

Burke CONNECTION

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(From left) Burke Centre Festival staff Chante Miller of Stafford, Architectural Review Board Coordinator and Festival volunteer coordinator; Brian Engler of Burke, Landings Trustee and liaison to BCF from Burke Centre board of trustees; Jeannie Winslow of Gainesville, director of administration and festival coordinator; Michelle Kingham of Stafford, Community Services; Nancy Sherman of Burke, administrative coordinator.

Inside



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PHOTOS COURTESY OF JEANNIE WINSLOW, BURKE CENTRE FESTIVAL

Burke Centre Festival-goers experienced plenty of sunshine in 2013. Organizer Jeanie Winslow and her staff are hoping for similar conditions this year.



Grammy-nominated kids entertainers the Milkshake Duo performed at the Burke Centre Festival in 2013. They return for 2014 as the Milkshake Trio.

Face Paint, Pony Show at Burke Centre Festival

Festival enters its 37th year.

BY TIM PETERSON
THE CONNECTION

Burke Centre Festival coordinator Jeannie Winslow is downright calm when estimating attendance this year. “Police guestimate we had 10,000 over the whole weekend last year,” she said. “Maybe we’ll get a few thousand more.”

Since it started at the Burke Ponds community centre almost four decades ago, the Burke Centre Festival has steadily grown in popularity — first around Burke, and then into neighboring areas of Northern Virginia, and eventually Maryland.

They all come for two September days of carnival rides, food, face-painting, live music, pony rides — you name it, it’s probably at the festival.

Admission is free, though rides can range from \$1 to \$3 per go around. With the help of local business sponsors, the festival organizers have been able to keep those costs the same for the last 10 years.

“You could come here and not spend any money and still have a great day,” said Winslow. “That’s what the community’s about. It’s not a money-maker.” Though at a cost of roughly \$50,000 to put on, breaking even is a great success.

“It’s pretty much a wash,” said Brian

Engler, Landings Trustee and liaison to BCF from Burke Centre board of trustees. “It’s a fun event that ultimately pays for itself.” With the help of sponsors and vendors, which buy table space at the event.

David R Hughes Orthodontics sponsors face-painting, which is done by Picasso Facepainting and Sunrise Facepainting. “They do really high quality work and it looks fantastic,” said Winslow. “I have fun with that personally.”

Managing the increasing crowds has been a challenge for Winslow and her team. To alleviate parking around the Burke Centre Conservancy — home of the festival since the 1990s — they’ve developed a shuttle route with stops around the Burke Centre neighborhoods (except for the Woods and Commons).

They also expect a volunteer corps of about 90 community members to help manage the sheer number of visitors.

Another chronic issue is long lines for the free activities. The staff’s solution? More activities. Some of Winslow’s favorites that are new for this year include hair-painting (“That’s the new hot thing, we’re told.”), an open-air photo booth complete with feather boas and silly hats, and free massages offered by the Massage Envy Burke location. Yes: free massages, all day, both days of the festival.

TO HELP NAVIGATE the activities, craft tables and packed performance schedule, Winslow and company will have a pocket

SEE FESTIVAL, PAGE 11

Cook Kicks off Anti-Speeding Campaign

Police demonstration introduces “Slow Down: You live here. We live here.”

BY TIM PETERSON
THE CONNECTION

The speed limit sign in your neighborhood may be smarter than you think. To kick off Supervisor John C Cook’s anti-speeding campaign on Thursday, Aug. 28, Fairfax County police officers flexed the muscles of eight new radar signs they’ve purchased for the county.

“With school starting, it’s a good time to be focused on safety,” said Cook on the timeliness of the kickoff. His campaign is intended as an education-based initiative to encourage drivers to slow down in their communities. The



PHOTO BY TIM PETERSON/THE CONNECTION

Fairfax County Police Chief Edwin C. Roessler Jr. speaks at the Sully District station.

campaign’s motto is “Slow Down: You live here. We live here.”

The new signs will not only flash the

driver’s speed back to them, but record whether that caused them to change their speed or not. That data, along with the date,

time and location of each recording will be transmitted back to the police for analysis.

Officers at the Emergency Vehicle Operation Center at the FCPD Sully District Station demoed the new signs while showing the effects of speed on stopping distance.

“People might say, ‘Oh, I was only going ten over,’” said Master Police Officer Joe Moore. “Well, ten over might be the difference between hitting an object, hitting a kid, another vehicle, and not.”

“Most of these issues are bad habits by all of us,” said Fairfax County Police Chief Edwin C. Roessler Jr., “and we need to change our habits and improve our culture of safety.”

“It’s not just about writing the ticket,” Roessler continued. “It’s making all of us safe so we can get home at the end of the day.”

More information on the initiative can be found online at fairfaxcounty.gov/slowdown.

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BACK TO SCHOOL



Three male students make their way towards Lake Braddock Secondary School's main entrance on the first day of school.

PHOTOS BY TIM PETERSON/THE CONNECTION

School Sights

First day at Lake Braddock Secondary School.



Jordan Nicholson, freshman: “I’m excited about everything! But I’m not exactly sure what my schedule is. Maybe I start with history, or orchestra. I’ve been playing violin for three years.”



Liv Anderson, sophomore: “I’m excited about being able to see my German teachers again. I speak it fluently, so I’m kind of taking the easy way out. I’m anxious about Chemistry, because my siblings both had problems with it.”

(Left) Mereck Frazier, sophomore: “I’m excited to see friends. And to have Mr. Waiss as a teacher. He’s supposed to be like me, so I’m excited to meet him. We’re waiting for friends, and tired.” (Right) Kody Broks, sophomore.



Following in Her Father's Footsteps

Lt. Barbara Colberg, of Burke, helps bring Navy's newest aircraft carrier into service.

A Burke native and 2003 Thomas Jefferson High School for Science and Technology graduate, is serving in the U.S. Navy as part of a hand-picked crew charged with bringing the Navy's newest aircraft carrier into service.

Lt. Barbara Colberg, who joined four years ago, is the deputy command judge advocate aboard Pre-Commissioning Unit Gerald R. Ford (CVN 78), the first ship in its class and the successor to the Navy's Nimitz-class aircraft carriers that have been in operation for the last half century.

Colberg, who followed in her father's footsteps by joining the Navy, and the rest of the 1000-Sailor crew are slowly bringing the ship to life, a crew that will eventually grow to more than 4,500 when the ship is at sea. When complete, the aircraft carrier, powered by two nuclear reactors, will measure more than three football

fields long at 1,092 feet in length and will weigh more than 100,000 tons. It will be capable of sailing at nearly 35 mph and will carry more than 75 Navy aircraft.

"Lt. Colberg plays a vital role in preparing our Nation's newest and most technologically advanced warship for sea," said Ford's Commanding Officer, Capt. John F. Meier. "We have the opportunity to build this command with the ideals of our namesake and we are creating the command climate and a culture of excellence that we have always wanted. This crew is setting that standard, a standard that will last for the 50-plus year life of the ship."

AS ONE OF THE SAILORS who will commission the ship, Colberg has the opportunity to see firsthand the innovations being incorporated into the design of the ship; from a redesigned flight deck to allow for more efficient aircraft

operations to equipment that requires less maintenance.

As the crew grows and works toward the goal of joining the fleet in 2016, Colberg and other Gerald R. Ford sailors will be accepting spaces on the ship, training to operate it and building a legacy that will last beyond their lifetimes.

Training for the crew has to come from some unique sources. There are no Navy schools for some of the new equipment, so the crew is partnering with Huntington Ingalls Newport News Shipbuilding and other vendors to master the new systems.

"This is a unique opportunity to see first-hand how the systems are installed and tested, which is an advantage that future crews won't have an opportunity to experience," said Meier. "Lt. Colberg and her shipmates are



PHOTO COURTESY OF U.S. NAVY

Lieutenant Barbara Colberg

teaching the Navy how to operate this new class of aircraft carriers."

COLBERG said it is an exciting time to be in the Navy, helping to build a crew and a ship from scratch, something she never expected to be doing just a couple years ago. She also said she is proud of the work she is doing to help commission and man the Navy's newest aircraft carrier. As a 28-year-old with numerous responsibilities, Colberg said she is learning about herself as a leader, sailor and a person. "I've learned how to be more independent, self-reliant and to trust my own judgment," said Colberg.

Colberg added she is enjoying being part of the Gerald R. Ford crew as everyone is helpful and willing to work with each other, which makes for a cohesive, productive command.

The ship is scheduled to commission in Spring 2016.



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OPINION

Back to School

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



COMMENTARY

Although 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

revolution—not reform—in public education. (www.ncsl.org/research/education/q-and-a-sir-ken-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

Citizen Oversight Needed

To the Editor:

I rarely agree with Connection editorials, but the one deploring how our police have become militarized ("Accountability for Police in Northern Virginia," Connection, Aug. 20-26, 2014) is praiseworthy. I'm a retired Navy officer and have had no run-ins with any police.

Your editorial should have mentioned the mindless opposition of our Fairfax Co. Police Dept. (FCPD) to any sort of citizen oversight committee who might expose the facts behind the dirty laundry your editorial highlighted. A related problem is the number of accidents caused by speeding police cars.

The Fairfax Co. violent crime rate is happily quite low, yet we have a bloated PD. Recent media reports noted that the number of murders in our county is tiny, yet inexplicably two different sets of statistics exist.

Why does Fairfax Co. need police helicopters? What crimes have they solved?

Why do we need a FCPD marine patrol when most of the Potomac belongs to Maryland and armed, US Coast Guard boats patrol it from Station Washington? What terrorist attacks has our marine patrol intercepted?

FCPD have so little serious crime to address that it wastes time on revenue generators like the annual "50 Means 50" to intimidate drivers on Fairfax Co. Pkwy where the speed limit could be 55 if not 60. When our police devote massive resources to minor speeding infractions one wonders if reasonable budget cuts couldn't be made.

Why does GMU have police? Why not just private security guards? GMU police harassed a male, Moslem student in the library and shot at a car near one of the parking garages. Campus crime is so low that Mason cops write tickets on Braddock Rd. Can anyone recall one positive anti-crime accomplishment of the GMU police? Crossing a campus street in a crosswalk I was nearly hit by a fire chief's car on a Sunday morning. When I reported it at the huge new GMU police station, zero action was taken to contact the Fairfax City FD.

Uniforms set a tone. Some police forget that they are "peace officers" and should do all they can to diffuse a situation. When you come in dressed like a member of the military of a banana republic, don't you set a confrontational tone? Are brown shirts the best choice for our sheriffs? Do they and the state police wear drill sergeant-like hats to intimidate? Why do they need a hat? Contrast today's militarized police uniforms

with those worn in 19th C. America. In that era, our police looked like today's Bobbies in the UK. Why can't today's police wear slacks and a polo shirt?

I suggest your reporters ask what things have been transferred to FCPD by DOD, DOJ and DHS. Don't assume that military gear comes solely from DOD. Then contrast with what has been transferred to Vienna, Fairfax City, Falls Church, Clifton, Herndon, and Fairfax Co. Sheriff.

Aside from intimidation and beligerence, there's "professional courtesy," a euphemism for police ignoring violations by police. I slugged into D.C. in August and rode in an ex-police car that still looked the part (antenna, search light, gray paint, etc.). The owner said he blew thru a Reston speed trap doing 85 and the FCPD just waved. Driving into Arlington at 6:30 a.m. on the HOV stretch of I-66E, a single D.C. cop in an unmarked, white SUV roared up onto my tail then flipped on his blue

lights so he could pass. I've had D.C. cops in marked cars speed up on me on I-66W in Ballston with their blue lights on. Recall the incident with D.C. cops escorting Charlie Sheen from Dulles into D.C. in a high-speed motorcade? Various non-VA police with a single occupant drive with impunity in the I-395 HOV lanes during commute time. Do folks drive around with those black-blue-black "Thin Blue Line" stickers on their rear bumper indicating they are connected to the police so they won't be ticketed? Does the notion of the Thin Blue Line reinforce the militarization your editorial deplored by implying our police are all that separate us from the barbarians at the gate?

Wouldn't we all be better off with a county where our police apply the rule of law impartially and aim to defuse situations rather than aiming at citizens?

Michael Shumaker
Fairfax

Write

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

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LETTER

Opposing Medicaid Expansion

To the Editor:

For those who have vocally criticized Republican misgivings about Governor McAuliffe's desires to expand Medicaid in Virginia — including the Connection Newspapers — one need look no further than the past couple weeks of state news to understand the fiscal irresponsibility that would have befallen Virginia had the expansion taken place. Governor McAuliffe's announced state budget deficits of roughly \$880 million and his orders to agency chiefs to come up with suggestions on how to cut five percent from their budgets this year and 7 percent next year come before any Medicaid expansion put additional strains on the State budget. This is particularly true when the federally-promised Medicaid — start-up — funds dried up (as they were probably intended to do) and those expansion costs rapidly became a new line item in the Virginia state budget, along with the additional possibility that actual costs almost assuredly would have exceeded estimates.

Governor McAuliffe's proposal to expand Medicaid with its associated costs while likely knowing full well that the state faced significant budget shortfalls speaks for itself as another case of ideas exceeding the balance in the check book. Thank goodness for Republican fiscal prudence and good judgment.

Chris J. Krisinger
Col./USAF (Ret.)
Burke

Lake Braddock Student Shines

Lake Braddock Secondary School's Nathan Bender was selected to represent his school at an all expenses paid Hugh O'Brian Youth Leadership Conference on the campus of James Madison University in Harrisburg, Va. Bender was selected after providing his resume, writing an essay discussing "what leadership means to me" after being interviewed by LBSS school staff and administration. Bender was also selected to attend the weeklong intensive 2014 USMC Leadership and Character Development Academy in the Marine Corps Base Quantico. USMC Summer Leadership and Character Development program is built around Character Leadership and Ethics the three pillars of life students can use down the road as CEO of Apple or in some position of authority.


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\$12 Million Suit Against Fairfax County Police

2013 shooting victim's family seeks damages in wrongful death case.

BY TIM PETERSON
THE CONNECTION

The year-long silence surrounding the police shooting of John Geer has been broken — but not by Fairfax County Police or the U.S. Department of Justice. John Geer was shot to death by Fairfax County Police on Aug. 29, 2013.

On Tuesday, Sept. 2, the Geer family's lawyer, Michael Lieberman, filed a civil suit in Fairfax Circuit Court seeking \$12 million in damages from Fairfax County Police. In the suit, Lieberman is demanding a jury trial.

The 29-page complaint lists Maura Harrington, Geer's domestic partner of almost 24 years and mother of their two daughters, as the representative of the John Geer estate. According to the document, Geer had been speaking with his daughters before police arrived.

For the now-fatherless girls, the damages sought in the complaint are meant to compensate for "sorrow, mental anguish and solace which include society, companionship, comfort, guidance, kindly offices and advice" of Mr. Geer as well as the loss of his financial support.

The complaint specifically targets two Fairfax County police officers, and their supervising officer and Chief Edwin Roessler

Jr. It contains eight counts of wrongful death, gross negligence and failure to return personal property taken from John Geer's home.

ON AUG. 29, 2013, a Fairfax County police officer shot Springfield resident John Geer in the doorway of his home. In the hour before officers entered Geer's home to check on him, he died.

Harrington had called police after Geer became angry over her saying she was going to end their relationship, throwing her clothes out into the street.

"They responded with a SWAT team, a helicopter, an armored vehicle and other resources that were just totally outrageous for a call such as this," said Nicholas Beltrante, executive director and founder of the Virginia Citizens Coalition for Police Accountability (CCPA).

Two officers confronted the unarmed Geer at his threshold, before one of them fired at Geer's chest at close range.

"HE WAS A SOCIABLE GUY," said Jerry Santos, a friend of Geer's. "Relaxed. Charismatic. He was just confident — never saw him upset, angry." The two shared an affection for fishing, going out for deep sea like tuna and mahi mahi together numerous times.

A longtime photojournalist and broadcast news editor, Santos said, "I've spent a lot of time, in a lot of situations where I have to deal with the cops. This has absolutely warped my perspective when it comes to the way America does policing. 'There's nothing worse,' he continued, 'than when the state kills a citizen and

there's no appropriate process of justice that takes place."

The police have not released the names of the officers, incident reports or any explanation of the events that led to Geer's death.

Fairfax County police detectives initially conducted a criminal investigation and handed their findings over to the state's attorney's office. They otherwise kept the public out of the loop, in similar fashion to the 2006 shooting of optometrist Salvatore Culosi.

In that case — another where SWAT was involved — Culosi's parents settled with Fairfax County for \$2 million after filing a wrongful death suit.

"They have all been stonewalling," said Beltrante. "It's just outrageous."

"I filed a heavy Freedom of Information Act," Santos said, of an attempt to obtain information on the Geer shooting from Fairfax County police, "and I got a letter basically telling me to go pound sand."

Beltrante said he has spoken with Geer's father Don — as well as several witnesses — numerous times to create a case file for the CCPA. He founded the organization in 2010 after the police shooting of David Masters, with the main objective of getting the Board of Supervisors to appoint a citizens' complaints oversight board for the police.

In February 2014, about five months after the Geer shooting, Fairfax County Commonwealth Attorney Raymond Morrogh cited conflicts of interest and said he was handing the case to the U.S. attorney's office in Alexandria.

The attorney's office for the eastern district of Virginia has declined to comment.

NOW, MORE THAN A YEAR after the death of Geer, a 46-year-old father of two daughters, the unnamed officer involved is still on desk duty and a federal criminal investigation has had all local parties "in a holding pattern," according to Roessler.

"Based on the policeman's bill of rights," said Roessler, "I have to wait for the criminal investigation to be concluded before I can launch one. There needs to be a firewall there."

"It frustrates me, but that's the way our law is written," said Supervisor Pat Herrity (R-Springfield). "It's moving. We need to get it right. But a year is way too long. For the family, we need to reach resolution."

"The county has provided all the information that's required, been asked to provide," Herrity added. "It's now in the hands of the justice department."

That information — whatever the county knows — has yet to be made public. For the next Board of Supervisors meeting on Sept. 9, Herrity said he's asked for an update "on what, if anything we know."

Roessler said he's continuing to communicate with both the officer and the Geer family. Their most recent contact was Aug. 28, he said. "I'm their police chief," he said. "I feel I have an obligation to make sure we dialogue. If we have any concerns we discuss it."

For citizens like Beltrante and Santos, that isn't enough from their police chief or their supervisors.

"Their silence is absolutely deafening," said Santos.

Justice Delayed Is Justice Denied

BY NICHOLAS R. BELTRANTE

On Friday, Aug. 29, 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.

OPINION

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?

The author is Executive Director/Citizens Coalition for Police Accountability, Inc.



PHOTO BY MARISSA BEALE/THE CONNECTION

Lake Braddock Secondary Principal Dave Thomas has been at the school for 22 years. This is his eighth year as principal.

Gifted and Talented Program Expands

BY MARISSA BEALE
THE CONNECTION

Students enrolled in the Gifted and Talented (GT) Program at Cardinal Forest, Keene Mill, Rolling Valley, and West Springfield Elementary schools will no longer have to transfer to nearby Lake Braddock Secondary to continue in the program. At Irving, there will be a team of teachers for seventh graders who will focus on teaching the advanced academic curriculum that was, previously, only offered at Braddock for the above schools. “The requirements for getting into these programs are generally higher. These teachers are going through a lot of training and certification is required to teach,” said Assistant Principal Mondloch. Irving, which feeds directly into West Springfield High School, will now help the students enrolled in the GT Program, remain in the West Springfield High School pyramid.

When asked his thoughts on Irving becoming an AAP center, Braddock Principal Dave Thomas said that he welcomes this opportunity for students over at Irving. “The idea is that all kids ought to have access to these programs. This is a welcome opportunity—it’s a great opportunity.”

The Friends of Irving Initiative, another change for this middle school in the upcoming year, will provide an opportunity for parents to make donations that, in the past, were done through magazine drives. Different “sponsor levels” will be used to identify the dollar amount given in donations. For example, donations of \$100 will be designated “blue,” while donations for \$500 are called “The Rock,” which comes with the distinction of having one’s name painted on the rock that sits in front of Irving. Donors are free to give as much as they like, and all funds go toward supporting the school.



PHOTO BY TIM PETERSON/THE CONNECTION

Students get dropped off for their first day at Lake Braddock Secondary School.

While there are no major staff changes at Irving, Braddock Secondary School was busy hiring teachers for the upcoming school year, focusing on teachers for the seventh and eighth grade course offerings. “It comes down to putting the best teachers in front of kids,” said Thomas, who has been the principal of Braddock for the past eight years. With 1,380 middle school students filling the halls on Tuesday, Sept. 2, they are working to ensure that class sizes do not exceed 30 students. “It’s just nice to have the kids back. It’s neat to watch the seventh graders because there’s, all of a sudden, this newfound freedom. I love to watch our seventh graders grow over the course of the year because they grow the most,” said Principal Thomas. Like all schools in the County, Braddock is focusing on meeting the needs of students.

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ENTERTAINMENT

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

WEDNESDAY/SEPT. 3-SUNDAY/SEPT. 7

Laura E. Bruce's "Up Close and Personal." Building W-5, Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center is proud to present our Featured Artists and Studio Exhibitions for the month of August. 703-584-2900 or www.workhousearts.org.

THURSDAY/SEPT. 4 – SATURDAY/OCT. 4

Wake Up Call. Epicure Café, 11104 Lee Highway, Fairfax. A new collection of contemporary art curated by The Bunnyman Bridge Collective. <http://www.epicurecafe.org/>

FRIDAY/SEPT. 5 – THURSDAY/SEPT. 18

Experience Peru. 11 a.m. Fair Oaks Mall, I-66 at Route 50, Fairfax. Learn about Peru: its culture, natural beauty, music and more.

FRIDAY/SEPT. 5

Old Town Plaza Series Performance by Alte Kameraden. 7 p.m. Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Come out and enjoy the shops and restaurants at Old Town Plaza, along with live music, weather permitting. www.oldtownplazafairfax.com.

Art Guild of Clifton First Friday Exhibit. 5 – 8 p.m. Main Street, Clifton. Come out for an evening of exceptional art, fine wine, great food, and unique shopping. Free.

SATURDAY/SEPT. 6 – SUNDAY/SEPT. 7

Burke Centre Festival. Saturday: 9:30 a.m. – 5 p.m.; Sunday: 11 a.m. – 5 p.m. The Conservancy Grounds at Lynch Farm, 6060 Burke Centre Parkway, Burke. Two days of entertainment including lively dance and musical performances, an arts and crafts show, a variety of menu items available from numerous food vendors, pony rides, moonbounces, a 28' rock climbing wall, interactive wildlife and puppet shows, roving characters, an open air photo booth and games, and much more! Visit www.burkecentreweb.com for more information.

SATURDAY/SEPT. 6-SUNDAY/SEPT. 28

Live Onstage: Alice in Wonderland. 1 p.m. Workhouse Arts Center, 9601 Ox Rd., Lorton. Featuring songs based on the poetry from the original text, the Cheshire Cat, the Red Queen, the White Rabbit and the rest of the cast will be on hand as Alice adventures through Wonderland. Admissions: \$8-\$12. www.workhousearts.org. 703-584-2900.

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

Cabaret Series: Hot, Hot, Hot! Saturday at 8 p.m., Sunday at 1 p.m. Workhouse Arts Center, 9601 Ox Rd., Lorton. Take a journey through Broadway's "red light district", featuring music from Chicago, Cabaret, Sweet Charity and more. This performance is recommended for mature audiences due to some suggestive humor. Admissions: \$25-\$30. www.workhousearts.org. 703-584-2900.

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

4th Annual Workhouse Clay National. Workhouse Arts Center W-16 McGuire Woods Gallery, 9518 Workhouse Way, Lorton. This exhibition represents the depth and breadth of contemporary ceramic artworks being created throughout the country. 703-584-2900.

SATURDAY/SEPT. 6

Botanical Drawing. 10 a.m.-4 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Artist Caroline Hottenstein teaches shading and other techniques to render accurate and realistic plants. \$76. Register online using code 290 433 4401 at www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

Artist Book Signing. 12-2 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria.



Get your bike ready for the 5th Annual Northern Virginia Cycle Fest ride on Sunday, Sept. 14. Cycle Fest benefits the Wounded Warrior Project and Washington Area Bicyclist Association (WABA). The ride is open to all experienced riders who are comfortable riding on roads with traffic - with a suggested minimum age of 12.



Join in on the family fun at the Burke Centre Festival taking place Sept. 6 – 7 at the Conservancy Grounds at Lynch Farm, 6060 Burke Centre Parkway.

Artists from the newly published "American Botanical Paintings: Native Plants of the Mid Atlantic" will be signing books and talking. 703-642-5173.

Insurance for Artists. 10 a.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Jamie B. Gregory will educate artists on the importance of artist insurance and an affordable way to get it. <http://workhouse.org>

Workhouse Education Open House. 12 - 3 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Learn about the different arts and talk to studio art educators. <http://workhouse.org>

Children's Theatre: Alice in Wonderland. 1 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Recurring every Saturday and Sunday in September with the exception of Sunday 7. This musical adaptation of Alice in Wonderland is appropriate for all ages. \$10-\$13 <http://workhouseart.org>

Cabaret Series: Hot, Hot, Hot! 8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Musical performance featuring music from Chicago, Cabaret, Sweet Charity and many more. \$25- \$30. <http://workhousearts.org>

Alice in Wonderland with the Fairfax Symphony Orchestra. 5:30 p.m. Angelika

Film Center at Mosaic, 2911 District Avenue, Fairfax. Children's Concert featuring musical interludes between sections of the film as well as underscoring of the entire film with new arrangements of familiar children's songs including Three Blind Mice, Humpty Dumpty, Hickory Dickory Dock, Old MacDonald, Pop Goes the Weasel, I'm a Little Tea Pot, and more. Free fairfaxsymphony.org

Artist Panel Discussion. 4 – 5 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Join glass blowing artist Ian Kessler-Gowell and Workhouse Glass Program Resident Artists Sandi Martina as they lead a discussion on the exhibit Glass Unpolished with exhibiting artists Charlotte Potter, the Glass Studio Manager and Programming Director at Chrysler Museum of Art, Bohyun Yoon Professor of Glass at VCU School of Art and David D'Orto, a Co-Founder of DC GlassWorks located in Maryland.

Casting Leaves. 9 a.m. Green Spring Gardens Park, 4603 Green Spring Rd., Alexandria. Capture the beauty of ornamental leaves by casting them in concrete to decorate your home or garden. Green Spring staff demonstrates these techniques and assists participants in making one to take home. Admissions: \$20.



View artwork by Javier Padilla and more at Epicure Café's latest exhibition, Wake Up Call, a new collection of contemporary artwork by local artists on display through Oct. 4.

Ages 18+. Call 703-642-5173 for more info.
Botanical Drawing. 10 a.m.-4 p.m. Green Spring Gardens Park, 4603 Green Spring Rd., Alexandria. Course builds on basic drawing skills. Learn shading and other techniques to render accurate and realistic flowers, fruits and other plant materials. Admissions: \$76 in county, \$91 out of county. Ages 18+.

SUNDAY/SEPT. 7

Art Show Reception. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Come to the Horticulture Center and Historic House to see the work of artists of the Springfield Art Guild. 703-642-5173.

Cabaret Series: Hot, Hot, Hot! 1 p.m. Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. Musical performance featuring music from Chicago, Cabaret, Sweet Charity and many more. \$25- \$30. <http://workhousearts.org>

MONDAY /SEPT. 8-FRIDAY/SEPT. 19

The Henkel Physicians: A Family's Life in Letters. Foley Forum, Northern Virginia Community College, Medical Education Campus, 6699 Springfield Center Drive, Springfield. The exhibit documents the daily lives of a family of physicians in Virginia's Shenandoah Valley during the 19th century, serving in their community, on the battlefield and in the nation's courts of law. 703-822-6684.

TUESDAY/SEPT. 9

Downton Abbey Costumes at Winterthur Getaway. 7:15 a.m.-6:15 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Travel to Winterthur Gardens in Wilmington, Delaware to see the Downton Abbey costume exhibit. Trip includes motor coach, driver tip, entrance fees and tours. \$119. Register online at www.fairfaxcounty.gov/parks/greenspring using code 290 492 7801 or call 703-642-5173.

THURSDAY/SEPT. 11-18

16th Annual Fall for the Book Festival. George Mason University, 4400 University Drive, Fairfax. A week-long, multiple-venue, regional festival that brings together people of all ages and interests. Visit www.fallforthebook.org.

FRIDAY/SEPT. 12

Old Town Plaza Series Performance by Fairfax-McLean Brass & Drums. 7 p.m. Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Come out and enjoy the shops and restaurants at Old Town Plaza, along with live music, weather permitting. www.oldtownplazafairfax.com.

FAITH

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

Temple Beth Torah, a Reform Jewish congregation and member of the Union for Reform Judaism (URJ), holds services and Religious School in the heart of Chantilly. The congregation offers the Northern Virginia Jewish community services that provide numerous spiritual, educational, support and social opportunities including religious school for member children age 3 through Bar/Bat Mitzvah and confirmation. Our congregation welcomes all members of the community to attend any of our services or events. For more information, a newsletter, or a membership package call Jennifer Harding, 703-217-8938 or visit www.BethTorah.net

Upcoming service and event schedule:

♦ Shabbat Service, Friday, Sept. 5, 7:30 p.m., New/Prospective Member Shabbat

*Religious School, Sunday, Sept. 7, 10:30 a.m. - First day of religious school

♦ Picnic, Sunday, Sept. 7, 12:30 p.m. - Annual Brotherhood Picnic, Frying Pan Farm Park

♦ Ladies' Book Club, Tuesday, Oct. 14, 7:30 - Join us for this "pot-luck" style book club that meets every other month on the second Tuesday of the month. This club is open to all women. Plan to bring a drink or appetizer to share. We will be discussing "This is Where I Leave You" by Jonathan Tropper.

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

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

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in

Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

JCCNV Mother's Circle program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or HYPERLINK "mailto:LaurieA@jccnv.org" LaurieA@jccnv.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

Festival

FROM PAGE 3

guidebook available.

Live performance is another staple of the festival. "What's great is the diverse entertainment," said Michelle Kingham of Stafford, Community Services. "There's drumming, Japanese dancers, local dance groups, bands, Irish dancers."

"We're on a reggae kick right now," said Winslow, referring to Trinidadian artist Sam'O & the JFC, who performs Saturday at 3:15 p.m.

One thing that festival-goers shouldn't expect to change is the strong sense of community that Winslow and company say is an inherent part of the festival.

"Being a part of it and watching it all come together, that's my favorite," said Kingham. "I enjoy seeing everybody smiling and having a good time."

THE BURKE CENTRE FESTIVAL runs Saturday, Sept. 6 from 9:30 a.m. - 5 p.m. and Sunday, Sept. 7 from 11a.m. - 5 p.m. For more information, visit www.burkecentreweb.com.



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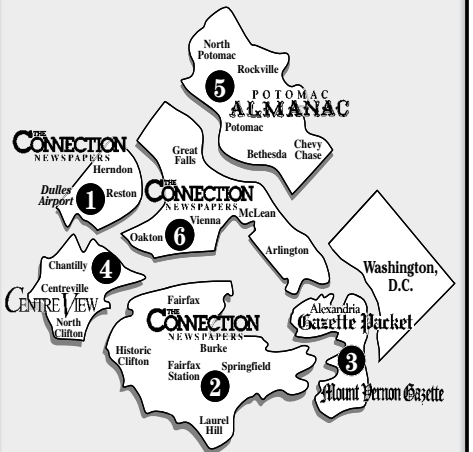
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THURSDAY/SEPT. 4

English for Speakers of Other Languages (ESOL) Class Registration. 9:30 a.m. - 12 p.m. or 7 p.m. - 9 p.m. The Church of the Good Shepherd, 9350 Braddock Road, Burke. Fee of \$60 due first day of class. Includes textbook, workbook, snacks. Class ends Dec. 4. 703-323-5400 or www.good-shepherd.net.

SATURDAY/SEPT. 6

Lake Braddock Crew Boosters Yard/Garage Sale. 8 a.m. - 3 p.m. White Oaks Elementary, 6130 Shippett Drive Burke. Want to donate items? Email: lbcrewfundraising@gmail.com by Sept. 4.

Dog Adoption. 12 - 3 p.m. PETCO, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444 or http://www.hart90.org/

TUESDAY/SEPT. 9

The Wakefield Chorale Rehearsal. 7:30 p.m. - 9:30 p.m. United Baptist Church, 7100 Columbia Pike, Annandale. Member recruitment for Christmas program for retirement homes. No audition required. Dues \$25 for season plus cost of sheet music. Call Susan, 703-255-3489.

WEDNESDAY/SEPT. 10

Parenting: The Early Years Bible Study. Sign up by Sept. 10. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Video-driven study. Classes start Sept. 21 at 9:45 a.m. Free. 703-971-5151, admin@franconiaumc.org, or http://www.franconiaumc.org.

"I Wish Jesus Hadn't Said That!" Bible Study. Sign up by Sept. 10. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Book study. Sundays at 6 p.m. starting Sept. 21 and Tuesdays at 7 p.m. starting Sept. 23. Free. 703-971-5151, admin@franconiaumc.org, or http://www.franconiaumc.org.

NARFE Springfield Chapter 893 Speaker. American Legion Post 176, 6520 Amherst Avenue, Springfield. Chapter member Barbar Dieker will provide info on fraud, scams and financial exploitation. Free. Contact Pat Harahan at 703-569-9684 or harahan@verizon.net.

SATURDAY/SEPT. 13

Multi-Family Yard Sale. 8 a.m. - 2 p.m. Daniels Run Elementary School, 3705 Old Lee Highway, Fairfax. Sales benefit Fairfax High School Crew Team. Rain or shine.

Louis Bayard. 2 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Author Louis Bayard discusses his latest book, Roosevelt's Beast.

Dog Adoption. 12 - 3 p.m. Sat. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. Call 703-817-9444 or visit http://www.hart90.org/

HIV/AIDS Prevention Faith Summit for Adults and Teens. 8 a.m. - 1 p.m. Antioch Baptist Church, 6531 Little Ox Road, Fairfax Station. The summit will address how stigma drives the HIV epidemic and examine HIV stigma experiences through different lenses. Visit https://www.fairfaxcounty.gov/hscodereg/registration.aspx?groupid=26 to register.

MONDAY/SEPT. 15

American Red Cross Blood Donation. 8:30 a.m. - 2 p.m. Norman M. Cole Jr. Pollution Control Plant, 9399 Richmond Highway, Lorton. redcross.org or 1-800-RED-CROSS.

TUESDAY/SEPT. 17

Connected on the Homefront. 7-9 p.m. Immanuel Bible Church, 6911 Braddock Road, Springfield. Monthly meetings that provide dinner, fellowship and guest speakers to minister to wives and women of active duty, reservists and retired military. Visit www.immanuelbible.net or 703-941-4124.

Hospitalization Happens. 1:30 p.m. Insight Memory Care Center, formerly Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. A trip to the hospital for a person with dementia can be stressful for everyone; join in to discuss ways you can prepare for both planned and unexpected hospital visits. Call 703-204-4664 to RSVP and for more information.

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Lake Braddock's Edwards Makes First Start at QB

Bruins defeat West Potomac in season opener.

BY JON ROETMAN

Kyle Edwards started 13 games at safety and outside linebacker during his sophomore year, but the experience failed to fully prepare him for Aug. 29.

After an offseason of hype and questions, Edwards made his first start at quarterback for the Lake Braddock football team. He replaced All-American Caleb Henderson, now a freshman with the University of North Carolina Tar Heels. Facing West Potomac on the Bruins' home field, Edwards assumed his role as field general for a Lake Braddock program that has won five consecutive district championships.

"I started 13 games last year but not at the position I'm playing right now," Edwards said following Friday's season opener. "Definitely, that first quarter, throwing the ball was kind of awkward. ... Playing 13 games on the defensive side of the ball, that's a whole different mindset. I was definitely prepared for the speed and the physicality, but I had to get used to throwing in front of 2,000 people."

Edwards struggled at times, but the junior did enough to lead Lake Braddock to a 30-6 victory over Conference 7 foe West Potomac. Edwards had a rough night in the passing game, completing just 8 of 19 attempts for 104 yards, but had multiple throws dropped by receivers. Edwards also lost a pair of fumbles.

On the positive side, No. 12 rushed 15 times for 109 yards and two touchdowns. His 32-yard scoring scamper early in the fourth quarter gave Lake Braddock a 24-0 lead.

"I thought the quarterback did well [for his] first time out," Lake Braddock head coach Jim Poythress said. "We dropped a lot of balls."

What has Poythress told Edwards about replacing Henderson?

"Be himself, that's it," the coach said. "Really, what else can you say? We've produced quite a few quarterbacks and we expect him just to maintain the status quo and get it moving. ... I thought he ran the ball well, he was effective on most of the passes. How many were dropped?"

After the game, Edwards discussed how he's handled the repetitive questions about replacing Henderson, who led Lake Braddock to a 21-3 record over two seasons and helped the Bruins reach the 2013 6A North region semifinals.

"As many times as I've been asked about it, it doesn't cross my mind when I'm out on the field," said Edwards, who is listed at 6 feet 2, 210 pounds. "We're trying to do something ourselves. I was part of a team last year, we were 12-1, and now we have to start from scratch. ... People ask me ques-



Lake Braddock junior Kyle Edwards made his first start at quarterback against West Potomac on Aug. 29.

Lake Braddock running back Dejoun Lee rushed for 147 yards and two touchdowns against West Potomac on Aug. 29.

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION



tions, but I'm not really thinking about it, honestly." Edwards won't have to carry the offensive load by himself. Against West Potomac, senior running back Dejoun Lee rushed 16 times for 147 yards and two touchdowns. His 60-yard touchdown run gave the Bruins a 30-0 advantage with 6:20 remaining in the fourth quarter.

"[West Potomac was] running after him all night," Poythress said. "... When he gets loose, he's a problem for people."

Lee has faith Edwards can perform at a high level.

"We can't live in the past," Lee said. "We had a great quarterback, we're going to

develop a just-as-good quarterback, hopefully, for Kyle's sake. I think he can be that good, and I think he will be that good."

Senior receiver/defensive back AJ Alexander, listed at 6 feet 4, 225 pounds, is a Division I recruit. On Friday, he caught two passes for 54 yards and finished with eight tackles and a pass break-up.

What has it been like transitioning to a new quarterback?

"It's different. It's not better, it's not worse, it's just different," Alexander said. "You've got to work on your timing. [It was] two years ... with Caleb Henderson, getting the same kind of ball every time, as opposed to

having someone come in and throw you a ball differently."

Lake Braddock's next challenge is a home game against Stone Bridge at 7:30 p.m. on Friday, Sept. 5. Edwards figures to get more comfortable in his prominent position as the season progresses. Maybe he'll even have fewer questions to answer about replacing Caleb Henderson.

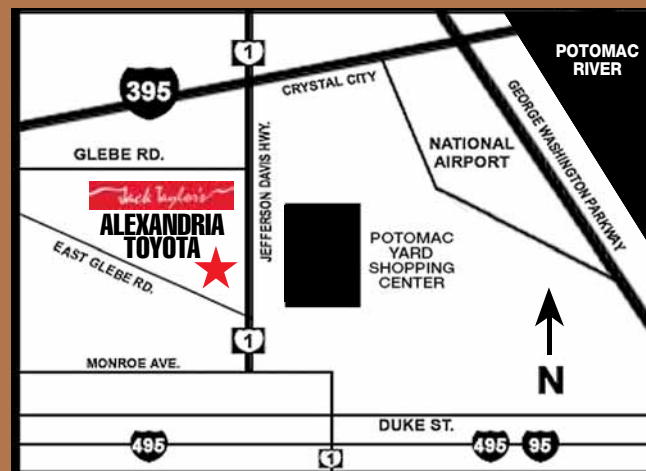
"Caleb Henderson is a heck of a player and his legacy deserves to be asked about and I hope he does well at UNC," Alexander said. "But it's on to a new chapter now for him and Lake Braddock football with Kyle Edwards as our new quarterback."

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Senior Living

SEPTEMBER 2014

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Taking On the 'Silver Tsunami'

BY TIM PETERSON
THE CONNECTION

The "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 communities 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 available in PDF form through the county's website at www.fairfaxcounty.gov/olderadults. The plan addresses aging-friendly needs in six key areas: Transportation, Housing, Safe and Healthy Community, Community Engagement, Services for

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

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,



COURTESY PHOTO
Jim Lindsay



COURTESY PHOTO
Dr. Thomas Prohaska

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

SEE 50-PLUS PAGE 7

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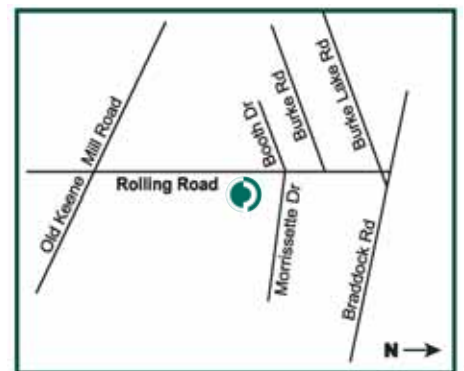
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Senior Living Time to Downsize?

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 for more. John Byrd (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

Planning for 50-Plus

FROM PAGE 2

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 ag will regu-

larly — 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."

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."

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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.

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 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.

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 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 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 Petryszy, 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.

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; 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.

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.