



Senior Living

The Bookshop Worth Exploring

Every two weeks, the BookShop at Claude Moore Colonial Farm displays a different theme. This theme centralized around India.

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Tyson's to Host Silver Line Music and Food Truck Festival

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Planning for Holiday Homes Tour Underway

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PHOTO BY LIZZY BROWN-KAISER/THE CONNECTION OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

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McLean. Build your dream home on this stunning property! Two gorgeous lots totaling 1.71 acres in McLean: Front lot is a .574 acre lot with house and second back lot is 1.140 acre. Easy access to Great Falls, Route 7, Tysons Corner, and major commuter routes. **Offered at \$1,395,000.**

McLean. Sited on a .46-acre lot in the sought-after Langley Oaks community, this five-bedroom home offers wonderful up-to-date living spaces, privacy and convenience. Highlights include large bedroom sizes including a main level Master bedroom, a chef's Kitchen with spacious island and stainless steel appliances, hardwood floors, screened-in porch, large deck and 2-car garage with extra storage. Fully finished lower level with bedroom, full bath, recreation room, wet bar and lounge area. **Offered at \$1,395,000.**

FOR SALE



FOR SALE

McLean. This light-filled 2-car garage Colonial built by Capital City Builders in 2003 has over 6,200 square feet. Kitchen with expansive granite counter space opens to family room with coffered ceiling. Easy entertaining flow with sunroom and family room opening to extra-large deck and outdoor kitchen. Sought-after neighborhood minutes from downtown McLean and on an incredible .38-acre professionally landscaped lot. **Offered at \$1,795,000.**

FOR SALE

McLean. Sited prominently on a .93 acre professionally landscaped lot in the prestigious RESERVE estate community, this 8,900 square foot Basheer Edgemoore built home offers an inviting floorplan, spacious rooms, soaring ceilings, and decorator finishes. A two-story family room with stone fireplace, dining room with EuroCave Vieillitheque wine cabinets, gourmet kitchen, media room, exercise room and huge outdoor flagstone patio provide relaxing living spaces. Incredible built-ins, custom window treatments, and custom lighting abound throughout this stunning home. **Offered at \$2,795,000.**



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The Silver Line Music and Food Truck Festival is the newest fest for Tysons Corner.



Seven bands will play on two stages all day at the Silver Line Music and Food Truck Festival Sept. 13.

Tysons to Host Silver Line Music and Food Truck Festival

Another new festival for Tysons.

BY REENA SINGH
THE CONNECTION

Next week, Tysons Partnership will ring in another inaugural festival with music and D.C.'s tastiest food trucks.

The first Silver Line Music and Food Truck Fest will take place on Saturday, Sept. 13 in Lerner Town Square, bringing people together for a day of bands and more than 20 food trucks from the area.

"The festival is about educating people on how different this place has become," said Tysons Partnership Executive Director Michael Caplin.

Previously named the Tysons World Music Festival, the name was changed over the summer to celebrate the Silver Line finally running in the urban center.

"It's the first time we're going to have metro service at the site, so I'm very excited to welcome the people of D.C. to their first Tysons party," said Caplin. "We decided the wide array of 20-plus food trucks would be visually and aromatically exciting."

He said the idea for the festival was born from a conversation between the Tysons Partnership partners to craft a welcome party for the Silver Line.

Tysons has four Metro stations within its boundaries, but the Tysons Corner stop will be the closest to the festival grounds.



PHOTOS FROM TYSONS PARTNERSHIP

The Silver Line Music and Food Truck Festival will feature more than 20 food trucks from the D.C. metro area.

"The location is the star," said Trigger Agency Founder and President Greg Nivens. "The Town Square is literally directly between Tysons Corner and The Galleria Malls. It is on the Metro stop. So if you take the Metro, you will just walk down the ramp, cross the street and you are there. It is truly the little hidden gem that should be what we are promoting."

Food trucks will include popular D.C. Empanadas, NaanStop and Crusty Dog D.C. Seven bands, including Green River Ordinance from Fort Worth and Charlottesville's Love Canon will play from 12:30 to 9 p.m. on two stages on the festival grounds.

"Getting the acts for this event proved to be a little challenging in the beginning because of the genre of music we wanted to

If You Want to Go

What: Tysons Music and Food Truck Festival
When: Noon to 9 p.m., Sept. 13
Where: Lerner Town Square located between Tysons II and Tysons Galleria: 8025 Galleria Drive, Tysons
How much: \$12 in advance and \$15 on site. \$5 for children. Re-entry free with hand stamp.
For more information, visit: <http://tysonsmusicfest.com>

offer," said Nivens. "We want to bring Tysons a mixture of genres and up and coming national acts."

He described Green River Ordinance as an American Mumford and Sons with a down-home twist.

Because this was a first time experience, the festival organizers ran into an unexpected problem when scheduling bands for this year.

"Early on in the planning we reached out to other larger acts – but they already had booked gigs close by at one of the many other outlets like Merriweather Post and Wolf Trap," said Nivens. "So, I think that was our first challenge."

Additionally, the opening of the Silver Line was essential to the festival. For Tysons Partnership, it was the key piece in getting outsiders and people who only come to the urban center for work to venture back in on the weekend.

"We hope people will jump on the Silver Line, ride out to Tysons and discover the fun and happiness here," said Aaron Georgelas, Georgelas Group developer and Tysons Partnership member.

VIEWPOINTS

Area Residents Comment on Their First Experiences with the Silver Line

"It's very convenient. It's very clean and runs well. Definitely an efficient source of transportation."

— MICHAEL NEHRBASS (FOREIGN SERVICE OFFICER, TAKOMA PARK, MD.)

"I live at the Lewinsville Senior Center so usually those of us from the retirement home will take bus 23A to get

where we need. The new silver line doesn't have this bus route and it's really inconvenient. I can't get to Ballston anymore. It's uncomfortable and doesn't stop at good locations. I do not like it."

— MIRA MOUSSAF (RETIRED, MCLEAN)

"I like it because I'm not dependent on the bus anymore and it's easy and fast to

get to D.C. I don't really dislike anything about it."

— CAROLINE RIGHI (AU PAIR, MCLEAN)

"I like that it reaches us out in Loudoun County now. There's nothing particularly bad about it. I wish it moved at the speed of light but it's fast enough."

— ANDREW SLATER (ANALYST, ASHBURN)

— LIZZY BROWN-KAISER

"I like the location. It's really convenient. But I don't like that it only has one kiss and ride. Yeah, I think we should have more kiss and rides for other metro stations. That would be great."

— MAGGIE LIU (FINANCE ANALYST, FAIRFAX)

Faith Notes are for announcements and events in the faith community. Send to greatfalls@connectionnewspapers.com. Deadline is Friday.

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

Upcoming service and event schedule:

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

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

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

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

Community Rally and Family

Fun Day will be held at The Hunger Church, Charles Wesley United Methodist Church, 6817 Dean Drive, McLean on Sunday, Sept. 7, from 9 a.m. to 2 p.m.

Sunday School for all ages - 9 to 10 a.m.

Outdoor Worship Service - 10:30 to 11:30 a.m.

Family Fun and BBQ Picnic - 11:30 a.m. to 2 p.m.

Enjoy a fun-filled Rally Day and Family Fun Day featuring an outdoor worship service, barbeque picnic lunch, and family fun activities, including a moon bounce, games, crafts, and more. The event is casual and bring your own lawn chair or blanket, if you prefer.

We hope to see you for study, worship, fellowship, and fun. www.TheHungerChurch.org

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers.

People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

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

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

NEWS

Speaker's Series to be Held in Great Falls

The series kicks off on Sept. 23 at the Great Falls Library.

The Great Falls Speaker's Series, a dynamic, new series that will feature a wide array of literary artists from diverse creative backgrounds, will kick off on Tuesday, Sept. 23. The evening events, to be held monthly at the Great Falls Library, will be free and open to the public.

Kristin Clark Taylor, creator of the new series, is designing the monthly forums to be inclusive, inviting and intellectually stimulating for the entire community.

Taylor, also founder of the popular Great Falls Writer's Group, envisions this monthly forum as a way, "to open up a sustained, intimate dialogue between writers from every walk of life and the Great Falls community at large." In addition to bringing in well-known authors, Taylor says the goal will be, "to shine a bright light on the entire, colorful spectrum of the writing world - from journalists, playwrights, and memoirists to well-known humorists, historians, and just about anyone else in between. The only requirement," she says, "is that our speakers have a driving passion for the written and the spoken word. It's high time for these kinds of easy, intimate, intellectual conversations to take place - so why not have them take place within the comfort of our own community?"

To launch the series, Pamela Palmer, a Herndon resident and New York Times best-selling author of 16 novels, will speak on the first night, Tuesday, Sept. 23. Taylor thought it significant, symbolic and "uniquely inspiring to our local community," to have a local author of national repute be involved in the kick-off.

Palmer, too, is enthusiastic about the new series. "I'm thrilled to be a part of this new series," the author says, "because it opens up important, ongoing dialogue between writers of all kinds and the larger community. We need an outlet like this to celebrate literary diversity and encourage creativity."

Nancy Hannan, a charter member of the Great Falls Writer's Group, which began a year ago, is



PHOTO BY MARTI CORN PHOTOGRAPHY

Best-selling author Pamela Palmer will help launch the new Great Falls Speaker's Series on Tuesday, Sept. 23. The popular author, a Herndon resident, will read from and discuss her newest book, "Wulfe Untamed."



PHOTO BY LAURA SHAY LAVIN

New York Times best-selling author Susan Coll will be on hand Thursday, Oct. 23, to discuss her own creative process and to read from her newest novel, "The Shaper."

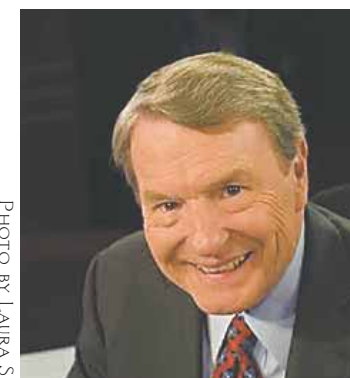
also a key organizer for this new Speaker's Series. "I love being a part of the Writer's Group, where we focus on our own work," she says, "but I'm also looking forward to the energy that comes from opening our embrace a little wider," she says.

Here's the roster so far:

❖ Tuesday, Sept. 23: Pamela Palmer - The New York Times best-selling author and Herndon resident will discuss her creative process and read from her newest book, "Wulfe Untamed," the riveting finale to her best-selling Feral Warrior series.

❖ Thursday, Oct. 23: Susan Coll - The New York Times best-selling author whose newest novel, "The Stager," was released this summer to rave reviews, will discuss her own literary rhythms and engage in Q&A.

❖ Tuesday, Nov. 18: Jim Lehrer



COURTESY OF PBS NEWSHOUR

Jim Lehrer, veteran newsman, author and playwright, will be the featured speaker on Tuesday, Nov. 18, when he describes his own creative process and discusses his newest book, "Top Down," a historical novel about the Kennedy assassination.

The veteran newsman, playwright and author will discuss his lifetime in words and his recent novel, entitled "Top Down," about the Kennedy assassination.

These will be evening forums, beginning at 7 p.m., at the Great Falls Library, 9830 Georgetown Pike. Each forum will begin with a brief reception (wine and cheese), immediately followed by introduction of the featured speaker.

Seating is open; no reservations will be taken. For this reason, it's recommended that guests arrive a few minutes early. Unless otherwise noted, these forums are generally for adults only. On occasion, there will be youth-focused forums - popular children's book authors and other literary professionals whose words reach a younger audience - and all of these will be announced.

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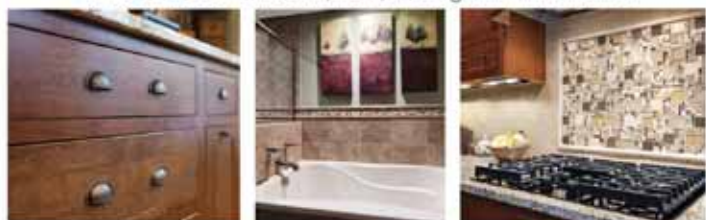
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NEWS

PRS, Inc. and CrisisLink Announce Merger

Expanded nonprofit poised to better address mental health needs of NoVa. and D.C. community.

PRS, Inc. and CrisisLink—leading local nonprofits serving those with serious mental health issues—are merging to transform the delivery of mental health services in response to the community's growing needs and the changing mental health landscape. The organization will continue to be called PRS and CrisisLink will become a major program area.

PRS provides clients with intensive support to help them recover and rebuild their lives, including persons with emotional and/or behavioral disorders. Through its extensive volunteer network, CrisisLink serves people in crisis through a hotline as well as comprehensive crisis prevention, intervention and response programs. Together, the entities will be able to offer complementary, enhanced, innovative, and cost-effective services that reach more people.

Specifically, the merger will strengthen PRS's ability to offer 24 hour support to clients—beyond what Medicaid and other funders cover—by incorporating CrisisLink's respected, established programs, including its committed and trained volunteer base. In this way, CrisisLink's services will remain accessible to the community and clients.

Also the efficiencies created by shared resources will enable PRS to explore offering tailored and expanded services that reach specific at risk groups and to have a greater physical presence that better serves the community. For example, PRS will be able to explore the expansion of new programming, such as a texting program to reach teens in crisis, an outbound calling program to remind clients about medications or meetings and to keep them from feeling isolated, and efforts targeted to families of deployed service members.

"As a board, we felt this merger was an excellent opportunity to better serve those living with mental illness by providing greater breadth and depth of services. With these two strong organizations joining forces, we know our region's safety net will be stronger," said Audrey Goldstein, PRS board chair.

"The marriage of these two outstanding nonprofits makes sense and will bring innovation and improved services to Arlington and beyond. We know this is the right move and our citizens and community will be the beneficiaries," said Lauren Shields, former board vice president, CrisisLink.

Wendy Gradison will remain CEO of PRS and CrisisLink Executive Director Julia Stephens will become director of business development for PRS. In all, PRS will now have 88 employees.

It also has locations in Alexandria, Arlington, and D.C. and offers services throughout Northern Virginia, including in Loudoun and Prince William. With the addition of CrisisLink, PRS will now have an additional location in Arlington, enabling it to expand services to an even larger base of people. www.prsinc.org

PEOPLE

Allen Hudson Receives 'Top 40 Brokers Under 40' Award

Sahouri Insurance & Financial has announced that one of its executives, Allen Hudson, has been chosen for the Business Insurance 2014 edition of the Top 40 Brokers Under 40 Award on Aug. 6.

Top 40 Under 40 is an annual accolade which acknowledges the 40 most accomplished insurance brokers under the age of 40. Nominees are selected based on a criterion of excellence, leadership, service, and expertise. All honorees are selected on a nationwide scale by a panel of Business Insurance editors. An award reception will be held for all recipients on Oct. 14 in Atlanta.

Hudson has been a licensed property and casualty agent in Washington D.C., Virginia, and Maryland for the last 10 years. Last month, he was named Northern Virginia Magazine's "Top Financial Professional" of the year in Risk Management.

A resident of McLean, Hudson is also the Head Coach of Langley High School's La-



Allen Hudson

crossed Team, and just took his squad to the state championship.

Sahouri Insurance & Financial is a private, family-owned insurance broker based in McLean. Established in 1970, Sahouri's services include insurance for private clients, employee benefits, commercial lines, real estate, as well as life and disability. Sahouri has been brokering insurance internationally and domestically with success for 45 years.

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OPINION

Back to School

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

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



COMMENTARY

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

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, Muslim 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 century 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 belligerence, 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

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

McLean
CONNECTION

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SEE LETTERS, PAGE 7

LETTERS

FROM PAGE 6

Many Fairfax County citizens find his refusal to address this tragic event appalling and overriding the public's interest.

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

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

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

police unions have been a major obstacle to police accountability and transparency.

In contrast, the Ferguson, Mo., recent shooting death of Michael Brown by a police officer has ignited national attention. Within a few days of this incident the officer was identified as Officer Darren Wilson. Shortly thereafter, the case was referred to a Grand Jury. In less than two weeks the wheels of justice were put into motion. This incident is being investigated by state and federal authorities. The question raised is "Why have the Fairfax County authorities avoided a local or state investigation — and why haven't they referred this matter to a Grand jury that would have allowed local citizens to have a voice in a local matter?"

The citizens of Fairfax County deserve an answer.

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

Nicholas R. Beltrante

Executive Director
Citizens Coalition for Police Accountability, Inc.

Foust for Congress

To the Editor:

Judging from the billboard-sized signs in Great Falls, you'd think Comstock had voters there locked up. But duck beneath the signs, knock on some doors, and you hear a different story. I knocked on both Republican and Democratic doors and found voters interested in hearing about John Foust, the Democrat running in the 10th District to replace retiring Representative Wolf. Most recognized John as their Fairfax County Supervisor with a track record for providing excellent constituent services. Moreover, voters appreciated the fact that as Vice Chair of the Budget Committee he helped develop seven budgets that squeezed out excess spending, protected essential services, invested in the future, and were balanced, which is not easy when population continues to grow steadily and economic times are challenging. In appreciation for his service and leadership, constituents from each of his precincts re-elected him as Supervisor, handing him a victory with a whopping 61 percent of the vote. From my experience in Great Falls, it looks like they will send him to Congress as well.

Linda Burchfiel
McLean

WEEK IN MCLEAN

Service Academy Application Deadline Sept. 15


Rep. Frank Wolf (R-10th) announced that the deadline for students interested in applying for a nomination by the 10th District Service Academy Advisory Board to one of the nation's military academies for the Class of 2019 is 5 p.m. on Sept. 15.

The deadline is earlier this year because Wolf is retiring from Congress at the end of the year and the nominations by the 10th District Service Academy Advisory Board must be completed before he leaves office.

Applications can be mailed or hand-delivered to Wolf's Herndon office at 13873 Park Center Road, Suite 130, Herndon. Interested students can download a "Candidate Registration" form from Wolf's Web site at <https://wolf.house.gov/academy>. The selection process is strictly a competitive one.

For more information about the congressional nominating process, contact Mary Ann Cannon in Wolf's Herndon office at 703-709-5800, or go to wolf.house.gov and click on Academy Nominations under the Need Help? section.

Congressman Jim Moran's



Annual
Women's Issues Conference

SATURDAY, SEPTEMBER 13, 2014
8:00 a.m. - 1:00 p.m.

Washington-Lee High School
1301 N. Stafford St., Arlington, VA 22201

FEATURING KEYNOTE SPEAKER:
Neera Tanden
President of the Center for American Progress



Join us for interactive workshops, informational booths, health demonstrations, and take home a free digital copy of your professional photo. A light breakfast and lunch will be served.

Register today at moran.house.gov.
Contact Krysta.Jones@mail.house.gov for more information.



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Every two weeks, the BookShop at Claude Moore Colonial Farm displays a different theme. This theme is about India.



PHOTOS BY LIZZY BROWN-KAISER/THE CONNECTION



The BookShop kitchen provides shoppers with complimentary coffee and cookies.

The Bookshop Worth Exploring

BY LIZZY BROWN-KAISER
THE CONNECTION

The BookShop at Claude Moore Colonial Farm is home to 80 categories of books.

The Claude Moore Colonial Farm at Turkey Run is known for its authentic, interactive and educational programs that showcase the everyday life of Virginians during the 18th century. Although the farm is part of the National Park System, a nonprofit organization, “Friends of the Claude Moore Colonial Farm, Inc.,” runs it. The farm has been almost entirely managed by volunteers for 41 years now. After all of this time operating, the farm has evolved and expanded as a living history museum.

What initially began as a limited selection of books, available for purchase only

once a month, has now transformed into an extensive bookshop at the Claude Moore Colonial Farm. The BookShop is home to 80 different categories of books, which feature over 15,000 different titles. Every two weeks, the BookShop displays a different array of books centralized around a specific theme. Upcoming themed displays include “Sex, Drugs & Rock N Roll plus Football,” “All Things Japan,” “Hollywood, TV & Broadway,” and more. The BookShop also organizes its products into subthemes like “The Wizard of Oz” to cel-

brate the book’s upcoming 75th anniversary. Books signed by their authors, antique reads, and rare editions are also available. With its diverse selection, the BookShop provides any type of bookworm with a good read. For the store’s less book savvy customers, CDs, DVDs, tapes, magazines, and ephemera, such as old bookmarks and maps, are also available for purchase. And for the BookShop’s customers who can’t put down their purchases, there is a reading room along with a kitchen that offers complimentary coffee and cookies. Shop-

pers may even be greeted by the BookShop’s residential cat, Boy.

The best part about the BookShop is that everything in the store is completely donated so customers can buy their books without breaking the bank. All proceeds made by the BookShop go towards managing Claude Moore. As a part of Claude Moore Colonial Farm, the BookShop’s mission is to provide its shoppers with a traditional 18th century environment. While the BookShop is historically accurate, it caters towards modern readers as well. The BookShop is open Wednesday through Saturday from noon until 7 p.m. through Nov. 26. Check out www.1771.org for more information.

Planning for Holiday Homes Tour Underway

McLean Woman’s Club holds annual Kickoff Tea.

The Woman’s Club of McLean held its annual “Wintertime in August” kickoff tea on Thursday, Aug. 21, to preview its 48th annual Holiday Homes Tour, which will take place in early December. This year’s tour will feature four large houses up close in Langley Farms, a historic McLean neighborhood just off Dolley Madison Boulevard. (Route 123).

The tea was held at the large antebellum meeting house called Langley Ordinary at 1101 Chain Bridge Road that was recently restored by honorary 2014 Homes Tour host Doug DeLuca and his business partner, Matt Bronczek. The house is now a National Historic Trust building and is on Fairfax County’s list of historic sites. Both DeLuca and Bronczek were present, as well as Woman’s Club officers, members and friends.

The four houses on December’s tour are all custom designs built on earlier home sites. Each house will be decorated with the holidays in mind and will high-

light family life in McLean. In addition, Trinity United Methodist Church, at 1205 Dolley Madison Blvd., will simultaneously host a MarketPlace, offering gifts and holiday items, a lunch and snack concession and an auction of chances on a variety of merchandise and services.

Woman’s Club members have been working on tour preparations since February, when they began soliciting advertisements for the tour brochure/ticket book. Additional efforts over the summer included selection of the homes, brochure preparation, publicity arrangements and plans for decoration.

All proceeds will be donated to local charities and nonprofit organizations, such as Share, Inc., Alternative House, the McLean Project for the Arts (The Children’s Outreach), Claude Moore Colonial Farm, the McLean Volunteer Fire Department, Fisher House and the McLean Symphony, as well as used for scholarships and education.

The tour will take place on Thursday, Dec. 4, from 10 a.m. to 3 p.m. Tickets will be available in early October at local businesses, including Mesmeralda’s Gifts of McLean, Karin’s Florist of Vienna and Great Dogs of Great Falls, or may be obtained on the tour day at one of the featured homes.

— LAURA SHERIDAN



PHOTOS LAURA SHERIDAN/WOMAN’S CLUB

McLean Woman’s Club Holiday Homes Tour Co-Chairmen Wanda Miller and Jane Studabaker, Honorary Holiday Homes Tour Host Doug DeLuca, and business partner Matt Bronczek.



Woman’s Club members and guests. Foreground, from left: Members Linda Regan and Nancy Matisoff.

Homeowners Encouraged to Plant Trees

McLean Neighborhood Tree Program receives support from the McLean Community Foundation.

Homeowners who enjoy trees can now plant a tree in their front yard this fall or next spring with the help of the McLean Trees Foundation (MTF). The McLean Neighborhood Tree Program, a new initiative of MTF, is funded in part by the McLean Community Foundation and encourages homeowners to become actively engaged in the selection, planting, and care of their trees.

The program, the first of its kind in McLean, is similar to existing tree programs in Falls Church, Arlington, and Washington D.C. The program emphasizes homeowner involvement and long-term restoration of a quality tree canopy rather than short-term quantity planting of trees.

"To plant a tree and see it thrive and grow over a period of time is a joyful and positive experience," said Joyce Harris, Chairman of the McLean Trees Foundation. "Trees improve our environment, contrib-



PHOTO CONTRIBUTED

From left: Janet Tysee, MCF Trustee; Alan Denko, MTF Board Member; Ameer Burgoyne, President of MCF; Joyce Harris, Chairman of MTF; Rip Sullivan, MCF Trustee; Bob Koenig, MTF Board Member; and Joann Berkson, Vice President of MCF.

ute to our health and well-being, and enhance the character and beauty of our community."

MTF has traditionally planted trees on public and private property, but this is the first MTF pro-

gram designed to encourage homeowner involvement and to educate homeowners about the environmental, health, aesthetic, and economic benefits of trees.

"Trees impact our lives and the environment in many ways, but some homeowners may not realize that there are significant economic benefits to be gained from planting trees on their property", said Harris. "For example, trees increase property values by 10 to 15 percent; homes with trees sell more quickly and for higher prices than homes without trees; and one mature 25-foot tree reduces annual heating and cooling costs of a typical residence by 8 to 12 percent."

An additional goal of the program is to help restore and diversify the tree canopy in McLean.

"To fully enhance the tree canopy in Fairfax County, tree planting must occur on privately-owned residential lots, as county-owned and commonly-owned open spaces are limited," said Keith Cline, Director of the Fairfax County Urban Forest Management Division. "Residential lots have the most space for planting new trees

in Fairfax County and trees are more likely to thrive with a homeowner caring for them."

"A program like this benefits the environment, neighborhoods, homeowners, and the community," said Jim McGlone, Urban Forest Conservationist with the Department of Urban Forestry in Northern Virginia, and a consultant to the program. "A healthy tree population projects a positive community image and improves the quality of life for all of us."

To join the program, homeowners must complete an application that can be found online and pay a \$50 fee that helps to supplement program costs. Once an application has been received, MTF volunteers will visit the homeowner's property to discuss the program, review their property, and recommend tree species and planting locations.

Planting dates can be scheduled for the fall or spring. Applications are accepted year round.

More information on the McLean Neighborhood Tree Program can be found on MTF's website McLeanTreesFoundation.org or call Joyce Harris at 703-216-5605.

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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.



Find hidden treasures at McLean Community's fall flea market on Sept. 13 from 9 a.m. to 1 p.m. in the parking garage at 1420 Beverly Road (behind the Giant Shopping Center).

Vienna Woman's Club Open House/Membership Drive. 1-4 p.m. Patrick Henry Library, 101 Maple Ave E, Vienna. viennawomansclub.org.

Pokemon League, 4:30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play in Pokemon with friends, or meet new ones. For ages 5-15.

SUNDAY/SEPT. 7

Colbie Caillat Gypsy Heart Tour. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Grammy award-winning pop star comes to Wolf Trap for a one-night performance. Admissions: \$30-\$100. Philip Cangelosi, 703-255-1900 ext 1729.

Grinding Grain at Colvin Run Mill. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Come watch the miller grind grain; cornmeal, grits, whole wheat for sale in General Store. 703-759-2771.

Vale Club Open House. 1 - 3 p.m. Vale School House, 3124 Fox Mill Road, Oakton. The Friends of Vale School House/Vale Club will host an open house for prospective members. Come visit the historic schoolhouse and hear about the organization. www.valeschoolhouse.org

Purge and Replant. 11 a.m. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. Enjoy an informative garden tour, led by Horticulturalist Keely Shaughnessy, to identify common weeds and invasive plants and discover each weed's offenses. This program is free with paid admission to the Garden. Reservations are requested. For reservations, please contact Meadowlark Botanical Gardens at 703-255-3631 x103 or jmaloney@nvrpa.org.

MONDAY, SEPT. 8

Read to the Dog. 4:30-5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers can practice reading to a furry friend. Call to sign-up. 703-757-8560.

TUESDAY, SEPT. 9

Colvin Run's Dance for Everyone. 6:30-10 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Come participate in weekly dance lessons ranging from 'Dance of the Month to General with Hustle, Shug, Latin and more. Admissions: \$12. 703-435-5620 or Ed Cottrell, EdCottrell@MACP.org.

VFC President Dick Gingerelli Talk. 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. Report on the NARFE, National Association of Active and Retired Federal Employees, National Convention held in Orlando on Aug. 24-28. Sponsored by NARFE Chapter 1116. Members and guests. Free. 703-938-9757.

WEDNESDAY/SEPT. 10

THURSDAY/SEPT. 4

Gipsy Kings with Special Guest Ole' Noys. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Rumba to guitar rhythms of flamenco's royal family! Admissions: \$35-\$50. 1-877-WOLFTRAP.

Great Falls Rotary Club. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road, Great Falls. Weekly meeting and speaker series. If interested in joining, visit <http://www.rotarygreatfalls.org>.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists get together for weekly coffee. Drop in!

FRIDAY/SEPT. 5

Cirque Dreams - Jungle Fantasy. 8 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. Come and watch the acrobatics in a musical adventure that New York Magazine calls "the grandest circus spectacle east of Vegas." Admissions: \$25-\$50. 1-877-WOLFTRAP.

Old Firehouse Teen Center Back-to-School Party for 7th-9th graders. 7-10 p.m. OFTC, 1440 Chain Bridge Road, McLean. Come celebrate the end of summer and beginning of school. \$5-\$10. www.mcleancenter.org or 703-790-0123.

Drop-in Chess. 4:30-6:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Weekly drop-in chess games in the library meeting room. All ages welcome.

Look at the Stars! Open Observatory. 7:30-10:30 pm. Turner Farm Park, Springvale Road, Great Falls. Friday night viewings of the sky at the observatory park. Visit <http://www.analemma.org> for more information.

SATURDAY/SEPT. 6

Virginia Indian Festival. 10 a.m.-4 p.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Tribal dancing, songs and drumming make history come alive each September at the Virginia Indian Festival at Riverbend Park. Visit www.fairfaxcounty.gov/parks/parktakes/quicktakes/#FA14QT7.

Cirque Dreams - Jungle Fantasy. 7:30 p.m. Wolf Trap, The Filene Center, 1551 Trap Road, Vienna. The second night of this production at an earlier time. Watch the acrobatics in a musical adventure that New York Magazine calls "the grandest circus spectacle east of Vegas." Admissions: \$25-\$50. 1-877-WOLFTRAP.

Cars & Coffee. 7-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Every Saturday come find an assortment of antique, custom, exotic, sports cars and more! With coffee!

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village, 778 Walker Road, Great Falls. Bring your recyclable bag and participate in the local movement. Farmers from around the area sell their vegetables, fruits, crepes, drinks and more.

Ballroom Dance. 8 - 9 p.m. Waltz Lesson. 9 p.m. - 11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music with Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. \$20. 703-759-2685 or www.colvinrun.org.

Jody Marshall. 5-7 p.m. The Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Outdoor Celtic and folk music. Free. 703-288-9505.

PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2016 Budget
(July 1, 2015-June 30, 2016)

Follows the Finance Committee Meeting of the Whole

Monday, Sept. 15, 2014 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 24 at 7:30 p.m.

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org

THE FIRST, BIGGEST AND BEST SALE OF THE SEASON!

Saturday, Sept. 13, 9 a.m-1 p.m.

Free Admission
1420 Beverly Road,
(Intersection of Ingleside Ave and Beverly Road, behind Stay Bridge suites)

Rather sell than shop?
Rent a space for \$45. Open to individuals selling household items and commercial flea market dealers.

Deadline to apply is Wednesday, Sept. 10. This is a very popular community sale! Spaces go quickly, so please register early!

MCLEAN FALL FLEA MARKET

The McLean Community Center
703-790-0123/TTY: 711
www.mcleancenter.org

Space has been provided through the courtesy of General Assets, Inc., and the support of Giant and McLean Properties. We are grateful for their community support!

NEWS

Register Now for MPA's Fall Art Classes

McLean Project for the Arts offers a variety of professionally taught art classes for adults, teens and children including Family Art Workshops, artist talks and workshops, and tours to area museums and galleries.

This fall MPA is offering 12 different art classes for adults. New classes include Abstract Drawing with Mixed Media, Experimenting with Ink on Paper, and Drawing and Painting: The Figure. MPA is also offering its very popular adult class for true beginners: I've Never Held a Pencil: Drawing for Beginners. New for children is Animal Drawing and Painting. Classes and workshops are held in the Susan B. DuVal Studio in the McLean Community Center at 1234 Ingleside Avenue.

For class information and registration visit www.mpaart.org.

McLean Project for the Arts is a nonprofit visual arts center founded in 1962 to exhibit the work of emerging and established regional artists. In addition to its program of high quality, professionally-curated art exhibitions, MPA offers art classes for children and adults taught by professional art instruc-



PHOTO COURTESY MPA

MPA art instructor Marise Riddell works with student Lee DiCenso on her drawing.

tors. MPA also presents the Art Reach program for area schools, gallery talks, and day trips to area museums and galleries. MPA is a partner with the Virginia Museum of Fine Arts and Fairfax County Public Schools.

McLean Community Center to Hold Meetings, Hearing on Budget

The Governing Board of the McLean Community Center (MCC) will hold two open finance meetings on its Proposed FY 2016 budget. The first meeting, the Finance Committee Meeting of the Whole, will be held at 7:30 p.m. on Monday, Sept. 15. The second meeting, the FY 2016 Budget Public Hearing, will immediately follow. Both meetings will be held at the Center, which is located at 1234 Ingleside Avenue.

FY 2016 begins July 1, 2015 and ends June 30, 2016. MCC is supported by a real estate tax surcharge paid by residents of Small District 1A-Dranesville. At the Finance Committee Meeting of the Whole, MCC Governing Board Treasurer Craig Richardson, members of the Finance Committee that he chairs and other board

members will begin the process of evaluating the financial needs of the Center. The evaluation will include a review of FY 2012 through FY 2014 year-end actuals, the current year's budget (FY 2015) and a review of the costs of new program proposals for FY 2016.

Copies of the proposed budget will be available at the Center's reception desk, on the Center's website, www.mcleancenter.org, and at the meetings. Residents who call the Center to announce their intentions to attend the work session will receive a budget package when they arrive. District residents who have suggestions, comments or concerns will have an opportunity to voice them at the work session.

The FY 2016 Budget Public

Hearing will be held immediately following the work session. District residents who wish to speak at the public hearing are asked to call 703-790-0123, TTY: 711, to have their names placed on the speakers' list. Written comments may be sent to the Governing Board by mail (McLean Community Center, 1234 Ingleside Avenue, McLean VA 22101), fax (703-556-0547) or email (feedback@mcleancenter.org).

Residents may continue to submit written comments after the public hearing, until the Board meets at 7:30 p.m. on Wednesday, Sept. 24, to approve the FY 2016 budget.

For more information, call the Center at 703-790-0123, or visit the Center's website, www.mcleancenter.org.

Nominations Sought for Business and Community Awards

If you know a business, an organization or individual that has gone above and beyond for the Greater McLean community and/or its residents, please let Greater McLean Chamber of Commerce know about them and their accomplishments. With your nomination, include the category for which you are submitting the nomination and a brief write-up (150 words or less) describing why you are nominating this person/organization.

All nominations will be considered. The listed categories are areas that were awarded in previous years.

The awardees will be honored on Oct. 7 at the Suits and Sneakers event.

Nominations are being accepted in the following categories:

- ❖ Non-Profit of the Year
- ❖ Small Business of the Year
- ❖ Youth Recognition Award
- ❖ Volunteer of the Year (Last year was a group award)

- ❖ Best Collaborative Impact
- ❖ Outstanding Business Citizen
- ❖ Best Effort in Green Award
- ❖ Community Leadership
- ❖ Hometown Hero/McLean Community Service Award
- ❖ Outstanding Member
- ❖ New Business of the Year
- ❖ Entrepreneur of the Year
- ❖ Innovative Business of the Year
- ❖ Commitment Award
- ❖ Benefactor of the Year/Corporate Social Responsibility
- ❖ Beautification Award [exterior]
- ❖ Restaurant of the Year
- ❖ Retailer of the Year
- ❖ Outstanding Business Women of the Year

Please submit your nominations to Marcia Twomey via email mtwomey@mcleanchamber.org by close of business on Sept. 19.



McLean Community Center
The Center of It All

Here's What's Happening at MCC



**Old Firehouse Teen Center
Back-to-School Party**
Friday, Sept. 5, 7-10 p.m.
\$10/\$5 OFTC member

**Fall for the Book
Science Talk with Carl Zimmer
and Sam Kean**
Thursday, Sept. 11, 7:30 p.m.
Free admission. Reservations are not required.

**Lynne Cheney presents
"James Madison:
A Life Reconsidered"**
Friday, Sept. 12, 7:30 p.m.
Alden Theatre
Free. Reservations are not required.



**Save the date—Almost 60 sellers!
McLean Fall Community
Flea Market**
Saturday, Sept. 13, 9 a.m.-1 p.m.
1420 Beverly Rd.
Free Admission

**Jammin' Juniors
Rolie Polie Guacamole**
Wednesday, Sept. 17, 12:30 p.m.
Free admission
McLean Central Park Gazebo

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
1234 Ingleside Ave.
McLean, VA 22101
703-790-0123, TTY: 711



SPORTS

Marshall's Blackstone Working Toward Future in College Baseball

Q&A: Catcher named 2014 VHSCA 5A state Player of the Year.

Marshall catcher Mitch Blackstone had an impressive junior season. In the spring of 2014, Blackstone helped the Statesmen capture the Conference 13 championship and reach the 5A North region semifinals. The Virginia High School Coaches Association selected Blackstone as the 5A state Player of the Year, to go along with region and conference Player of the Year honors.

As a sophomore, Blackstone received first-team All-Liberty District honors. He batted .444 with six home runs, 14 doubles and 22 RBIs. As a freshman in 2012, Blackstone played with his older brother, Kent, who was a standout shortstop for the Statesmen and went on to play for New Mexico State before transferring to George Mason.

Now a senior, Mitch Blackstone prepares for his fourth season with the Marshall varsity baseball team. He has yet to commit to a college program, but plans to play at the Division I level. Blackstone recently participated in Q&A via email with The Connection.

**Connection: Your older brother, Kent, played at Marshall High School before playing Division I baseball at New Mexico State. Has he helped you with the recruiting process?*

Blackstone: He has now transferred to play at George Mason University, and he has been a huge supporter in my college recruitment process and has been a big help considering he had to go through the same process.

**Connection: At what age did you start playing baseball? Have you always been a*



CONNECTION FILE PHOTO

Mitch Blackstone is an all-state catcher for the Marshall baseball team.

catcher?

Blackstone: I began playing when I was around 2 years old, and I have always had catcher as my primary position.

**Connection: You're a senior, correct? How do you feel about your game now compared to when you were a freshman?*

Blackstone: I am a senior now, and I feel that my game has been accelerated an incredible amount since beginning at Marshall in 2012. I felt like I have picked up a large amount of information about the game in the past three years.

**Connection: How much time do you spend working on your baseball skills in the offseason?*

Blackstone: On average, I would say I train my baseball skills usually around 20-25 hours per week during the fall and winter.

**Connection: What is your favorite baseball moment from your first three years at Marshall?*

Blackstone: I have two favorite moments at Marshall. First, is taking throw-downs with my brother Kent at every practice and in-between every inning in games freshman

year, and the other is hitting the game-winning HR off Edison in the conference championship this past spring to win the Conference 13 title.

**Connection: What is your favorite food?*

Blackstone: Settler beans.

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

Blackstone: Metallica, because their songs always get my adrenaline going before games and during workouts.

**Connection: What is your favorite movie? Why?*

Blackstone: "The Dark Knight," because I am a huge Batman fan.

**Connection: What is your favorite hobby outside of baseball?*

Blackstone: Exercising.

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

Blackstone: Edinburgh, Scotland.

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

Blackstone: Yes, the Texas Rangers.

— JON ROETMAN

Lightning Red Boys Win in Williamsburg

Vienna Youth Soccer's U13 Lightning Red boys team won the U14 boys division of the Virginia Summer Shootout and College Showcase in Williamsburg during the weekend of Aug. 23-24. The team is coached by Robson Gimenez.

Pictured from left: (bottom row) Ben Jurutka, Caleb Wentz, Matthew Warren, Shivane Anand, Ethan Duerre, Josiah Lee, Evan Zhang, Christian Geiger, (back row) Kyle Thompson, Coach Robson Gimenez, Dominic Ortolano, Sam Klein, Will Covey, Ryan Tipton, Alex Lanier, assistant coach Jeff Ortolano, Dayson Pineda.



PHOTO CONTRIBUTED

SPORTS ROUNDUPS

Madison Football Beats South Lakes

The Madison football team opened the season with a 33-22 victory over South Lakes on Aug. 29 in Reston. The win gives the Warhawks a positive start to the 2014 campaign after finishing 1-9 the previous season.

Madison (1-0) will host Vienna rival Oakton (1-0) at 7:30 p.m. on Friday, Sept. 5. South Lakes (0-1) will travel to face Westfield (0-0), which finished runner-up in the 6A North region last season, at 7:30 p.m. on Friday.

Oakton Football Defeats Woodson

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

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

Upcoming Football Season Openers

The Marshall football team will host Wakefield at 7:30 p.m. on Friday, Sept. 5. The Statesmen are coming off back-to-back winless seasons. Marshall's last victory came against Thomas Jefferson on Oct. 21, 2011.

Langley will travel to Arlington to face Yorktown at 7:30 p.m. on Friday. The Saxons are coming off the most prolific scoring season in team history, averaging 40 points per contest en route to a 9-3 record in 2013.

McLean, under the direction of first-year head coach Shaun Blair, will also be in Arlington to take on Washington-Lee at 7:30 p.m. on Friday. The Highlanders are looking for their first playoff berth since 2011.

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

Marshall Field Hockey Earns Lopsided Wins

The Marshall field hockey team opened its season with an 8-1 victory over Edison on Aug. 26 and followed with a 4-0 victory over Wakefield on Aug. 28.

The Statesmen (2-0) will travel to face Falls Church at 7:30 p.m. on Wednesday, Sept. 3.

Herndon Field Hockey Starts 2-0

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

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

HOME SALES

In July 2014, 116 homes sold between \$3,022,000-\$188,000 in the McLean and Falls Church area. This week's list represents those homes sold in the \$3,022,000-\$277,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
8109 SPRING HILL FARM DR	5	5	3	MCLEAN	\$3,022,000	Detached	0.94	22102	SPRING HILL FARM
1068 SILENT RIDGE CT	6	6	2	MCLEAN	\$2,750,000	Detached	1.27	22102	THE RESERVE
959 DOMINION RESERVE DR	6	6	3	MCLEAN	\$2,630,000	Detached	0.83	22102	THE RESERVE
8429 BROOK RD	6	6	3	MCLEAN	\$2,390,000	Detached	1.04	22102	WOODHAVEN
1286 BALLANTRAE FARM DR	6	7	1	MCLEAN	\$2,300,000	Detached	0.92	22101	BALLANTRAE FARMS
1328 BALLS HILL RD	4	3	0	MCLEAN	\$2,175,000	Detached	2.09	22101	ELMWOOD ESTATES
7215 FARM MEADOW CT	5	5	1	MCLEAN	\$2,062,500	Detached	0.13	22101	EVANS FARM
2108 ROCKINGHAM ST	6	5	1	MCLEAN	\$2,025,000	Detached	0.28	22101	FRANKLIN PARK
1728 FAIRVIEW AVE	5	5	1	MCLEAN	\$1,975,000	Detached	0.48	22101	DIVINES CHESTERBROOK
894 HELGA PL	6	4	3	MCLEAN	\$1,940,000	Detached	0.72	22102	BEAUFORT PARK
7308 PETER PL	6	5	1	MCLEAN	\$1,872,000	Detached	0.79	22102	BEAUFORT PARK
7008 SYMPHONY CT	5	4	1	MCLEAN	\$1,775,000	Detached	0.29	22101	DODD PROPERTY
1217 DAVISWOOD DR	4	4	1	MCLEAN	\$1,685,000	Detached	0.89	22102	SUMMERWOOD
6714 DANFORTH ST	5	4	2	MCLEAN	\$1,630,000	Detached	0.31	22101	MC LEAN MANOR
2021 HILLSIDE DR	5	4	1	FALLS CHURCH	\$1,610,000	Detached	0.47	22043	HILLSIDE
6246 COTTONWOOD ST	4	3	2	MCLEAN	\$1,600,000	Detached	1.00	22101	CHESTERBROOK
6726 LUCY LN	5	5	0	MCLEAN	\$1,600,000	Detached	1.43	22101	LANGLEY FOREST
1944 MCARTHUR DR	6	5	1	MCLEAN	\$1,575,000	Detached	0.34	22101	FRANKLIN PARK
1657 STRINE DR	6	5	1	MCLEAN	\$1,517,440	Detached	0.64	22101	DANA HEIGHTS
6292 DUNAWAY CT	4	4	1	MCLEAN	\$1,495,000	Detached	0.36	22101	EVERMAY
6516 CHESTERFIELD AVE	6	6	2	MCLEAN	\$1,485,000	Detached	0.23	22101	CHESTERBROOK GARDENS
1105 DELF DR	5	4	1	MCLEAN	\$1,460,000	Detached	0.51	22101	WEST LANGLEY
1928 FRANKLIN AVE	3	2	0	MCLEAN	\$1,400,000	Detached	0.60	22101	FRANKLIN FOREST
1246 DALEVIEW DR	4	4	1	MCLEAN	\$1,374,275	Detached	1.37	22102	WOODSIDE ESTATES
1104 FLOR LN	4	3	0	MCLEAN	\$1,310,000	Detached	0.92	22102	MONTCLAIR
1556 HUNTING AVE	5	4	1	MCLEAN	\$1,275,000	Detached	0.21	22102	HUNTING RIDGE
1402 HARVEST CROSSING DR	4	4	1	MCLEAN	\$1,275,000	Townhouse	0.05	22101	EVANS FARM
6664 AVIGNON BLVD	4	4	1	FALLS CHURCH	\$1,165,000	Detached	0.14	22043	LAMBIANCE OF MCLEAN
1514 CRESTWOOD LN	4	3	0	MCLEAN	\$1,160,000	Detached	0.36	22101	CHESTERBROOK WOODS
1217 OLD STABLE RD	5	3	1	MCLEAN	\$1,100,000	Detached	0.45	22102	MC LEAN HUNT
2022 MAYNARD DR	5	4	1	FALLS CHURCH	\$1,100,000	Detached	0.29	22043	PIMMIT HILLS
1394 INGLESIDE AVE	5	4	1	MCLEAN	\$1,075,000	Townhouse	0.05	22101	MCLEAN VILLAGE
1480 EVANS FARM DR #101	2	2	0	MCLEAN	\$1,040,000	Garden 1-4 Floors		22101	EVANS FARM
6011 SOFTWOOD TRL	6	6	0	MCLEAN	\$1,015,000	Detached	0.35	22101	CHESTERBROOK WOODS
9111 FALLS RUN RD	4	3	1	MCLEAN	\$990,000	Detached	5.00	22102	DIFFICULT
1833 BRIAR RIDGE CT	5	3	0	MCLEAN	\$980,000	Detached	0.36	22101	BRIAR RIDGE
6213 NETHERCOMBE CT	5	3	0	MCLEAN	\$978,500	Detached	0.29	22101	CHESTERFORD
6630 HAMPTON VIEW PL	3	3	1	MCLEAN	\$978,000	Townhouse	0.06	22101	HAMPTONS OF MC LEAN
1425 LADY BIRD DR	4	4	1	MCLEAN	\$975,000	Detached	0.37	22101	POTOMAC ESTATES
2012 GREAT FALLS ST	4	3	1	MCLEAN	\$965,000	Detached	0.41	22101	JOHNSON
5946 OKDALE RD	3	2	0	MCLEAN	\$965,000	Detached	0.50	22101	SIMPSON AND MAYS
1403 JULIA AVE	3	2	1	MCLEAN	\$950,000	Detached	0.37	22101	SALONA VILLAGE
1408 INGLESIDE AVE	4	3	1	MCLEAN	\$945,000	Townhouse	0.05	22101	MCLEAN VILLAGE
7284 HIGHLAND ESTATES PL	5	4	1	FALLS CHURCH	\$940,000	Detached	0.18	22043	HIGHLAND ESTATES
2605 HOLLY MANOR DR	5	3	0	FALLS CHURCH	\$900,000	Detached	0.26	22043	HOLLY CREST
1709 OAK LN	4	2	2	MCLEAN	\$900,000	Detached	0.26	22101	BRIGGS AND HOOPERS
1856 KIRBY RD	10	4	1	MCLEAN	\$890,000	Detached	0.36	22101	BIRCHWOOD
1423 PATHFINDER LN	3	1	1	MCLEAN	\$885,000	Detached	0.46	22101	WEST MC LEAN
6713 DEAN DR	6	4	0	MCLEAN	\$880,000	Detached	0.24	22101	HILLSIDE MANOR
1619 MACON ST	4	3	1	MCLEAN	\$871,000	Detached	0.28	22101	WEST GRASS RIDGE
6153 TOMPKINS DR	3	3	0	MCLEAN	\$869,000	Detached	0.35	22101	CHESTERBROOK WOODS
2006 WELFLEET CT	4	2	1	FALLS CHURCH	\$859,000	Detached	0.21	22043	NANTUCKET
2044 REYNOLDS ST	4	3	0	FALLS CHURCH	\$850,000	Detached	0.37	22043	RETILAW TERRACE
6653 CHILTON CT	4	3	0	MCLEAN	\$845,000	Detached	0.27	22101	BRYN MAWR
1603 EVERS DR	5	3	0	MCLEAN	\$835,000	Detached	0.26	22101	MC LEAN WEST
1714 LINWOOD PL	4	3	0	MCLEAN	\$815,000	Detached	0.25	22101	LEWINSVILLE HEIGHTS
1931 ANDERSON RD	5	3	0	FALLS CHURCH	\$814,000	Detached	0.23	22043	PIMMIT HILLS
2023 FREEDOM LN	4	2	1	FALLS CHURCH	\$810,000	Detached	0.21	22043	NANTUCKET
2021 WELFLEET CT	5	3	1	FALLS CHURCH	\$800,000	Detached	0.21	22043	NANTUCKET
6918 CHURCHILL RD	4	3	1	MCLEAN	\$787,000	Detached	0.31	22101	BROYHILL LANGLEY ESTATES
6305 MORI ST	3	3	0	MCLEAN	\$782,500	Detached	0.32	22101	POTOMAC HILLS
7211 DAVIS CT	5	3	0	MCLEAN	\$780,000	Detached	0.50	22101	SUNNY SIDE
6442 SIENNA CT	5	3	0	FALLS CHURCH	\$776,500	Detached	0.34	22043	MARLBOROUGH
1819 RUPERT ST	4	3	1	MCLEAN	\$769,500	Detached	0.24	22101	MARLBORO ESTATES
7919 LEWINSVILLE RD	4	2	1	MCLEAN	\$765,000	Detached	0.37	22102	MC LEAN HAMLET
8220 CRESTWOOD HEIGHTS DR#715	2	2	0	MCLEAN	\$760,000	Hi-Rise 9+ Floors		22102	ONE PARK CREST
7910 SHREVE RD	4	3	0	FALLS CHURCH	\$760,000	Detached	0.69	22043	N/A
1408 MAYFLOWER DR	4	3	0	MCLEAN	\$760,000	Detached	0.25	22101	BROYHILLS MC LEAN ESTS
1601 EVERS DR	6	3	0	MCLEAN	\$756,000	Detached	0.25	22101	MC LEAN WEST
6810 KARLSON ST	4	3	0	MCLEAN	\$755,000	Detached	0.26	22101	LEWINSVILLE HEIGHTS
6608 MULROY ST	3	3	0	MCLEAN	\$750,000	Detached	0.35	22101	KENT GARDENS
6531 IVY HILL DR	3	1	0	MCLEAN	\$750,000	Detached	0.29	22101	CHESTERBROOK GARDENS
6625 HAYCOCK RD	4	2	0	FALLS CHURCH	\$745,000	Detached	0.64	22043	BEACON HILL
6305 HARDY DR	5	3	0	MCLEAN	\$725,000	Detached	0.26	22101	POTOMAC HILLS
2213 GLENHEATHER DR	3	2	0	FALLS CHURCH	\$720,000	Detached	0.25	22043	CHURCHILL
2023 HIGHBORO WAY	3	2	2	FALLS CHURCH	\$683,500	Townhouse	0.04	22043	WESTMORELAND SQUARE
2416 NOTTINGHAM DR	4	2	1	FALLS CHURCH	\$680,000	Detached	0.21	22043	SHREVECREST
1903 WESTMORELAND ST	4	2	0	MCLEAN	\$667,000	Detached	0.28	22101	KENT GARDENS
2025 HIGHBORO WAY	3	3	1	FALLS CHURCH	\$635,000	Townhouse	0.04	22043	WESTMORELAND SQUARE
7021G HAYCOCK RD #807	2	2	1	FALLS CHURCH	\$605,000	Garden 1-4 Floors		22043	GATES OF WESTFALLS
1618 GREAT FALLS ST	3	2	1	MCLEAN	\$582,700	Detached	0.15	22101	HUNTING RIDGE
2110 GLENN SPRING CT	3	2	2	FALLS CHURCH	\$551,000	Townhouse	0.03	22043	MONTIVIDEO SQUARE
7821 ROSWELL DR	4	2	1	FALLS CHURCH	\$551,000	Detached	0.28	22043	KINGWOOD PARK
6810 MONTIVIDEO SQUARE CT	3	2	2	FALLS CHURCH	\$550,000	Townhouse	0.04	22043	MONTIVIDEO SQUARE
1929 STORM DR	3	2	0	FALLS CHURCH	\$509,000	Detached	0.24	22043	PIMMIT HILLS
1911 PIMMIT DR	2	1	0	FALLS CHURCH	\$490,000	Detached	0.32	22043	PIMMIT HILLS
2292 IDYLWOOD STATION LN	3	3	1	FALLS CHURCH	\$490,000	Townhouse	0.03	22043	IDYLWOOD STATION
7023M HAYCOCK RD #713	2	2	0	FALLS CHURCH	\$480,000	Garden 1-4 Floors		22043	GATES OF WESTFALLS
8220 CRESTWOOD HEIGHTS DR#1014	1	1	0	MCLEAN	\$475,000	Hi-Rise 9+ Floors		22102	ONE PARK CREST
7024 METROPOLITAN PL #302	2	2	1	FALLS CHURCH	\$471,900	Garden 1-4 Floors		22043	VILLAGE THE
2757 BLOCKER PL	3	3	1	FALLS CHURCH	\$468,000	Townhouse	0.05	22043	PINEWOOD GREENS
7034D FALLS REACH DR #303	2	2	1	FALLS CHURCH	\$455,000	Garden 1-4 Floors		22043	VILLAGE THE
2038 ARCH DR	3	1	0	FALLS CHURCH	\$452,000	Detached	0.23	22043	PIMMIT HILLS
8340 GREENSBORO DR #1008	2	2	0	MCLEAN	\$451,000	Hi-Rise 9+ Floors		22102	ROTONDA
7024 METROPOLITAN PL #301	2	2	1	FALLS CHURCH	\$448,000	Garden 1-4 Floors		22043	VILLAGE THE
8380 GREENSBORO DR #707	2	2	0	MCLEAN	\$447,500	Hi-Rise 9+ Floors		22102	ROTONDA
1706 OLNEY RD	3	3	0	FALLS CHURCH	\$435,000	Detached	0.46	22043	IRVINGTON
8370 GREENSBORO DR #724	2	2	0	MCLEAN	\$410,000	Hi-Rise 9+ Floors		22102	ROTONDA
7000 FALLS REACH DR #307	2	2	0	FALLS CHURCH	\$375,000	Garden 1-4 Floors		22043	PAVILION THE
7847 ENOLA ST #7847	3	2	0	MCLEAN	\$370,000	Garden 1-4 Floors		22102	MC LEAN HILLS
8380 GREENSBORO DR #823	1	1	0	MCLEAN	\$347,500	Hi-Rise 9+ Floors		22102	ROTONDA
6800 FLEETWOOD RD #417	2	2	0	MCLEAN	\$345,000	Hi-Rise 9+ Floors		22101	MC LEAN HOUSE NORTH
7640 PROVINCIAL DR #202	2	2	0	MCLEAN	\$306,000	Garden 1-4 Floors		22102	THE COLONIES
1571 SPRING GATE DR #6416	1	1	0	MCLEAN	\$290,000	Garden 1-4 Floors		22102	GATES OF MCLEAN
1601 SPRING GATE DR #1112	1	1	0	MCLEAN	\$278,000	Garden 1-4 Floors		22102	GATES OF MCLEAN
7630 PROVINCIAL DR #205	2	1	0	MCLEAN	\$277,000	Garden 1-4 Floors		22102	THE COLONIES

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I Scream



By KENNETH B. LOURIE

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

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

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

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

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

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

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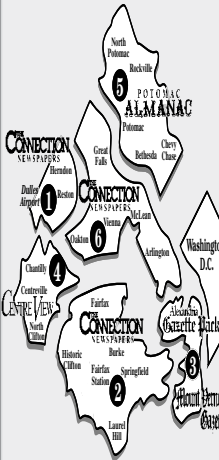
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21 Announcements

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TUESDAY/SEPT. 9
American Red Cross Blood Donation. 8 a.m. - 1:30 p.m. Federal Highway Administration, 6300 Georgetown Pike, McLean. redcross.org or 1-800-RED-CROSS.

MONDAY/SEPT. 15
MCC Governing Board Work Session and Public Hearing on FY 2016 Budget. 7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Open to the public. www.mcleancenter.org or 703-790-0123.

TUESDAY/SEPT. 16
DivorceCare. 7-9 p.m. Vienna Presbyterian Church, 124 Park St, NE, Vienna. If you are experiencing the pain of separation or divorce, Vienna Presbyterian Church invites you to attend Passages, a 15-week program. Admissions: \$20; scholarships available. Call 703-938-9050, visit http://www.viennapres.org/ or email Passages@ViennaPres.org for more info.

THURSDAY/SEPT. 18
Chapter Meeting Vietnam Veterans of America Chapter 227. 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Vienna. Vietnam War veteran, journalist, and author Marc Leepson will discuss latest book, "What So Proudly We Hailed: Francis Scott Key, A Life." Free. Call Len Ignatowski, 703-255-0353 or www.vva227.org.

SATURDAY/SEPT. 27
McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The Mclean District Police Station holds child safety seat inspections once per month.

SATURDAY/OCT. 25
McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The Mclean District Police Station holds child safety seat inspections once per month.

SATURDAY/NOV. 22
McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The Mclean District Police Station holds child safety seat inspections once per month.

ONGOING
Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd, Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

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

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

Virginia Sheriff's Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or http://vasherriffsinstitute.org/scholarship/.

Everest College Free GED Test Preparation. Tysons Corner, Vienna. Free GED test preparation and credential completion program, GED Advantage, open to the public. 1-888-201-6547.

Weekly TIPS Lunch. 12:15-1:30 p.m., at Shula's, 8028 Leesburg Pike, Vienna. Tyson's Regional Chamber of Commerce does lunch. 703-862-4895.

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Senior Living

SEPTEMBER 2014

McLean
CONNECTION

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 bedrooms and want to re-

main 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



COURTESY PHOTO
Jim Lindsay



COURTESY PHOTO
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SEE 50-PLUS PAGE 7

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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.

Tips for Right-sizing the Next Phase

FROM PAGE 3

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

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

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

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

When designing a new, smaller space,

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

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

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

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

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

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

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

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

said Greenwood.

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



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

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

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



PHOTOS COURTESY OF ALEXANDRIA AT HOME

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



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

Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL
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

Senior Living

Planning for 50-Plus

FROM PAGE 2

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

"This gives them a mechanism to age in place and keep up with the burdens," said Herryty.

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

THE COMMISSION ON AGING will regularly — either quarterly or annually — fill out a scorecard of sorts for each of the initiatives and report back to the board.

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

Prohaska said the county has some work to do. "They're definitely not dead last," said Prohaska, referring to Fairfax County's aging-friendliness compared with the rest of the country, "but definitely not up in front. This is a serious effort they're doing here. If it all comes into place, it will definitely be an improvement in the quality of life."

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

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

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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



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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.