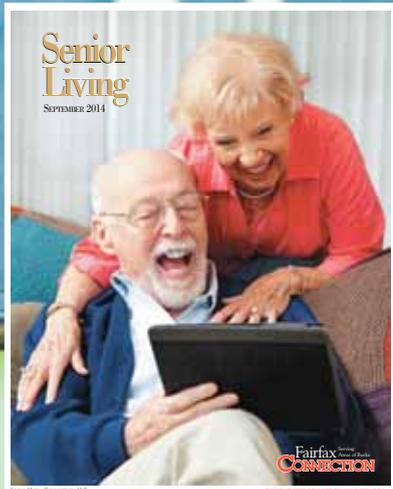


The Ball Kid Experience

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Nikki Furst, of Fairfax, gets a high punch from Coach Wayne Bryan as she gets into position on court. Bryan was the MC for CitiOpen, and is also a published author and father to the famous Bryan Brothers doubles team.

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



Master Police Officer Joe Moore explains the effects of speed on braking distance.

PHOTOS BY TIM PETERSON/THE CONNECTION

Cook Kicks off Anti-Speeding Campaign

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

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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

“It’s not just about writing the ticket,” Roessler continued. “It’s making all of us safe so we can get home at the end of the day.” More information on the initiative can be found online at fairfaxcounty.gov/slow-down.

Brian Wilk Wins FoodRaiser Art Contest

Fairfax-based charities Our Daily Bread (ODB) and Food for Others (FFO) have announced the winner of its third annual Complete the Circle Art Contest. Fairfax City resident and James Madison University student Brian Wilk’s design was chosen from a host of images submitted by community members as the design that hundreds of participants will turn into a “living picture,” photographed from high above by Art for the Sky’s Daniel Dancer on the practice field at Fairfax High School, on the afternoon of Nov. 9, 2014. The outer circle of the design will be created from food donations contributed by participants that day.

Our Daily Bread and Food for Others’ Complete the Circle Event and FoodRaiser seeks to raise awareness about hunger and need in our community, while also collecting food and funds to help struggling families in the Fairfax County area overcome financial hardship and put them on the path to self-sufficiency. Through ODB’s Food Bridge, Financial Assistance, Financial Literacy and Project BRIDGE programs and FFO’s food bank services, staff and volunteers work with individuals and families throughout the community to give them the tools they need to withstand a financial crisis while also helping them improve their future financial outlook.

ODB Executive Director Lisa Whetzel, FFO Volunteer and Operations Manager



PHOTO COURTESY OF OUR DAILY BREAD

Fairfax City resident and JMU student Brian Wilk receives a \$200 prize for creating the winning image for Our Daily Bread and Food for Others’ 2014 Complete the Circle FoodRaiser. Presenting him with the check are (from left): Kista Fleming, vice president and area manager of United Bank, an event supporter; Our Daily Bread Executive Director Lisa Whetzel and Food for Others Volunteer and Operations Manager Nikki Clifford.

Nikki Clifford and Kista Fleming, Vice President and Area Manager for Complete the Circle supporting organization United Bank, awarded Wilk a \$200 cash prize on July 29 after a panel of local judges selected his work from among a number of design concepts submitted by artists and community members of various ages and experience levels. The judges were Willow Bodman, Carmela Knepler and Jackie Garris. Wilk, 20, is a graduate of Fairfax High School and a junior at James Madison University, where he is majoring in graphic design.

Wilk said that as he developed his design, depicting a heart that is also an apple enveloping an outstretched hand that is offering a loaf of bread, he wanted it “to make people stop and think about world hunger. I also wanted it to prompt them to do their part to rectify the situation. I wanted ev-

eryone that purchased a shirt to look at it and truly feel like they could make a change.” Our Daily Bread Executive Director Lisa Whetzel said, “Participating in Complete the Circle is a joyful way for community members to come together to be part of the solution to the very real problem of hunger and need in our midst. We welcome community members to join us that day and to start planning now to make the event even more meaningful by putting together a team of family, friends, coworkers or group members to participate that day and running a grocery card or food drive to help ‘Complete the Circle’ of giving and sharing.”

Food for Others Executive Director Roxanne Rice said, “This is a wonderful opportunity for individuals to volunteer their time and through a small donation, help lift up those in our community who

are in need.” Kista Fleming of United Bank said, “We pride ourselves in being a part of the community. We look forward to this year’s food collection and Complete the Circle FoodRaiser. United Bank celebrating 175 years of Banking Tradition.” Our Daily Bread held its first Complete the Circle event in October 2011, and invited Food for Others to join in the event last year. The organizations’ goal for Complete the Circle 2014 is to gather 1,000 participants and raise \$10,000 and 10,000 pounds of food to help needy individuals and families throughout the Fairfax County area. Participants will pay \$5 to receive the official event T-shirt that will “color” the design created that day and bring grocery cards or pantry donations to assist clients of both organizations. Participants will also enjoy a family festival with live music, food, activities and entertainment. Our Daily Bread and Food for Others are seeking sponsors to underwrite the event and teams and individuals to participate. More information, including team and individual registration, is available at www.CompletetheCircleFX.org, or contact Jennifer Rose at develop@ODBFairfax.org or 703-273-8829 or Jessica Cogen at jcogen@foodforothers.org or 703-207-9173.

More information is available at www.ODBFairfax.org and www.foodforothers.org.

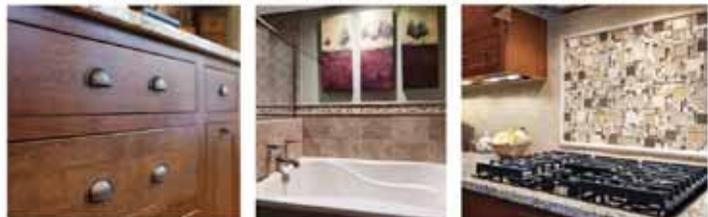
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PHOTOS BY VERONICA BRUNO/THE CONNECTION



Nikki Furst, of Fairfax, is prepared to collect any balls that fall and has a fresh tennis ball ready during Milos Raonic's serve. Raonic is ranked sixth in the world by the ATP and went on to win the tournament in the first all-Canadian men's final in the Open Era.

The Ball Kid Experience

Local tennis kids were ball kids for the major players at CitiOpen.

BY VERONICA BRUNO
THE CONNECTION

Ever wonder what it takes to be a ball kid at one of the major tennis tournaments? Two students from Fairfax, Mitch Lawhorn and Nikki Furst, had the opportunity to be ball kids for the CitiOpen tennis tournament in Washington, D.C. this year.

"During play we're responsible for the balls," explained Nikki Furst, a University of Virginia student hoping to attend veterinary school. She described the main responsibility: "Don't hold up play in between points, between serves." Other duties include bringing towels and drinks to the players during the matches. Who shades them from the hot sun? "We also hold the umbrella," answered Furst.

The ball kids also get to be close to their tennis idols. "I liked being on court with Sam Groth [from Australia]. Also Tursunov and Monfils—he's really fun."

It might surprise you to know that many of the famous tennis stars were also ball boys and girls as kids. Professional ATP player



Mitch Lawhorn and Nikki Furst from Fairfax on court at the grandstand of the CitiOpen tournament.

Juan Martin Del Potro even praised them at the ATP World Tour Finals last year, saying "they are so fast, they are so good, they make our job very easy," according to TennisWorldUSA. The great Roger Federer was once a ball boy in Basel. But there's also Rolling Stone rocker Keith Richards who was a ball boy at a tennis club when he was younger.

"It was so much fun. I already miss it."

— Nikki Furst, of Fairfax, ball girl for CitiOpen tennis tournament

The first ball boy was used at Wimbledon in 1920. Since then they have been a regular fixture on the tennis scene

for professional tennis tournaments. The ball kids stationed in the back corners "feed" the balls to the professional tennis players and towels and in addition the ones stationed on the sides of the net, retrieve the "dead" balls. There are ball kids near the rest-

ing benches for the players who also deliver drinks and shade the players from the blaring sun.

"It takes up my life for a week. I made some of my best friends ball kidding at CitiOpen. We stay at each other's houses and spend all day together," said Furst.

But it can also have its challenging moments as well. Furst recalled a match when her hat fell off during a very intense game where Petra Kvitova was playing. It happened during a 10-minute ad game while trying to retrieve a ball. "My friends noticed and made fun of me," she explained.

But it was all part of the experience. "It was so much fun. I already miss it," she concluded. She was on court for one-hour shifts, but spent her spare time walking around and getting signatures from and photographs with many of the top players.

"CitiOpen is the best week of the year. I can't stop talking about it," said Furst.

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PHOTO CONTRIBUTED

For the past two years the PVI Runfest 5K has had over 300 runners (and walkers) participating.

Runfest 2014 Set for Sept. 14

Lace up your shoes! It's time to get ready for the Paul VI Catholic High School (PVI) Runfest 2014.

This year's race will be run on Sunday, Sept. 14, at 8 a.m. For the past two years the PVI Runfest 5K has had over 300 runners (and walkers) participating.

Mark Danisewicz, this year's Race Chairman, encourages all to come and support a great cause by participating in what is also a fun community activity. "The course is fast and certified.

The long-range forecast calls for sunny skies and perfect conditions for a fun-filled morning. We hope you join us for RunFest 2014," Danisewicz said.

This year's race will continue the Runfest tradition of raising funds for PVI's nationally recognized Options Program for stu-

dents with intellectual disabilities. Additionally, a portion of the proceeds will benefit the PVI cross country and track programs.

The 5K course is a 2-loop route with a few gentle hills that starts and finishes in the PVI parking lot, located behind the school at 10675 Fairfax Boulevard. The course has recently been recertified by the U.S. Track and Field Association.

As it was last year, this year's race will be chip-timed for accuracy. There will be traditional top-finisher and age-group prizes and random prize drawings for all participants. All race registrations, with the exception of race day, can be submitted online at: <http://tinyurl.com/PVIRunfest2014>. The entry fee for PVI students and faculty is \$15 and \$25 for all others. Registration on race day is \$35 for everyone.

from Chain Bridge Rd heading to the east (towards University Dr). The installation is necessary to allow for construction of the pedestrian barrier on the eastbound side of North St at Chain Bridge Rd, along the Auld Shebeen restaurant. Work hours will be 8 p.m. to 5 a.m., and they will be working Sept. 2 through 4 and 7 through 10.

Both eastbound lanes of North St will be closed while work is taking place. Two-way traffic will be maintained in the two westbound lanes of North St. North St will be reduced to one lane in each direction approaching the work zone from Old Lee Hwy/East St to Main St.

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.

SEE WEEK, PAGE 9

WEEK IN FAIRFAX

Accidental Death Investigated

City of Fairfax Police are investigating the apparent accidental death of a 45 year old City of Fairfax man which occurred at his residence on Sunday afternoon, Aug. 31. About 1:15 p.m. police, along with fire and rescue personnel, were called to 4113 Burke Station Road.

They found Daniel Joseph Dorman pinned underneath the 1998 Chevrolet Tahoe on which he had been working. Investigation indicated that the vehicle had rolled off its support stands and fallen on Dorman. He was transported to Inova Fairfax Hospital where he was pronounced dead. Exact cause of death will be determined by the Office of the Medical Examiner.

Waterline Works on North Street

Starting Tuesday, Sept. 2, Fairfax Water will begin installing waterline on North St

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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.

LETTERS TO THE EDITOR

Citizen Oversight Needed

To the Editor:

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

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

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

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

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

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

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

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

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

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

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

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

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

Michael Shumaker
Fairfax

Write

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

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BACK TO SCHOOL

School Jitters

BY PIPER PHILLIPS CASWELL
CEO/PHILLIPS PROGRAMS

Most children in our region experienced their first day of school this week. Back to school is an exciting time for students as they shop for new clothes and supplies, learn their schedules, play sports, and meet new teachers. It can also be a stressful time since a new school year means change.

For children with special challenges and their parents, this is especially the case. Every year at PHILLIPS Programs for Children and Families - a Fairfax-based nonprofit that provides customized support and education, we work closely to make the transition smoother for the hundreds of youth we serve through our Special Education Day Schools and other programs.

These are youth who struggle with academic, emotional or behavioral issues, so working closely with them at the beginning of the school year is important to starting the year off right.

While we specialize in helping children with special needs and abilities, we know that some of the advice we give our parents would benefit other children too. Here are our top five tips to help your family start the school year off well:

1. Get your child excited about school by involving them in purchasing supplies but be sure to provide them with choices and a budget.

2. Create structured time for homework and have needed supplies but let the child (with adult support) determine the best time to do homework as some need a break when they get home.

3. Create a bedtime expectation that electronics get turned off and stored at night.

4. Check-in with classroom staff and communicate any needs or concerns as well as find out the best communication method (email, phone, or weekly reports) for your child's teacher.

5. Designate a place in your home for storing schoolwork, lunches and papers that need to be returned to reduce last minute panic.

In addition, it's a good idea for you to learn what services your child may be eligible for by going to the counseling/guidance office for assistance or to reach out to your local Parent Education Advocacy Training Center office.

The partnership you create between your family, the school, and teachers will pave the way for your child to have a great year. With first day jitters minimized, your child can focus on developing critical life skills that lead to respect, acceptance and personal achievement.

Kindergarteners Explore Providence Elementary



Joaquin Manja, 5, and his mother Marlene listen to story time as Principal Jesse Kraft looks on (in black polo).



Five-year-old Eve working with PES Assistant Principal Janice Suite.

Providence Elementary held an orientation on Aug. 14 for incoming kindergarteners. The students did a bug hunt in the courtyard, listened to a story (Vegetable Soup), took a bus ride (without their parents) and ate popsicles. There were about 20 students there.



Providence Elementary School [PES] Assistant Principal Dan Phillips welcomes a rising kindergartener.




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\$12 Million Suit Against Fairfax County Police

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

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Their silence is absolutely deafening," said Santos.

Justice Delayed Is Justice Denied

BY NICHOLAS R. BELTRANTE

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

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

Fairfax County Commonwealth's Attorney Raymond F. Morrogh has turned over the investigation of this fatal shooting of

the Springfield man to the U.S. Attorney's office for the Eastern District of Virginia in Alexandria. Morrogh cited "complications with the case." "There is a conflict of interest that has arisen in this case." Morrogh also said, "and there is a second potential conflict of interest that has arisen out of my office." Morrogh declined to describe the nature of the conflicts. Many Fairfax County citizens are asking "why didn't Morrogh turn this case over to a Fairfax County Grand Jury that would have given the citizens of Fairfax County a voice in this matter?" They are also asking "why Morrogh failed to turn this case over to the Virginia State police for an investigation?"

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

OPINION

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

In contrast, the Ferguson, Mo., recent shooting death of Michael Brown by a police officer has ignited national attention. Within a few days of this incident the officer was identified as Officer Darren Wilson. Shortly thereafter, the case was referred to a Grand Jury. In less than two weeks the wheels of justice were put into motion. This incident is being investigated by state and federal authorities. The question raised is "Why have the Fairfax County authorities avoided a local or state investigation — and why

haven't they referred this matter to a Grand jury that would have allowed local citizens to have a voice in a local matter?"

The citizens of Fairfax County deserve an answer.

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

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

WEEK IN FAIRFAX

FROM PAGE 5

Child Carseat Checks

City residents may have their children's carseats checked or installed by the City of Fairfax Fire Department. For an appointment, call 703-385-7830.

City Council Meets Sept. 9

The next meeting of the Fairfax City Council is Tuesday, Sept. 9, at 7 p.m., at City Hall, 10455 Armstrong St. in Fairfax.

Fairfax City Farmers Markets

Two farmers markets are open for the season in the City of Fairfax. They'll run through Nov. 1 at the corner of West and Main streets. The Downtown Fairfax Coalition Community Market is held Saturdays, from 8 a.m.-1 p.m. The Sunday Farmers Market will run from 10 a.m.-2 p.m. For more information, call 703-642-0128.

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.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break.

Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided.

Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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Sunday Worship Services

New Schedule begins September 14th

- 7:45 am A quiet, contemplative focus
- 9:00 am Contemporary service
- 10:15 am Education time for adults and children
- 11:15 am Traditional choral worship
- 5:00 pm Contemporary service

Come, all are welcome here!

ENTERTAINMENT

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

WEDNESDAY/SEPT. 3-SUNDAY/SEPT. 7

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

THURSDAY/SEPT. 4 – SATURDAY/OCT. 4

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

FRIDAY/SEPT. 5 – THURSDAY/SEPT. 18

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

FRIDAY/SEPT. 5

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

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

SATURDAY/SEPT. 6 – SUNDAY/SEPT. 7

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

SATURDAY/SEPT. 6-SUNDAY/SEPT. 28

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

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

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

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

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

SATURDAY/SEPT. 6

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

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



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



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

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

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

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

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

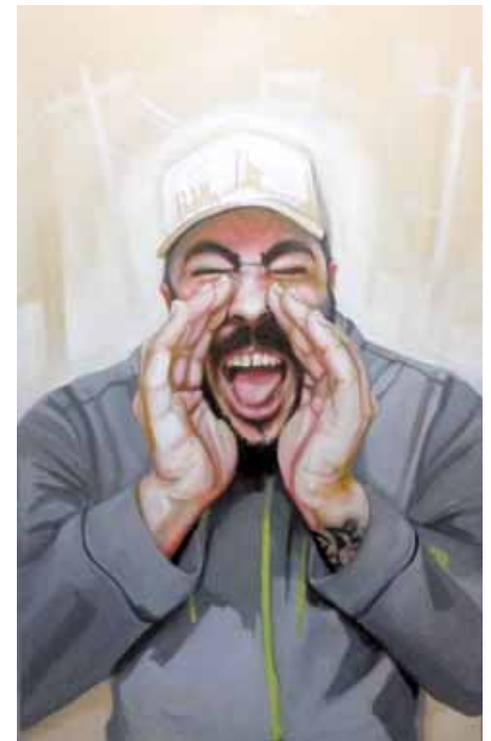
Cabaret Series: Hot, Hot, Hot! 8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Musical performance featuring music from Chicago, Cabaret, Sweet Charity and many more. \$25- \$30. <http://workhousearts.org>

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

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

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

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



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

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

SUNDAY/SEPT. 7

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

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

MONDAY /SEPT. 8-FRIDAY/SEPT. 19

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

TUESDAY/SEPT. 9

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

THURSDAY/SEPT. 11-18

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

FRIDAY/SEPT. 12

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

FAITH NOTES

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

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

Upcoming service and event schedule:

- ❖ Shabbat Service, Friday, Sept. 5, 7:30 p.m., New/Prospective Member Shabbat
- ❖ Religious School, Sunday, Sept. 7, 10:30 a.m. - First day of religious school
- ❖ Picnic, Sunday, Sept. 7, 12:30 p.m. - Annual Brotherhood Picnic, Frying Pan Farm Park
- ❖ Ladies' Book Club, Tuesday,

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

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

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness.

Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

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

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

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

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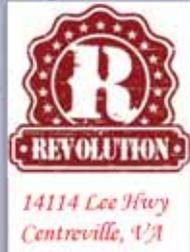
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-Thomas Fuller

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21 Announcements

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

THURSDAY/SEPT. 4

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

SATURDAY/SEPT. 6

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

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

TUESDAY/SEPT. 9

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

WEDNESDAY/SEPT. 10

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

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

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

SATURDAY/SEPT. 13

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

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

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

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

MONDAY/SEPT. 15

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

TUESDAY/SEPT. 17

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

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

Lake Braddock's Edwards Makes First Start at QB

Bruins defeat West Potomac in season opener.

BY JON ROETMAN

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

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

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

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

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

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

What has Poythress told Edwards about replacing Henderson?

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

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

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



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

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

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION



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

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

Lee has faith Edwards can perform at a high level.

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

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

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

What has it been like transitioning to a new quarterback?

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

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

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

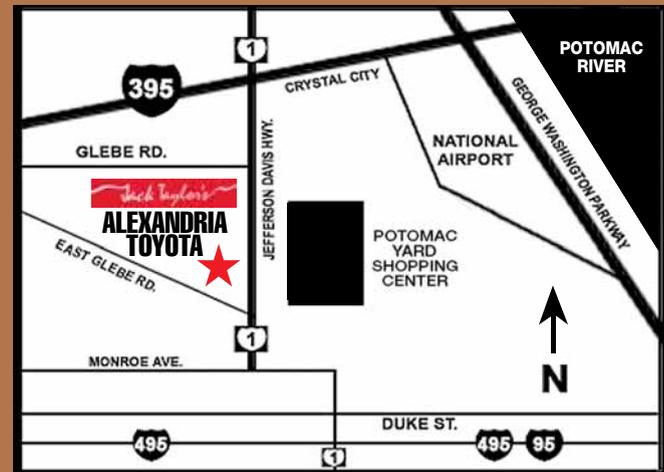
"Caleb Henderson is a heck of a player and his legacy deserves to be asked about and I hope he does well at UNC," Alexander said. "But it's on to a new chapter now for him and Lake Braddock football with Kyle Edwards as our new quarterback."

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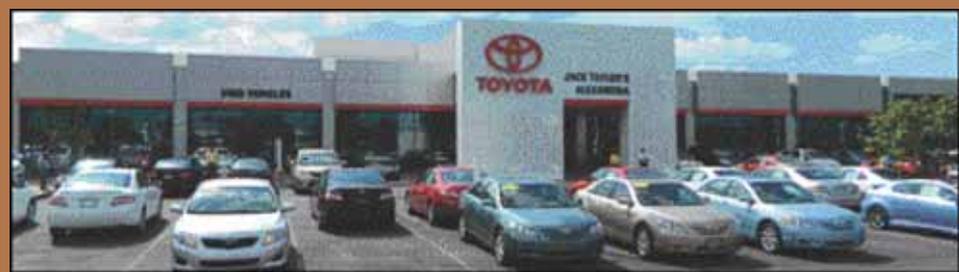
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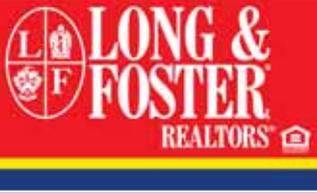


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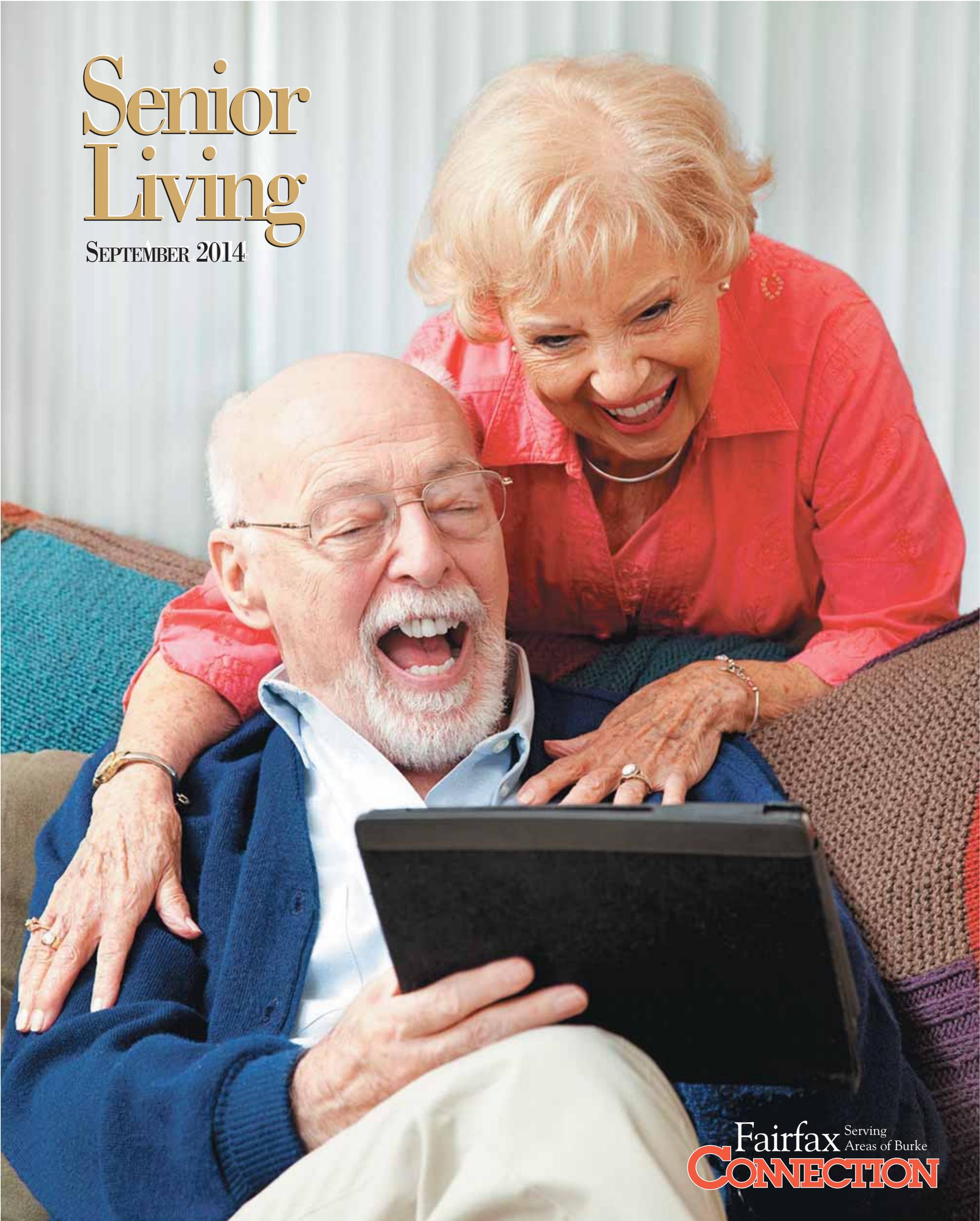


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Senior Living

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Taking On the 'Silver Tsunami'

BY TIM PETERSON
THE CONNECTION

The "Silver Tsunami" is coming, the steep increase in the 50-and-up part of the county population.

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

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

With those significant changes to community demographics al-

ready underway, the Board of Supervisors and Fairfax Area Commission on Aging initially drafted a plan back in 2007 to make sure the Silver Tsunami was a factor in county planning.

In 2013, Herrity and the commission decided the plan needed a major facelift. They spent the summer reaching out to communities around Fairfax County

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

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

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

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

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

The plan in its entirety is available in PDF form through the county's website at www.fairfaxcounty.gov/olderadults. The plan addresses aging-friendly needs in six key areas: Transportation, Housing, Safe and Healthy Community, Community Engagement, Services for Older Adults and Family Caregivers, and Long-term Planning.

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

THE INITIATIVES RUN THE GAMUT from simply encouraging people to volunteer for Meals on Wheels and medical appointment driving programs, to creating partnerships that

would offer low cost or free case management and mental health treatment.

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

Home Sharing is an experimental initiative. Many older adults live in homes with extra bed-

rooms and want to remain there as long as possible. At the same time, many adults with limited income are looking for affordable rent. The guide will provide advice on how to safely share a home. The idea is to match aging adults with unused space in their home with tenants looking for affordable housing.

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

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

That's where home care groups

SEE 50-PLUS PAGE 7



COURTESY PHOTO
Jim Lindsay



COURTESY PHOTO
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Senior Living

Time to Downsize?

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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



PHOTO COURTESY OF FOUR SALE

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

modate."

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

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

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

— Susan 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
THE CONNECTION

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

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

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

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

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

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

SEE QUILTING STUDIO. PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

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

Quilting Studio Adds to Dream Home

FROM PAGE 3

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

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

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

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

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

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

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



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 of colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

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

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

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

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

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

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

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

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

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

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



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



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



Wanda Rogers, 71, displays some of her quilts.

Senior Living

Tips for Right-sizing for the Next Phase of Life

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.

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

“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

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

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Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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



PHOTO COURTESY OF DAWN LANDSMAN

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

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

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

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

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

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

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

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

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

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

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

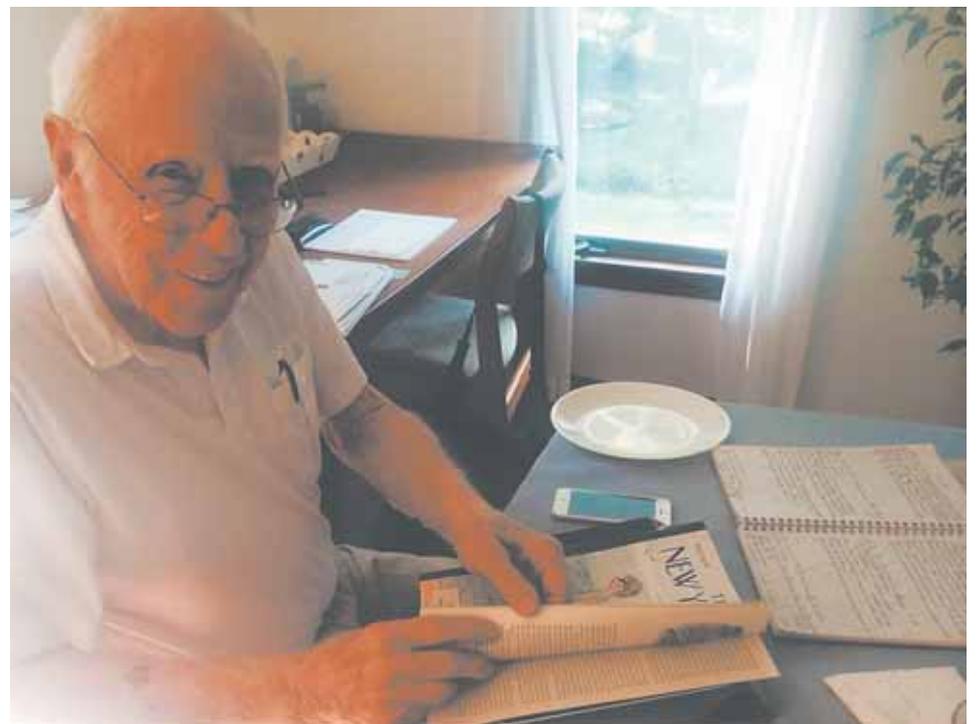
The bond between the men, however, extends beyond erudition.

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



PHOTO COURTESY OF ELLIOT WILNER

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



Peter Kimm

After The Fall

BY ANN EMMONS
PETRI

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

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

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

IN MY OWN WORDS

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

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

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



PHOTO BY WILLIAM ARTHUR PETRI, JR.

Ann and Bill Petri

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

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

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

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

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

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

Senior Living Calendar

A sampling of calendar items from around the region.

SUNDAY-SATURDAY/SEPT. 7-13

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

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-SUNDAY/OCT. 17-19

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

FRIDAY/OCT. 24

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. 2014-2015 Medicare Update with John Glowacky 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.

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

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

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

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