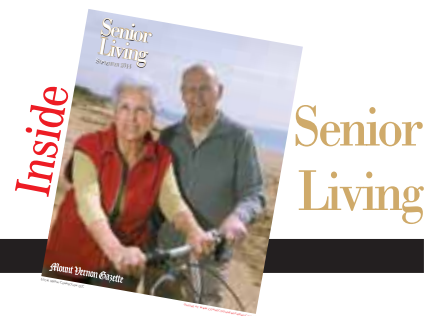


Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

SEPTEMBER 4, 2014



Sherry Mull, one of Virginia's Most Outstanding Crossing Guards of 2013, according to VDOT's Virginia Safe Routes to School Program, was at her post, helping students and parents get safely across the street.

First Day of School



Stacey Brooks, an instructional assistant, enjoys welcoming the students and parents back to school.

The Johnson family walks together on the first day of the new school year.



Stratford Landing Elementary School mascot Bubbles welcomes students on the first day of school, Tuesday, Sept. 2.

PHOTOS BY
RENÉE RUGGLES
THE GAZETTE

\$12 Million Suit Against Police

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

BY TIM PETERSON
THE CONNECTION

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

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

"There's not going to be a settlement until we find out the answers. Period," said Lieberman. "We want to know the justification of the shooting. One way or the other."

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

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

"It's not going to end the suffer-

ing," said Lieberman, "that's forever. It's at least moving in the right direction to say there's at least some form of justice occurring."

The complaint specifically targets two Fairfax County police officers, and their supervising officer and Chief Edwin Roessler Jr. It contains eight counts of wrongful death, gross negligence and failure to return personal property taken from John Geer's home.

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

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

"They responded with a SWAT team, a helicopter, an armored vehicle and other resources that were just totally outrageous for a call such as this," said

Nicholas Beltrante, executive director and founder of the Virginia Citizens Coalition for Police Accountability (CCPA).

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

"HE WAS A SOCIABLE GUY," said Jerry Santos, a friend of Geer's. "Relaxed. Charismatic. He

SEE \$12 MILLION. PAGE 5

"There's not going to be a settlement until we find out the answers. Period."

— Michael Lieberman, attorney for the Geer family

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Ribbon-Cutting for Jeff Todd Memorial Field at MVHS

The green of the new turf field at Mount Vernon High School sparked in the late afternoon sunlight as the stadium filled up for the official ribbon-cutting and start of the 2014 football season. On Thursday evening, Aug. 28, the family of Jeff Todd was joined by state, county and school officials, friends and a booster club supporters for the long-awaited event. The official ceremony was followed by the 2014 season opener between Mount Vernon Majors and the Edison Eagles varsity football teams.

PHOTOS BY LOUISE KRAFFT/
THE GAZETTE



Becky Todd, Mount Vernon principal Nardos King and Michael Gailliot, Mount Vernon District Supervisor Gerry Hyland, FCPS board members Dan Storck, Ilryong Moon and Ryan McElveen, FCPS executive principal for Region 3 Grace Taylor, Del. Scott Surovell, members and friends of the Jeff Todd family gather at the official ceremony last week.



FCPS board member Ryan McElveen and newly appointed executive principal for Region 3 Grace Taylor. Region 3 includes the Edison, Lee, Hayfield, Mount Vernon, and West Potomac pyramids.



The entrance of the Jeff Todd Memorial Field in the Melvin B. Landes Stadium at Mount Vernon High School.



Mount Vernon Head football coach Barry Wells greets Becky Todd and her family before the ceremony at the Jeff Todd Field.

New Year, Same Challenges

BY TIM PETERSON
THE GAZETTE

The first day of school may represent a fresh start for students, parents and teachers, but there are a number of ongoing challenges facing schools in Mount Vernon. For School Board member Dan Storck, the new school year is a reminder that these haven't gone away.

One of the major issues Storck continues to see is the percentage of students in the Mount Vernon district that are "needy, financially and academically," he said. "Those families are riskier families, to make sure kids are ready for school to start with."

For the 2014-2015 school year, the U.S. Department of Agriculture recognizes families with annual incomes at 185 percent of the poverty level as economically disadvantaged and eligible for free or reduced breakfast and lunch at school.

According to Storck approximately 28 percent of the population across Fairfax

County falls into this category. In Mount Vernon, that number rises to about 36 percent. And that has a significant impact on schools, top to bottom.

"If we don't ensure and help and assist the academically less stable kids," said Storck, "that has an effect on all the kids. We need additional resources to help these kids be successful. In general, we spend approximately 50 percent more resources on students who speak other languages, or are economically disadvantaged."

This problem has been compounded by the changes taking place in the Virginia Standards of Learning (SOL) exams over the past several years. As the tests have become more mastery learning expectation-based rather than core comprehension minimums, Storck said they've seen more and more students not passing.



COURTESY PHOTO

School board member Dan Storck is enthusiastic about the benefits of full-day Mondays — both in and out of the classroom.

Local school leaders address obstacles.

Part of that outcome is teachers needing to adapt and change curriculums and principals addressing any development support their teachers might need.

But findings from a study recently released by Longwood University economics professor David Lehr strongly correlate ethnicity and family income across 1,100 Virginia elementary schools with success levels on the SOL tests.

Storck said one of the biggest changes this year he's optimistic will improve the situation is the end of early Mondays.

"By eliminating early Monday closing this year, we provide kids with 75 more hours of instruction a year, out of almost 1,000 a year," he said. That goes a long way to make up for the additional required resources he mentioned earlier. "We know especially the neediest will benefit most."

He's also enthusiastic that having the extra time in the schedule will make sure each student gets a full recess every day. It's those times, Storck said, where students can learn central life skills that can't be taught in the classroom.

"You learn how to cooperate, support each other," he said. "When somebody pushes you down, you get back up. You learn a lot of that by free play — how to deal with that without an adult standing right there."

At Mount Vernon High School, nine-year veteran principal Nardos King saw immediate effects from the changing SOL tests, especially in math. "In the 2011-2012 school year," she said, "scores dropped from 85 to 53 percent. SOLs don't always reflect the progress in the classroom, but it is a gauging point for us. We had to build those skills back up."

Immediately King brought in an instructional math coach to help teachers gather and assess data, and figure out

SEE SCHOOL LEADERS, PAGE 4

Local School Leaders Address Challenges

FROM PAGE 3

where to refocus. The results have been so encouraging — last year's scores improved by 11 percent — that King now has an instructional coach advising teachers in all four core subject areas. "Being able to provide my teachers a resource, assist them, is something I can do, and I'm able to pull the staffing to do," she said.

STORCK'S CONTINUING concerns and hopes aren't limited to the disadvantaged population. Also on his radar are high school start times — he thinks they're too early — a trend of flat county school budgets over the last half decade, below average compensation for teachers compared with neighboring areas, improving the health of school lunches and overcrowding.

This fall a series of town meetings throughout Mount Vernon and Lee District will provide a forum for community members to have a dialogue on how to address



COURTESY PHOTO

West Potomac High School principal Alex Case didn't build any new trailers on the first day of school, but overcrowding continues to be a challenge.

overcrowding issues.

West Potomac High School fits right into that category. According to second-year principal Alex Case, last year's student body of 2,300 ballooned to 2,481 including new registrations on the first day of school. There are already 10 trailer classrooms set up behind the school.

Beyond the physical space constraints, Case said the overcrowding also stretches the school's resources to "make every kid successful. It was a weakness last year," he said, emphasizing graduation, attendance and family support. "Sometimes we don't have all of our ducks in a row in terms of catching every kid."

As part of their 2014-2015 school year motto "World's Greatest High School," Case plans to implement an on-time graduation program, as well as encourage more students to take one or more of the 27 Advanced Placement courses on offer.

"It's a mentality, a reality of the school," said Case. "Are we being the world's greatest versions of ourselves as teachers, students, parents? What you say, act, believe is what comes out. It becomes your values."



PHOTO COURTESY OF NARDOS KING

Mount Vernon High School principal Nardos King tests out the school's new turf field, dedicated last week in honor of community leader Jeff Todd.

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M&T HOME BUILDERS

\$12 Million Suit Against Police

FROM PAGE 1
was just confident — never saw him upset, angry.” The two shared an affection for fishing, going out for deep sea like tuna and mahi mahi together numerous times.

A longtime photojournalist and broadcast news editor, Santos said, “I’ve spent a lot of time, in a lot of situations where I have to deal with the cops. This has absolutely warped my perspective when it comes to the way America does policing.

“There’s nothing worse,” he continued, “than when the state kills a citizen and there’s no appropriate process of justice that takes place.”

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

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

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

“They have all been stonewalling,” said Beltrante. “It’s just outrageous.”

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

Lieberman similarly filed repeated requests for information from both the police and the U.S. attorney’s office. The most recent was three weeks ago. Before hearing back, the shooting in Ferguson, Mo., took place.

“You have the governor of Missouri saying six days is too much to wait to disclose this information to the victim’s family and the public,” Lieberman said. “And here’s my client and family saying ‘Why are the standards different in Missouri than they are in Virginia?’”

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

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



John Geer, standing in his doorway, minutes before he was shot by a Fairfax County Police officer.

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

Now, more than a year after the death of Geer, a 46-year-old father of two daughters, the unnamed officer involved is still on desk duty and a federal criminal investigation has had all local parties “in a holding pattern,” according to Roessler.

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

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

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

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

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

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

“Their silence is absolutely deafening,” said Santos.

PHOTO COURTESY OF MICHAEL LIEBERMAN



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Fairfax County Fire Chief Richard Bowers carries two more filled backpacks to the graded tables for final distribution.



Retired Fairfax County Fire Chief Ron Mastin volunteers to help fill backpacks with supplies.

Firefighters Collect, Distribute 3,000 Backpacks

The annual Fairfax County Firefighters Back To School drive reached new heights on Thursday, Aug. 28. This year more than 3,000 backpacks were collected and filled with supplies for returning students in Fairfax County and the City of Alexandria. The annual drive distributed the packs on Thursday morning at the Fire and Rescue Station 11, Penn Daw. Department personnel, the Progressive Firefighters of Fairfax County, Local 2068, Apple Federal Credit Union, Social Work Services-FCPS, and the Office of Private Public Partnerships had been collecting backpacks and school supplies for several weeks and distributed them to school children in Fairfax County and the Washington Metropolitan area. Donations and support came from area businesses including Nationwide



Fairfax County Mount Vernon District Supervisor Gerry Hyland.

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Alexandria Fire Chief Robert Dube congratulates all of the volunteers for their help in the backpack drive.

field, Integrity Applications Incorporated Foundation, Fairfax County Federation of Teachers,



Fairfax County Fire Chief Richard Bowers congratulates Captain Willie Bailey.

and the Rotary Club of Tysons Corner. This year's backpack total was an increase of 600 from last year.



Fairfax County Springfield District Supervisor Pat Herrity.

PHOTOS BY
LOUISE KRAFFT
THE GAZETTE

Captain Willie Bailey thanks Primo Restaurant owner Jimmy Primo. Primo donated 20-plus pizzas for lunch to feed the volunteers.



Captain Willie Bailey poses for a photo with volunteers from the CLIPUS Foundation: Virginia Zhang, Catarina Conran, Jessica Lee, Victor Wang and founder Katherine Jiang.

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Reflections on Back to School

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

COMMENTARY

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

I attended the annual meeting of the National Conference of State Legislators (NCSL) recently where Sir Kenneth Robinson, noted author and speaker, spoke about the need for revolution — not reform — in public educa-

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

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

veloping 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

Speculative Arguments

To the Editor:

I am reluctant to respond to John Glaser's comments regarding my letter to the Gazette editor on protecting our constitutional right of freedom of religion and speech (Amend. I) and unreasonable search and seizure (Amend. IV). The reason is that he expresses opinions based on speculation. For example, according to news reports, IRS wants to establish speech code for churches. John Glaser states that churches shouldn't endorse candidates. Unless John Glaser has access to what IRS plans to do specifically he is speculating that IRS is concerned only about separation of church and state.

Also, based on IRS's recent targeting of organizations that disagree politically with the Administration, indicates that developing speech code for churches goes beyond the broad brush speculative statement about concern for separation of church and state.

Further, I saw on a TV news program on Aug. 31 that a church pastor is leading to put together a coalition of thousands of churches across the U.S. to protest what IRS is doing to limit free speech guaranteed by the U.S. Constitution. IRS wants to limit what churches can say about social issues.

The pastor cited, as an example, that churches can't talk about mar-

riage as between one man and one woman. The official protest takes place on Oct. 5. The pastor and the coalition plan court action, if necessary.

John Glaser also believes that it is OK to monitor your phone and email records because in the event you're detected speaking to possible terrorists, NSA can look at your records.

Again, unless John Glaser has access to NSA's internal plans and procedures his comments are pure speculation. The U.S. Constitution Amendment IV requires a court order showing probable cause before any records can be gathered to look at.

Otherwise, the unreasonable search and seizure is prohibited by the U.S. Constitution.

I will not respond anymore to John Glaser's comments on any letter to the editor I write and maybe published unless John Glaser (1) cites the legal or regulatory sources for his comments and cites the specific provision that supports his contentions instead of using assumptions and speculations to make his points or (2) his comments mislead the readers. Facts speak louder than words, assumptions and speculation. Without freedoms we have nothing so they must be protected at all times against government overreach and tyranny.

Frank Medico
Mount Vernon

Support PACK

To the Editor:

Westgrove PACK, LLC (PACK) is the sole sponsoring organization for the off-leash dog area (OLDA) at Westgrove Park. PACK's website is at www.westgrovepack.com. PACK recently achieved 501(c)(3) status with the IRS and, as such, contributions to PACK are now tax deductible.

The OLDA has a turf surface, a rarity in Fairfax County OLDAs. Other OLDAs, for example, the one at Grist Mill Park, employ a stone dust surface which while requiring less maintenance can be uncomfortable for a dog's paws. The founders and leaders of PACK are making all best efforts to maintain the Westgrove Park OLDA as a turf OLDA. In keeping with this goal, within the next week, at least the major portion of the OLDA area will be closed so that PACK's licensed agronomist can seed the OLDA with a hearty grass seed to fortify the surface for the winter months and onward.

There are only so many amenities an OLDA can have. To PACK, first and foremost is a turf surface. Other possible amenities are water supply, shade trees, shrubs, tables and benches, kiosks, bulletin boards, and a lock-box enabling supporters to donate contributions in a secure manner. Another possibility is a memorial walkway made of bricks engraved

with the names of live or deceased dogs placed through contributions by Park supporters. All of these amenities require monetary expenditures. As such, I encourage those who use the OLDA and even those who just support the existence of the OLDA for the benefit of numerous local residents, to visit PACK's website and follow the instructions there to make generous tax deductible contributions to PACK.

Recently, PACK's website has been upgraded to provide a comment page and to provide information concerning PACK leaders. PACK encourages interested persons to visit their website and provide any desired comments.

As PACK's lawyer, I am appreciative of the support of Supervisor Gerry Hyland for the OLDA which benefits many of his constituents and appreciate the cooperative relationship between PACK and officials and employees of the Fairfax County Park Authority without which the OLDA could not have been established and could not endure.

PACK intends to schedule a meeting for all interested persons at the end of September so that they can be updated on all pertinent issues. I encourage all interested persons to visit PACK's website to obtain information concerning the meeting and to attend.

H. Jay Spiegel
Mount Vernon

Mount Vernon Gazette

www.MountVernonGazette.com

@MtVernonGazette

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NEWS



OTAC Welcomes New Members

Welcoming new members are Old Town Alexandria Connections co-chairs Phillip Greene of KFA Private Wealth Group (at far left) and Juli Monroe of 1 to 1 Discovery (far right). The new members (from left) are: Christine Lucas of United Community Ministries; Stuart Howard of Ware & Associates/LegalShield, and Lauren Scott of Paychex. OTAC is a business and networking resource for businesses providing services or products in the Alexandria region. Its luncheon meetings are held at Belle Haven Country Club on the second and fourth Wednesdays, from noon to 1:30 p.m. See www.otacnetworking.com.

BULLETIN BOARD

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

BLOOD DONATION

The American Red Cross encourages eligible donors to help ensure a stable and diverse blood supply by giving blood in honor of National Sickle Cell Awareness Month this September. Call 1-800-RED CROSS

(1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of

SEE BULLETIN BOARD, PAGE 18



★ **Mount Vernon Antique Center** ★

8101 Richmond Hwy., Alexandria
703-619-5100
www.mtvantiques.com

Discover the secret source of many collectors, dealers, decorators and shoppers with "good eyes" and great taste. Large selection of mid-century Danish furniture and teak outdoor furniture!

Follow us on Facebook & Twitter

Calling All Crafters and Flea Market Sellers



Messiah Lutheran Church is having a Flea Market and Craft Sale as part of its Fall Festival on September 27, 2014. 10 x 10 booths are only \$20. Messiah is located at the corner of Fort Hunt and Belle View.

The festival will be advertised heavily. To sign up and get more information, go to Festival.MessiahELCA.org

Messiah Lutheran Church

6510 Fort Hunt Road, Alexandria, VA 22307 • 703-765-5003

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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3810 Westgate Dr
\$689,900
Westgate Stunner!

Remarkably attractive price for totally updated spacious Colonial in wonderful Westgate, one of area's premier communities. Fabulous features include: open floor plan, sun room, amazing custom kitchen, 4 BRs, 3.5 updated baths, 4FP, finished lower level and side load two car garage. Magnificent grounds with patio and large level open spaces. Impossible to duplicate this incredible property at even close to this price! **OPEN SUN 9/7, 1-4! GW Pky S, past Estate; L -Old Mt Vernon Rd; R-Westgate.**



9000 Beatty Dr
\$775,000
Classic Colonial-Just off Parkway!

Just minutes from Old Town, this fabulous classic Colonial is in premier setting on gorgeous 1/2 acre corner lot just steps from River, bike path, & all the Parkway amenities. Features include open floor plan, sunroom, expanded kitchen with dramatic informal dining area, hardwood floors, 4 bedrooms, 3.5 baths, thermal windows, finished lower level, oversize, side load 2 car garage. Best price for large home in this prime location! **OPEN SUN 9/7, 1-4! GW Pky S; R-River Farm Rd; R-Beatty Dr.**



4416 Tarpon Ln
\$569,000

Contemporary Rambler-Waterfront Community!
Walk to Yacht Club from this fabulous home. Glass window walls make for exceptionally bright, airy atmosphere & capture natural beauty of grounds. Spacious home with numerous special features include: bright, open floorplan, large glass walled great room with fireplace, bedrooms on main level, hardwood floors, 3 updated baths, finished walk-out lower level with fireplace & large windows. Gorgeous setting on 1/2 acre lot near river! **OPEN SUN 9/7, 1-4! GW Pky S, past Estate; L-Ferry Landing Rd; L-Tarpon Ln.**



8647 Gateshead Rd
\$564,900

Spacious Updated Home—Bargain Price!
Classic 3 level 4BR Colonial substantially updated, in pristine condition. Prime location on gorgeous level lot in the heart of Mt. Vernon. Features include open floor plan, updated kitchen, with custom cabinets, granite, gas cooktop, updated baths, thermal windows, hardwood floors & garage. Exceptionally attractive price for home of this size and condition! Owner paid \$650,000 for this property! His loss can be your gain. **OPEN SUN 9/7, 1-4! GW Pky S, past Estate; R-Old Mill; R-Gateshead Rd.**

NEW CLASSES STARTING!

There is NO BETTER TIME to get your Real Estate License than RIGHT NOW!

The 60 hour evening and Saturday Principles' Classes will begin September 13th in our Alexandria / Old Town Office for only \$199 including books.

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Bill Jourdan
Branch Manager
703-472-3558 cell

Steve Kindrick
Instructor
703-683-0400 ofc

***Classes begin on Saturday, September 13th and end on Saturday, October 11th. They will be held on Tuesday and Thursday evenings from 6:00pm - 9:30pm and on Saturdays, 9:00am - 5:00pm during the day.



Cindy Nelson 703.965.7562
ALEXANDRIA \$339,900

Largest unit (corner) in building offering 3BR/2BA. Rarely available 2 garage spaces. Updated kitchen with SSA, Silestone, double oven/convection, wine chiller, full-size W/D. Large balcony. Bus stop at front door - Shuttle to Pentagon Metro M - F.



Catherine Foltz 703.626.6914
ALEXANDRIA \$995,000 OPEN SUNDAY 1-4

Beautiful classic center hall Colonial in the Mason Hill neighborhood on cul-de-sac - 4BR/3.5BA - 2 car garage - level backyard - 5th bedroom or mother-in-law suite or family room - study - PLUS very large game room addition and much more!



Mary Bourke 703.906.5825
FALLS CHURCH \$949,000 OPEN SUNDAY 1-4

Traditional Colonial featuring 4BR plus bonus room, 3.5BA and 2-car garage. 9' ft ceilings on first floor and cathedral ceiling in foyer. Main level bedroom. Handicapped accessible bath. Large eat-in kitchen and much more.



Pat Tierney & Mary Taylor 703.850.5630 or 785.5619
ALEXANDRIA / Skyline Village \$569,000

Move-in ready 4-level townhouse - recently renovated kitchen with granite, breakfast island, formal living/dining rooms; LL rec room with gas fireplace. Hardwoods, fresh paint thru-out, new backyard patio. Garage parking. Convenient location.



Melissa Rosario 919.518.7288
ALEXANDRIA \$555,000 OPEN SEPT 6 & 7, 1-4

4601 MANOR DR Large traditional brick home on beautiful corner lot with many builder upgrades. Granite kitchen, extra cabinets, double master suites, 2-car garage, hardwoods on LL. Interior freshly painted and move-in ready. EZ access to Ft. Belvoir and Metro bus lines.



Peggy Baldwin 703.772.5236
ARLINGTON \$372,500 OPEN SUNDAY 1-4

4638 31st RD Great Value! Immaculate condo with large living room, separate dining room, spacious family room, and den/2nd BR. Deck, W/D, hardwoods, new carpeting, fresh paint. 2007 New HVAC and windows. Tot lot, pools, tennis. Close to Mark Ctr., Pentagon.



Mary Taylor 703.785.5619
ALEXANDRIA \$685,000

Upscale boutique condo with over 1,750 sq ft. 3BR, gourmet kitchen, renovated baths, 9' ft ceilings, plantation shutters, hardwoods and closets galore. Amazing rooftop deck with great views. Garage parking for 2 cars. One light to DC, bus to Metro, shops and more!



Susan Haughton 703.470.4545 & Mindy Brubaker 571.242.9913
ALEXANDRIA \$539,000 OPEN SUNDAY 1-4

6019 GOOD LION CT New price for this single family contemporary floor plan home with soaring ceilings, 2-car garage, fenced outdoor space and large deck. Granite tile countertops, custom backsplash, built-in wine cooler, and soaking tub. www.novapropertyshop.com



Deborah Alea 703.447.1315
ALEXANDRIA \$355,000 OPEN SUNDAY 1-4

108 ROBERTS LN #201 Immaculate recently renovated condo near King St Metro and Old Town Alexandria. Kitchen with granite, subway tile, table space, opens to balcony with treed views. High ceilings living/dining rooms. 2BR/2BA. Reserved parking, tennis, pool & more!



Pia Taylor 301.661.9974
ALEXANDRIA \$639,000 OPEN SUNDAY 1-4

4119 ROBERTSON BLVD Conveniently located center hall Colonial with 3 finished levels and oversized 2-car garage just minutes from Ft. Belvoir/Old Town DC. Designed for entertaining, gourmet kitchen, family room, formal living/dining rooms, LL rec room. 4BR/2.5BA.



Randy Bender 703.906.1749
ALEX. / Mt Vernon \$939,900 OPEN SUNDAY 1-4

8105 YORKTOWN DR Three finished levels, 5BR/4.5BA, 2 year old beautiful home with professional landscaping, fenced rear yard with deck and patio. Hardwood floors main level, granite countertops thru-out, high ceilings, upgraded fixtures and more!



Catherine Parker 703.627.5688
ALEXANDRIA \$294,000 www.6602ThackwellWay-B.com

Immaculate original owner is top notch. Nothing left to do. It has a bright sunny exposure and beautiful patio. Heated master BA floor under Travertine tile, new HVAC & HW tank in '12 and all appliances have been replaced + double pane windows. And a storage unit.

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ENTERTAINMENT

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

ONGOING

“Fire.” Through Sept. 7. 10 a.m.-5 p.m. at Studio 18 of the Torpedo Factory Art Center at 105 North Union St. The artists’ imagination is “fired” by heat, flames, burning, passion, fiery tempers, anger, explosive situations, camp fires, BBQs, and fireflies to name just a few possible interpretations. Free. Call 703-838-4565 or visit www.torpedofactory.org.

Art Exhibit. Through Sept. 8, 6:30-8 p.m.; Monday-Saturday, 10 a.m.-6 p.m.; Sunday, noon-6 p.m. at the Torpedo Factory, 105 N. Union St. An art exhibit titled, “Scapes and Structures.” Free. Visit www.theartleague.org for more.

Doggy Happy Hours. 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Thursdays during the summer. Free, drinks sold separately. Treats and water for dogs, with pet boutique and service vendors. Portions of proceeds benefit People. Animals. Love. Visit www.Monaco-Alexandria.com/alexandria-hotel/doggy-happy-hour.html.

Port City Playhouse’s 37th Season. Port City Playhouse, 1819 N. Quaker Lane. Port City Playhouse will begin its 2014-15 season of outstanding plays with the premiere of Black Hole by Jean Koppen. Performances are Friday-Saturday, Sept. 12-13, 19-20 and 26-27, and Tuesday, Sept. 23, at 8 p.m., with matinees on Saturday, Sept. 20 and 27, at 2 p.m. General admission tickets are \$18 for adults, \$16 for seniors, military and students, and \$14 for groups of ten or more. Visit portcityplayhouse.org for more information.

Art Exhibit. Through Sept. 21 at The Athenaeum, 201 Prince Street. “Influence and Inspiration: The Art League Faculty Celebrates 60 Years.” Exhibit showcases Washington Color School Artists to present League faculty. Reception Sunday, Sept. 7 from 4-6 p.m. Exhibit open Thursdays and Fridays noon-4 p.m., Saturdays 1-4 p.m., Sundays noon-4 p.m., and closed Mondays-Wednesdays. Visit www.theartleague.org/content/influence_inspiration or call 703-683-1780 for more.

Saving Mount Vernon. Saturdays and Sundays through Oct. 26. 3:30 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. Visit the rarely seen basement and wander the historic area to learn the heroics of the estates caretakers. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

Through My Eyes. Saturdays and Sundays through Oct. 26. 1:30 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. Join people from Washington’s world as they go about their daily activities, making several stops along the way. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

National Treasure Tour. Through Oct. 31. 1-3 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A tour dedicated to the behind the scenes filming of “National Treasure 2: Book of Secrets.” \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

New Exhibit. Mount Vernon invites visitors to explore George

Washington’s design for the grounds of his estate, through a new exhibition, “Gardens & Groves: George Washington’s Landscape” at Mount Vernon through Jan. 12, 2016. Gardens & Groves is the first museum exhibition to focus specifically on Washington’s landmark achievements as a landscape designer combining rarely-seen original documents, artwork, and books with period garden tools, landscape photography, and a scale model of the Mount Vernon estate. Included in admission \$18/adult; \$17/senior citizen; \$9/child age 6-11; children under 5 are free. Visit www.mountvernon.org for more.

Alexandria Cars & Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina’s, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

Songwriter’s Showcase. Every Tuesday at 8 p.m. at The Old Town Theater, 815 1/2 King St. Features a different Songwriter’s Association of Washington artist each week. Visit www.theoldtowntheater.com for tickets.

George Washington’s Mount Vernon has joined Thomas Jefferson’s Monticello and James Madison’s Montpelier to expand the “Presidents Passport,” Virginia’s premier presidential trail. As an added bonus to this year’s program, visitors to the Alexandria Visitors Center at 221 King St. showing or purchasing a ticket to any of the three presidential estates will, upon request, receive for free Alexandria’s “Key to the City” pass, which grants access into nine historic sites and museums in Alexandria - a \$26 added value. Visit www.PresPassport.Monticello.org for more.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m. to 5 p.m., Sundays noon to 5 p.m. Fort Ward Museum 4301 West Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-4848.

Dinner for the Washingtons. Noon at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

Second Thursday Music. Athenaeum, 201 Prince St. 7 pm. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

CAMPS, CLASSES & WORKSHOPS

Art Classes. Fall registration has begun at Art at the Center, 2804 Sherwood Hall Lane. Register by Friday, Aug. 29 to take advantage of the early bird discount. Art at the Center is located at 2804 Sherwood Hall Lane. Call 703-201-1250 or visit www.artatthecenter.org class listings and registration information.

Creating and Portraying a Living History Character. This four-part workshop taught by an experienced first-person interpreter will demonstrate how to research and develop a first-person character, select appropriate period clothes, offer practice sessions in character, and provide an opportunity (and goal) to step out onto the “stage” during Gadsby’s Tavern Museum’s 2014 Candlelight Tour Program. Meant for beginners, participation in



Dedication Ceremony

The Contrabands and Freedmen Cemetery Memorial along Church Street, just west of the intersection with South Washington St. will be dedicated with a weekend of activities. The City has created a new webpage for the event on the homepage of the Office of Historic Alexandria, at www.historicalexandria.org. Visit for additional activities surrounding the dedication.

all four classes is recommended. Classes are held at Gadsby’s Tavern Museum, 134 N. Royal Street 2-4 p.m. on Sundays, Sept. 7, Oct. 5, Nov. 2, and Dec. 7. Cost is \$40 for the series, \$12 per class as space allows; tickets must be purchased in advance either through the online shop at <http://shop.alexandriava.gov> or by calling 703-746-4242. Visit www.gadsbystavern.org for more.

Metropolitan School of the Arts Classes. 5775 Barclay Drive, Suite 4. The Metropolitan School of the Arts will begin classes on Monday, Sept. 8. The studios offer beginner and advanced instruction in a variety of different dance forms, including tap, jazz, ballet, Pointe, Irish dance, contemporary, acting, combination classes, hip-hop or theatre as well as piano and guitar lessons. Registration is available online at www.metropolitanarts.org.

The Artist’s Way: a Spiritual Path to Higher Creativity. A 12-week course in discovering and recovering one’s creative self. Wednesday, Sept. 10, 7 p.m. informational meeting, then small groups will be formed and continue every Wednesday, Sept. 17 through Dec. 10. Using the principles, practices, and guidelines from the book, “The Artist’s Way: A Spiritual Path to Higher Creativity,” by Julia Cameron, anyone who is interested will explore their own contemplative creativity as individuals in one or more small-group settings, depending on numbers. Free and open to the

public. Christ Church, 118 N. Washington St. Call 703-549-1450, visit www.historicchristchurch.org or email parishlife@ccalex.org.

Photography Workshop. 10:30 a.m.-noon at Multiple Exposures Gallery on 105 N. Union St. Photographers and enthusiasts of all skill levels are invited to share work, ideas, and questions at this free workshop held on the last Sunday of each month, except December. No reservations. Call 703-683-2205.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Just drop-in for the session and bring your supplies to draw or paint our live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit www.TheDelRayArtisans.org for a schedule.

MONDAY/AUG. 25-FRIDAY/NOV. 21

Young at Art. Opening Reception, Aug. 27. 5:30-7:30 p.m. at Durant Arts Center, 1605 Cameron St. An exhibit for artists who are 55 or older. Free. Call 703-836-4414 or 703-824-1345 for more.

TUESDAY/SEPT. 2-SUNDAY/OCT. 12

Photography Exhibit. Opening Reception on Sunday, Sept. 7, 2-4 p.m. Gallery Hours 11 a.m.-5 p.m. daily and 2-9 p.m. on Thursdays at Multiple Exposures Gallery, Torpedo

Factory Art Center #312, 105 N. Union St. E.E. McCollum will be showing images from his “Shadow Series” and Danny Conant will be showing “French Impressions.” Visit www.dannyconant.com or www.eemccollum.com for more.

THURSDAY/SEPT. 4

Live Music. 6-9 p.m. Mount Vernon Inn restaurant, 3200 Mount Vernon Memorial Highway. The Kevin Kline Band performs covers of many familiar Billy Joel, Elton John and Bruce Hornsby tunes. Free. Visit www.mountvernon.org/Inn for more.

History Presentation. 7:30-8:30 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive. British naval historian Andrew Lambert presents “When John Bull Came to Town: Alexandria in the War of 1812.” \$10 per person. Seating is limited. Purchase tickets at shop.alexandriava.gov or call 703-746-4242 for more.

THURSDAY-SATURDAY/SEPT. 4-27

Banned Books Exchange. At the Athenaeum, 201 Prince St. Drop off a book that has been banned or challenged. Let’s keep banned books circulating — it’s a great way to fight censorship. Take a book — read what they don’t want you to read. Not sure what books have been banned? Visit www.ala.org/bbooks/bannedbooksweek. free and open to the public. Call 703-548-0035 or visit www.nvfaa.org.

FRIDAY/SEPT. 5

Volunteers Wanted for Memorial Vigil. 8-9 p.m. at the Lee Center, 1108 Jefferson St. Friends of Alexandria Archaeology (FOAA) is organizing volunteers to assist with the City of Alexandria’s Freedmen’s Cemetery Memorial vigil. The event, which is free and open to the public, will begin at the Lee Center. Participants, carrying battery-operated candles, will walk together five blocks to the Freedmen’s Cemetery for a short ceremony. Preceding the vigil is a musical performance of “The Journey to be Free: Descendants Returning to Alexandria” at the Lee Center from 7-8 p.m.. This event is also free and open to the public. Visit www.foaa.info for more.

FRIDAY-SUNDAY/SEPT. 5-OCT. 5

Electronic Athletics. 10 a.m.-5 p.m. Opening reception is Sept. 6, 4-6 p.m. Schlesinger Center, Margaret W. & Joseph L. Fisher Gallery, 4915 East Campus Lane. Exhibit of artwork by Eric Celarier and Glen Kessler. Free. Visit <http://www.nvcc.edu/schlesingercenter/calendar.html> for more.

Live Music. 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Euge Groove performs live. \$39.50. Visit www.birchmere.com or www.eugegroove.com.

SATURDAY/SEPT. 6

Sculpture Workshop. 9 a.m.-1 p.m. Del Ray Artisans, 2704 Mount Ave. Artist Laura Hummel teaches a mixed-media sculpture workshop about how to repurpose new or vintage metals and more. \$55-\$65. Visit www.thedelrayartisans.org/birdworkshop for more.

Dedication Ceremony. 10 a.m. at the Contrabands and Freedmen Cemetery Memorial along Church Street, just west of the intersection with South Washington St. The City has created a new webpage for the event on the homepage of the Office of Historic Alexandria, at

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

www.historicaalexandria.org. Visit for additional activities surrounding the dedication.

All the President's Pups. 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Bring dogs to explore the Estate and learn about canine life at Mount Vernon. \$5 for dogs, in addition to estate admission for humans. Visit www.mountvernon.org/ for more.

Dance. Lessons at 6:30 p.m., dance at 7-9:30 p.m. at Lincolia Senior Center, 4710 N. Chambliss St., Alexandria. Country-Western themed dance with music provided by a DJ. Smoke and alcohol free. Bring your own refreshments. NVCWDA members, \$10; non-members, \$12; children under 18 with a paying adult, \$5. Visit www.nvcwda.org or call 703-860-4941 for more.

SUNDAY/SEPT. 7

Lyceum Summer Chamber Series. 3 p.m. The Lyceum, 201 S. Washington St. Pianist Haskell Small performs. Free, donations accepted at the door. Visit www.wmpamusic.org or call 703-799-8229 for more.

Live Music. 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. Asleep at the Wheel. \$35. Visit www.asleepatthewheel.com or www.Birchmere.com for more.

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.

TUESDAY-WEDNESDAY/SER 9-10

Live Music. 7:30 p.m. at the Birchmere, 3071 Mount Vernon Ave. Chris Isaak performs. \$89.50. visit www.chrisisaak.com or www.Birchmere.com for more.

WEDNESDAY-SUNDAY/SEPT. 3-7

Chance to Win a Car. 6-11 p.m. Register at Topgolf Alexandria and hit a hole in one in the Chrysler challenge lane, to be entered into a drawing for a chance to win an all new redesigned 2015 Chrysler 200 sedan in the fall. Visit topgolf.com/us/alexandria/ for more.

SEPT. 9-OCT. 14

Art Gallery. 10 a.m.-5 p.m. at Studio 18 of the Torpedo Factory, 105 N Union St. In "Architectural Interpretation," artists create fiber art inspired by architecture. Free. Visit www.Potomacfiberartsgallery.com for more.

WEDNESDAY/SEPT. 10

Cute Animals. 7 p.m. at Charles Beatley Central Library, 5005 Duke St. A performance project with dogs and owners. At the dog park, most people know the names of the dogs, but not the name of the owner. Participate along with a casual community of animal lovers and spark a connection with those who share this common interest. Free. Email janefranklindance@gmail.com for more.

Dyke Marsh Presentation. 7:30 p.m. at Huntley Meadows Park Visitor Center, 3701 Lockheed Blvd. The Friends of Dyke Marsh will host a

presentation by Molly Mitchell, a wetland scientist with the Virginia Institute for Marine Science. She will examine the impact of climate change and sea level rise on the Potomac River and the role of tidal wetlands like Dyke Marsh in buffering storm energy, absorbing floodwaters and performing other ecological services. She grew up near Dyke Marsh and has expertise in wetlands management and upland water interface. Free. Visit www.fairfaxcounty.gov/parks for directions. Call 703-768-2525 for more.

THURSDAY/SEPT. 11

Live Music. 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Ellie Holcomb performs, opens for Amy Grant. Visit www.ellieholcomb.com or www.Birchmere.com for more.

Nature Presentation. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. "Native Woodland Grasses and Glades of Forested Natural Communities," a presentation by Rod Simmons. Free and open to the public. No reservations are necessary for lectures. Call 703 642-5173 for more.

FRIDAY/SEPT. 12

Live Music. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Melissa Ferrick opened by Natalia Zukerman. \$25. Visit www.birchmere.com or call 703-549-7500.

SATURDAY/SEPT. 13

Craft and Family Fun Fair. 9 a.m.-3 p.m. at St. Luke's Episcopal Church, 8009 Fort Hunt Road. Connect with old friends and neighbors. Cold drinks and luncheon items from the St. Luke's grill will be available, along with a gourmet bake sale featuring cakes, pies, cookies and brownies made by St. Luke's finest cooks. There also will be fresh produce from a nearby farm. Entertainment will be provided by a guest guitarist and two local pianists. For children, there will be a moon-bounce, face-painting and games. Visit www.saintlukeschurch.net or call 703-765-4342 for more.

Alexandria Art Market. 10 a.m.-4 p.m. in Colasanto Park, 2704 Mount Vernon Ave. Local artists will perform. Browse artwork by local artists and more. Visit www.TheDelRayArtisans.org/ ArtMarket for more.

Alexandria Multicultural Fest. Noon-4 p.m. at the Conservatory Center at Four Mile Run, 4109 Mt. Vernon Ave. Designed to bring community members together to celebrate Alexandria's diversity, the Alexandria Multicultural Fest features entertainment for all ages including live music and activities representing the region's cultures. Admission is free. Visit www.alexandriava.gov/Recreation, or contact Kelly Gilfillen, Marketing Manager, at 703-746-4644 or Kelly.Gilfillen@alexandriava.gov.

"Victorian Mourning Practices." Lecture at 1:30 p.m. and 2:30 p.m. at Ivy Hill Cemetery, 2823 King St. Ivy Hill Cemetery and the Victorian Society of Falls Church present "Victorian Mourning Practices." The program will include a display of mourning jewelry, as well as clothing. Take the opportunity to learn about more customs as you visit Victorian Society members as they picnic on the cemetery lawn, as was the practice of the day. The lecture and display will be in the vault at Ivy Hill Cemetery. Cost is \$10 per person. Call 301-395-9541 or 703-549-7413 for more.

Live Music: The Manhattans. 7:30

p.m. at the Birchmere, 3071 Mount Vernon Ave. The Manhattans perform. \$49.50. Visit www.kissandsaygoodbye.com or www.Birchmere.com for more.

SATURDAY-WEDNESDAY/SEPT. 13-24

Senior Olympics. 19 locations. Participants must be 50 years old by Dec. 30, 2014. Deadline to register is Aug. 29 by mail, and Sept. 5 online. Registration is \$12, additional fees may apply. To find a location and register, visit a local senior center, or visit www.nvso.us.

SUNDAY/SEPT. 14

Lyceum Summer Chamber Series. 3 p.m. The Lyceum, 201 S. Washington St. Guitarist Piotr Pakhomkin performs. Free, donations accepted at the door. Visit www.wmpamusic.org or call 703-799-8229 for more.

Presidential Salon with James Madison. 3 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. President James Madison, as portrayed by John Douglas Hall, shares his thoughts about events 200 years ago to the day at Gadsby's Tavern Museum. Guests are invited to share their opinion on the War and ask questions during this intimate conversation with the President. \$15 per person. Visit www.alexandriava.gov/GadsbysTavern or call 703-746-4242.

Live Music. 7:30 at the Birchmere, 3701 Mount Vernon Ave. The Paul Thorn Band. Prices range. Visit www.paulthorn.com or www.Birchmere.com for more.

MONDAY/SEPT. 15

Stop, Drop & Roll — Call for Participants. 6:30 p.m. at Charles Beatley Central Library, 5005 Duke St. A practice and performance project for two groups in an opposing structure of athletic-inspired movement. Rehearsals take place Monday, Sept. 15 and 22. Performance is Wednesday, Sept. 24. Free. Email janefranklindance@gmail.com for more.

WEDNESDAY/SEPT. 17

Antiques Club Program. 9:30-11 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. The Alexandria/Mount Vernon Antiques Club will have an informal program where members will "Bring Your Summer Find," or bring an antique from their home for show and tell. Free, the public is invited. Call Ann Connell at 703-360-4979.


Heel and Wheels. 4-8 p.m. at Beyer Automotive Group, 7416 Richmond Highway. Experience driving the Nationwide Insurance NASCAR simulator and visit vehicles from fire and police departments. \$10. Visit www.alexchamber.com for more.

Celebrate Recovery Month. 4-7 p.m. at Lee Center, 1108 Jefferson St. Join Alexandrians as they celebrate the 25th anniversary of National Recovery Month at a family celebration featuring food, music, a moon bounce, snow cones, popcorn and a variety of speakers, some of whom will talk about their own experiences with mental illness, addiction or both. The "Art Uniting People" exhibit, experience recovery through art can also be visited inside the Center. Visit the Mental Health Anti-Stigma HOPE Campaign Facebook page for more.

THURSDAY/SEPT. 18

Ford Evening Book Talks. 7 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Ave. A book talk that features authors and historians discussing their latest books about

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Sunday 7:30 am; 9:00 am (with Sign Language Interpreter & Children's Liturgy of the Word); 10:30 am; 12:00 Noon; 2:00 pm (en Español); 6:30 pm	Thursday & First Friday of the Month: 7:30 pm Mass en Español

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ENTERTAINMENT

George Washington and the nation's founding era. Space is limited and registration is required. Free and open to the public. Visit www.mountvernon.org/ for more.

Live Music: 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Gary Puckett & the Union Gap performs live. \$35. Visit www.birchmere.com or www.garypuckettmusic.com.

FRIDAY-SATURDAY/SEPT. 19-20

Live Music: 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. The Wailin' Jennys. \$39.50. Visit www.thewailinjennys.com or www.birchmere.com or call 703-549-7500.

SATURDAY/SEPT. 20

Art and Craft Fair: 10 a.m.-3 p.m. at St. James' Episcopal Church of Mount Vernon, 5614 Old Mill Road. The Art and Craft Fair offers a wide variety of art and crafts from a variety of local and regional artists and vendors, plus food and fun for the whole family. Visit www.stjamesmv.org or call 703-780-3081.

Living Legends Theater Night at MetroStage: 7 p.m. reception, 8 p.m. play, at MetroStage, 1201 N. Royal St., in North Old Town. In observation of the 50th anniversary of the Civil Rights Act, the occasion will honor those Living Legends of Alexandria who played key roles in fostering civil rights in Alexandria in the '60s. The play, "Three Sistahs" is an elegant, intimate musical which exposes the souls of three strong women as they reflect the promise of the future while revealing the pain of the present and their regrets of the

past. \$75 (tickets held at door). Purchase tickets at llatheatreinight.eventbrite.com.

Live Music: Slaid Cleaves. 7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road, between Fort Hunt Road and Route 1. Focus Music in Mount Vernon presents Americana/ folk singer-songwriter Slaid Cleaves, with Mary Gordon Hall. Tickets are \$20 general, \$18 in advance at www.focusmusic.org.

SATURDAY-SUNDAY/SEPT. 20-21

Mount Vernon Marketplace. 9 a.m.-5 p.m. 3200 Mount Vernon Memorial Highway, Mount Vernon. Visit a recreation of an early American marketplace with crafts, entertainment and more. Try your hand at 18th century cricket and enjoy evening programs. Children \$9, adults \$18. Call 703-780-2000; 703-799-8697 or visit www.MountVernon.org for more.

WEDNESDAY/SEPT. 24

Stop, Drop & Roll. 7 p.m. at Charles Beatley Central Library, 5005 Duke St. A performance project for two groups in an opposing structure of athletic-inspired movement. Free. Email janefranklindance@gmail.com.

THURSDAY/SEPT. 25

Live Music: 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. Tower of Power. \$55. Visit www.towerofpower.com or www.Birchmere.com for more.

THURSDAY-SUNDAY/SEPT. 25-OCT. 5

Arts on the Horizon. 10:30 a.m. The

FOOD & DRINK

Mount Vernon Farmers Market. 8 a.m.-noon, Wednesdays, through Dec. 17. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm for more.

Kingstowne Farmers Market. 4-7 p.m., Fridays, through Oct. 31. Giant parking lot, 5955 Kingstowne Towne Center. Products include fresh organic honey, pies and rolls. Visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm for more.

Old Town Farmers Market. 7 a.m.-noon, Saturdays year round. Local farmers and artists have been selling products there since 1753. Located at Market Square, 301 King St. Call 703-746-3200 or email oldtownfarmersmarket@alexandriava.gov.

Del Ray Farmers Market. 8 a.m.-noon, Saturdays year round. Features fresh vegetables and fruits in season, meats, eggs, fresh pasta and sauces, Amish cheese, yogurt, bakery goods and more. Located at the corner of East Oxford and Mount Vernon avenues. Contact pmiller1806@comcast.net for more.

Four Mile Run Farmers & Artisans Market. 9 a.m.-1 p.m., Sundays through November. Brings fresh nutritious foods to people of all income levels. Located at the entrance to Four Mile Run Park at 4109 Mount Vernon Ave. Visit www.4mrmarket.org/ for more.

West End Farmers Market. 8:30 a.m.-1 p.m. Sundays through November. Fresh, locally grown, in-season vegetables as well as sweet juicy berries, apples, pears, and seasonal peaches. Vendors also sell fresh-squeezed orange juice, fresh-baked pastries, gourmet cheeses and more. Located at Ben Brenman Park, 4800 Brenman Park Drive. Visit www.westendfarmersmarket.org/#FarmersMarket for more.

Athenaeum, 201 Prince St. Imagine a theatrical world designed especially for babies and young toddlers to enjoy, inspired by the wonders of the rainforest. Whistling flowers, a clacking caterpillar, and brightly colored umbrella birds await. Under the Canopy is a 20-minute, interactive, nonverbal show geared for children 0-2 (and their 3-4 year old pals). Performances are Sept. 25-26, 28, and Oct. 1-3, 5. Tickets are \$5 for children and adults and can be purchased online at www.artsonthehorizon.org or at the door on the day of the performance.

Call the box office at 703-967-0437.

SATURDAY/SEPT. 27

Live Music: 7:30 at the Birchmere, 3701 Mount Vernon Ave. Maysa performs. \$55.00. Visit www.maysa.com or www.birchmere.com for more.

SUNDAY/SEPT. 28

Live Music: 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Ralph Stanley and the Clinch Mountain Boys. \$35. Visit <http://>

drralphstanleymusic.com or www.birchmere.com or call 703-549-7500.

WEDNESDAY/OCT. 1

Live Music: Uriah Heep. 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Performance by Uriah Heep. \$39.50. Visit www.birchmere.com or call 703-549-7500 for more.

THURSDAY/OCT. 2

Ford Evening Book Talks. 7 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Ave. A book talk that features authors and historians discussing their latest books about George Washington and the nation's founding era. Space is limited and registration is required. Free and open to the public. Visit www.mountvernon.org/ for more.

FRIDAY-SUNDAY/OCT. 3-5

Wine Festival. 6-9 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Live music and a view of the potomac while sampling wine from 16 Virginia wineries. \$38 per person Friday and Sunday and \$44 on Saturday. Fruit and cheese boxes are \$26. Visit www.mountvernon.org/ for more.

SUNDAY/OCT. 5

Woodrow Wilson Bridge Marathon. 7 a.m. Starts at Washington's Mount Vernon Estate, 3200 Mount Vernon Memorial Highway and ends at National Harbor, Md. Visit register.wilsonbridgehalf.com.

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Center director Kathryn Coneway and volunteers set out trays of chalk for the children to experiment with.



Chia-hua Lu works with friends coloring in the odd shapes of cracked blacktop.



Elizabeth Henry adds sprinkles to the Giant donut.

Big Chalk Draw

The staff of the Art at the Center greeted chalk artists early on Friday morning, Aug. 29, for the 6th annual Big Chalk Draw. The center is located just beyond the intersection of Parkers Lane on Sherwood Hall.

PHOTOS BY
LOUISE KRAFFT
THE GAZETTE



A bouncing dog takes shape in the mosaic pattern of the parking lot.



Sonya Richard begins work on a chalk butterfly.



Mr. Morgan and his tow truck are immortalized momentarily in chalk.



Art at the Center held its 6th annual Big Chalk Draw last Friday morning.

Edison RB Kamara Torches MVHS in Season Opener

Majors make QB change, Artis leads lone Majors scoring drive.

BY JON ROETMAN
THE GAZETTE

Trailing 13-0 at halftime, Mount Vernon football coach Barry Wells explained to the Majors how they would climb back into their Aug. 28 season opener against Edison.

"I told the kids at halftime, 'Look, we get the ball in the second half, we'll make it a one-score game,'" Wells said. "It will be a brand-new ball game. We're right back in it."

It took until late in the third quarter, but Mount Vernon pulled within one score when quarterback Jordan Artis connected with Jordan McGrigg on a 17-yard touchdown pass, cutting the Edison lead to seven points while giving the Majors an energy boost.

Wells had correctly predicted Mount Vernon would pull within a single score of Edison. However, Moses Kamara wrecked Wells' plans when the Eagles running back snatched momentum right back with a 70-yard gallop into the end zone.

After Mount Vernon cut the Edison lead to 13-6, Kamara broke free for a tide-turning 70-yard touchdown run on the next play from scrimmage, helping the Eagles secure a 26-6 victory at Mount Vernon High School.

"I saw there was an opening," Kamara said, "so I had to take a chance and take a shot and just go right through it."

Mount Vernon drove 59 yards in eight plays to score its only touchdown when Artis

Mount Vernon running back Bill Adusei-Poku carried 20 times for 128 yards during a loss to Edison on Aug. 28.



PHOTO BY LOUISE KRAFT/THE GAZETTE

found McGrigg in the end zone on third-and-11. Kamara needed just one play to extend the Edison lead back to 13.

"It was a killer," Wells said. "... To let them go 70 [yards] after [pulling within one score] is a backbreaker. As resilient as we want the kids to be, that's asking a lot. We've got a lot of things we've got to clean up on both sides of the ball. I felt like, mentally, we really fell apart."

Kamara finished with 18 carries for a career-high 166 yards and two touchdowns. He rushed for 96 yards and a touchdown in the first half, but his biggest play of the night was his 70-yard scoring scamper.

"He found a crease and they couldn't catch him," said Edison head coach Scott Woodlief, who praised the Eagles offensive line. "Do I think it deflated [Mount Vernon]? I really do. They had a really long drive — they drove right on down, they scored, we got the ball, we scored in one play and it was over."

Woodlief, formerly the assistant head

coach at Forest Park, is in his first season as Edison head coach and the Eagles didn't waste any time making his debut memorable. Edison scored on its first two drives, opening a 13-0 lead. Junior quarterback Ben Davenport scrambled for 18 yards on the game's first play from scrimmage. Kamara, also a junior, followed with a 40-yard run. Three plays later, Davenport hit Damien Jones, Jr. with a 9-yard touchdown pass, giving the Eagles a 7-0 lead.

A 56-yard punt return by William Irving gave the Eagles the ball at the Mount Vernon 20 to start their second drive. Three plays later, Kamara took an option pitch and ran 22 yards for a touchdown.

"I told them that this right here would set the tone for the season," Woodlief said. "They came out and they gave everything that they had. I think, tonight, we came a little closer as a family."

Edison fullback Steven Ratliff took a quick-hitter up the middle and raced 59 yards into the end zone for the game's final

score with 6:25 remaining in the fourth quarter.

The Edison defense forced three turnovers and sacked Mount Vernon quarterbacks six times. Irving and Ahmad Kohistany each intercepted Mount Vernon's Shahyeim Wellmon once before Wells made a change at quarterback, bringing in Artis in the second quarter. Edison's Reilly Dandridge recovered a fumble in the fourth quarter.

Senior defensive end Tyvez Monroe finished with three sacks for the Eagles.

"He's an athlete that hadn't played football in two years," Woodlief said. "He's a big body that comes off the end and I don't know if there's going to be a whole lot of people that are going to be able to match up to that, so they're going to have to do something to [contain] him and hopefully somebody else steps up when he starts to get double-teamed."

Noah Hiwot had two sacks for Edison and Ceandre Wilhoit had one.

Mount Vernon running back Bill Adusei-Poku carried 20 times for 128 yards.

"He did well," Wells said. "Bill is going to make sure that people have to play us honest."

Wellmon completed 3 of 9 passes for 20 yards and was intercepted twice in the first half. Artis completed 11 of 22 passes for 155 yards and a touchdown in the second half.

Mount Vernon's Joshua McGrigg caught five passes for 82 yards. Jordan McGrigg had six receptions for 54 yards and a touchdown.

Wells said running back DeAnthony Hill, a transfer from Memphis, will have a greater role in next week's game against Herndon.

Edison (1-0) will host West Springfield at 7:30 p.m. on Sept. 5. Mount Vernon (0-1) will host the Hornets at 7:30.

Bishop Ireton's Sofield To Play Lacrosse at North Carolina

Cardinal co-captain named 2014 WCAC Player of the Year.

Charlotte Sofield was the best player on the area's best high school girls' lacrosse team in the spring of 2014.

Sofield led Bishop Ireton to the WCAC championship and the VISAA state title during her junior season. Playing for her father, Ireton head coach Rick Sofield, Charlotte Sofield finished with 48 goals and 67 assists, and received Under Armour Underclass All-American honors. She was also a first-team all-state selection, and was named WCAC Player of the Year.

Q&A Now a senior, Sofield is committed to the University of North Carolina and will try to help the Cardinals repeat as champions during her fourth year on the Ireton varsity. Sofield recently participated in a Q&A

Q: You're committed to the University of North Carolina, correct? What made UNC the right choice for you?

Sofield: While taking my recruiting visits, one of the coaches I met told me to look for my next home, somewhere if I didn't have lacrosse; I'd still want to be. UNC just felt like home. The fact that the school is a top academic and lacrosse school made it the perfect fit.

Q: What is the best part of having your father as your head coach?

Sofield: He is always honest with me and I know he has my best interests at heart. And at the end of the day, no matter how well or poorly I played, I know he loves me.

Q: What is the most difficult part of having your father as your head coach?

Sofield: Everything he says sounds like "clean your room." I know he's coaching me, but it gets hard to separate coach from dad. Imagine living 24/7 with your coach ... or your dad being at school every day.

Q: Now that you're a senior, how do you feel about your lacrosse game compared to when you were younger?

Sofield: It's a lot more creative and free. When you're younger, you are taught how to play and you conform to the style your coach wants. Now that I've had this much lacrosse experience with teammates I've had forever, and have had coaches who promote and encourage creative play, I like to try new things, spice things up, and just have fun with it. I think a lot of people lose sight of the fun during recruiting. Now that that pressure is gone, I focus more on the fun and freedom of lacrosse.

Q: What is your favorite lacrosse moment from your first three years at Bishop Ireton?

Sofield: Standing by one of my longtime teammates (and co-captain), Kaitlin Luzik, during the last few seconds of the state title



LOUISE KRAFT/GAZETTE PACKET

Charlotte Sofield helped the Bishop Ireton girls' lacrosse team win the WCAC title and state championship in 2014.

game against St. Stephen's and just knowing that we won. After three years of working toward a goal, we finally accomplished it.

— JON ROETMAN

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Zone 3 Ad DEADLINE:
TUESDAY NOON

26 Antiques	28 Yard Sales	101 Computers	101 Computers
<p>We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net</p>	<p>Estate Sale at 4712 Ferry Landing Road, Alexandria, VA 22309 Sat, Sep 6th from 8 AM to 1 PM-Cash only.</p>	<p>HDI COMPUTER SOLUTIONS JENNIFER SMITH ♦ Serving the Area Since 1995</p> <ul style="list-style-type: none"> > Speed up Slow Computers > Troubleshooting > Virus Removal > Computer Setup <p>(571) 265-2038 jennifer@HDIComputerSolutions.com</p>	

21 Announcements	21 Announcements
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TRUSTEES' SALE OF VALUABLE REAL ESTATE LOCATED AT
6035 Woodlake Lane, Alexandria, VA 22315

In execution of a Deed of Trust (the "Deed of Trust") given by Jack W. Daly and Kay R. Daly, Grantors, dated May 10, 2007, and recorded in Deed Book 19328, Page 0461 among the land records of Fairfax County, Virginia, default having been made in payment of the debt secured thereby, and having been requested to do so by the Beneficiary of the Deed of Trust, after giving due notice of the sale to the present owner and any subordinate lienholders required to receive notice, and subject to the rights, if any, of parties in possession, and any matters of record having priority over the Deed of Trust, if any, as well as filed or unfilled mechanic's liens, the undersigned Trustees (having been appointed Substituted Trustees in a Deed of Appointment of Substitute Trustees recorded among said land records), will offer for sale, "AS IS", at public auction on: September 9, 2014 at 2:00 p.m. at the front exterior entrance of the Fairfax County Circuit Court Courthouse, 4110 Chain Bridge Road, Fairfax, Virginia 22030, the following described real estate: 6035 Woodlake Lane, Alexandria, VA 22315, Lot Twenty-Eight (28), Section Thirty-Three A (33-A), Kingstowne, as the same appears duly dedicated, platted and recorded in Deed Book 7697 at Page 1427, among the land records of Fairfax County, Virginia, Tax Identification No. 091-2-14-33-0028.

TERMS OF SALE: Cash or certified funds. A non-refundable deposit of ten percent (10%) of the bid price, payable in cash or by certified or cashier's check to the undersigned will be required of the successful bidder at time of sale. Settlement to occur no later than fifteen (15) days of the sale, other Trustees may forfeit the deposit. Seller shall not be responsible for any costs incurred by the purchaser in connection with the purchase or with settlement, including, without limitation, state and local recording fees, title insurance or research, or any other costs of purchaser's acquisition. The sale is subject to all other liens, encumbrances, conditions, easements and restrictions, if any, superior to the aforesaid deed of trust and lawfully affecting the property. Trustees shall have no duty to obtain possession for purchaser. All risks of casualty pass to successful bidder at conclusion of bidding. Additional terms may be announced at the sale.

NEIL D. GOLDMAN
HOLLY A. CURRIER
ERIN E. HOWLETT
SUBSTITUTE TRUSTEES
For Information Contact:
John P. Van Beek
Attorney for Noteholder
510 King Street, Suite 416
Alexandria, VA 22314
(703) 684-3260

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

21 Announcements

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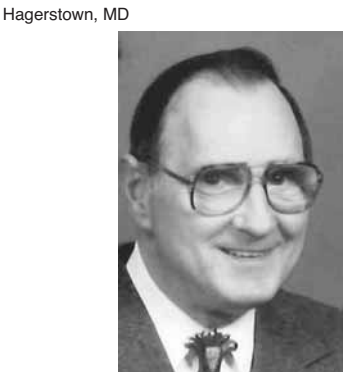
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Robert Henry Wunderley, 92, of Williamsport, passed away on Saturday, August 30, 2014 at Meritus Medical Center.

Born April 16, 1922 in McKeesport, PA., he was the son of the late Henry August and Nancy (Lynch) Wunderley.

Robert was a graduate of McKeesport High School and went on to receive his Bachelor of Science degree in engineering at Lafayette College.

He was a veteran of the United States Army during W.W.II. While in the Army he was a member of the Rail Splitters Division (84th Infantry), who were active in the Battle of the Bulge and remained in Europe until 1946.

Robert met his wife, Evelyn, while in Army radio school in Easton, PA, where she was worked as a clerk at a 5 & 10 cent store. He married her shortly after returning home from W.W.II.

Robert was active in the Boy Scouts from the late 1950's to the late 1970's. He progressed from assistant scout master to area commissioner for Fairfax, VA. He was also very active in barbershop quartet while living in Delaware.

Along with his wife, they were one of the founding members of Epiphany Lutheran Church near Mt. Vernon, VA. He was most recently a member of St. Andrews United Methodist Church in Hagerstown.

Robert retired after 30 years of service for the Department of Defense as an Electrical Engineer.

In addition to his parents, he was also preceded in death by his loving wife of 66 years, Evelyn L. Wunderley, who died October 2, 2013; a son, David Wunderley; and several siblings.

He is survived by his son, Stephen Wunderley and wife, Debra of Falling Waters, WV; a grandson, Christian Wunderley of Luxembourg, Luxembourg; a granddaughter, Laurel Rietveld and husband Marcus of Dunedin, New Zealand; two sisters, Bernice Pavlic of Jeanette, PA, Laura Martin of TX; and numerous nieces and nephews.

Burial will be private and held in Rest Haven Cemetery. A memorial service will be held at a later date.

Memorial contributions may be made in Robert's name to a charity of one's choice. www.rsthvn.com

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identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.
* Monday/Sept. 15, 8:30 a.m.-2 p.m. at Noman M. Cole Jr. Pollution Control Plant, 9399 Richmond Highway, Lorton.

SATURDAY/SEPT. 6
Multi-family Yard Sale. 8 a.m.-1 p.m. at 8504 Fort Hunt Road, on the corner of Fort Hunt and Old Stage in the Riverside neighborhood. Halloween costumes, toys, books, knick-knacks, furniture, coffee and donuts all available for sale. The WPHS Theatre Department has been selected to participate in the 2015 Scottish Fringe Festival in Edinburgh, all proceeds will support the students who are participating in this wonderful opportunity.

SUNDAY/SEPT. 7
Talent Scouts. 7 p.m. at 3709 Shannons Green Way. Talent Scouts will be scouting for amateur performers at the Spring Hills Got Talent Show. People who wish to perform, email spingatore@spring-hills.net by Aug. 31. Visit <http://www.spring-hills.com/> for more.

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

THURSDAY/SEPT. 11
Prevention of Blindness Society Meeting. 1:30-3 p.m. at Charles E. Beatley, Jr. Library, 5005 Duke St. Learn how houses and apartments can be designed with greater safety, comfort and convenience. Call 703-746-1762.

SATURDAY/SEPT. 13
Office Hours. 12:30-2:30 p.m. at the Sherwood Regional Library, Conference Room 3. Dan Storck, Mount Vernon District School Board Member for Fairfax County Public Schools, will host Saturday community office hours. Members of the community are invited to stop by to ask questions or to discuss concerns, no appointment necessary. Contact Dan Storck at Dan.Storck@fcps.edu 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
Mount Vernon At Home Open House. 10:30 a.m. at Sherwood Regional Library, 2511 Sherwood Hall Lane. Information session on

membership and volunteer opportunities with Mount Vernon At Home. RSVP at 703-303-4060 or info@mountvernonathome.org.<cal2>
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.

TUESDAY/SEPT. 23
Long Term Care, A Social and Family Challenge. 10:30 a.m. at Sherwood Regional Library, 2511 Sherwood Hall Lane. Presented by AARP, sponsored by Mount Vernon At Home. RSVP at 703-303-4060 or info@mountvernonathome.org.

SATURDAY/OCT. 11
Office Hours. 12:30-2:30 p.m. at the Sherwood Regional Library, Conference Room 3. Dan Storck, Mount Vernon District School Board Member for Fairfax County Public Schools, will host Saturday community office hours. Members of the community are invited to stop by to ask questions or to discuss concerns, no appointment necessary. Contact Dan Storck at Dan.Storck@fcps.edu for more.

TUESDAY/OCT. 14
NOVA Registration Closes. Registration for Northern Virginia Community College's second 8-week term closes. Classes begin Oct. 15. Visit www.nvcc.edu or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

THURSDAY-FRIDAY/OCT. 16-17
Mental Health First Aid. 8:30 a.m.-1:30 p.m. at the South County Center, 8350 Richmond Hwy. Public education program from the Fairfax-Falls Church Community Services Board Wellness and Health Promotion. Over a two-day course, certified instructors help people learn to assist someone developing or experiencing a mental health problem or crisis. \$25. Visit www.fairfaxcounty.gov/hscode/ereg/Registration.aspx?groupID=47.

NOVA SENIOR OLYMPICS
Registration for the senior olympics is open for the 10 day of competition from Sept. 13-24. Events include track and field, tennis, handball, dominoes and more. Registration is \$12 which covers multiple events. Participants must be 50 by Dec. 31, 2014. Online registration opens July 1 at www.nvso.us. Call 703-228-4721.

VOLUNTEERS NEEDED
Mount Vernon At Home is a non-profit organization that relies on volunteer time to assist older adults aging in place in their homes. Volunteers are needed for local transportation to medical and personal appointments, errands, and grocery store trips; light handyman chores and home technology to name just a few. No minimum number of volunteer hours are required. Call Mount Vernon At Home 703-303-4060 or e-mail info@mountvernonathome.org to learn more. Visit www.mountvernonathome.org for more.
Volunteer Advocates for Nursing Home & Assisted Living Residents needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/, email or email Lisa.Callahan@fairfaxcounty.gov or call 703-324-5861, TTY 711.

CRIME REPORT

The following incidents were reported by the Mount Vernon District Police Station.
ROBBERY, 6400 block of Richmond Highway, Aug. 28, 11:49 a.m. The victim was walking when she was approached from behind by a man. The suspect took property from the victim. The suspect was described as black, 18 to 20 years of age, and about 5 feet 8 inches tall.
LARCENIES
Mohawk Lane/Washington Avenue, bicycle from residence.
7600 block of Richmond Highway, merchandise from business.

7700 block of Richmond Highway, materials from business
6000 block of Richmond Highway, property from vehicle.
6300 block of Richmond Highway, phone from business.
7600 block of Richmond Highway, merchandise from business.
8700 block of Richmond Highway, merchandise from business.
STOLEN VEHICLES
5800 block of Cameron Run Terrace, 1997 Jeep Grand Cherokee.

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BACK-TO-SCHOOL SPECIAL **\$59⁹⁵**

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters

SYNTHETIC OIL \$10.00 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 9/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE BRAKE SPECIAL **\$99⁹⁵** PADS

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

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TOYOTA GENUINE SERVICE 30000 MILES FACTORY RECOMMENDED SERVICE **\$159⁹⁹** Synthetic \$10 More

Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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FALL DETAIL SPECIAL **\$119⁹⁵**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

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TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT **\$79⁹⁵** PREVENT UNEVEN WEAR

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

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TOYOTA GENUINE SERVICE VARIABLE DISCOUNT **\$5.00 OFF** with purchase of \$35.00 - \$49.99 **\$10.00 OFF** with purchase of \$50.00 - \$99.99 **\$15.00 OFF** with purchase of \$100.00 - \$199.99 **\$20.00 OFF** with purchase of \$200.00 - \$499.99 **\$50.00 OFF** with purchase of \$500.00 Or more

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TOYOTA GENUINE SERVICE TRUE START BATTERY SPECIAL **\$139⁹⁵** INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

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TOYOTA GENUINE SERVICE ROTATE & BALANCE SPECIAL **\$59⁹⁵**

Includes: Rotate and balance all 4 wheels and inspect brakes and tires.

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TOYOTA GENUINE SERVICE DETAIL SPECIALS **\$39⁹⁵**

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\$139⁹⁵

Hand wash, wax
& interior cleaning
\$295⁹⁵

Full premium detail

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•Custom-Built
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Acres situated

high above the **Potomac River** •**Villamay's Only Three-Level Colonial** •Almost **6,000 square feet** of Living Space •**Magnificent Foyer Entry & Staircase** •Formal Rooms designed for Entertaining •**6 Bedrooms** •**4½ Baths** •Main & Lower Level **Family Rooms** •Wet Bars on Main & Lower Levels •Rear Terrace – 52 feet in length



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•**Strikingly
Beautiful
Custom
Split Level**
•**Corner
Lot** with

tremendous Curb Appeal •Professionally manicured landscape & hardscape •**One-of-a-Kind Floor Plan** •Meticulously Maintained •4 Bedrooms •3.5 Baths •Family Room **Wet Bar** •**Breezy Sunroom** & Patio w/Fountain at Rear •Updated Galley Kitchen w/**Enormous Pantry Closet**



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•**Exceptional**
Revitalization of
Villamay's **Largest
Rambler** •One-of-a-
Kind Gene May Creation
•**Captivating Sunrises**
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Stainless Kitchen •Expanded Main Level Master Suite •**Five Bedrooms** •**Home Office** •Main Level Hardwoods •**Two** Masonry Fireplaces •**Full Service Wet Bar** •Enlarged Laundry/Utility Room •Three Magnificently Remodeled Baths •More Surprises in Store!



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SUNDAY 1-4

**7303 Fort Hunt
\$800,000**
•True Center Hall
Colonial •All Brick
•**Marble Entry**
•**Hardwoods** on Both
Levels •New
Architectural Roof
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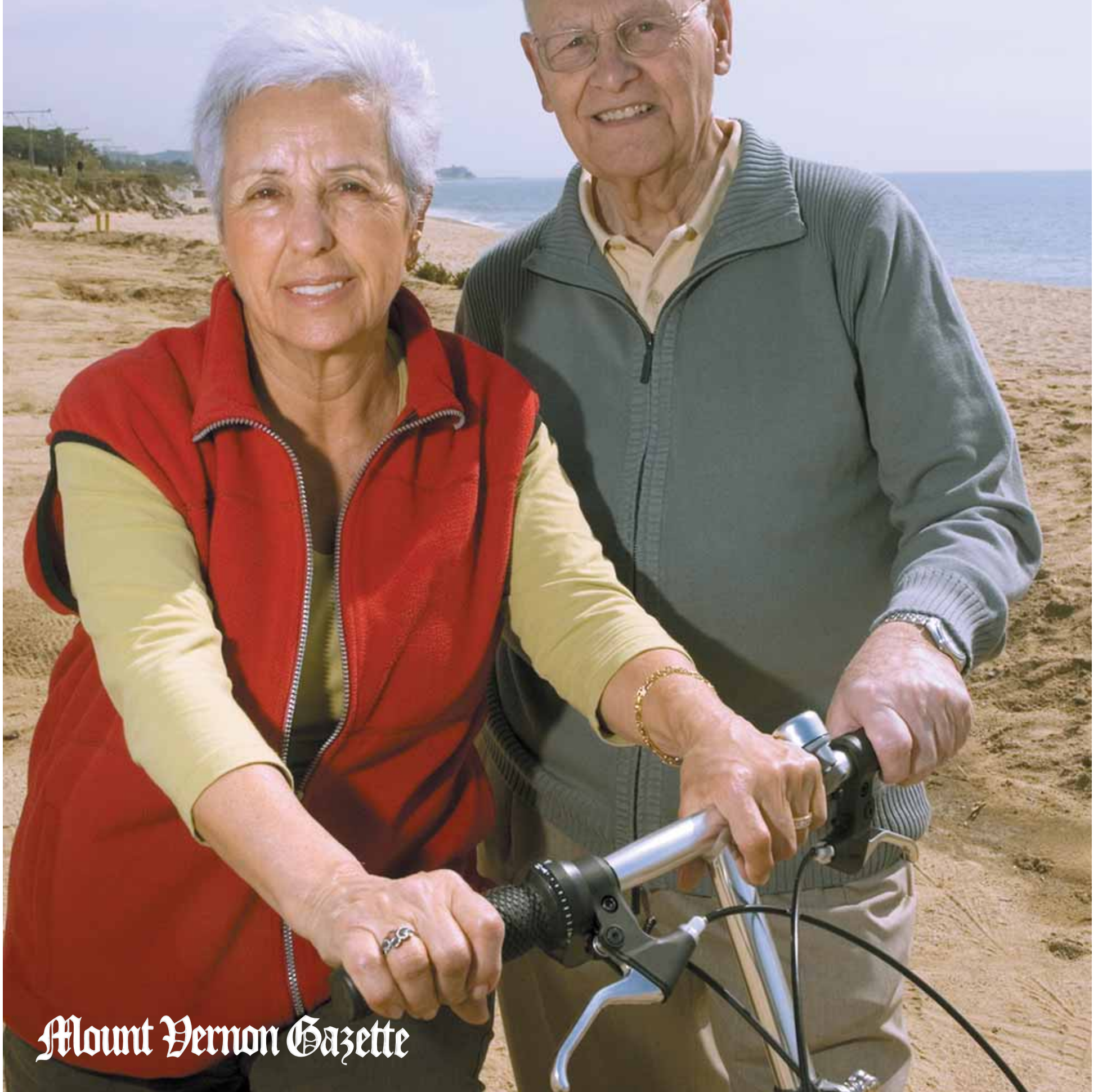
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Senior Living

SEPTEMBER 2014



Mount Vernon Gazette



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Senior Living 'Silver Tsunami'

By TIM PETERSON
THE GAZETTE

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

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

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

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



COURTESY PHOTO
Jim Lindsay



COURTESY PHOTO
Dr. Thomas Prohaska

the Silver Tsunami was a factor in county planning.

In 2013, Herrity and the commission decided the plan needed a major facelift. They spent the summer reaching out to communities around Fairfax County through public forums, including groups that speak Korean, Vietnamese, Spanish and Arabic. (According to the 2011 American Community Survey by the U.S. Census Bureau, 26.7 percent of residents in Fairfax County speak a language besides English at home.)

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

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

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

The plan in its entirety is available in PDF form

SEE 50-PLUS PAGE 7

Mount Vernon Gazette

Senior Living

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Senior Living Time to Downsize?

BY MARILYN CAMPBELL
THE GAZETTE

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

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

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

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

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



PHOTO COURTESY OF FOUR SALE

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

modate."

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

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

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

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

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

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

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

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

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

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

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

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

Quilting Studio Adds to Dream Home

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

BY JOHN BYRD
THE GAZETTE

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

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

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

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

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

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

SEE QUILTING STUDIO, PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

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

Quilting Studio Adds to Dream Home

FROM PAGE 3

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

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

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

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

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

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

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



PHOTOS COURTESY OF HOME FRONTS NEWS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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



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



Wanda Rogers, 71, displays some of her quilts.

Tips for Right-sizing the Next Phase

FROM PAGE 3

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

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

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

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

When designing a new, smaller space,

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

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

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

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

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

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

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

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

said Greenwood.

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



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

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

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



PHOTOS COURTESY OF ALEXANDRIA AT HOME

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



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

Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL
THE GAZETTE

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.”

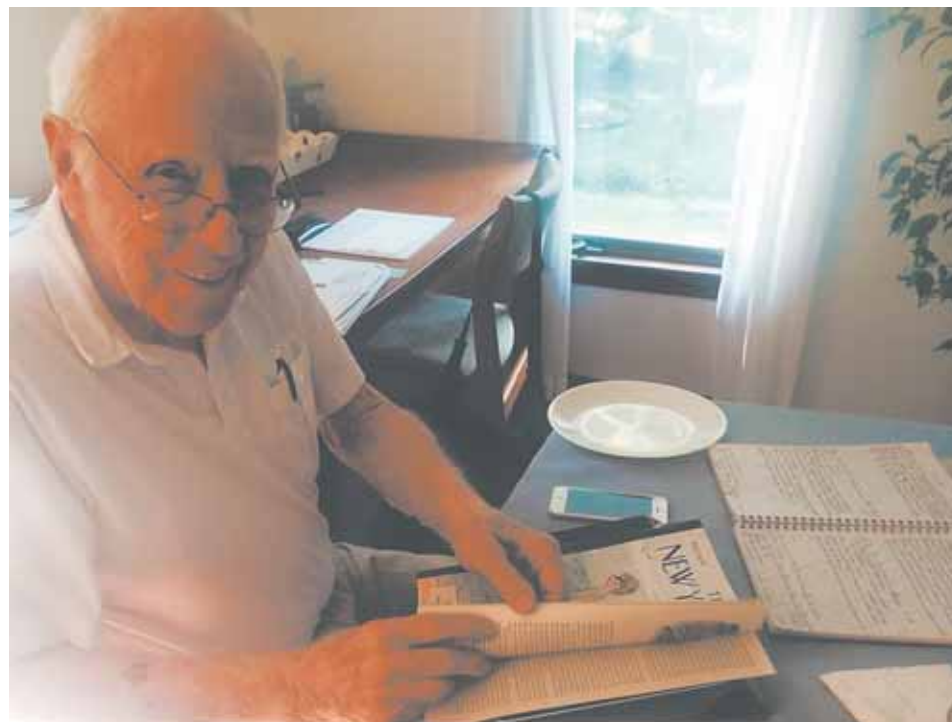
The bond between the men, however, extends beyond erudition.

“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

Herrity to present 50+ Plan to Supervisors next week.

FROM PAGE 2

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

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

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

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

cost of home care medical service.

"This gives them a mechanism to age in place and keep up with the burdens," said Herrity. According to the same 2011 Census Bureau study, 76.8 percent of Fairfax County residents 80 or older live in single family homes.

The Commission on ag will regularly — either quarterly or annually — fill out a scorecard of sorts for each of the initiatives and report back to the board.

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

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

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."

Do you have a family member or a neighbor who could use some help to make daily life a little easier?

At Home in Alexandria (AHA) is a grassroots, not-for-profit organization of caring neighbors and volunteers helping people in Alexandria ages 55+ remain independent and living in their own homes. We provide valuable help in a variety of ways: transportation to medical appointments, social events, technology support, modest yard work, prescription pick-up and so much more.

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OCTOBER

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HomeLifeStyle PULLOUT:
Deadline is 9/25/14.....10/8/14
A+ Camps & Schools.....10/15/14
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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.fairfaxcountygov/parks/greenspring using code 290 488 5401 or call 703-642-5173.

FRIDAY-SUNDAY/OCT. 17-19

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

FRIDAY/OCT. 24

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