with Boy Scout Troop 157, dedicated his Eagle Scout project to benefit the Herndon High School Band program.**

disposing of them, adding new, larger and more durable wheels, assembling new, thick, more durable boards to the bottom and sides of the cart, applying new black paint to all areas of the cart, and applying the new band logo graphics and numbers. Ryan received the graphic materials as a donation from Chroma Imaging in Herndon. Wirth Cabinetry, also in Herndon, supplied boards and allowed Ryan to use their equip-

ment. One of the employees at Wirth was especially helpful in the advice he gave Ryan in planning for the project. Ryan felt the advice he received from Wirth Cabinetry was instrumental in the success of the project.

Kathleen Jacoby, HHS Band Director, was very pleased that Ryan chose the band to benefit from his project. Upgrades to the carts and hat box were greatly needed for this school year.

PHOTO CONTRIBUTED

## OBITUARY

# Robert Knight, of Reston, Dies

Aug. 29, 1940 – Aug. 16, 2014.

**O**n Aug. 16, 2014, Robert Knight, of Hamilton, Va., died. He was husband to Andrea Knight, father of Kim Knight (Brad) Jones and Kyle (Kolynn) Knight, grandfather of

Andrew Jones and Knox Knight. Having recently celebrated a wedding anniversary to his beloved wife of 49 years, the Clifton, N.J., native will be missed by all that knew him. A larger than life fig-

ure who lived life on his terms, Bob "Zeke" Knight touched many lives he came in contact with. His impact will be missed but never forgotten. In lieu of flowers, contributions can be made to St. Jude Children's Hospital or your local Humane Society.

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# OPINION

# Back to School

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**A**lthough it has been many years since I was a teacher in the classroom, I still get a nervous stomach around Labor Day each year in anticipation of the beginning of a new school year. Teaching is the hardest work I have ever done in my life including being a legislator. I taught before the era of Standards of Learning (SOLs) and massive standardized testing. The challenge I and my colleagues had in our time was to recognize, nourish and expand individual students' knowledge, talents and abilities. Today's teachers have unfortunately been forced to teach to standardized tests that do not recognize individual student's knowledge, talents and abilities nor do the tests or the assessment process of teachers recognize their unique skills and talents.

I attended the annual meeting of the National Conference of State Legislators (NCSL) recently where Sir Kenneth Robinson, noted author and speaker, spoke about the need for



## COMMENTARY

revolution—not reform—in public education. ([www.ncsl.org/research/education/q-and-a-sir-kenneth-robinson.aspx](http://www.ncsl.org/research/education/q-and-a-sir-kenneth-robinson.aspx)) He expressed concern that schools are organized on an industrial model—I have described it as a factory—where all the children are expected to come out alike at the end of schooling. At the same time we recognize in society the special talents individuals may possess, the orientation of many schools for too many years has been to ignore individual differences and to have identical expectations for all students. Schools cannot operate successfully as a factory of the past where every student becomes the same widget, but schools need to adopt a mass customization model where every student is recognized as a unique being.

As Sir Kenneth Robinson expressed it, "education is meant among other things to develop people's natural abilities, and I believe it really doesn't do that...To focus on them in the traditional school setting, very many brilliant people are weaned away from the very talents

that excite them." For Robinson, schools should focus on awakening creativity and developing natural curiosity. "Much of the present education system in the United States fosters conformity, compliance and standardization rather than creative approaches to learning," he says.

Clearly the standards and testing programs have gone too far, and fortunately the push back from students, parents and teachers is finally being recognized by legislators. The General Assembly reduced the number of SOL tests required, and a commission established to look at the issue is likely to recommend even more reduction. Graduation requirements need to be made more flexible in order that students can more fully develop their individual talents. Sir Kenneth Robinson's curiosity and creativity need to be rewarded in the classroom.

The anticipation I feel with back-to-school time is shared by parents, students and teachers alike. The excitement needs to be recognition of the great things that happen in classrooms every day. The managers of that process—the teachers—deserve our gratitude, recognition and better pay. When you talk with a teacher, please join me in thanking them for their dedication and hard work.

## LETTERS TO THE EDITOR

## Justice Delayed Is Justice Denied

To the Editor:

On Friday, Aug. 29, it was one year since a still unidentified Fairfax County police officer shot and killed an innocent, non-violent, unarmed John Geer as he stood in the doorway of his Springfield home.

Fairfax County Chief of police Edwin C. Roessler, Jr. has not charged the officer with misconduct nor a violation of his department's policies or standard operating procedures. Additionally, he has refused to disclose the findings of his department's Internal Affairs Bureau investigation. Many Fairfax County citizens find his refusal to address this tragic event appalling and overriding the public's interest.

Fairfax County Commonwealth's Attorney Raymond F. Morrogh has turned over the investigation of this fatal shooting of the Springfield man to the U.S. Attorney's office for the Eastern District of Virginia in Alexandria. Morrogh cited "complications with the case." "There is a conflict of interest that has arisen in this case." Morrogh also said, "and there is a second potential conflict of interest that has arisen out of my office." Morrogh declined to describe

the nature of the conflicts. Many Fairfax County citizens are asking "why didn't Morrogh turn this case over to a Fairfax County Grand Jury that would have given the citizens of Fairfax County a voice in this matter?" They are also asking "why Morrogh failed to turn this case over to the Virginia State police for an investigation?"

In February 2014, Morrogh turned this case over to the Acting U.S. Attorney in Alexandria. After nearly six months acting U.S. Attorney Dana Boente remains silent. With all the resources of his office, including the FBI, this case remains unresolved.

During this past year, the Fairfax County Board of Supervisors has remained silent. The question is: Why? Some Fairfax County citizens have speculated the police union has had a major impact on the Fairfax County Board of Supervisors. Many criminal justice experts have long agreed that police unions have been a major obstacle to police accountability and transparency.

In contrast, the Ferguson, Mo., recent shooting death of Michael Brown by a police officer has ignited national attention. Within a few days of this incident the officer was identified as Officer Darren Wilson. Shortly thereafter, the case was referred to a Grand Jury. In less than two weeks the

wheels of justice were put into motion. This incident is being investigated by state and federal authorities. The question raised is "Why have the Fairfax County authorities avoided a local or state investigation — and why haven't they referred this matter to a Grand jury that would have allowed local citizens to have a voice in a local matter?"

The citizens of Fairfax County deserve an answer.

Since 1979, the citizens of Fairfax County have sought to have the Fairfax County Board of Supervisors appoint a Citizen Complaint Oversight Board that would accept and investigate citizen allegations of police abuse, misconduct, negligence and report its findings to the Chief of Police and/or the Fairfax County Board of Supervisors. The Virginia Citizens Coalition for Police Accountability, Inc. proposed this same request to the Fairfax County Board of Supervisors in March 2010 with no results. Why?

**Nicholas R. Beltrante**

Executive Director  
Citizens Coalition for Police Accountability, Inc.

## Foust for Congress

To the Editor:

Judging from the billboard-sized signs in Great Falls, you'd think Comstock had voters there locked up.

But duck beneath the signs, knock on some doors, and you hear a different story. I knocked both Republican and Democratic doors and found voters interested in hearing about John Foust, the Democrat running in the 10th District to replace retiring Representative Wolf.

Most recognized John as their Fairfax County Supervisor with a track record for providing excellent constituent services. Moreover, voters appreciated the fact that as Vice Chair of the Budget Committee he helped develop seven budgets that squeezed out excess spending, protected essential services, invested in the future, and were balanced, which is not easy when population continues to grow steadily and economic times are challenging.

In appreciation for his service and leadership, constituents from each of his precincts re-elected him as Supervisor, handing him a victory with a whopping 61 percent of the vote. From my experience in Great Falls, it looks like they will send him to Congress as well.

**Linda Burchfiel**  
McLean

## Oak Hill & Herndon CONNECTION

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

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Reena Singh**  
Community Reporter  
757-619-7584  
[rsingh@connectionnewspapers.com](mailto:rsingh@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](http://@jonroetman)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

**Ryan Dunn**  
Contributing Writer

**ADVERTISING:**  
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**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mکimm@connectionnewspapers.com](mailto:mکimm@connectionnewspapers.com)  
[@MaryKimm](http://@MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel  
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Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](http://@TheismannMedia)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## NEWS

# Exhibit Of Konko at ArtSpace Herndon

**ArtSpace Herndon shares story of a Ghana village and a literacy program.**

BY RYAN DUNN  
THE CONNECTION

**A**rtSpace Herndon brings the story of the village of Konko with an exhibit that opened Aug. 26. Through photographs, carvings, and writings of photographer and filmmaker Kenneth Braswell, literary artist Caroline Brewer, poet Nikki Giovanni, master wood carver Daniel B. Aryeety, photographer Carla D. Blackwell, and author Kwame Alexander, visitors can catch a glimpse of Konko, a small village in Ghana, West Africa.

Curator for the exhibit is Kwame Alexander, a Herndon resident, author and poet. Alexander is the poet-laureate of the international organization LitWorld, and with his Book-in-a-Day literacy program, he has created more than 3,000 student authors of 69 anthologies of poetry and fiction. Recently Alexander led a delegation of 20 writers and activists to Ghana, where they delivered books, built a library, and provided literacy professional development to 300 teachers, as part of LEAP for Ghana project. The photographers and artisans will be donating the proceeds of the photographs and sculptures in the show to the Nikki Giovanni/LEAP for Ghana Scholarship, which provides tuition, housing, and fees for students in the village of Konko to at-

tend high school, which costs upwards of \$1000 in Ghana. "Each year we travel to Ghana to facilitate literacy and girls empowerment work in the village of Konko," stated Alexander. "I wanted to showcase the rich culture and community spirit of the village, and really show the inspiration that has come from our collaborative efforts, for them and us. From the imagination of children to the entrepreneurial vitality of families, this exhibit portrays a side of Africa we seldom see. And it's powerful."

In addition to hosting art exhibits and receptions which recently included a choir concert performance by Collegium Cantorum, ArtSpace Herndon has issued calls for art. Recent calls for art include the 2014 Expressions Portrait Competition, where professional and amateur artists aged 18 or older residing in Virginia, Maryland, the District of Columbia, Delaware, and West Virginia are invited to submit entries to the competition. The entry deadline is Tuesday, Sept. 9, at 2 p.m. Finalists from the competition will be featured in the 6th annual Expressions Portrait Exhibit at ArtSpace Herndon.

Paint Herndon 2014 Painting Competition will be held Saturday, Sept. 20. The cornerstone of the Paint Herndon event is the Painting Competition designed in the spirit of a "day painting" competition and challenges artists to create works of art in a short period of time. The competition is open to all artists. There are three competitive divisions, each with their own cash prizes. The exhibit Each Other's Dreams closes Sunday, Sept. 7. For more information about ArtSpace Herndon and upcoming exhibits visit [www.artspaceherndon.com](http://www.artspaceherndon.com).



PHOTO BY KENNETH BRASWELL

**"Spirit of the Drum," an image by Kenneth Braswell, will be on display at ArtSpace Herndon as part of the "Each Other's Dreams" exhibit.**



PHOTO BY CAROLINE BREWE

**"Carrying Light" by Caroline Brew. This piece will be on display at ArtSpace Herndon. The exhibit will continue until Sunday, Sept. 7.**



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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes senior Megan Greatorex (23) plays field hockey and lacrosse for the Seahawks.

## South Lakes' Greatorex Eyeing Chance to Play College Lax

### Q&A: Senior earned all-district/conference in field hockey, lax.

Senior midfielder Megan Greatorex is in her third season with the South Lakes varsity field hockey team, helping the Seahawks to a 2-2-1 record entering their Sept. 3 contest against rival Herndon. While she has experienced individual success in field hockey, earning second-team all-district honors as sophomore, Greatorex's primary sport is lacrosse, which she hopes to play in college. She garnered second-team all-district accolades as a freshman on the South Lakes varsity lacrosse team, and first-team all-district/conference honors during her sophomore and junior seasons. She was a team captain during her junior campaign in the spring of 2014.

Greatorex recently participated in a Q&A via email with The Connection.

❖Connection: At what age did you start playing lacrosse? How much time do you spend working on your game in the offseason?

Greatorex: I started playing lacrosse when I was 7 years old. In the offseason I play club lacrosse, where we play four tournaments in the fall and four tournaments in the summer. I also play with a South Lakes team in the winter in a local winter league. In addition, I play on tournament teams, such as playing for D.C. in the Under Armour All-America Underclass Games this past summer.

❖Connection: You're a senior. How do you feel about your lacrosse game now compared to when you were younger?

Greatorex: My lacrosse game has changed immensely. When I started lacrosse it was mainly learning how to hold a lacrosse stick and learning basics such as catching and throwing. Now, as a senior, although we still work on basics because they are such a fundamental part of the game, I have developed a much smarter way of playing and developed my skills greatly.

❖Connection: What is your favorite lacrosse moment from your first three years at South Lakes?

Greatorex: My favorite lacrosse moment from my first three years at South Lakes was freshman year when we had a winning season. It had been a long time since we had had a winning season so it was very fun to come in as a freshman and set the tone for a building program.

❖Connection: At what age did you start playing field hockey? How much time do you spend working on your game in the offseason?

Greatorex: I started playing field hockey my freshman year of high school. In the offseason I participate in a winter league that our South Lakes team plays in.

❖Connection: What is your favorite field hockey moment from your first three years at South Lakes?

Greatorex: My favorite field hockey moment from my first three years at South Lakes happened my sophomore year when we played Herndon, our rivals, and beat them in overtime.

❖Connection: Do you play any other sports at South Lakes?

Greatorex: I only play field hockey and lacrosse at South Lakes. I am very involved in Leadership at South Lakes and am part of the Executive Council for the 2014-2015 school year.

❖Connection: What is your favorite food? Greatorex: I love fruit, and my favorite fruit is strawberries.

❖Connection: Who is your favorite music artist? Why?

Greatorex: I don't have a certain favorite artist. I like listening to country music, but I enjoy all different types of music.

❖Connection: What is your favorite movie? Why?

Greatorex: My favorite movie is "The Parent Trap." I used to watch it all the time when I was younger.

❖Connection: What is your favorite hobby outside of lacrosse and field hockey?

Greatorex: When I am not playing lacrosse and field hockey I love to hang out with friends.

❖Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Greatorex: The farthest I have been is to Riviera Maya in Mexico. In sixth grade, I was there for a week with my family.

❖Connection: Are you a pro sports fan? If so, who are your favorite teams?

Greatorex: I love watching pro football and my favorite team is the Washington Redskins. I also like the Washington Nationals.

— JON ROETMAN

## Upcoming Football Season Openers

The Marshall football team will host Wakefield at 7:30 p.m. on Friday, Sept. 5. The Statesmen are coming off back-to-back winless seasons. Marshall's last victory came against Thomas Jefferson on Oct. 21, 2011. Langley will travel to Arlington to face Yorktown at 7:30 p.m. on Friday. The Saxons are coming off the most prolific scoring season in team history, averaging 40 points per contest en route to a 9-3 record in 2013. McLean, under the direction of first-year head coach Shaun Blair, will also be in Arlington to take on Washington-Lee at 7:30 p.m. on Friday. The Highlanders are looking for their first playoff berth since 2011.

Herndon, led by new head coach Jeremiah Davis, will travel to face Mount Vernon at 7:30 p.m. on Friday.

## Herndon Field Hockey Starts 2-0

The Herndon field hockey team won its first two games of the season, beating Langley, 1-0, on Aug. 25 and West Springfield, 4-0, on Aug. 29.

The Hornets, who reached the 6A North region semifinals last season, will travel to face South Lakes at 7:30 p.m. on Wednesday, Sept. 3.

## Oakton Football Defeats Woodson

The Oakton football team edged Woodson 25-22 during the season opener for both teams on Aug. 29.

Oakton (1-0) will travel to face Madison at 7:30 p.m. on Friday, Sept. 5.

## Madison Football Beats South Lakes

The Madison football team opened the season with a 33-22 victory over South Lakes on Aug. 29 in Reston. The win gives the Warhawks a positive start to the 2014 campaign after finishing 1-9 the previous season. Madison (1-0) will host Vienna rival Oakton (1-0) at 7:30 p.m. on Friday, Sept. 5. South Lakes (0-1) will travel to face Westfield (0-0), which finished runner-up in the 6A North region last season, at 7:30 p.m. on Friday.

## Marshall Field Hockey Earns Lopsided Wins

The Marshall field hockey team opened its season with an 8-1 victory over Edison on Aug. 26 and followed with a 4-0 victory over Wakefield on Aug. 28. The Statesmen (2-0) will travel to face Falls Church at 7:30 p.m. on Wednesday, Sept. 3.



# CALENDAR

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

## TUESDAY/SEPT. 2-SUNDAY/SEPT. 7

**Each Other's Dreams: Konko Village Through Image and Word.** ArtSpace Herndon, 750 Center Street, Herndon. In this exhibit the story of the Village of Konko in Ghana, West Africa is told through photographs, carvings and writings. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

## WEDNESDAY/SEPT. 3-MONDAY/OCT. 6

**Multicultural Festival Exhibition.** 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. To help celebrate the Reston Multicultural Festival, area artists are displaying works of art that relate to their cultural heritage. 703-476-4500.

## WEDNESDAY/SEPT. 3-SATURDAY/OCT. 11

**"Signs of Summer."** Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art and photography. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

## THURSDAY/SEPT. 4

**Live Music at M&S Grill.** 6:30-9:30p.m. M&S Grill, 11901 Democracy Dr., Reston. Enjoy live performance by John Emil. 703-787-7766.

## FRIDAY/SEPT. 5-FRIDAY/SEPT. 26

**JamBrew.** 6-10 p.m. Town Green Herndon, 777 Lynn Street, Herndon. Recurring weekly on Friday. 703-674-0589.

## FRIDAY/SEPT. 5

**JamBrew.** 6-10 p.m. 777 Lynn Street, Herndon. Weekly summer concert series featuring local bands and local brews. 703-674-0589. [www.jambrew.com](http://www.jambrew.com)

**Live Music at M&S Grill.** 7-10p.m. M&S Grill, 11901 Democracy Dr., Reston. Enjoy live performance by Larry Thomas. 703-787-7766.

## SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

**National Capital Cat Show.** 9 a.m.-5 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. The cats are coming - National Capital Cat Show is the largest cat show on the East Coast, with up to 400 cats competing. \$6-\$10. [www.nationalcapitalcatshow.com](http://www.nationalcapitalcatshow.com).

## SUNDAY/SEPT. 7

**Sunday Bourbon and Blues Brunch.** 10 a.m.-2 p.m. M&S Grill, 11901 Democracy Dr., Reston. Live blues musical performance by local artists. 703-787-7766.

**Fall for the Birds.** 2-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Examine preserved specimens and learn to identify the different parts of a bird. Bring binoculars and hike through the woods in search of avian friends. Admissions: \$5 for RA members, \$7 for non-members. Reservations required by Sept. 4. Call 703-476-9689 and press 5 or email [naturecenter@reston.org](mailto:naturecenter@reston.org) for more info. All ages.

**Reston Triathlon.** 7 a.m. Lake Audubon, Twin Branches Road, Reston. Swim, bike and run in the "Reston World Championships." Visit [www.restontriathlon.org/tri](http://www.restontriathlon.org/tri).



Visit ArtSpace Herndon's new exhibit, **Each Other's Dreams: Konko Village Through Image and Word**, a special exhibit of the people, places, customs, and life in Konko, a small village in Ghana, West Africa, as told through the photographs, carvings, and writings of photographers and filmmakers. This photograph "Carrying Light" is by Caroline Brewer. Exhibit is on display through Sept. 7.

## MONDAY/SEPT. 8-TUESDAY/SEPT. 9

**Deer Me.** 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Read a story about deer, make an antler craft and go in search of deer. Find out what they like to eat and why their antlers are so important. Admissions: \$7 for child RA members, \$9 for child non-members. Reservations required by Sept. 4. Call 703-476-9689 and press 5 or email [naturecenter@reston.org](mailto:naturecenter@reston.org) for more info. For ages 18-35 months.

## MONDAY/SEPT. 8

**Mr. Knick Knack! Children's Performance.** 10:30-11:15 a.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Unique, heart-centered music for kids! 703-579-6720.

## TUESDAY/SEPT. 9

**Running 101 & 201 Kick Off.** 6:30 p.m. Potomac River Running, 11911 Democracy Dr., Reston. Fall sessions of running 101 and 201 begin. 703-689-0999.

## WEDNESDAY/SEPT. 10

**4th Annual FFCAS Golf Tournament.** 1 p.m. Westfields Golf Club, 13940 Balmoral Greens Ave, Clifton. All proceeds from the event will go to the Friends of the Fairfax County Animal Shelter's efforts to provide support for important life saving programs at the Fairfax County Animal Shelter, including much-needed veterinary care for homeless pets abandoned in Fairfax County. [www.ffcas.org](http://www.ffcas.org).

## THURSDAY/SEPT. 11

**Backyard Composting.** 8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn how to recycle fallen leaves the natural way. Also learn how kitchen waste and other yard debris can be composted right in your own backyard. Admissions: \$5 for RA members, \$7 for non-members. Reservations required by Sept. 8. Call 703-476-9689 and press 5 or email [naturecenter@reston.org](mailto:naturecenter@reston.org) for more info. For adults.

## FRIDAY/SEPT. 12

**Live Music at M&S Grill.** 7-10p.m. M&S Grill, 11901 Democracy Dr., Reston. Enjoy live performance by Ken Wenzel. 703-787-7766.

**Noisy Nature Night.** 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Grandparents, bring

your grandchildren for an evening hike to explore the woods after dark and listen to nocturnal creatures' sounds. Learn about nocturnal adaptations these animals use to survive and communicate. Admissions: \$5 for RA members, \$7 for non-members. Reservations required by Sept. 8. Call 703-476-9689 and press 5 or email [naturecenter@reston.org](mailto:naturecenter@reston.org) for more info. For senior adults ages 55+.

## SATURDAY/SEPT. 13

**America's Adopt a Soldier 5-10K Run/Walk.** Lake Fairfax, 1400 Lake Fairfax Drive, Reston. America's Adopt A Soldier, an established nonprofit organization who has through grass roots volunteerism, donations, and partnerships; provided a positive impacted to our Nations Wounded, Deployed Service Members, Homeless Veterans, Veterans and their Families. This year's run is in support of homeless veterans - the goal is 500 Runners and 500 winter coats for local homeless veterans. One hundred percent of all donations go directly to support their projects and programs. Visit: [mericasadoptasoldier.org](http://mericasadoptasoldier.org) to register or call 703-278-3718 for more information.

## SUNDAY/SEPT. 14

**Lake Anne Summer Film Festival.** 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy Skyfall under the stars. [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

**Sunday Bourbon and Blues Brunch.** 10 a.m.-2 p.m. M&S Grill, 11901 Democracy Dr., Reston. Live blues musical performance by local artists. 703-787-7766.

## MONDAY/SEPT. 15

**Mr. Knick Knack! Children's Performance.** 10:30-11:15 a.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Unique, heart-centered music for kids! 703-579-6720.

## WEDNESDAY/SEPT. 17

**Fall Container Planting.** 2-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn what plants can be used in a fall container garden and discover creative items to use such as gourds or branches. Make a small container garden to take home. Admissions: \$10 for RA members, \$14 for non-members. RSVP by Sept. 15. Call 703-476-9689.

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# I Scream



By KENNETH B. LOURIE

...for ice cream; from Brigham's in Boston, the local New England establishment of my youth where I spent dollars – although it was likely cents back in those days – many afternoons, evenings and weekends. And why, other than it's still technically summer and extremely hazy, hot and humid today – and perfect ice cream weather of course – am I writing about this non-cancer subject? Because, at this very moment, my brother Richard is en route – by CAR – from Massachusetts (after a week's vacation), and aside from Vanessa, his wife; their golf clubs and a week's worth of vacation residue; there are two coolers loaded with pre-packed quarts of a delicacy from our past and one (many actually) likely most rewarding for our present and future, too: Brigham's Ice Cream.

Though the original stores, a Howard Johnson's-type restaurant/ice cream parlor combination, no longer exist, thankfully, their recipes still do; sort of like the Washington, D.C.-area Gifford's Ice Cream Shops did before they were re-established a few years back. Within a few hours now, my freezer will be filled with "Just Jimmies," "Chocolate" and "Chocolate Chip," maybe a "Strawberry," and given what it's likely to cost (the ice cream is expensive and there's no multi-quart discount; however, there are no delivery charges), I may have to put a lock on my freezer door. Not to keep my wife out, but to stop other potential perpetrators from getting any ideas.

And just as music is supposed to soothe the savage beast, so too is ice cream supposed to cure what ails you (although emotional eating does have its ups and downs). Moreover, ice cream from your formative years, the age of innocence, is best of all; especially if it's not local, you haven't had it in years (it's not available in our region), is not deliverable by mail, and it's the kind of indulgence where one fills up two large coolers with ice and cream to guarantee its availability – for a few months, anyway.

Not that there's any relationship or causation, but my first two jobs as an adolescent were in ice cream shops. First at Baskin Robbins in Newton Centre, beginning the summer after ninth grade (\$1.60 per hour) and then again the following summer, after tenth grade, at McManus Ice Cream in Cleveland Circle. Inasmuch as it was unlikely I was weaned on ice cream, I was certainly indoctrinated at a very early age. Before I knew whether it was good for me or not, I knew what was good for me: ice cream and more ice cream. And to reinforce the importance of ice cream in my life, most evenings, at home, around 7:30, my mother, lying in bed after yet another long day of "non-stop-stay-at-home mothering," would call out to my brother and me: "ice cream," which would require one of us to walk into the kitchen, open the freezer door, defrost the ice cream, scoop it into a bowl and deliver it to her for a most appreciative kiss. She loved her Brigham's Ice Cream.

We may have learned to love Brigham's from her, but we've taken it to new levels and new lengths, decades in fact. So here I am, 50 years or so after my mother's recurring nighttime request, waiting for ice cream, just as she so often did. I imagine my love for her and for the ice cream she loved is all related somehow; probably why it makes me so happy when I'm scooping it.

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

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Herndon resident Lindsay Gross and Bryant Robinson, a friend from Massachusetts, enjoy the festival Monday.



Herndon residents Alex Ludwig and Jim Hynson at the Herndon Labor Day Festival.

## Herndon Holds Labor Day Festival

**Wine and beer tastings draw crowds.**

BY REENA SINGH  
THE CONNECTION

**N**ever-ending wine. Dramatic cooking demonstrations. Endless food vendors. Herndon's Labor Day Festival attracted people from all over the region Monday, Sept. 1, to the town square for a food and libation-centric hoorah for the unofficial end of summer.

"It's a great ending to the summer," said Town Parks and Recreation Department Deputy Director Ann Marie Heiser. "People enjoy the music, the wine and the variety of music we provide."

She said the crowd was similar to previous years - a feat for a humid afternoon with a thunderstorm threatening a deluge of rain in the distance.

This year, the department brought in more specialized local vendors that would echo the craft beer and wine theme for the festival. Several of the town's local restaurants took part in culinary demonstrations to showcase their cuisine while educating their audience how to cook their specialties.

"It represents an effort for the town to support local businesses here and have them feel included," said Parks and Recreation Director Abby Kimble.

Heiser said the current theme has been successful for the Herndon Labor Day Festival.

"A few years ago, it was called the Labor Day Jazz Festival," she said. "We were interested in bringing in another component, so we added microbreweries because it's trendy."

When the craft brews became popular, more local wineries were added to the list of vendors.

Herndon resident Alex Ludwig was sip-



Sarah Bass from Williamsburg Winery pours wine at the Herndon Labor Day Festival.



**"It represents an effort for the town to support local businesses here and have them feel included."**

— Parks and Recreation Director  
Abby Kimble

ping an oatmeal stout sample as she chatted with friends at the festival. She said she found out about it through a flyer sent in the mail.

"We just moved here a couple of months ago, but we went to another Herndon festival this year," she said.

Jim Hynson, of Herndon, elaborated on the experience.

"It's pretty good," he said, both about the festival and his brown ale. "It's a lot of fun so far. The beer sizes could be adjusted, but it's not too bad."

Representatives from Williamsburg Winery said the festival brings in a lot of profit for them. They have been at the festival for several years.

"We love it," said employee Chris Leverenz. "Sales are always really good and we get a nice positive message from the people out here."

Herndon resident Lindsay Gross wandered through the festival with a wine sample glass in hand, ready to find another winery vendor with her friends.

"We grew up going to Herndon's festivals," she said. "And day drinking is always fun."

**Sanjeev Kumar, owner of Indian restaurant Angeethi Authentic Indian Cuisine, does a cooking demonstration at the town's Labor Day Festival.**

PHOTOS BY REENA SINGH/  
THE CONNECTION

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A photograph of a smiling senior couple sitting outdoors. The man, on the left, has grey hair and is wearing a light-colored button-down shirt and blue jeans. The woman, on the right, has short blonde hair and is wearing a white button-down shirt and blue jeans. They are both smiling warmly at the camera. A small, light-colored dog with a black collar is sitting on the man's lap, looking towards the camera with its tongue out. The background is a soft-focus outdoor setting with yellow foliage and a green lawn.

# Senior Living

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## Taking On the ‘Silver Tsunami’

BY TIM PETERSON  
THE CONNECTION

**T**he “Silver Tsunami” is coming, the steep increase in the 50-and-up part of the county population.

“It’s here,” said Supervisor Pat Herrity (R-Springfield). “We’re already living in it.”

Between 2005 and 2030, the number of individuals 50 and older is projected to grow by 40 percent in Fairfax County and the number 70 and older is projected to grow by 80 percent. Herrity attributes the changes to both the aging of Baby Boomers, and the general increase in life expectancy.

With those significant changes to community demographics already underway, the Board of Supervisors and Fairfax Area Commission on Aging initially drafted a plan back in 2007 to make sure the Silver Tsunami was a factor in county planning.

In 2013, Herrity and the commission decided the plan needed a major facelift. They spent the summer reaching out to commu-

nities around Fairfax County through public forums, including groups that speak Korean, Vietnamese, Spanish and Arabic. (According to the 2011 American Community Survey by the U.S. Census Bureau, 26.7 percent of residents in Fairfax County speak a language besides English at home.)

The idea was to facilitate dialog on how to make the county more aging-friendly and to consider cost-effective strategies to help people manage their housing and transportation needs and age in place.

“The need is clearly there for us to take action,” said Herrity. “We went to the communities, heard their concerns. This is our attempt for an attainable, affordable, actionable plan to address what we heard.”

Now Herrity and the commission are ready to present the new and improved 50+ Community Action Plan to the Board of Supervisors at their meeting on Sept. 9, and expect the board to approve the plan at the Sept. 23 meeting.

The plan in its entirety is avail-

able in PDF form through the county’s website at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults). The plan addresses aging-friendly needs in six key areas: Transportation, Housing, Safe and Healthy Community, Community Engagement, Services for Older Adults and Family Caregivers, and Long-term Planning.

Within each of these categories are a range of community-driven initiatives designed to function with little or no government direction. In most cases, a local civic leader or “champion” would coordinate with a county staff member if necessary, but otherwise work independently, and require a lot of engagement from the community.

**THE INITIATIVES RUN THE GAMUT** from simply encouraging people to volunteer for Meals on Wheels and medical appointment driving programs, to creating partnerships that would offer low cost or free case management and mental health treatment.

In the transportation category,

## Herrity to present 50+ Plan to Board of Supervisors next week.

one facet includes supporting the Jewish Community Center of Northern Virginia’s effort to provide a ride scheduler system for community-based organizations, partnering with multiple nonprofits. It won’t exactly be Uber for the elderly, but federal grant money will help make their services much more widely available to get seniors to doctor’s appointments, the grocery store, etc.

Home Sharing is an experimental initiative. Many older adults live in homes with extra bedrooms and want to remain there as long as possible. At the same time, many adults with limited income are looking for affordable rent.

The guide will provide advice on how to safely share a home. The idea is to match aging adults with unused space in their home with tenants looking for affordable housing.

“We think it’s an idea where the time has come and we’re pursuing it,” said Jim Lindsay, vice president of Adult Companion Care and home sharing champion. Though the concept of matching grad students and grandparents isn’t without its wrinkles.

“Who’s going to pay for a background check?” said Lindsay. “Who’s going to provide care? If she falls down, a college grad student isn’t going to be there.”

That’s where home care groups like Adult Companion Care come in. They’re qualified to and regularly perform background checks, and rent money could offset the cost of home care medical service.

“This gives them a mechanism to age in place and keep up with the burdens,” said Herrity.

According to the same 2011 Census Bureau study, 76.8 percent of Fairfax County residents 80 or older live in single family homes.

**THE COMMISSION ON AGING** will regularly — either quarterly

or annually — fill out a scorecard of sorts for each of the initiatives and report back to the board.

To help with evaluating the effectiveness of the plan, Herrity enlisted the help of Thomas Prohaska, Dean of the George Mason University College of Health and Human Services. A team of gerontologists from Prohaska’s department will help gather and analyze data from the various initiatives.

Prohaska said the county has some work to do. “They’re definitely not dead last,” said Prohaska, referring to Fairfax County’s aging-friendliness compared with the rest of the country, “but definitely not up

in front. This is a serious effort they’re doing here. If it all comes into place, it will definitely be an improvement in the quality of life.”

Prohaska referenced Florida, which has seen “empirical improvements in the health of the individual” with programs that help adults stay involved in community organizations, as well as Illinois, which he said actually saved money by spending \$600 million to keep people out of nursing homes. (Though Illinois isn’t necessarily a front-runner on this, but rather an example of a national trend.)

But Fairfax county isn’t far behind with its 50+ plan. “They’ve got quite a menu of things going on here,” Prohaska said. “It will be fascinating. This isn’t a one-time thing; this is a sea change.”



COURTESY PHOTO  
**Jim Lindsay**



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**Dr. Thomas Prohaska**

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# Senior Living Time to Downsize?

BY MARILYN CAMPBELL  
THE CONNECTION

When Beverly Quinn's fourth child, a daughter, got married, she decided it was time to downsize. The 69-year-old widow moved out of the 4,000-square-foot home in Vienna, Va., where she and her husband raised their children and into a 1,300-square-foot townhouse in North Potomac, Md., which meets her new needs perfectly.

"It's a big change," she said. "But I guess that is part of downsizing."

One of the most difficult parts of Quinn's transition was boxing up more than 30 years of memories, and deciding which items to move into her new home, which to give to her children and deciding which to donate or discard. It's a familiar conundrum for many seniors: organizing, decluttering and resisting the desire to take more than their new, smaller homes can accommodate.

"We see it all the time with our members," said Barbara Sullivan, executive director of Mount Vernon At Home, a nonprofit that helps senior citizens age in their own homes. "Our volunteers help with downsizing by reorganizing, cleaning out closets, and decluttering."

Downsizing is also emotional: "Moving from a 4,000-square-foot home into a retirement community or small 800- to 1,200-square-foot apartment can be difficult," said Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company. "There is often a conflict between what Mom and Dad want them to take with them and what they can actually accom-



PHOTO COURTESY OF FOUR SALE

**Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company, helps clear out a garage. Such services make it easier for seniors down move from a large home into a smaller house.**

modate."

When tackling the downsizing process, Sanders suggests a few guidelines: "We strongly recommend using an emotional yard stick to determine whether to keep or not keep something," he said. "Look for things that have a memory associated with them. Like, 'Remember when Mom and

Dad went to Rehoboth [Beach] and bought this Murano glass bird? It was one of the best days of their lives.'"

**"A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse."**

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

Those mementos go on a list of items to consider keeping, said Sanders. He recommends waiting 24 hours and then trying to cut the list in half. "Depending on the age of the parent, it's good to work in two to

three hour shifts, take a break and do another two to three hour shift.

"We want to build mild frustration because you begin to make decisive decisions that are more precise," he said. "And you are less likely to rethink and over-think."

When cleaning a larger home in preparation for a downsize, Sanders suggests that families go through each room of the house in a systematic fashion, collecting family photos; family records like birth, death and marriage certificates; and financial records.

"You'd be surprised by how much you accumulate over the years," said Quinn. "The process is draining, both physically and mentally. The only bright spot was that I was going to be living closer to my children and grandchildren and I liked my new town house."

Once seniors have pared down their belongings and begun the moving process, some, like Quinn, begin to look forward to starting anew and designing their new homes to reflect their new styles and needs. However, it's not only important to arrange furniture and accessories tastefully, but in a way that takes issues like safety hazards and new lifestyle issues into consideration.

"The best advice is understanding that personal style is rooted in your past, places that you love, the present, what you love today, and the future," said Susan Hergenrather, Ph.D. associate professor of interior design at Marymount University in Arlington, Va. "A personal space is like an autobiography. People are complex, so it is often difficult to find just one style that fits every impulse."

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

## Quilting Studio Adds to Dream Home

At 72, Wanda Rogers engages in an early American craft she first learned from her grandmother.

BY JOHN BYRD  
THE CONNECTION

Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one's own.

Such are the reflections of Wanda Rogers, 72, who is now tapering off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain-state handicraft she learned from her mother and grandmother.

"We were all quilters where I grew up in West Virginia," Rogers recalls. "My mother, my grandmother, my aunt. The originality of a quilt's pattern is the larger artistic goal,

but it takes a lot of concentrated quiet time to achieve it. Between raising children, moving frequently and then working, there just weren't a lot hours for quilting before now, much as I love it."

The particularly hectic phase of Rogers' young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980s, the family finally settled into a 2,533-square-foot ranch house on two acres near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David

SEE QUILTING STUDIO, PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

**Wanda and her daughter Janyce preparing fabrics at the studio's work table. The marble counter surface also has a role in the studio's kitchenette.**



# Quilting Studio Adds to Dream Home

FROM PAGE 3

Foster in transforming the ranch into a substantially enlarged and upgraded “dream house,” complete with a two-car garage topped by a future quilting studio.

“I knew my plans were getting closer to reality when we added drywall to the attic room above the garage,” Rogers says. “Once the space was shelled-in, I began to see how the studio would look and function.”

For the next three years, however, Rogers kept up her a daily work schedule with a healthcare consulting firm, a job that required frequent out-of-town meetings.

“We had installed temperature controls in the studio when we remodeled the house,” Rogers says. “Everything was well-insulated and bright, so I moved-in an easy chair and started thinking about what I wanted to do.”

Last year, Ted presented Wanda with a professional quality Bernina Sewing Machine, and the studio makeover got underway in earnest.

“We designed the suite specifically to support Wanda’s creative process,” says Foster, who has operated Foster Remodeling Solutions for more than 35 years. “We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach.”

**AT 400 SQUARE FEET,** with large windows on both the eastern- and western-facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring, apart from its lovely aesthetics, is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other



PHOTOS COURTESY OF HOME FRONTS NEWS

**Three generations (from left): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.**

essentials. Rogers says some of the fabrics date back to the 1930s and were passed down from her grandmother.

“All the women in the family were active in quilting bees” Rogers recalls. “One of my aunts’ designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium”.

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Bernina “surger” which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety of colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would

allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

“I don’t have to run back to the house for lunch, or a cup of tea,” Rogers says. “The amenities simply allow me to concentrate on the project at hand. That’s what it takes to do this kind of work well.”

While the full bath and refined finishwork will also allow the attic to double as a guest room when needed, Rogers says the studio is fundamentally designed for quilting. By inserting a specially designed cutting board

over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There’s even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

“I see the studio as an integral part to my life ahead,” says Rogers, adding that that her 10-year old granddaughter now wants to learn quilting from her. “This kind of fulfillment isn’t just good luck; it’s something you have to plan.”

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy-five percent of his current clients are now over 55; as of last year, 44 percent had come back to him for a second project.

“We’re seeing a lot more interest in a phased development approach to retrofitting the family house for retirement,” Foster says. “To save money on future projects,

a remodeling client sometimes asks us to insulate and dry-wall a part of the house they don’t plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn’t appreciably increase the existing remodeling budget. There’s a kind of generational search for more enduring

housing solutions that’s now underway, and it’s evolving rapidly.”

*Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit [www.fosterremodeling.com](http://www.fosterremodeling.com) for more. John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement topics for 30 years.*



**Pattern originality is one of quilting’s primary artistic goals, Rogers says, adding: “it’s a process that can’t be rushed.”**



**Situated above the family’s two car garage, the new quilting studio provides the privacy Wanda Rogers was seeking when she decided to resume the craft she learned from her grandmother more than 60 years ago.**



**Wanda Rogers, 71, displays some of her quilts.**



# Tips for Right-sizing the Next Phase

FROM PAGE 3

but elegant living space, Hergenrather says, “First, think about the work the space needs to do.”

**WAITING TOO LONG** before making the decision to downsize can complicate the process. “It’s always better for someone to downsize to a smaller home before they are in a crisis situation, [for example] suddenly, they can no longer climb a lot of stairs and must move to a single-level dwelling, but often a person will put off that decision until it’s nearly too late,” said Cele Garrett, Executive Director of At Home in Alexandria. “We have some members facing that decision right now and they’ll often admit they should have done it sooner.”

For many seniors, a living space needs to keep them safe. “You might need to add grab bars,” said Sullivan. “Also watch for trip hazards like throw rugs and clutter. Check for furniture that needs to be moved back to make the house more accessible for moving around. Relocate plates, cups and saucers so that they are in easy reach for seniors.”

Sullivan’s organization has volunteers who can help with enlarging bathrooms and widening doorways to accommodate wheelchairs and walkers.

When designing a new, smaller space,

Sanders recommends interior design magnetic floor planning kits, which help determine a person’s furniture needs and placement before they actually move. “The starting point for every good move is the floor plan at the receiving location,” he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one’s quality of life.

**“Personal style is rooted in your past, places that you love, the present, what you love today, and the future.”**

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Barillaro, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. “Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses,” she said.

“We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life,” said Pam

Greenwood, Ph.D., associate professor of psychology, George Mason University in Fairfax, Va. So when looking for a new place to live, make sure there are opportunities for physical exercise, mental stimulation and social stimulation.

“The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily,”

said Greenwood.

“There is also growing evidence of the benefits of cognitive training for everyday functioning – perhaps the strongest evidence is perception training – visual and auditory perception. Several studies, including our own, have shown broad transfer of benefits from perception training to everyday functioning.”



**When remodeling this bathroom, Glickman Design Build added a bench to this shower. Such features can help seniors to downsize and live alone safely.**

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

**A volunteer helps change a light bulb for a Mount Vernon at Home member.**



PHOTOS COURTESY OF ALEXANDRIA AT HOME

**An Alexandria at Home volunteer hangs a painting for one of the organization’s seniors who chose to downsize and live alone.**



**Alexandria at Home volunteers helps a member with yard work. Such services allow seniors to downsize and live alone more easily.**



## Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL  
THE CONNECTION

There was a time when 83-year-old Bob Kanchuger spent most Friday mornings on a 30-mile bike ride with friends. The group of retirees would pedal toward a local destination – Bethesda, Md., to Old Town Alexandria, Va., was a favorite trek — where they would have coffee and spirited debates on everything from foreign policy to economic inequality before making the return trip.

“One of the things that kept people coming together is that we would have a defined day of riding and we would make sure we had an interesting place to stop and have coffee and discussions,” said Kanchuger, a resident of Potomac, Md., and an attorney who retired from the World Bank Group.

While outdoor exercise was a definite benefit, it wasn’t the best part for all of the group members. “The most enjoyable part was the discussion at our mid-way point,” said Dr. Elliot C. Wilner, a retired neurologist who lives in Bethesda.

Kanchuger wanted to preserve the stimulating discussions even after the bike rides were no longer possible. “It was likely that biking would come to an end because of our age and physical health,” said Kanchuger. “Several of us subscribed to the New Yorker and enjoyed discussing the articles, and that was an activity that would meet some of our social needs of retirement.”

So Kanchuger approached Wilner with the idea of forming a New Yorker magazine discussion group. They invited a few like-minded friends from the biking group. The men meet on the first Wednesday afternoon



PHOTO COURTESY OF DAWN LANDSMAN

**Before the New Yorker Group, spirited discussions took place as part of the Friday morning bicycling group. Here, Tony Abrams, Dawn Landsman, Mark Zweig, Elliot Wilner, Ian McDonald and Bob Kanchuger pictured in 2009.**

of each month for two hours of insightful conversation. Group members choose three to four stories from the magazine to read and analyze. Each article discussion is led by a group member who prepares ideas for analysis ahead of time and emails them to the group.

“I’ve gained and reinvigorated friendships,” said Wilner. “I enjoy the intellectually stimulating discussions with bright, educated, well-informed people.”

**FOR THE SEPTEMBER MEETING,** Wilner suggested two of James Surowiecki’s

columns. “Because they present both sides of an important issue,” Wilner said. “Corporate America has, over the past 40 years or so, evolved a business model that has been almost totally devoted to the personal enrichment of executives and shareholders, with very little concern for the welfare of workers or the nation; and yet there is another, more socially conscious business model that has been shown to be successful but is not widely emulated,” said Wilner.

The men are united, in part, by their affinity for mental rigor. “We all enjoy the intellectual stimulation, but the camaraderie is one of the best aspects,” said Peter

Kimm of Potomac, a retired foreign aid official who was for 30-years Director of Housing and Urban Programs at the U.S. Agency for International Development. “We like each other. We’re a diverse group of people – retired doctors, lawyers, engineers ... with a wide range of interests. Everybody in the group is successful.”

Light snacks, coffee and spirited debates characterize most of the meetings.

“We don’t agree on everything,” said 80-year-old Victor Kimm, Peter Kimm’s brother, of McLean, Va., an engineer and retired senior executive for the Environmental Protection Agency. “We’ve seen people who’ve had very different views, but there is a mutual respect. We have different ways of looking at an issue and moving on. I think it has something to do with the age of the group members.”

Victor Kimm, who is also the executive director of SHARE, a non-profit organization in McLean that helps meet the emergency needs of those with limited financial resources, says the men have explored articles ranging from the growing inequity of income in the United States to stories about the group of Chilean miners trapped underground for more than two months.

“There is a certain rigor or discipline in having a monthly meeting where you read and prepare in advance,” he said. “You have to stick with it.”

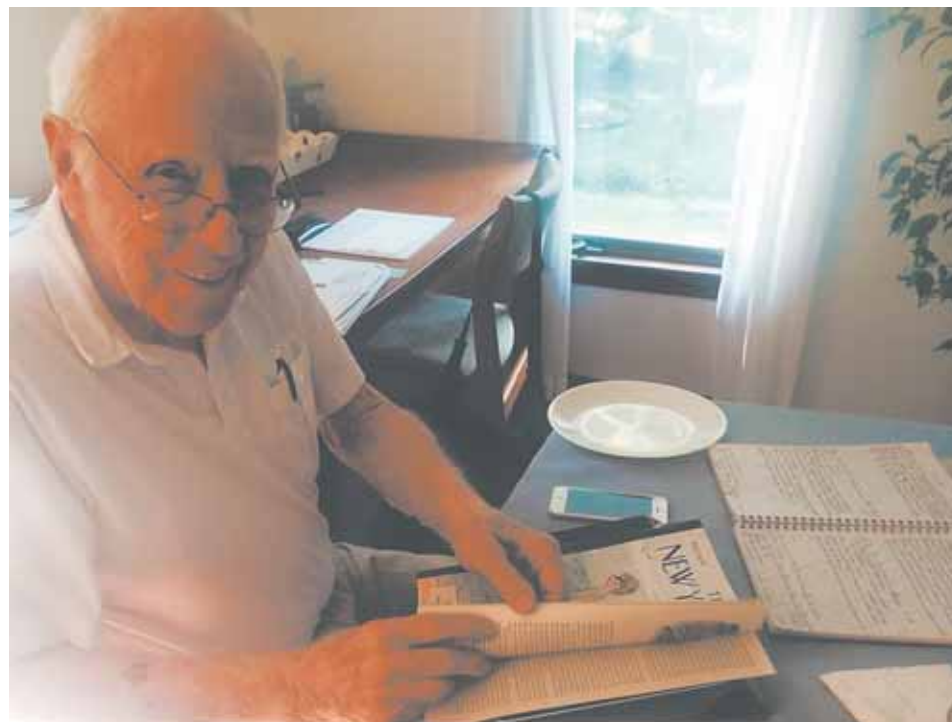
The bond between the men, however, extends beyond erudition.

“We all greatly value the friendships of this group,” said Ian MacDonald, a resident of Chevy Chase, Md., a former journalist who retired from the International Monetary Fund and who grew up in Great Britain and graduated from the University of Oxford. “And we’ve been there for each other during difficult times.”



PHOTO COURTESY OF ELLIOT WILNER

**Elliot Wilner reads to his granddaughter, Yael Fritschie, who is not yet a member of either the New Yorker or bicycle group.**



Peter Kimm



# After The Fall

BY ANN EMMONS  
PETRI

It started off like any other February day with our usual trip to the fitness club for morning exercises. What made this day different was that Bill, my 93-year-old husband, slipped and fell on some ice on our driveway, striking the back of his head. He said it didn't hurt.

But the next day he complained of feeling tired and each day after that he felt a little worse. Still, we didn't see any connection to his fall. By the fourth day, however, he was so weak he couldn't even get out of his chair for lunch. It finally dawned on me that something was seriously wrong and I needed to call 911.

It turned out I was four days too late. All this time, because he was on a blood thinner for his high blood pressure, he had been bleeding in his brain. The neurologist at the hospital where the ambulance took him later told me that it was one of the worst cerebral hemorrhages she had ever seen.

## IN MY OWN WORDS

The symptoms are similar to those of a stroke and by then he was unable to talk coherently, remember things, or walk. This was a man, who, before he retired, had been a successful United States Government chemical and aeronautical engineer, someone who had his own chem lab in the basement next to a beautiful woodworking shop furnished with tools handed down from his craftsman father. A man who could fix anything.

After the first week in Intensive Care he was moved to a floor which specialized in stroke victims where he spent the next month. Little by little he began to show improvement. His next stop after six weeks in the regular hospital would be a rehabilitation facility where he could receive the daily intensive speech, physical, and occupational therapy he needed. There he would have to relearn the simplest tasks like how to speak, how to feed himself, how to get out of a bed and into a wheelchair, and how to care for himself in general.

A rehab hospital very close to our home in McLean, Virginia was found which had a bed available and he was transferred there by ambulance. Here, he was kept busy most of the day with one kind of therapy or another. After several weeks he graduated from using a wheelchair to a walker and when he wasn't occupied with therapy we



PHOTO BY WILLIAM ARTHUR PETRI, JR.

Ann and Bill Petri

practiced using his walker in the halls and some days we even had time to take in a movie in the rehab center's small theater! There was also a Happy Hour on Tuesdays that I especially liked with wine, snacks, and lively conversation!

As I look back during all this time, probably the most positive factor in his long slow recovery has been his attitude. He never stops trying, no matter how discouraging his progress must seem. His attitude is simply amazing. He is always upbeat.

Another positive aspect is that we are the parents of three doctors (and one lawyer) which kind of made us celebrities in a medical setting. One or the other of them was often visiting and conferring with the rehab staff on their father's care even though their specialties (rheumatology, infectious diseases, and oncology) were far afield.

After several months, it was decided that Bill could continue his recovery at home. And so, on May 8, 2014, exactly three months after the initial injury he returned home.

While he was in the rehabilitation hospital I had taken the opportunity to prepare our two story home for his return with grab bars in the bathrooms and shower, and a stair lift so that he could sleep in his own bed.

So, now, here we are, six months later, settled in our own house, with Bill dependent on me for almost everything, including something I was not expecting: making all the decisions by myself. I won't say it's been easy. It hasn't. I have to say, though, that after 61 years of being the dependent one, I am getting pretty good at being the boss!

## Senior Living Calendar

A sampling of calendar items from around the region.

### SUNDAY-SATURDAY/SEPT. 7-13

**The Magic of Music.** At Spring Hills Mount Vernon, 3709 Shannons Green Way, Alexandria. A flurry of musical activities will bring a broad spectrum of entertaining and educational musical events to Spring Hills Mount Vernon Assisted Living Community. The highlight of the week is the "Spring Hills Got Talent Show," featuring performances by residents, staff and community members on Sunday, September 7 at 6 p.m. The public is welcome. Call 703-780-7100 or visit [www.springhillsmountvernon.com](http://www.springhillsmountvernon.com).

### SATURDAY-WEDNESDAY/SEPT. 13-24

**Northern Virginia Senior Olympics.** Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. \$12 per person to register, free to spectators. Visit [www.nvso.us](http://www.nvso.us) for more.

### MONDAY/SEPT. 15

**Adult Resource Fair.** 10 a.m.-2 p.m. or 6-8:30 p.m. at Gum Springs Community Center, 8100 Fordson Road. Get information on training programs, employment, academic resources and more. Call 703-324-4600 or 703-360-6088.

### WEDNESDAY/SEPT. 17

**Providing Health Care Information.** 1-2:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Marie Woodward, RN, presents information on creating and maintaining a personal health care record to provide critical health care information to a new doctor, physical therapist or an emergency responder. Call 703-383-9300 for more.

### THURSDAY/SEPT. 18

**Lunch N' Life.** 12 - 2 p.m. Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Are you 50 or better? Enjoy lunch while listening to featured speaker ABC Channel 7's Weather Team and Meteorologist Brian Van de Graff. \$10. For reservations call 703-620-0161 by Sept. 12. If transportation is needed, call 703-323-4788. For more information visit, [www.scfbva.org](http://www.scfbva.org).

### FRIDAY/SEPT. 26

**"Fall-Risk" Assessment.** 1-4 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington. Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring your risk for falling down. The appointment includes a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess balance and risk for a fall. A physical therapist will review results and give a personalized evaluation, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, call 703-558-6861.

### SUNDAY/SEPT. 28

**Walk to End Alzheimer's.** 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org>.

### SATURDAY/OCT. 4

**Lovely Low-Maintenance Gardens.** 10:30 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Garden smarter, not harder with Brenda Skarphol, who leads you to sunny plant combinations and eco-friendly gardening techniques. Admissions: \$18/person. Register at [www.fairfaxcountygov/parks/greenspring](http://www.fairfaxcountygov/parks/greenspring) using code 290 488 5401 or call 703-642-5173.

### FRIDAY-SUNDAY/OCT. 17-19

**FreedomWalk Festival.** The US FreedomWalk Festival is a weekend long, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. Different trails will be offered each day, and a variety of distances ranging from 3-27 miles (5-43 kilometers) starting at the Holiday Inn Rosslyn, 1900 N Fort Myer Drive. Visit [www.rosslynva.org/do](http://www.rosslynva.org/do) for more.

### FRIDAY/OCT. 24

**Healthy Aging Lecture Series.** 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. 2014-2015 Medicare Update with John Glowacki of Arlington County ADSD. Every year there are changes made with the Medicare coverage. It is always advised to stay up to date with these changes to avoid any medical billing mishaps. Free. Call 703-558-6859 to RSVP.

### THURSDAY/NOV. 13

**Memory Screening.** 9 a.m.-noon at Langston Brown Senior Center, 2121 N Culpeper St., Arlington. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to 10 minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, call 703-237-9048.

### FRIDAY/NOV. 21

**Healthy Aging Lecture Series.** 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. Nutrition: Living Healthy with Heart Disease with Mary Ann Petryszyn, RD. One of the nation's biggest killers is diseases related to lifestyle choices. What we eat is much more impactful on our long-term health than any medicine that we take. Making appropriate nutrition choices as part of our daily routine is an important step in the right direction. Learn about maintaining a healthy diet with VHC's registered dietitian. Free. Call 703-558-6859 to RSVP.

### ONGOING

**Yoga for Everybody.** Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

**Adaptive/Seated Yoga.** Tuesdays, 11:15 a.m.-12:15 p.m.; Sundays, 3-4 p.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. Classes begin Sunday, July 13. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

### Alzheimer's Association Support Group

has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at [www.alz.org/nca](http://www.alz.org/nca).

### Lifeline Personal Alert System.

Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

**Instruments Wanted.** Instruments of any type or size — from a piano to a piccolo, in response to school's needs. Donations are tax exempt. Contact Miriam Miller, Opera NOVA for pick up. 703-536-7557; [mcdm1@verizon.net](mailto:mcdm1@verizon.net); [www.operaguildnova.org](http://www.operaguildnova.org).

### Singers Wanted for the Celebration Singers.

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

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



# Award-Winning Connection Newspapers

More Reasons the Connection Newspapers are the Best-Read Community Papers

Winners of Awards in the 2013 Virginia Press Association  
and Maryland-Delaware-D.C. Press Association Editorial Contests

## First Place Winners

- ❖ **Bonnie Hobbs**, *Centre View* – General news writing.
- ❖ **Kenneth Lourie**, *Potomac Almanac* – Sports Column.
- ❖ **Michael Lee Pope**, *Arlington Connection* – In-depth or investigative reporting: •Uncovering Secret Government
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Education writing: •Alexandria Education Dollars
- ❖ **Michael Lee Pope**, *Mount Vernon Gazette* – Business and financial writing: •Car Title Loans
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Public safety writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Personal service writing.
- ❖ **Mary Kimm**, **Laurence Foong**, **Geovani Flores**, **Marilyn Campbell**, **John Byrd**, **Tim Peterson** and **Jean Card**, *Vienna/Oakton Connection* – Specialty pages or sections: •HomeLifeStyle
- ❖ **Jean Card**, **Laurence Foong**, **Renee Ruggles** and **Craig Sterbutzel**, *Mount Vernon Gazette* – Informational graphics: •Fairfax County parks
- ❖ **Staff**, *Potomac Almanac* – Insiders Edition: Newcomers & Community Guide



## Second Place Winners

- ❖ **Steven Mauren**, **Jeanne Theismann**, **John Bordner**, **Jean Card**, **Geovani Flores** and **Laurence Foong**, *Alexandria Gazette Packet* – Special sections or special editions: Insider's Guide.
- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.
- ❖ **Jean Card**, *Mount Vernon Gazette* – Page design.



**Michael Lee Pope**



**Jean Card**



**Geovani Flores**



**John Bordner**



**Ken Moore**



**Alex McVeigh**

- ❖ **Mary Kimm**, *Alexandria Gazette Packet* – Editorial writing.
- ❖ **Alex McVeigh**, *Great Falls Connection* – In-depth or investigative reporting.



**Bonnie Hobbs**



**Steven Mauren**



**Marilyn Campbell**



**Victoria Ross**



**Kenneth Lourie**



**John Byrd**



**Renee Ruggles**



**Jeanne Theismann**



**Laurence Foong**



**Steve Artley**



**Mary Kimm**



**Louise Krafft**



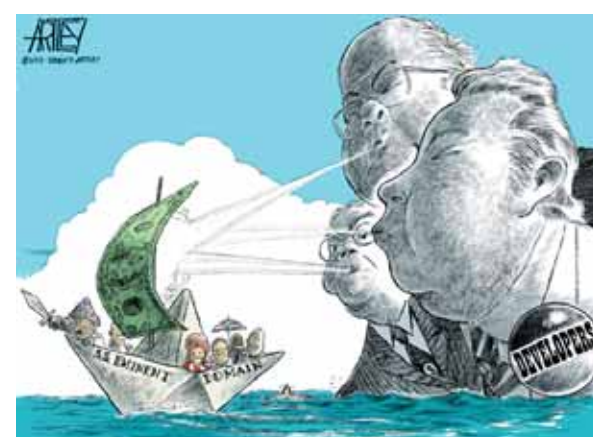
**Tim Peterson**



**Craig Sterbutzel**

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**Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.

- ❖ **Ken Moore**, *Potomac Almanac* – Medical Science Reporting
- ❖ **Michael Lee Pope**, *Arlington Connection* – Health, science and environmental writing.
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Government writing.
- ❖ **Victoria Ross**, *Burke Connection* – Feature series or continuing story.
- ❖ **Victoria Ross**, *Fairfax Connection* – Personal service writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Column writing.
- ❖ **Staff**, *Potomac Almanac* – HomeLifeStyle



**Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.

## Third Place Winners

- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations.
- ❖ **Mary Kimm**, *Fairfax Connection* – Editorial writing.
- ❖ **Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.
- ❖ **Donna Manz**, *Vienna/Oakton Connection* – Feature writing portfolio.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Education writing.