

'Great Day' at Lee High

NEWS, PAGE 4

Springfield
CONNECTION
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(Left) Dierdre Lavery, first-year principal at Lee: "The first day of school has been great." (Right) Kim P. Dockery, FCPS Chief Academic Officer: "I like to go to the first day of school where the principal is new and say 'Hello, what do you need?' The day is going well."

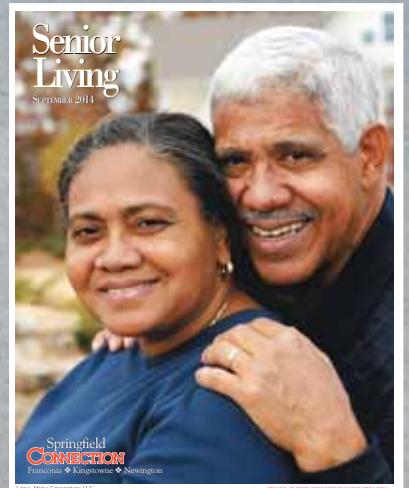
\$12 Million Suit Against Fairfax County Police

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Fall for the Book in September

NEWS, PAGE 9

Inside



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PHOTO BY MARISSA BEALE/THE CONNECTION

Rick Mondloch, assistant principal at Washington Irving Middle School, says the biggest thing is preparing 8th grade students for high school.



From left: Irving's Civics teachers, Sarah Titus, Dave Dachille, Amy Jackson and Victoria Nelson sat down together to plan out the eighth grade Honors Civics curriculum for the 2014-2015 academic year.

Area Schools Celebrate New Beginning

What's new at Irving Middle, Lake Braddock Secondary and Sangster Elementary?

BY MARISSA BEALE
THE CONNECTION

Rising seventh grade students at Washington Irving Middle School are not the only ones preparing for changes this upcoming school year. "This is the first year that we're going to teach the Civics and Economic class to all eighth grade students at the honors level," said Assistant Principal Rick Mondloch in an interview on Aug. 18. This change means that there will be no "regular" offering for this course. "The biggest difference between honors and general education is the extension. We want to do extension activities that reach all students," said eighth grade Civics teacher, Victoria Nelson. While this honors-only course offering is unique for Civics at Irving, it has the potential to expand to other subject areas though administrative and teaching staff are not sure that it will happen quite yet. "Civics is very content-driven. It is very engaging and so it's a good idea to start teaching this subject at the all honors level," said Sarah Titus, another Civics teacher at Irving. But the decision to offer Civics only at the honors level was not an arbitrary one.

STUDENTS have the option of selecting which course they will enroll in, and for the 2014-2015 school year, the majority of rising eighth grade students at Irving elected to enroll in "honors" for Civics. This reality required all of Irving's Social Studies teachers to sit down and rethink about the curriculum in order to better meet the needs and desires of students. "You get what you



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



Lisa Reddel will begin her first year as principal of Sangster Elementary School. What she enjoys most is the support of the community, and the dedication of the teachers to students at the school.

expect from kids. The more you expect, the more you get," said Assistant Principal Mondloch, who supports the decision to offer Civics only at the honors level. While this decision means that students who did

not choose to enroll will now be enrolled, Sarah Titus offers reassurance that students will be taken care of, and that this is also a chance for students to challenge themselves.

"More students in honors shows that they are motivated and want to be challenged. We're here to teach them to be lifelong learners," said Civics teacher Dave Dachille. Irving is taking strides toward becoming an AAP school as well. AAP, which stands for Advanced Academic Programs, is a broad term encompassing classes offered to students seeking academic rigor.

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

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

The Friends of Irving Initiative, another change for this middle school in the upcoming year, will provide an opportunity for parents to make donations that, in the past, were done through magazine drives. Different "sponsor levels" will be used to identify the dollar amount given in donations. For example, donations of \$100 will be designated "blue," while donations for \$500 are called "The Rock," which comes with the distinction of having one's name painted

SEE SCHOOLS, PAGE 5

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BACK TO SCHOOLS

Heather Hotchkiss, Active Physics and IB Physics year 1 and 2 teacher, setting up a simple circuits experiment. "I'm excited about meeting the students for the first time, and getting started with class meetings. We have those regularly."



PHOTOS BY TIM PETERSON/THE CONNECTION

'Great Day' at Lee High

First day of school at Robert E. Lee High School.



Mary Schaefer and Robert Orton, team teachers in a Geosystems classroom on the first day of school at Robert E. Lee High School.



Springfield area students board the bus bound for Thomas Jefferson, as part of the county's "depot busing" program.

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THE CONNECTION
NEWSPAPERS

Schools Celebrate New Beginning

FROM PAGE 3

on the rock that sits in front of Irving. Donors are free to give as much as they like, and all funds go toward supporting the school.

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

SANGSTER ELEMENTARY, a GT Center School that feeds into Braddock, welcomes a new principal this year. Lisa Reddel, who is actually a graduate of Braddock Secondary, has taught in the Fairfax County Public School (FCPS) system for several years.

She started out teaching first, third, and fifth grades and has worked as both a principal and assistant principal at schools in Vienna. Most recently, though, she was the director of health, wellness, and facility support services in Denver, Colo., Cherry Creek School District. In this role she supported the entire school district, but is excited to return to Fairfax County. The rigor, resources, and dedication to excellence are all things that, she says, set the County apart. "I am really looking forward to a principalship where I can impact teachers," said Principal Reddel. Her personal philosophy is that the kids come first because every decision made centers around them.

For more information, visit the school's website at <http://www.fcps.edu/SangsterES/>.



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OPINION

Back to School

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

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

I attended the annual meeting of the National Conference of State Legislators (NCSL) recently where Sir Kenneth Robinson, noted author and speaker, spoke about the need for



COMMENTARY

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

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

that excite them." For Robinson, schools should focus on awakening creativity and developing natural curiosity. "Much of the present education system in the United States fosters conformity, compliance and standardization rather than creative approaches to learning," he says.

Clearly the standards and testing programs have gone too far, and fortunately the push back from students, parents and teachers is finally being recognized by legislators. The General Assembly reduced the number of SOL tests required, and a commission established to look at the issue is likely to recommend even more reduction. Graduation requirements need to be made more flexible in order that students can more fully develop their individual talents. Sir Kenneth Robinson's curiosity and creativity need to be rewarded in the classroom.

The anticipation I feel with back-to-school time is shared by parents, students and teachers alike. The excitement needs to be recognition of the great things that happen in classrooms every day. The managers of that process—the teachers—deserve our gratitude, recognition and better pay. When you talk with a teacher, please join me in thanking them for their dedication and hard work.

LETTERS TO THE EDITOR

Citizen Oversight Needed

To the Editor:

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

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

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

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

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

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

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

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

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

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

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

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

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

Michael Shumaker
Fairfax

Write

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

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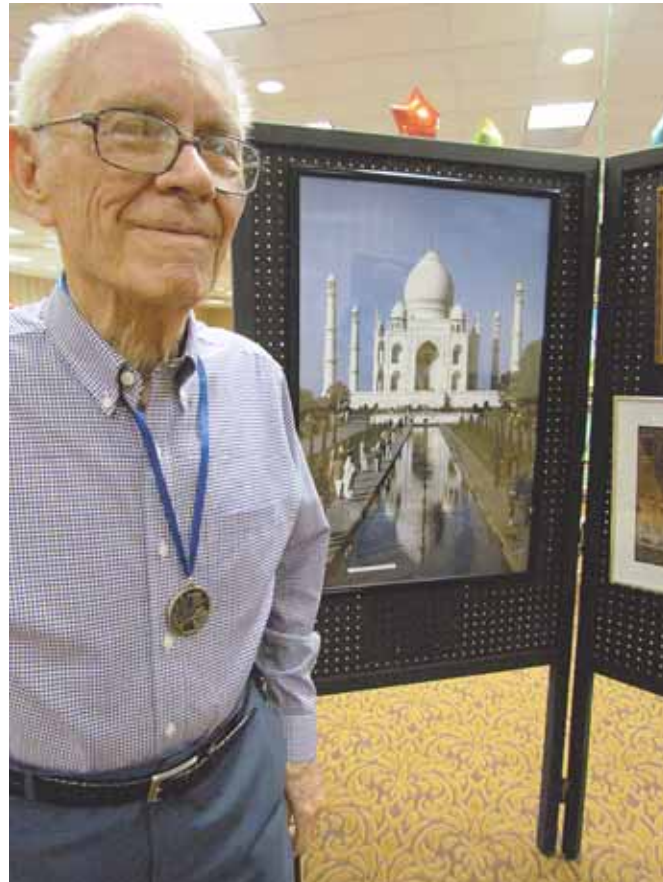


Seniors Exhibit at Greenspring

On Thursday, Aug. 21, Greenspring retirement community celebrated American Artist Appreciation Month by hosting an art show for the many resident artists and artisans at the community to showcase their work. More than 35 residents exhibited at the show, which ranged in style from watercolors and oil painting to pottery and photography.

Resident Ruth Hancock Rollins displayed five of her original oil paintings; some of those included a painting of her son as a child, a ballerina, and her brother, who was a Fairfax circuit court judge. "I was just born to paint," said Rollins. A painter since she was 15 years old, she also spent 27 years as a portrait photographer. She attended the Abbot School of Art and Winona Professional School of Photography, and studied both in Italy and Turkey, where she lived for several years. Rollins' work took her to cities all over the U.S. including Chicago, Baltimore, Washington, D.C., Philadelphia, and New York. As a portrait photographer, she captured photos of presidents, world leaders, and dignitaries at the White House, including John F. Kennedy.

Resident Gwen Lockhart also displayed several of her own original sculptures. Her sculptures feature commissioned works, as well as those created from models and photos. While she prefers working with bronze castings, she also has used a variety of resin castings including onyx, marble, and granite. Lockhart sculpts in clay, plastilene, and wax, and focuses her energy on heads or busts, animals, and figurative works. Lockhart also has a permanent home for her sculptures at The Loft Gallery and Art Center in Occoquan. At the Greenspring art show, Lockhart displayed a variety of finished pieces including a camel inspired by the famed "Hump Day" GEICO commercial, as well as a commissioned piece still in progress.



PHOTOS BY JESSICA MCKAY

Resident Ed Thurman displays some of his photography, including this photo of the Taj Mahal.

Greenspring retirement community has over 200 resident-run and resident-coordinated clubs and groups including many dedicated to the arts such as a pottery club, a painters workshop group, a choral group—The Choristers, a drama group—The Greenspring Players, creative writing and memoir classes, a woodshop club, and knitting and crocheting groups, among many more. The groups are both intended to encourage residents to try their hand at something new and for veteran artists to continue with their passion.



Resident Gwen Lockhart exhibited some of her clay and bronze sculptures.

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\$12 Million Suit Against Fairfax County Police

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

BY TIM PETERSON
THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Their silence is absolutely deafening," said Santos.

Justice Delayed Is Justice Denied

BY NICHOLAS R. BELTRANTE

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

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

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

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

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

OPINION

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

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

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

The citizens of Fairfax County deserve an answer.

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

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

Fall for the Book in September

Local book festival with something for everyone.

BY DAVID SIEGEL
THE CONNECTION

Your opportunity to be part of a literary celebration is about to arrive. The annual Fall for the Book Festival begins on Sept. 11. It is a week-long, multi-venue affair with free events at locations throughout Fairfax County, and beyond.

From some of America's best-known writers, to emerging names, the Festival showcases a range of authors, including from Fairfax County. Of the Festival's 150 authors, Fairfax County authors include Young Adult author L.M. Elliott (Great Falls), Historian Tim Grove (Fairfax), mystery writers Kathryn O'Sullivan (Reston), Barb Goffman (Herndon) and Donna Andrews (Reston) to name a few.

For O'Sullivan, the book festival "brings people of all ages and backgrounds together who wish to celebrate the joy of reading and writing."

She will be participating on a



L.M. Elliott



Barb Goffman

PHOTOS CONTRIBUTED



Tim Grove



Kathryn O'Sullivan

mystery writers panel discussing her latest book in the series "Murder on the Hoof." O'Sullivan en-

joys "writing about fun, strong women."

According to Elliott, the festival

Where and When

The 2014 Fall for the Book Festival will be held Sept. 11-18 at many Fairfax County locations. General information is at: www.fallforthebook.org/

Scheduling: <http://fallforthebook.org/wp-content/uploads/2014/08/FftBFestivalProgram2014.pdf>

Sponsors for the 2014 Fall for the Book are at: <http://fallforthebook.org/sponsors/>

Note: Fall for the Book is debuting an app, the "FftB" app. The "FftB" app provides a guide to the festival. It is free; sponsored by the Fairfax County Public Library. For more app information go to: <http://fallforthebook.org/2014/08/04/festival-launches-smartphone-app/>

is "a rich, cross-pollinating festival for everyone, authors included. I've always come away inspired and with new ideas." She will be discussing her "Across a War-tossed Sea" the final novel in a WWII trilogy and companion to "Under a War-torn Sky", the story of a downed pilot and the French Resistance, which has been on Fairfax County Public School's summer reading lists.

Grove noted that "any event that focuses on the importance of the written word and the joy of reading is valuable." And history doesn't have to be "boring". He will discuss "A Grizzly in the Mail and Other Adventures in American History."

It is a collection built upon his many years as a public historian. He is currently with the National Air and Space Museum.

To Goffman, the Festival "is es-

pecially wonderful because it has something for everybody". She will be talking about her mystery short-story collection, "Don't Get Mad, Get Even." It contains stories both previously published and new. Her story "The Lord Is My Shamus," won the Macavity Award last year for best short mystery story.

Andrews will be moderating a session. Her latest book is "The Good, the Bad, and the Emus." She sees her work as "a humorous traditional series" set in a small fictitious Virginia location with its woman protagonist involved "in sleuthing when one of her friends or family members is in trouble." Andrews will "usually look for a situation that can give rise to humor and homicide."

Come on down to the Fall for the Book and find some additions for your reading list.

Nonprofits Launch Housing Challenge

FACETS, five other nonprofits announce effort to get more vulnerable people housed.

FACETS, a nonprofit that opens doors by helping parents, their children and individuals who suffer the effects of poverty in Fairfax County—along with five other Fairfax nonprofits—is challenging itself throughout the next year to find homes for even more precariously housed and homeless people. Every quarter the group of six will set new, high goals as part of this Fairfax Housing Challenge (#ffxhousingchallenge) in an effort to end homelessness.

The challenge is patterned after the successful Rapid Re-Housing Challenge, a project with the Commonwealth of Virginia and the National Alliance to End Homelessness that ended in January and

worked to place as many homeless families as possible in permanent housing in 100 days through rapid re-housing. The Fairfax members of the Rapid Re-Housing Challenge came together to start a more localized version, including FACETS, Cornerstones, Good Shepherd Housing, New Hope Housing, and Shelterhouse. In addition, the group invited Volunteers of America Chesapeake Bailey's Crossroads Community Shelter since the Fairfax Housing Challenge will also include outreach to singles.

"The Rapid Re-Housing Challenge was a big success and pushed us to reach new goals. That's why all of the Fairfax participants banded together to start our own local version. We are serious about getting people housed, and it's important to have

lofty goals to push us. It's motivating and helps us all be more creative in getting people homes," said Maura Williams, interim executive director, FACETS.

The first quarterly challenge began on July 1. FACETS' goal for the first quarter of this year-long challenge is to get 12 families and 15 singles into housing. Next quarter, FACETS expects to set an even higher number since it is the start of hypothermia season. To do so, FACETS will engage its more than 40 hypothermia faith community partners and 1,500 volunteers in the Fairfax Housing Challenge.

Rapid re-housing is a proven and cost-effective strategy that has been used by communities across the country to reduce homelessness. In fact, from 2010 to 2013 family homelessness in Virginia decreased 17 percent, largely due to rapid re-housing. It involves helping households move into housing as quickly as possible after they enter the shelter system. Families and

individuals are housed in market-rate apartments or houses in the community, and receive rental subsidies and/or services that are tailored to their specific needs, including a caseworker to help ease the transition and assist with any problems.

With the second largest homeless population in the region, homelessness is a real problem in the Fairfax County-Falls Church community. A majority of the people who are a homeless are in working families with children. With critical help from volunteers and partnerships with the faith and business communities, FACETS works to prevent and end homelessness throughout Fairfax County by offering a full spectrum of services, such as basic needs and financial assistance, counseling and outreach, educational enrichment programs and permanent housing. More information can be found at www.FACETSCares.org.

ENTERTAINMENT

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

WEDNESDAY/SEPT. 3-SUNDAY/SEPT. 7

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

THURSDAY/SEPT. 4 – SATURDAY/OCT. 4

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

FRIDAY/SEPT. 5 – THURSDAY/SEPT. 18

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

FRIDAY/SEPT. 5

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

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

SATURDAY/SEPT. 6 – SUNDAY/SEPT. 7

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

SATURDAY/SEPT. 6-SUNDAY/SEPT. 28

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

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

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

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

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

SATURDAY/SEPT. 6

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

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



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



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

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

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

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

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

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

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

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

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

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



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

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

SUNDAY/SEPT. 7

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

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

MONDAY /SEPT. 8-FRIDAY/SEPT. 19

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

TUESDAY/SEPT. 9

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

THURSDAY/SEPT. 11-18

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

FRIDAY/SEPT. 12

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

FAITH

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

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

Upcoming service and event schedule:

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

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

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

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

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

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to

understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

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

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

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

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

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

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

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

Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

RCIA (Rite of Christian Initiation of Adults) is for people interested in becoming Catholic or learning about the Catholic Church. A group meets at 7:30 p.m. on July 6 and 20 at St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. A group will begin meeting every Wednesday starting September. Sessions are in the Old Parish Hall. All are welcome. Contact Carolyn Smith at 703-273-5369 or carolynsmith.stleos@gmail.com.

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Concerts from Kirkwood to Kick off New Season

Concerts from Kirkwood, the series of free concerts presented by Kirkwood Presbyterian Church, begins its 2014 - 2015 season on Saturday, Sept. 27 at 3 p.m. as organ virtuoso Aram Basmadjian takes the console to celebrate the ten-year anniversary of the installation of Kirkwood's Allen organ. This concert will showcase the breadth of capability of the organ through a varied and eclectic mix of music performed by one of the premier artists performing today.

Concerts from Kirkwood presents its concerts as a gift to the community and is supported entirely by contributions from its patrons. All concerts are free to the public, but donations to support continuations of the series are welcome.

All CfK concerts are held in the church sanctuary at 8336 Carrleigh Parkway, Springfield, near the intersection of Rolling Road and Old Keene Mill road. For more information call 703-451-5320 or go to www.kirkwoodpres.com.

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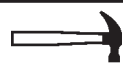
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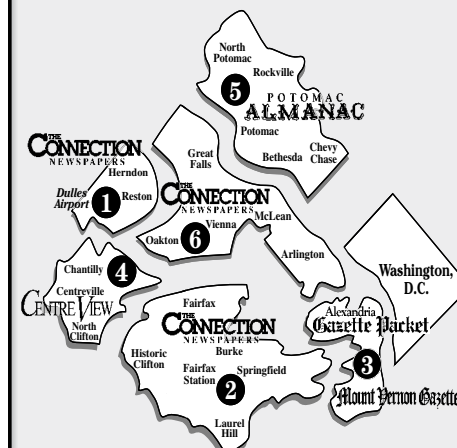
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THURSDAY/SEPT. 4

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

SATURDAY/SEPT. 6

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

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

TUESDAY/SEPT. 9

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

WEDNESDAY/SEPT. 10

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

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

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

SATURDAY/SEPT. 13

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

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

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

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

MONDAY/SEPT. 15

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

TUESDAY/SEPT. 17

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

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

Kamara Carries Edison to Victory in Season Opener

RB torches Mount Vernon for career-high 166 yards, 2 TDs.

BY JON ROETMAN
THE CONNECTION

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.

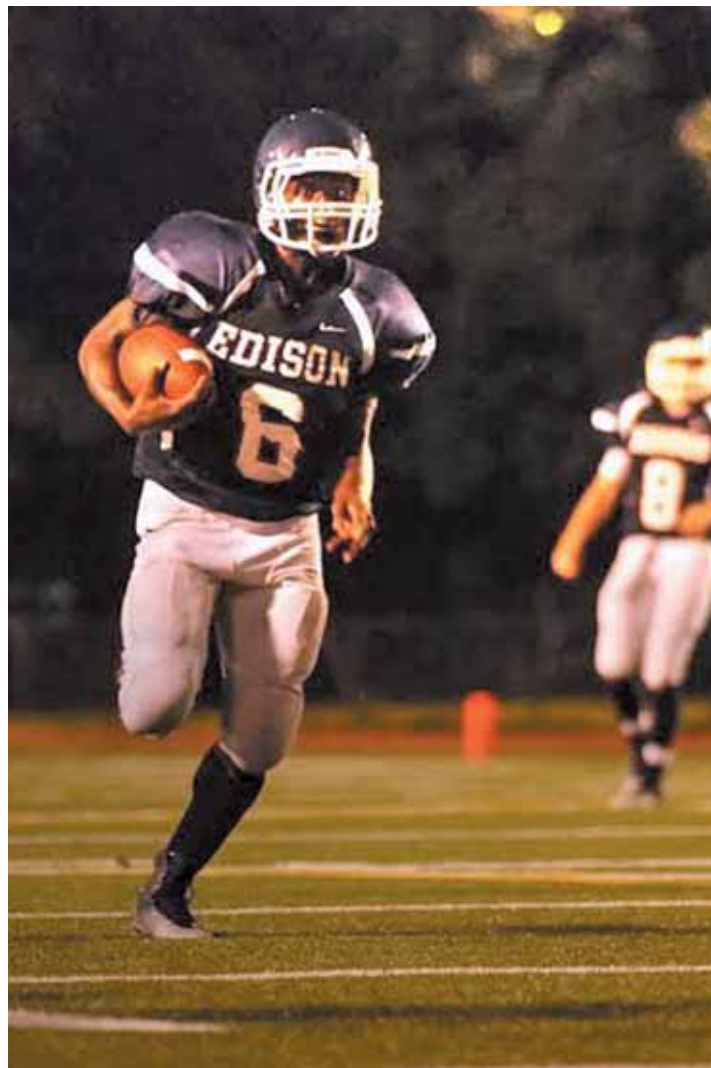
"I saw there was an opening," Kamara said, "so I had to take a chance and take a shot and just go right through it."

Mount Vernon drove 59 yards in eight plays to score its only touchdown when Artis found McGrigg in the end zone on third-and-11. Kamara needed just one play to extend the Edison lead back to 13.

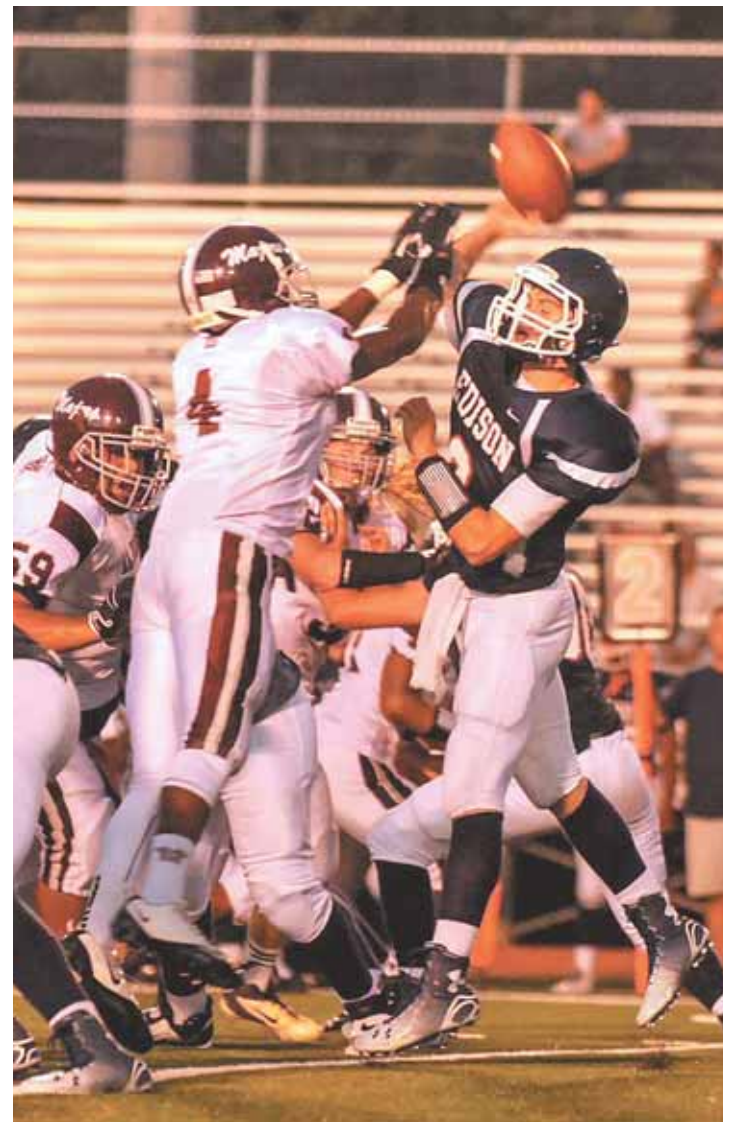
"It was a killer," Wells said. "... To let them go 70 [yards] after [pulling within one score] is a backbreaker. As resilient as we want the kids to be, that's asking a lot. We've got a lot of things we've got to clean up on both sides of the ball. I felt like, mentally, we really fell apart."

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."



PHOTOS BY LOUISE KRAFT/THE CONNECTION
Edison running back Moses Kamara rushed for 166 yards and two touchdowns during a 26-6 victory over Mount Vernon on Aug. 28.



Edison quarterback Ben Davenport throws a pass against Mount Vernon on Aug. 28.

"It was a killer. ... To let them go 70 [yards] after [pulling within one score] is a backbreaker."

— Mount Vernon football coach Barry Wells

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.

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

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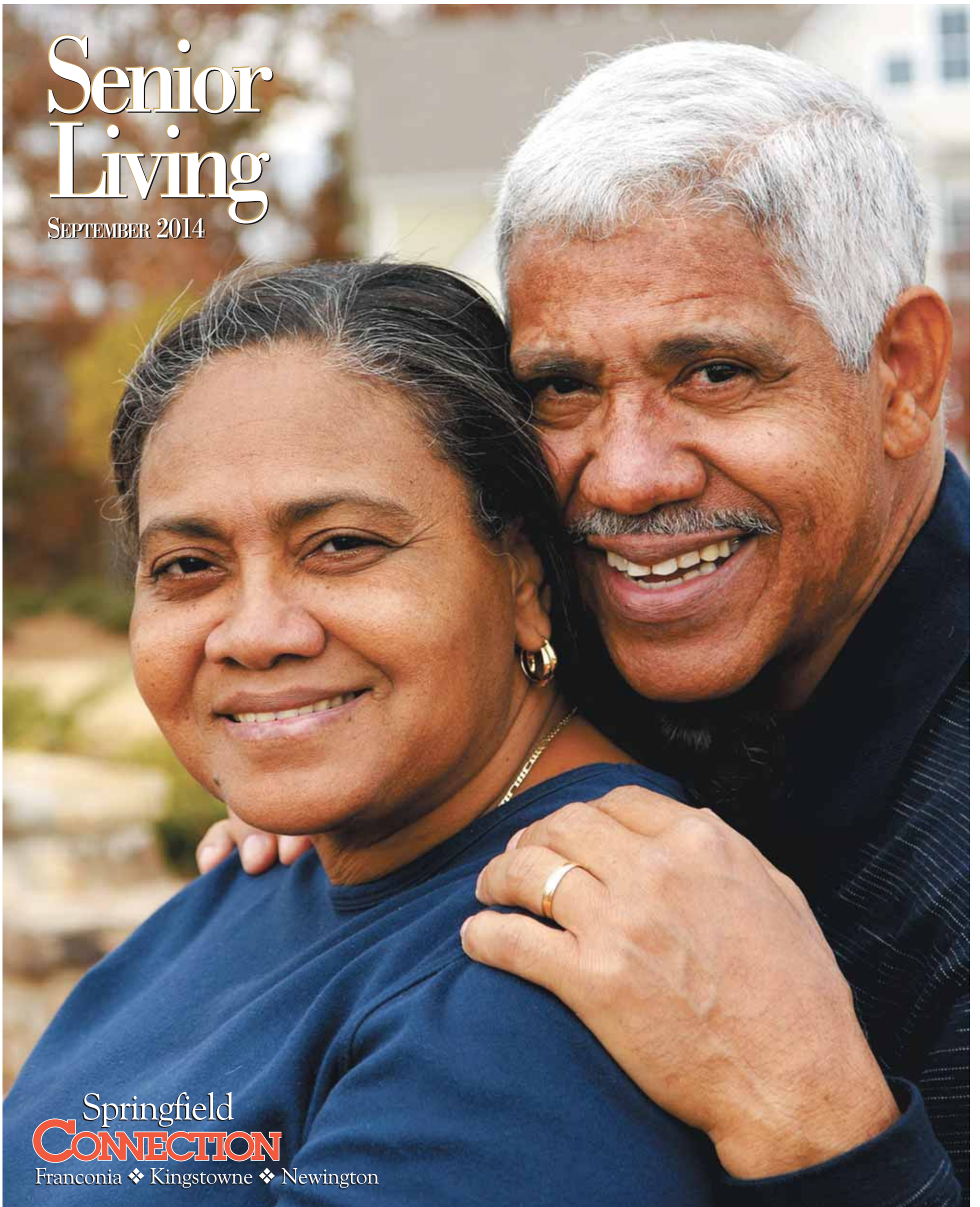


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Taking On the 'Silver Tsunami'

BY TIM PETERSON
THE CONNECTION

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

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

Between 2005 and 2030, the

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

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

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

in Fairfax County speak a language besides English at home.)

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

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

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

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

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

Older Adults and Family Caregivers, and Long-term Planning.

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

THE INITIATIVES RUN THE GAMUT

from simply encouraging people to volunteer for Meals on Wheels and medical appointment driving programs, to creating partnerships that would offer low cost or free case management and mental health treatment.

In the transportation category,



COURTESY PHOTO
Jim Lindsay



COURTESY PHOTO
Dr. Thomas Prohaska

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

Home Sharing is an experimental initiative. Many older adults live in homes with extra bedrooms and want to remain there as long as possible. At the same time, many adults with limited income are looking for affordable rent.

The guide will provide advice on how to safely share a home. The idea is to match aging adults with

SEE 50-PLUS PAGE 7

Springfield
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Senior Living

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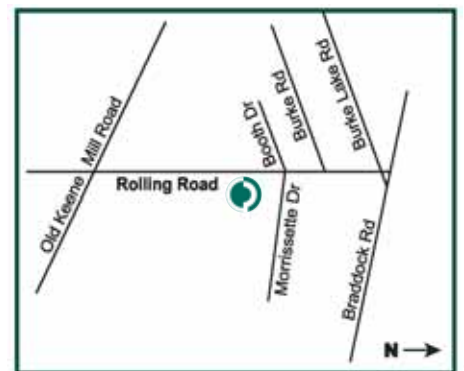
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Senior Living Time to Downsize?

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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



PHOTO COURTESY OF FOUR SALE

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

modate."

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

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

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

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

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

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

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

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

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

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

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

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

Quilting Studio Adds to Dream Home

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

BY JOHN BYRD
THE CONNECTION

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

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

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

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

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

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

SEE QUILTING STUDIO, PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

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

Quilting Studio Adds to Dream Home

FROM PAGE 3

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

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

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

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

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

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

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



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

Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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



PHOTO COURTESY OF DAWN LANDSMAN

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

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

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

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

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

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

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

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

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

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

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

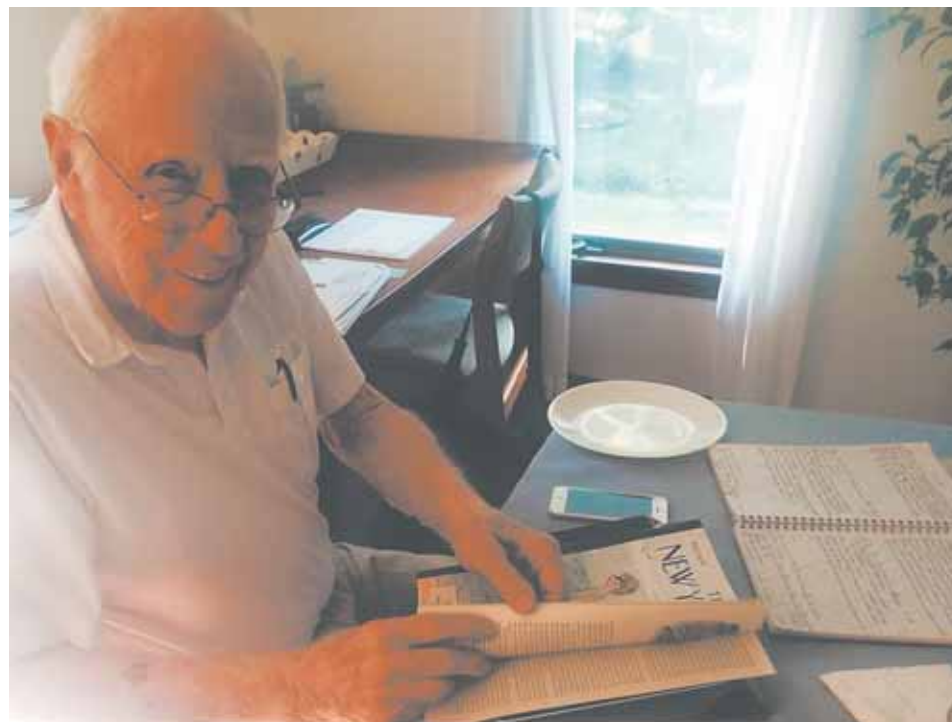
The bond between the men, however, extends beyond erudition.

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



PHOTO COURTESY OF ELLIOT WILNER

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



Peter Kimm

Planning for 50-Plus

FROM PAGE 2

unused space in their home with tenants looking for affordable housing.

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

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

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

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

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

The Commission on ag will regu-

larly — either quarterly or annually — fill out a scorecard of sorts for each of the initiatives and report back to the board.

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

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

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

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Dates

HomeLifeStyle.....9/10/14
A+ Camps & Schools.....9/17/14
Fall Fun & Arts Preview.....9/24/14

OCTOBER

Wellbeing.....10/1/14
HomeLifeStyle PULLOUT:
Deadline is 9/25/14.....10/8/14
A+ Camps & Schools.....10/15/14
Election Preview I.....10/22/14
Election Preview II.....10/29/14



NOVEMBER

Election Day is Tuesday,
November 4.
Wellbeing.....11/5/14

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After The Fall

BY ANN EMMONS
PETRI

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

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

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

IN MY OWN WORDS

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

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

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



PHOTO BY WILLIAM ARTHUR PETRI, JR.

Ann and Bill Petri

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

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

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

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

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

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

Senior Living Calendar

A sampling of calendar items from around the region.

SUNDAY-SATURDAY/SEPT. 7-13

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

SATURDAY-WEDNESDAY/SEPT. 13-24

Northern Virginia Senior Olympics. Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. \$12 per person to register, free to spectators. Visit www.nvso.us for more.

MONDAY/SEPT. 15

Adult Resource Fair. 10 a.m.-2 p.m. or 6-8:30 p.m. at Gum Springs Community Center, 8100 Fordson Road. Get information on training programs, employment, academic resources and more. Call 703-324-4600 or 703-360-6088.

WEDNESDAY/SEPT. 17

Providing Health Care Information. 1-2:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Marie Woodward, RN, presents information on creating and maintaining a personal health care record to provide critical health care information to a new doctor, physical therapist or an emergency responder. Call 703-383-9300 for more.

THURSDAY/SEPT. 18

Lunch N' Life. 12 - 2 p.m. Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Are you 50 or better? Enjoy lunch while listening to featured speaker ABC Channel 7's Weather Team and Meteorologist Brian Van de Graff. \$10. For reservations call 703-620-0161 by Sept. 12. If transportation is needed, call 703-323-4788. For more information visit, www.scfbva.org.

FRIDAY/SEPT. 26

"Fall-Risk" Assessment. 1-4 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington. Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring your risk for falling down. The appointment includes a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess balance and risk for a fall. A physical therapist will review results and give a personalized evaluation, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, call 703-558-6861.

SUNDAY/SEPT. 28

Walk to End Alzheimer's. 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org>.

SATURDAY/OCT. 4

Lovely Low-Maintenance Gardens. 10:30 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Garden smarter, not harder with Brenda Skarphol, who leads you to sunny plant combinations and eco-friendly gardening techniques. Admissions: \$18/person. Register at www.fairfaxcountygov/parks/greenspring using code 290 488 5401 or call 703-642-5173.

FRIDAY-SUNDAY/OCT. 17-19

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

FRIDAY/OCT. 24

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. 2014-2015 Medicare Update with John Glowacki of Arlington County ADSD. Every year there are changes made with the Medicare coverage. It is always advised to stay up to date with these changes to avoid any medical billing mishaps. Free. Call 703-558-6859 to RSVP.

THURSDAY/NOV. 13

Memory Screening. 9. a.m.-noon at Langston Brown Senior Center, 2121 N Culpeper St., Arlington. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to 10 minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, call 703-237-9048.

FRIDAY/NOV. 21

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. Nutrition: Living Healthy with Heart Disease with Mary Ann Petryszy, RD. One of the nation's biggest killers is diseases related to lifestyle choices. What we eat is much more impactful on our long-term health than any medicine that we take. Making appropriate nutrition choices as part of our daily routine is an important step in the right direction. Learn about maintaining a healthy diet with VHC's registered dietitian. Free. Call 703-558-6859 to RSVP.

ONGOING

Yoga for Everybody. Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

Adaptive/Seated Yoga. Tuesdays, 11:15 a.m.-12:15 p.m.; Sundays, 3-4 p.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. Classes begin Sunday, July 13. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

Alzheimer's Association Support Group

has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at www.alz.org/nca.

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

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

Singers Wanted for the Celebration Singers.

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

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