

Centreville ❖ Little Rocky Run CENTRE VIEW

SEPTEMBER 4-10, 2014

25 CENTS NEWSSTAND PRICE



PHOTOS BY TIM PETERSON/CENTRE VIEW

From left: Supervisor Pat Herry; Cheryl McWilliams, technician at Fire Station 2 in Vienna (“I like the camaraderie of this event ... OK, the cars! I like the Olds Cutlass '68. And that '39 Ford.”), and Captain II Willie F. Bailey.

American Muscle

15th annual Labor Day Clifton Car Show raises money for local charities.

BY TIM PETERSON
CENTRE VIEW

The Labor Day Car show in Clifton had humble beginnings. Fifteen years ago, it was only founder and organizer Jim Chesley, and 24 others car enthusiasts.

They raised \$100 to donate to charity. Each year they brought it back, it grew, and so did the donations. By the fourth year they cracked \$1,000. The event has now raised more than \$245,000 — not including this year's efforts. “It’s a beautiful part of Fairfax County that opens its doors for charity,” said Supervisor Pat Herry. “It’s a strong community here.”

The 2014 edition was the biggest yet, with 330 show cars, as well as a number of trucks and motorcycles. The two beneficiary charities are Life with Cancer (www.lifewithcancer.org) and the Northern Virginia Therapeutic Riding Program. **SEE CHARITIES BENEFIT, PAGE 4**



Phil Murray of Woodbridge with his “Titan Maroon” 1939 Ford Coupe at the 15th annual Labor Day Clifton Car Show.



Northern Virginia Therapeutic Riding Program volunteer Jillian Griffin (left), 16, homeschooled in Burke: “Sometimes it feels like you don’t know anyone, but it’s great to see everyone come together here.” Linda Aikey (right) of Burke, NVTRP director of volunteer services: “I had no idea [the car show] was so much fun. It’s awesome, the sense of community.”

Awakening Festival

13,000 people expected at Bull Run Regional Park in Centreville.

BY STEVE HIBBARD
CENTRE VIEW

The Christian rock music extravaganza, Awakening Festival 2014, returns to Bull Run Regional Park in Centreville on Saturday, Sept. 13 with music headliners Scott Stapp (the voice of Creed) and Switchfoot, plus six other Christian bands. The lawn seating event, which runs from 10 a.m. to 10 p.m., is expected to draw a crowd of 12,000 to 13,000 people through Bull Run Post Office Road in Centreville.

“The Awakening Music Festival is intended to be a place where people can experience God with positive music in a fun and safe environment,” said Danielle Reid, one of the event organizers with Awakening Ministries. “In any given year, we’ve had over 12,000 people in attendance, but more

SEE 13,000 PEOPLE, PAGE 7



Scott Stapp



Trip Lee



Switchfoot

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NEWS

Spa Supports Northern Virginia Family Service



PHOTO CONTRIBUTED

Bellezza Spa of Centreville is offering a special Back-to-School Manicure/Pedicure package, available to a party of five now through Sept. 7. For each party of five booked, Bellezza Spa will donate a \$50 gift card to the Northern Virginia Family Service's homeless shelter of Oakton and will be collecting book bags and school supplies for NVFS through Sept. 7. See www.bellezaspava.com. At left, Lauren Newport (left) and Claire Moynihan of Northern Virginia get some back-to-school pedicures.



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SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Youngjoon Choi and **Mohan Gunupati**, of Centreville, graduated from the University of Wisconsin.

Emily Reda of Centreville earned a B.A. in communication arts from Salisbury University.

The following students from Centreville have enrolled at JMU, class of 2018: **Ashley Little, Rachel Cameron, Jonathan Gibson, Emily Brubaker, Katie Winesett, Medina Khatib, Patricia Cason,**

Sarah Beidleman, Elisa Martinez, Roberto Carrasco, Timothy Curry, Amanda Mason, and Jackie Lee.

Northern Virginia Community College is preparing to welcome 19 incoming Honors Scholars for the start of the 2014-2015 academic year, which begins Aug. 20. The scholarship covers full in-state tuition for one degree at NOVA, the cost of books and supplies and the cost of enrichment opportunities.

This is the second class of NOVA Honors Scholars.

This year's scholarship recipients include: **Sarah Besharat**, a graduate of Chantilly High School, will attend the Manassas campus; **Thienmy Tran**, a graduate of Centreville High School, will attend the Annandale campus.

While at NOVA, the Scholars must be enrolled full-time, maintain a GPA of 3.2, serve in a leadership capacity in a campus club or organization, and serve as ambassadors to their alma mater high schools for NOVA.

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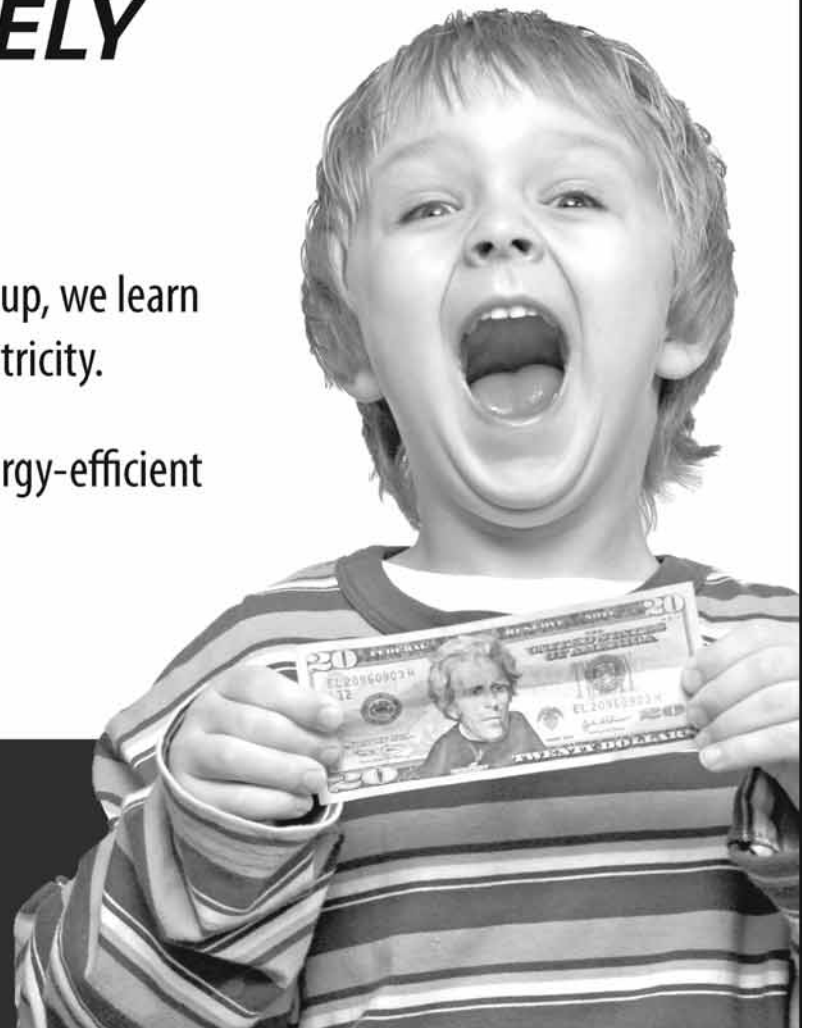
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ROUNDUPS

Farmers Market on Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for Sept 4 and Sept. 11.

Learn about Secret Service

The Sully District Police Station's Citizens Advisory Committee (CAC) will meet Wednesday, Sept. 10, at 7:30 p.m. for a presentation by the U.S. Secret Service. It'll be held in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. A Secret Service agent will explain how the organization protects the president of the U.S. and safeguards the nation's financial institutions. The public, including children, are welcome and will be able to ask questions.

Senior Citizens' Crime Prevention

Fairfax County police will present a series of free seminars about senior citizens and crime prevention. The schedule is as follows: Sept. 10, Personal Safety and Crime Prevention; Oct. 8, Financial Crime Prevention; and Nov. 12, Cons and Scams Prevention.

The seminars will be held at the Sully Senior Center, 5690 Sully Road in Centreville. Each one is on a Wednesday and will start at 12:30 p.m. and last about 30-45 minutes. No registration is required. The goal is to give senior citizens the power to prevent crime at home and learn how to prevent financial crimes and detect scam artists trying to take their money.

For more information, contact PFC Tara Gerhard at 703-814-7051 or FCPDSULCPO@fairfaxcounty.gov.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 11, from 5 p.m. to dusk, at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. (The inspection may be cancelled in the event of inclement weather). Call 703-814-7000, ext. 5140, to confirm dates and times.

Citizens Police Academy

People interested in law enforcement and who'd like to learn about the Fairfax County Police Department and meet many of those who serve in it may now do so. They may apply to join the Sept. 11-Nov. 15 session of the Citizens Police Academy. It's a free, 10-week program put on by the Police Department and is open to people who live or work in this county.

Participants complete some 40 hours of learning to gain a better understanding of and appreciation for police via a combination of lectures, tours and hands-on activities. Topics covered include the 911 Call Center, patrol, traffic stops, Adult Detention Center, gangs, financial crimes and SWAT team.

To apply, go to <http://www.fairfaxcounty.gov/police/services/citizens-police-academy.htm> or email CPA@fairfaxcounty.gov.

Helping Immigrant Children

The Centreville Labor Resource Center (CLRC) is collecting donations for the 70 immigrant children and 15 young mothers being housed at a secure facility in Bristow while awaiting hearings. The children need health and hygiene supplies, clothing and bedding. Donations may be brought to CLRC, 5956 Centreville Crest Lane in Centreville.

SEE ROUNDUPS, PAGE 5

NEWS



The new Fanfare Eatery in Chantilly has outdoor dining.

Fanfare Eatery Opens

Fast-casual dining by people who operate the Glory Days Grill chain.

BY STEVE HIBBARD
CENTRE VIEW

A new Fanfare Eatery opened on June 17 in the Greenbriar Town Center along Route 50 in Chantilly. This is the second store from the people behind the Glory Days Grill chain, which currently owns and operates 18 restaurants in Virginia, Maryland, and West Virginia. The other Fanfare Eatery opened in Fairfax Corner in 2012.

"Fanfare Eatery is a fast-casual version of Glory Days Grill, an All-American menu that features sports-themed appeal with an emphasis on sports," said Jim Klavis, the head coach (manager) at the Greenbriar location.

He says customers can order nachos, burgers, wings, hot dogs, and salads at the counter, and within 6-8 minutes, the food is delivered directly to your table.

"Everything is faster, fresher, and hotter because it's not a full-service restaurant," said Charissa Costa, director of marketing. "It's the same food as Glory Days Grill, but in a fast-casual style."

She added: "We appeal to the sports enthusiast of all ages but it's really about people who want a lively atmosphere and great food."

Eighteen TVs are situated around the restaurant, including Direct TVs, with portable speakers on each table that allow customers to tune into their desired programming. Seating can accommodate 140 people, and there's a covered patio outside.

As far as food specialties, the Fanfare Signature Angus Burger comes with two, four-ounce patties with American cheese, bacon, grilled onions, lettuce, tomato and Fanfare special sauce.

The Chicago Dog is a signature hot dog that comes with yellow mustard, tomato, diced onions and pick-

les, relish, celery salt and sport peppers.

A veggie burger with grilled mushrooms and onions is available. A turkey burger is made from a blend of dark and white meat.

Salads come in a variety of flavors: there's the grilled chicken salad, bunless burger salad, crispy chicken salad and a veggie burger salad.

For appetizers, there are mozzarella sticks, mac & cheese, queso cheese fries and onion rings.

The fresh chicken tenders are cut and hand-breaded and come in three-, four- and five-pieces.

The jumbo chicken wings come in boneless and traditional styles.

As far as alcohol, wine is available in Cabernet, Chardonnay and Pinot Grigio flavors by the glass. Spiked milk shakes come in Kahlua, Frangelico and Bailey's Irish Cream flavors. Fanfare Margaritas come in traditional, strawberry and peach flavors.

Draft beer comes in domestic choices by the pint and the pitcher.

The Monday Night Special is a combo Angus burger special with single burger, seasonal fries, and soda.

There are also children's combos: mac-and-cheese, hot dogs, chicken tenders, grilled cheese and kid's burger. For beverages, there are two Coca Cola freestyle machines offering 101 combinations of different cokes flavors.

For desserts, the Oreo Slider is two Oreo chocolate wafers with vanilla ice cream in between. Milk shakes come in chocolate, vanilla, strawberry and Oreo cookie flavors.

Customers may place their orders on-line, and there's catering, and to-go services as well.

Glory Days Grill is owned by Bob Garner, Jeff Newman and Richard Danker, who own and operate 18 Glory Days Grills and two Fanfare Eateries in Northern Virginia, Maryland and West Virginia. There are also three franchises in Richmond and New Tampa, Fla.

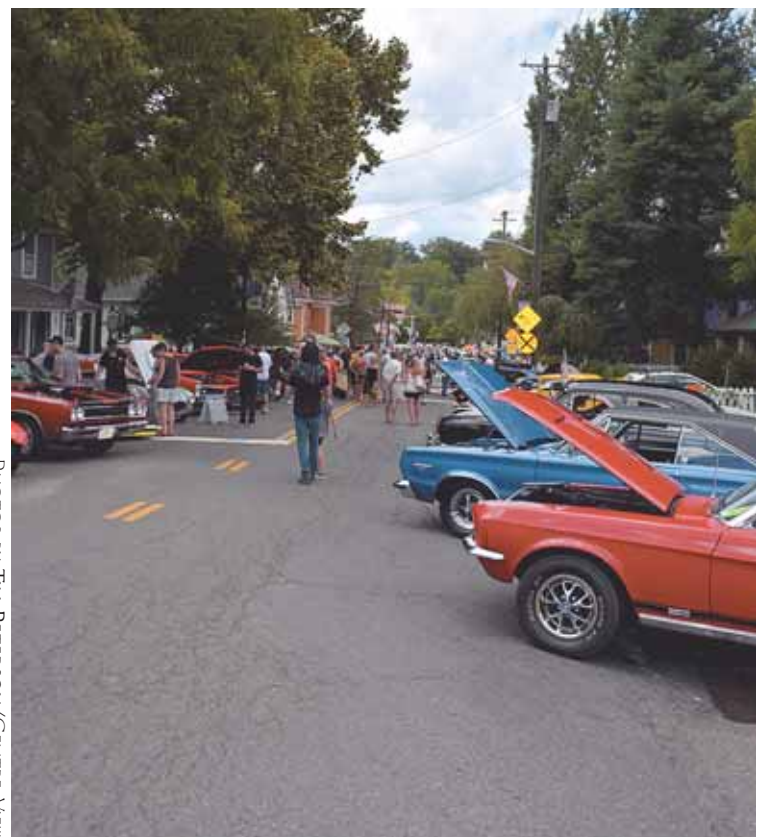
The Greenbriar Fanfare Eatery is located at 13061 Lee Jackson Memorial Highway (Route 50), Chantilly, and is opened seven days per week, from 11 a.m. – midnight (11 p.m. on Sundays). Visit www.glorydaysgrill.com and www.fanfareeatery.com.



Fanfare Eatery's Signature Burger has two, four-ounce Angus patties, American cheese, bacon, grilled onions, lettuce, tomato, and Fanfare special sauce.



Active members of the Clifton Lions Club providing food service: From left are Ken Issac, Roy Radcliffe, Pat Issac, JB Bierwirth, Ken Wyse, Jim Boatner, Ed Wandelt, Dan Anderson, Linda Wyse, Richard Kurz, Bucky Sills and John Ceaburg.



PHOTOS BY TIM PETERSON/CENTRE VIEW

The 15th annual Labor Day Car Show brought a record 330 show cars to the streets of Clifton.

Charities Benefit from Car Show in Clifton

FROM PAGE 1
(www.nvtrp.org).

"I love [the show], I spend all year working on it," said Chesley. "I'm 66. At my age, the best thing I can do is help people who need it. These two places, I see them, feel them. You see faces; it's not like giving to something online."

The show's primary food sponsor was the Clifton Lions Club, whose members helped park cars at dawn and arrived the night before to begin cooking 30 pork butts for sandwiches. "It basically takes all 34 of our active members," said club president Richard Kurz. "And 100 percent of the proceeds go to the charities."

Another major draw of the car show was the Richard King Annual Fireman's Chili Challenge, which took place by the main performance stage, set back behind Clifton Road.

This year's winner was Station 42, the

county's newest station in Wolf Trap. First prize includes a \$1,000 donation made to the Muscular Dystrophy Association (MDA) in the station's name, as well as half a day off. And, naturally, bragging rights.

"There's a lot of trash talk," said Captain II Willie Bailey. "I heard one [firefighter] say 'Yours is only good on hot dogs.'"

Second place went to the Fire & Rescue Training group, earning a \$500 MDA donation in their name. The highly competitive event was judged by a panel of four blind-folded judges selected from motorcycle clubs in attendance. Their decision was unanimous.

The day was capped off by a performance from rock 'n' roll legends The Fabulous Hubcaps. It was the group's first time playing the Clifton Car Show. Despite the heat, they got the crowd's motor running with covers of old favorites like "My Girl" and, appropriately, "Hit the Road, Jack."



Pat Herrity (left) and Jim Chesley hand out awards for categories such as "Best Back Seat" at the 15th annual Labor Day Car Show in Clifton.



The Fabulous Hubcaps rev up the crowd as the headlining performers at the Labor Day Car Show in Clifton.



Jackie Morrissette, Clifton resident, with her "Dusk Rose" 1957 Ford Thunderbird. "You have to drive them or they'll deteriorate. Of course I get a lot of attention. They think either Mary Kay or American Graffiti. Of course this came before Mary Kay."

ROUNDUPS

FROM PAGE 3

Especially needed are clothing and underwear for both boys and girls, ages 7-17; white towels, twin-sized blankets, sheets and bedspreads; new pillows and personal-hygiene products including shampoo, conditioner, hand soap, lotion, deodorant, hair brushes and accessories, tooth paste and toothbrushes, and disposable diapers.

For more information call CLRC Director Roberto Fernández at 703-543-6272, Monday through Saturday, 6 a.m.-noon, or Foltz at 703-346-6030.

How to Hire CLRC Workers

The Centreville Labor Resource Center (CLRC) serves businesses and homeowners needing help with just about any home remodeling or maintenance project. And local residents who'd like to hire a worker from the CLRC may do so easily. Either call 703-543-6272 or go to www.centrevilleLRC.org and click on the "How to Hire" link. Tell what kind of work is required, how many workers are needed and when.

The CLRC will match the needs to its registered workers' skills and set up the job. The price for work will be negotiated. After the job is completed, employers are encouraged to provide the CLRC with feedback to ensure that the work was done

well and to their satisfaction and to make sure the workers are fairly paid.

Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of canned pasta or stew, macaroni and cheese, vegetable oil, canned diced tomatoes and peanut butter. Also needed are toiletries, which WFCM clients cannot purchase with food stamps.

Bring all items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or abosley@wfcmv.org.

Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm.



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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.

Residents Share Perspectives on Living Here

COMPILED BY TAYLOR HORNER

Kelli Koustaal of Centreville

Q: What do you like to do over the weekends?

A: "I like to go shopping at the mall ... usually Fair Oaks. We like to go for walks sometimes; we go out to the Shenandoah Mountains and go hiking."

Q: Favorite restaurant in the area?

A: "Macaroni Grill, P.F. Chang's is one of our favorites, [and] Cheese-cake Factory."

Q: What do you like most about living here?

A: "I love that we're so close to D.C., and still far enough away that we're not in the middle of it, but I love everything that it has to offer and we live so close. I love that there are a lot of people, and I love seasons. I like having all four seasons."

Q: Favorite yearly local event?

A: "For the Fourth of July, for a few years, we've gone down to the Potomac Nationals games. We like that a lot, because they do a good fireworks show and you get to watch a baseball game."

Melissa Brown of Centreville

Q: What do you like to do over the weekends?

A: "[We go to] museums, and monuments; stuff like that. We try to do the sights. We like to go to

Tidal Basin, and we like to go down and kayak, and we like to do any shows or festivals [in town]. Old Key Bridge [is the best place for kayaking]."

Q: Favorite restaurant in the area?

A: "We really like Red Robin and Glory Days, I would say. I've got kids, and it satisfies them."

Q: What do you like most about living here?

A: "I love that there is so much to do. Every weekend, there's something to do. Every night, there's something to do. Free events, paid events ... it's just an area where there's always something to do."

Q: Favorite yearly local event?

A: "Fireworks in D.C. or at Chantilly National [Country Club]. Sometimes the Air Force Memorial is a good spot to watch."

Steve and Aimee Southerly of Centreville

Q: What do you like to do over the weekends?

A: "Well, we're really involved in the swim team at Sully Station, and [you] get up early in the morning, get up at the crack of dawn, go to swim meets, and watch the swim meet, participate in the swim meet, and go to lunch with the team. I'm [also] a big golfer, so I golf at Chantilly National Country Club, which is a really nice country club that's two

miles down the road."

Q: Favorite restaurant in the area?

A: "Sweetwater's is probably one of the favorites; in fact, we're going there this evening."

Q: What do you like most about living here?

A: "I would just say that it's the overall sense of community feel. Being a part of it from a sports perspective, having kids and being involved in the SYA [and] Swim Team, it's absolutely a sense of community."

Q: Favorite yearly local event?

A: "We used to [go to] Gold Cup a lot; the horse races, out in the plains out here. That was a big annual event that we'd all go out to and get all dressed up for. We do the fireworks; the third of July fireworks. The country club, on July 3, have their annual fireworks display and the whole community forms along the street and has their little parties and houses have their annual parties, so that's a big event that everyone gears up for."

Laurie O'Bryan of Centreville

Q: What do you like to do over the weekends?

A: "Probably [going] hiking [in] Great Falls Park."

Q: Favorite restaurant in the area?

A: "Bonefish, I guess."

Q: What do you like most about living here?

A: "There's so many things to do, so many different [places to go]; you've got the beach, you've got the mountains, you can go to D.C., Baltimore. There are so many different kinds of things to do."

Q: Favorite yearly local event?

A: "Swim Team. [But] in the summer, [there's the] Mount Heritage Crafts Festival in West Virginia. It's a crafts fair ... a really big crafts fair. It just feels different than a lot of other ones."

Kathy Dill of Centreville

Q: What do you like to do over the weekends?

A: "I like to go visit the National Parks. I like Bull Run, and there are so many places downtown that we haven't seen even after being here so long, so I try to pick one I haven't seen."

Q: Favorite restaurant in the area?

A: "My favorite restaurant is actually in Reston. It's Cafe Sano."

Q: What do you like most about living here?

A: "There's so much to do. There's so many things to do in the area, that if you're bored, it's your own fault."

Q: Favorite yearly local event?

A: "Fireworks. At the country club."

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A Connection Newspaper



13,000 People Expected at Awakening Festival

FROM PAGE 1

importantly, we know that many lives have been changed by God as He has worked through the music and speaker to show them His love."

Switchfoot's top songs include "Dare You To Move," "This is Home" (The Chronicles of Narnia), "The Shadow Proves the Sunshine," "Gone," and "On Fire." They won a Grammy Award for Best Rock or Rap Gospel Album in 2011. They've also garnered 11 GMA Dove Awards.

Scott Stapp of Creed is best known for the songs, "With Arms Wide Open," "One Last Breath," "My Sacrifice," "Higher," and "Rain." In 2001, Stapp won a Grammy Award for "With Arms Wide Open," and in 2001 and 2003, won the American Music Award for Favorite Alternative Artist, among others.

The cost of tickets is \$32 until Sept. 12; or \$27 for a group of 10 or more. On Sept. 13, the price changes to \$40. Children age 6 and under are free. All others (age 7 and up) are charged the regular ticket price. Bull Run Regional Park is located at 7700 Bull Run

Drive, Centreville. For tickets, visit www.awakeningfest.com or call 800-965-9324.

While reading "The Purpose Driven Life" by Rick Warren, Paul and Danielle Reid and Mike and Jennifer Stansbury felt God leading them to something more than just "everyday life." They looked for a way to make an impact in the community; the festival was created in 2003.

When the Awakening Fest began, Danielle Reid said there was no music festival in the area with a Christian focus for the 13-18 age group. "We created Awakening Ministries 12 years ago because we believed that God wanted us to do more in this life than simply work, raise families, and, well, live life," said Reid. "We want to make a difference in people's lives."

She added: "We have Christian youth leaders who came back and said they were thrilled that there's a positive youth event for their kids ... We know we're making a huge impact. It's a positive, casual, and comfortable environment.

Because of the show's popularity, Reid says that this year people will be traveling as far from Ohio,

PETER FURLER BAND



The Peter Furler Band

Maine, Arizona, South Carolina and Michigan. Bull Run Regional Park offers overnight camping, so many will be utilizing the camp facilities, and making a weekend of it as well.

In addition to the concert, the activities will include: an extreme obstacle course, volleyball, cornhole, graffiti wall, face painting, field games, games and crafts for the little ones.

There will be 30-40 food vendors offering Moe's, Papa John's Pizza, wraps, pizza, hot dogs, hamburgers, Italian sausages, french fries, kettle corn, ice cream, nachos, funnel cakes and more. Concert-goers can bring their own food and coolers but no alcoholic beverages or glass containers are allowed.

The gates open at 10 a.m. on Saturday. The line to get into the festival usually begins forming about 1 1/2 hours before the gates open.

Artists To Perform

Time 8 a.m.	- Artist Parking Lot Open
10 a.m.	- Gates Open
10:30 - 11:10 a.m.	- Manafest
11:25 - 12:10 p.m.	- We As Human
12:30 - 1:30 p.m.	- The Rhett Walker Band
1:50 - 2:50 p.m.	- Trip Lee
3:10 - 4:10 p.m.	- Royal Tailor
4:30 - 5:40 p.m.	- The Peter Furler Band
6:00 - 6:30 p.m.	- Special Guest Speaker - Trip Lee
6:45 - 8:10 p.m.	- Scott Stapp
8:30 - 10 p.m.	- Switchfoot



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Paisano's and Redskins' Pierre Garçon Help Juwaan

Fundraiser supports purchase of an accessible van.

BY GRETCHEN KERNBACH
CENTREVILLE HIGH SCHOOL

Centreville High School student Juwaan Espinal was assisted by Pierre Garçon on Tuesday, Aug. 26, in fundraising toward the purchase of an accessible van. Paisano's Pizza in Arlington hosted the event. The Washington Redskins' wide receiver posed for pictures and signed autographs for every person who donated at least \$25 to the cause.

A fundraiser, held Aug. 25-31, was hosted at all Centreville locations of Paisano's and Bella Pizza, and 50 percent of sales were donated when customers mentioned Juwaan.

The partnering between the NFL star and Fouad Qreitem of Paisano's Pizza raised more than \$20,000 towards a specialized van for Juwaan.

Garçon advocates for youth organizations around the world, and made sure to help when it came to Juwaan.

"Being in the National Football League has provided me with the opportunity to positively impact so many people," Garçon said in a release.

Juwaan, who has cerebral palsy, needs the accessible van so it is less trouble for his mom, Ibis Espinal, to transport him.



Donna Harris of ABC 7 takes a picture with Juwaan Espinal and Pierre Garçon.



Pierre Garçon poses with Juwaan Espinal and Morgan Assel. Morgan went to the prom with Juwaan in June.

The purchase of a van will allow him to use his power wheelchair outside of school, permitting him to attend more football games. Although he cannot communicate verbally, nothing slows down the teen regarding his social life. During the football games he is able to attend, he can be seen cheering on the team on the sideline or in a crowd of friends. He is a honorary captain of his high school football team.

After he underwent spinal surgery last fall, Juwaan has grown significantly in a short amount of time, making the van even more essential than before. Juwaan could get hurt if his mother does not position him correctly in the car seat they currently have.

In addition, his mom does all the lifting herself, thus the accessible van would be easier on both of them.

"Since the surgery we have to be careful how we bend and position him into the car seat, which can be difficult with the added weight. The wheelchair is pretty heavy as well," she said.

Back in May another Washington Redskins' player, Robert Griffin III, aided Morgan Assel in asking Espinal to prom, bringing the teen's name into the limelight.

"Both RGIII and Garçon are role models to kids everywhere," Assel said. "These two men didn't have to go out of their way to help Juwaan, but they chose to. By doing so, they've inspired me and thousands of others to embrace their community and lend a hand." With the help of Garçon and Griffin, Juwaan has been able to get his name out through the community. Donations are welcome in the effort towards the



Fouad Qreitem of Paisano's Pizza answers questions from ABC 7.

purchase of an accessible van. Type in "van for Juwaan" on Google or visit www.gofundme.com/9urdgg.

County Offering Emergency Training

The Fairfax County Fire and Rescue Department is offering two Community Emergency Response Team (CERT) trainings to residents. They'll be held in September and October at the Fairfax County Fire and Rescue Academy, 4600 West Ox Road in Fairfax.

Each free, seven-class session will run from 7-10:30 p.m. One class will be held Monday evenings beginning Sept. 8 through Oct. 27 (Sept. 8, 15, 22, 29 and Oct. 6, 20 and 27). The other class will be held Wednesdays beginning Sept. 10 through Oct. 29 (Sept. 10, 17, 24 and Oct. 1, 8, 22 and 29). CERT training is designed to prepare residents to help themselves, their families and neighbors during a disaster in their community. They'll learn about disaster preparedness and receive low-impact training in basic disaster response skills such as fire safety, minimal search and rescue, and disaster medical operations. That way, they'll be able to provide immediate assistance and critical support before first responders arrive on scene.

The classroom instruction will include hands-on skill development and experience in conducting searches and victim assessments. Sign up at the Fairfax County volunteer portal at <https://volunteer.fairfaxcounty.gov>.



Freshmen Orientation

Chantilly High School welcomed the Class of 2018 on Thursday, Aug. 27, at the annual freshmen orientation. More than 600 freshmen and newly transferred upper class attended. They were greeted in the front of the school by the Mighty Marching Chargers, Color Guard and the entire Chantilly faculty and staff. Students were able to meet their teachers, counselors and gain information to assist them in the new school year. Senior mentor students provided tours of the building to help the new students learn where to go.

CRIME REPORT

The following incidents were reported by the Sully District Police Station.

BURGLARY, 14000 block of Compton Village Drive, Aug. 29. A resident reported someone entered the residence and took property.

INDECENT EXPOSURE, Aubrey Patent Road/Newton Patent Drive, Aug. 30. A woman was driving by when a man standing on a sidewalk exposed

himself. The suspect was described as black, 20s and about 5 feet 10 inches tall.

BURGLARY, 5800 block of Ridings Manor Place, Aug. 27. A resident reported someone entered the residence and took property.

UNLAWFUL ENTRY, 14400 block of Woodmere Court, Aug. 22. A resident reported an unknown person walked into the home through an

unsecured door. Nothing was taken.

UNLAWFUL ENTRY, 6600 block of McCambell Court, Aug. 19. A resident reported an unknown person walked into the home through an unsecured door. Nothing was taken.

LARCENIES
13800 block of Braddock Road, money from business.

SPORTS



FILE PHOTO

Westfield senior Emily McNamara, seen last season, scored three goals during the Bulldogs' season-opening 7-0 win over South County on Aug. 27.

Westfield Field Hockey Enters 2014 as Defending Champs

Bulldogs lost six starters, including four DI players.

BY JON ROETMAN
CENTRE VIEW

The Westfield field hockey program won its first state championship in 2013. This year, the Bulldogs are looking to maintain a high level of success despite losing six starters to graduation, including four Division I athletes.

Head coach Starr Karl said the team has continued working hard despite its status as defending champion. One reason for the Bulldogs' effort is the need to replace all-state graduates Katie Winesett, Katelyn Rennyson, Rachael Ulsh and Grace Horgan.

"I think [winning a state title] has affected our program," Karl said. "I think they've come to work every day at a higher pace, at a higher level. ... They're holding each other accountable, which is great, but they're really positive with each other. The leadership this year is great."

Senior forward Emily McNamara and junior back Sarah Horgan were voted captains by their teammates and will be looked to for leadership by a team that starts three freshmen — forward Nicki McNamara, back Delaney Golian and midfielder Mackenzie Karl.

Junior Callie Rennyson returns at goalkeeper. "She is a huge strength on our team this year," Karl said.

Westfield opened the 2014 season with a 7-0 victory over South County on Aug. 27. Emily McNamara and junior forward Claire Eller each scored three goals for the Bulldogs, and Nicki McNamara had one.

"We have a lot of things to improve on," Karl said. "There were a lot of things that we didn't do. The one thing we did was put the ball in the back of the net."

A goal by Emily McNamara gave Westfield an early 1-0 lead against Lake Braddock on Sept. 2 before the contest was postponed due to weather until 6:30 p.m. on Thursday, Sept. 4.

Westfield will host defending Maryland state champion Severna Park at 11:15 a.m. on Saturday, Sept. 6.

SPORTS BRIEF

Football Season Openers

The defending state champion Centreville football team will open the 2014 season at home against Gonzaga at 8 p.m. on Friday, Sept. 5. The public/private matchup will be televised on ESPNU.

As of Wednesday, USA TODAY ranked Centreville as the No. 7 high school football team in the nation.

Centreville went 15-0 last season, beating Oscar Smith in the state final.

Westfield will host South Lakes (0-1) at 7:30 p.m. on Friday. The Bulldogs last year finished region runner-up for the third consecutive season.

Chantilly will travel to Springfield to face Lee (0-1) at 7:30 p.m. on Friday. The Chargers finished 5-5 last season.

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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-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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21 Announcements

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21 Announcements

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NOTICE OF SUBSTITUTE TRUSTEES'

SALE OF REAL PROPERTY LOCATED AT
14440 CHANTILLY CROSSING LANE, CHANTILLY, VIRGINIA
SALE TO BE HELD AT THE FAIFAX COUNTY CIRCUIT COURT
SEPTEMBER 10, 2014, AT 1:00 P.M.

In execution of the Deed of Trust, Assignment of Leases and Rents, Security Agreement and Fixture Filing in the original principal amount of \$20,300,000.00 dated September 15, 2006 and recorded on September 20, 2006 in Book 18773, Page 1443 among the land records of Fairfax County, Virginia (collectively, the "Deed of Trust"), securing 14440 CHANTILLY CROSSING LANE HOLDINGS, LLC, a Maryland limited liability company, as successor-in-interest to U.S. Bank National Association, as Trustee, successor-in-interest to Bank of America, N.A., as Trustee, successor by merger to LaSalle Bank National Association, as Trustee for the registered holders of ML-CFC Commercial Mortgage Trust 2007-5 Commercial Mortgage Pass-Through Certificates, Series 2007-5 (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on September 10, 2014, beginning at 1:00 p.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as Residence Inn Chantilly, 14440 Chantilly Crossing Lane, Chantilly, Fairfax County, Virginia, Tax Identification Number: 034-3-13-0001, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Real Property"). The Real Property will be sold together with the interest of the Noteholder, if any, in the following described personal property at the direction of the Noteholder as secured party thereof, as permitted by Section 8.9A of the Code of Virginia of 1950, as amended (the "Personal Property"): equipment, furniture, furnishings, machinery, insurance policies, agreements, trademarks, proceeds and all other personal property as more particularly described in the Deed of Trust (the "Personal Property"). The above described Real Property and Personal Property are collectively referred to as the "Property."

TERMS OF SALE

ALL CASH. The property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over the Deed of Trust, as they may lawfully affect the property. Any Personal Property shall be conveyed without warranty by a Secured Party Bill of Sale.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the property shall be borne by the successful bidder from and after the date of the time of the sale. Obtaining possession of the property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$100,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

Henry F. Brandenstein, Jr., Substitute Trustee
Anum Pervaiz, Substitute Trustee

FOR INFORMATION CONTACT:
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Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	

THURSDAY/SEPT. 4

SYA Annual Board meeting. 7:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Discussion of and voting for open positions. Nominations for president, vice president, secretary and treasurer can be submitted to syaboard@verizon.net. Free and open to the community. Call 703-815-3362 or email orsyaboard@verizon.net for more.

SATURDAY/SEPT. 6

Flea Market. 8 a.m.-1 p.m. at Oakton Baptist Church of Chantilly, 14001 Sullyfield Circle, Chantilly.
Members of Oakton Baptist Church of Chantilly will be having a flea market in the church parking lot. Rain date is Sept. 13.

Ribbon Cutting Ceremony. 10 a.m. 13808 Wall Road, Herndon. The official opening of Sully Highlands Park, which features state-of-the-art athletic facilities. Free. Call 703-324-8662.

Information Session. 11 a.m.-noon at Centreville Regional Library, 14200 St. Germain Drive. Fairfax Court Appointed Special Advocates will explain how to advocate for abused or neglected children. E-mail ekosai@casafairfax.org or 703-273-3526 ext. 22 for more.

Ribbon Cutting Ceremony. 2 p.m. at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. A ceremony to mark the completion of the new visitor center. Free. Call 703-324-8662 for more.

SUNDAY/SEPT. 7

Annual Brotherhood Picnic. 12:30 p.m. at Frying Pan Farm Park. Temple Beth Torah is hosting the event. Visit www.bethtorah.net or 703-217-8938.

MONDAY/SEPT. 8 OR WEDNESDAY/SEPT. 10

Community Emergency Response Team (CERT) Training. 7-10:30 p.m. Fairfax County Fire and Rescue Academy, 4600 West Ox Road, Fairfax. Fairfax County will offer Community Response Team (CERT) training to residents over a two month period, during September and October 2014. Residents may choose from one of two sessions, either Sept. 8, 15, 22, 29, and Oct. 6, 20, and 27, or Sept. 10, 17, 24, and Oct. 1, 8, 22, 29. The training intends to provide immediate assistance and critical support before first responders arrive on scene. Free. To sign up, go to the Fairfax County volunteer portal at <https://volunteer.fairfaxcounty.gov> and search for CERT. Call Jeff Katz, at 703-246-3926.

TUESDAY/SEPT. 9

Women's Fall Bible Study. 9:45 a.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Free childcare if pre-registered. Visit www.jccag.org or 703-383-1170 to register.

WEDNESDAY/SEPT. 10

English Classes. 6:45-8:15 p.m. at Centreville Baptist Church, 15100 Lee Highway, Centreville. Beginner, intermediate or advanced ESOL classes meet weekly through December. Childcare is available. Classes are \$5 per semester, textbook is \$15. Register at first class. Call 703-830-3333 or visit www.cbvca.org.

ESL Class Registration. 7 p.m. at Fairfax Church of Christ, 3901 Rugby Road, Fairfax. Beginning to advance level classes for adults. Meets every Wednesday from 7-8:30 p.m. Childcare provided. Visit www.fxcc.org/esl or 703-631-2100.

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov/parks/boardagn2.htm for meeting materials, archives and more. Call 703-324-8662.

THURSDAY/SEPT. 11

English Classes. 10 a.m.-noon at Centreville Baptist Church, 15100 Lee Highway, Centreville. Beginner classes meet weekly through December. Childcare is available. Classes are \$5

SEE BULLETIN BOARD, PAGE 12
CENTRE VIEW ♦ SEPTEMBER 4-10, 2014 ♦ 11

ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more information.

Registration for 2014 Northern Virginia Senior Olympics. Online registration for the 2014 Northern Virginia Senior Olympics is open now. Events will take place Sept. 13-24 at 19 different venues throughout Northern Virginia. Registration forms are available at senior centers, community centers and senior residences or by calling 703-228-4721. Deadline to register is Aug. 29 by mail and Sept. 5 online. Adults 50 years of age by Dec. 30, 2014, residing in a sponsoring jurisdiction, are eligible to compete. Fee is \$12. Visit www.nvso.us for more.

Experience Peru. Through Thursday, Sept. 18 at 11750 Fair Oaks Mall, Fairfax. If Machu Picchu, one of the New Seven Wonders of the World, is on your must-see list, take a side trip to Fair Oaks Mall for an interactive glimpse of Peru. The centerpiece of the interactive exhibit will feature a 20 x 30 foot exhibit of fabled Machu Picchu for shoppers to visit, photograph and enjoy. Free and open to the public during Fair Oaks business hours. Visit shopfairoaksmall.com for more.

The **Airbus IMAX Theater at National Air and Space**

Museum Udvar-Hazy Center, 14390 Air & Space Museum Parkway, is showing movies including "D-Day: Normandy 1944," "Hubble," "Fighter Pilot," "Hidden Universe" and "The Dream is Alive." Visit <http://airandspace.si.edu/udvarhazy> or call 703-572-4118 for the movie schedule or to schedule an IMAX On Demand show for groups of 50 or more.

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubilaires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

SATURDAY/SEPT. 6

Build the Lawn of Your Dreams. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Creating a beautiful lawn isn't difficult. It just takes a little bit of knowledge, planning and effort. Improve the appearance of your lawn in just one growing season. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

Drive-in Movie. Food and children's activities 6-8 p.m., movie begins at dark. Starlight Cinema, 5860 Trinity Parkway. "Frozen" plays at the drive-in. Watch from your car or bring blankets to lounge on. Bring a radio to listen outdoors. Free. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-8662 for more. Rescheduled from an

earlier date due to inclement weather.

MONDAY/SEPT. 8

Talk. 7-9 p.m. at Gunnell House at Truro Church, 10520 Main St., Fairfax. Capital Christian Writers presents Candice Speare Prentice, author of the Trish Cunningham Cozy mystery trilogy, speaking on "The Seasons of a Writer's Life (Understanding This Crazy Career Called Writing)." Free. Visit www.capitalchristianwriters.org or e-mail ccwriters@gmail.com for more.

WEDNESDAY/SEPT. 10

FFCAS Golf Tournament. 1 p.m. at Westfield Golf Club in Clifton. A tournament to support efforts to provide life-saving programs for the animal shelter. Player Fee: \$150. Visit www.ffcas.org for more.

SATURDAY/SEPT. 13

5K/10K Run/Walk. At Lake Fairfax, Reston. 500 runners and 500 winter coats for local homeless veterans. All donations go directly to support projects and programs. Visit Americasadoptsoldier.org to register or call 703-278-3718 for more.

Fabulous Fall Container Gardens. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Whether it's flower pots, hanging baskets or window boxes, container gardens are beautiful, easy and rewarding. Learn how to create a dazzling display with fall-peaking perennials and cold-tolerant annuals. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

SUNDAY/SEPT. 14

5th Annual Northern Virginia Cycle Fest Ride. 7:30 a.m. at Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Ride is open to all experienced riders who are comfortable riding on roads with traffic, minimum age of 12. Four ride options. Registration begins at 7 a.m. Visit www.active.com or e-mail paula.cole@jccnv.org or 703-323-0880.

MONDAY/SEPT. 15

Golf Tournament. at Osprey Golf Course, 401 Belmont Bay Dr, Woodbridge, Va. Join former major league baseball player Michael "Pags" Pagliarulo as he hosts the Americas Adopt A Soldier 4th Annual Golf Tournament at Osprey Golf Course. Visit Americasadoptsoldier.org to register or call 703-278-3718 for more.

THURSDAY/SEPT. 18

Lunch 'N' Life. Noon-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. For people 50 or older. The program will feature Brian Van de Graaff, ABC Channel 7 - WJLA TV weather team and meteorologist. For reservations, call Faye Quesenberry, 703-620-0161, by Sept. 12. \$10. Call 703-323-4788 for transportation. Visit www.scfbva.org for more.

SATURDAY/SEPT. 20

Beautiful Displays with Bulbs & Perennials. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Now is the time to plant bulbs for

bright, beautiful color next spring. Peg and Stephanie will demonstrate how to combine bulbs and perennials for long-lasting displays of color and interest. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

FRIDAY/SEPT. 26

7th Annual Erin Peterson Fund Golf Tournament. Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Register at www.erinpetersonfund.org or erinpetersonfund@yahoo.com.

SATURDAY/SEPT. 27

Designing Gardens with Color. 10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. In Mary Kirk's seminar, you will learn how colors work together to create a theme that evokes meaning and emotion. Call 703-968-9600 or visit merrifieldgardencenter.com for more.

SUNDAY/SEPT. 28

Gala. 6 p.m. at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The Republican Women of Clifton will host their gala event, featuring Col. Allen West as the keynote speaker. Colonel West's latest book, "Guardian of the Republic," will be available for purchase, followed by a book signing. Angela Knight of the Washington National Opera will perform along with Butch Grant and the Crossfire Band. Catered by Chocoberry Catering of Woodbridge, Va. Dress is formal to casual. Tickets are \$55 and must be purchased before Sept. 15. Visit www.cliftongop.com to reserve tickets.

BULLETIN BOARD

FROM PAGE II

per semester, textbook is \$15. Register at first class. Call 703-830-3333 or visit www.cbcva.org.

Community Patriot's Day Prayer Walk. 6 p.m. at Woody's Ice Cream, 10435 North St., Fairfax. Co-sponsored by Woody's Ice Cream and Jubilee Christian Center of Fairfax. Free ice cream after. Visit www.jccag.org or 703-383-1170.

SATURDAY/SEPT. 13

Church Anniversary. 8 a.m.-noon at Grace Covenant Church, 4600 Brookfield Corporate Drive, Chantilly. Celebrate Grace Covenant Church's 32nd Anniversary with WalkFit Fun Walk and Live Well Expo. Contact Evelyn Spain at evelynss328@yahoo.com.

MONDAY/SEPT. 15

Application Deadline. You can now apply to the Citizens Fire and Rescue Academy. The Academy will begin Sept. 25, 2014, and will meet for nine consecutive weeks, from 6-9 p.m., at various locations in and outside of the Fairfax County Fire and Rescue Department. Each session will cover different aspects of the organization, providing an in-depth overview of the department, and of its uniformed and civilian workforce. To sign up for the free program, you must be 18 years of age and at www.fairfaxcounty.gov/fr/cfa.

Register for ESL Classes. 7 p.m. Register for ESL classes by Sept. 15. Classes are Tuesdays and Thursdays, Sept. 16-Nov. 20, 7-9 p.m. at Lord of Life Lutheran Churches. 5114 Twinbrook Road, Fairfax, or 13421 Twin Lakes Drive, Clifton. Registration fee is \$15. The textbook is \$25. Call 703-323-9500 or visit www.lordoflifeva.org for more.

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CENTRE VIEW

Senior Living

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.

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 ac-

tion," 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 is available in PDF form 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 Older Adults and Family Caregivers, and Long-term Planning.

Initiatives include 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, one facet includes supporting the Jewish Community Center of

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

Northern Virginia's effort to provide a ride scheduler system for community-based organizations, partnering with multiple nonprofits.

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.

"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 back-

ground check?" said Lindsay. "Who's going to provide care?"

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.

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. "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."



COURTESY PHOTO
Jim Lindsay



COURTESY PHOTO
Dr. Thomas Prohaska

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A+ Camps & Schools.....	9/17/14	Holiday Entertainment & Gift Guide I.....	11/19/14
Fall Fun & Arts Preview.....	9/24/14	A+.....	11/25/14
OCTOBER		Thanksgiving is November 27.	
Wellbeing.....	10/1/14	DECEMBER	
HomeLifeStyle PULLOUT:		Wellbeing.....	12/3/14
Deadline is 9/25/14.....	10/8/14	HomeLifeStyle: Home for the Holidays.....	12/10/14
A+ Camps & Schools.....	10/15/14	Hanukkah begins December 16.	
Election Preview I.....	10/22/14	Holiday Entertainment & Gift Guide II.....	12/16/14
Election Preview II.....	10/29/14	A+ Camps & Schools.....	12/16/14
NOVEMBER		CHILDREN'S CONNECTION.....	12/24/14
Election Day is Tuesday, November 4.			
Wellbeing.....	11/5/14		

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Senior Living

Time to Downsize?

BY MARILYN CAMPBELL
CENTRE VIEW

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 Hergenrath, 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 Hergenrath, 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
CENTRE VIEW

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



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

PHOTOS COURTESY OF HOME FRONTS NEWS

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 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 help 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
CENTRE VIEW

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.

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.fairfaxcounty.gov/parks/greenspring using code 290 488 5401 or call 703-642-5173.

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.

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.

Dementia Care Givers Support Groups. Various times, at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The groups are for those caring for someone with dementia or for those interested in learning more about providing care giving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. 703-451-8626 or Eileen.thompson1@gmail.com.

The Talking Book Service at Alexandria Library will now operate Monday through Friday, 10 a.m.-3 p.m. or by appointment. Patrons may also reach the service at 703-746-1760 or talkingbooks@alexandria.lib.va.us.

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- ❖ **Staff**, *Potomac Almanac* – Insiders Edition: Newcomers & Community Guide



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- ❖ **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.
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- ❖ **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.