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# SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com by Friday.

**Curtis A. Khol, Jr.,** of Vienna, graduated from the United States Naval Academy in May 2014 and was commissioned as an Ensign in the United States Navy. Ensign Khol graduated with Distinction (top 10 percent) and received a Bachelor of Science Degree from the Systems Engineering Honors Program.

**Matthew Kent**, of Vienna, was named to the Dean's List at Carnegie Mellon University for the fall semester of 2013.

**Lindsay Weber**, a 2010 graduate of James Madison High School, has been named to the Dean's List for the fall semester of 2013 at Radford University.

**Julian Kell,** of Vienna, was named to the Dean's List at University of New England for the fall semester of 2013.

**Aline Dolinh**, 15, is a sophomore at Oakton High School in Vienna and has been appointed as the National Student Poet by the President's Committee on the Arts

and the Humanities. Dolinh will participate in readings and workshops at libraries, museums and schools in Virginia as well as create community service projects to expand their reach while increasing engagement in the literary arts

**Kate E. DeWeese,** daughter of Randi and Steve DeWeese of Vienna, graduate of Thomas Jefferson High School, and first-year student in the Bachelor of Arts Program, has been inducted into Alpha Lambda Delta honor society at Bucknell University.

Angela Wertz, daughter of Daniel and Lori Wertz of McLean, and a former student of Langley High School, has graduated from Duquesne University's Rangos School of Health Sciences.

Angela will be attending the twelve month Accelerated Nursing Program this year at George Mason University.

**Grayson Smith**, of Great Falls, earned a Bachelor of Science Degree in accounting, cum laude, during the spring commencement exercises at Auburn University. He is currently enrolled in Auburn's Master's of Accounting Program.

**Courtney Cross**, of Great Falls, graduated from Bishop O'Connell high school. She is a sophomore at Villanova University and was named to the Dean's List for the fall semester of 2013.

**Yihan Zhou,** Fairfax, earned a place on the Deans Honor Roll at Fort Hays State University, Hays, Kan., for the spring 2014 semester. Zhou is a junior majoring in general studies.

To be eligible, students must have enrolled in 12 or more credit hours and have a minimum grade point average of 3.60 for the semester

Cadet Carson Giammaria, son of Rick and Kim Giammaria of Lorton, graduated from the U.S. Military Academy on May 28. Giammaria graduated from Hayfield Secondary School in

While at West Point, he concentrated his studies in Engineering Psychology.

He was commissioned as a second lieutenant in the U.S. Army within the Armor branch and will report to Fort Benning, GA., to attend Ranger School. Upon completion, he will be stationed in Germany.

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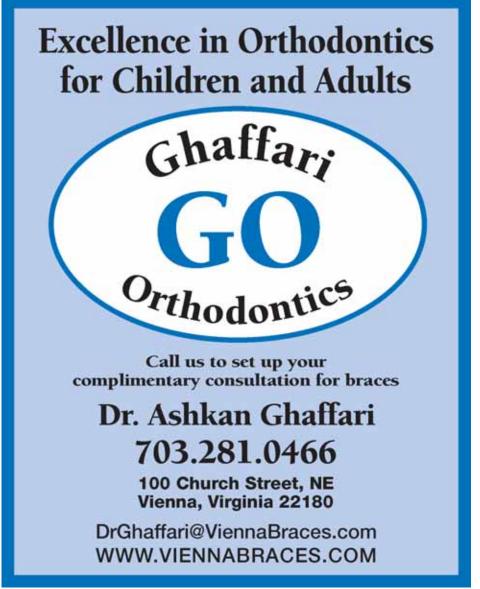


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# News



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



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

# Tysons to Host Silver Line Music and Food Truck Festival

# Another new festival for Tysons.

By Reena Singh The Connection

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

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

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

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

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

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

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



Photos from Tysons Partnership

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

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

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

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

# If You Want to Go

What: Tysons Music and Food Truck Festival When: Noon to 9 p.m., Sept. 13 Where: Lerner Town Square located between Tysons II and Tysons Galleria: 8025 Galleria

Drive, Tysons How much: \$12 in advance and \$15 on site. \$5 for

children. Re-entry free with hand stamp. For more information, visit: http:// tysonsmusicfest.com

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

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

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

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

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

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

### –Viewpoints—

# Area Residents Comment on Their First Experiences with the Silver Line

of transportation."

— Michael Nehrbass (Foreign Service) Officer, Takoma Park, Md.)

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

runs well. Definitely an efficient source have this bus route and it's really inconveabout it." nient. I can't get to Ballston anymore. It's uncomfortable and doesn't stop at good locations. I do not like it."

– Mira Moussaf (Retired, McLean)

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

"It's very convenient. It's very clean and where we need. The new silver line doesn't get to D.C. I don't really dislike anything

— Caroline Righi (Au pair, McLean)

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

- Andrew Slater (Analyst, Ashburn)

- Lizzy Brown-Kaiser

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

> Maggie Liu (Finance Analyst, Fairfax)

# News



Another passage begins for Fairfax County Public Schools students as the new school year kicks-off.

# Vienna Students Head Back to School

airfax County Public Schools students started the 2014-15 school year on Sept. 2. While technological aids have changed the face of classroom instruction, there remains old-school school supplies. In their new backpacks, Vienna area students carried pencils, notebooks and snacks. Some things never change.



Parents snapped photos, preschool kids hugged their siblings goodbye, and some of Fairfax County Public Schools' 400,000 students began a new year.

Photos by Donna Manz/ The Connection





**Darcie Girmus** 

# New Principal At St. Mark

# St. Mark Catholic School appoints Darcie Girmus as principal.

t. Mark Catholic School has announced the appointment of Darcie Girmus as principal for the 2014-2015 Academic Year. Girmus, one of the original founding faculty members of St. Mark Catholic School, has served the School community since its opening in August 2003. Prior to having been named principal, Girmus was the St. Mark middle school science teacher, and was named assistant principal in 2010. She also taught 17 years in a public school in Nebraska. In 2003, Girmus and her family moved to Virginia from the state of Nebraska where they literally "sold the farm" to fulfill her lifelong dream of teaching in a Catholic School. A graduate of the University of Nebraska, Girmus holds degrees in elementary education, curriculum and instruction, and her most recent Master of Education in Administration and Supervision is from Marymount University. Girmus and her husband Greg are parishioners of St. Mark Catholic Church and live nearby. Their two adult sons, Garret and Brandon, are college graduates and live and work in Washington, D.C. and Detroit. Brandon was a member of St. Mark's first graduating class, in 2005.

A passionate school leader, Girmus' priority as newly appointed principal is "to build on the tradition of a compassionate, Christ-centered community that is St. Mark Catholic School, while working to enhance the skills, gifts, and talents of each individual student." Goals for this year include enhancing technology and the amount of "hands-on" science activities in the lower grades, helping children to learn to think critically and innovatively, improving school security, and providing instruction in, and opportunities for, Adoration of the Blessed Sacrament.

"Rooted in faith, knowledge, and service," St. Mark Catholic School students share the light of Christ in all of their endeavors both in and out of the classroom. The school enrolls children in grades peschool through 8. Graduates generally attend Diocesan High Schools: Paul VI and Bishop O'Connell, Archdiocese of Washington Schools: Gonzaga College High School and Georgetown Visitation Preparatory School in D.C. as well as other local private and public high schools. In just nine short years of graduations, St. Mark alumni have made their mark on both the country and the world, attending colleges and universities including Embry Riddle, Notre Dame, William and Mary, UVA, Carnegie Mellon, Georgia Tech, Virginia Tech and JMU.

For more information about St. Mark Catholic School, visit www.stmark.org, or call 703-281-9103.

#### FAITH NOTES

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

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

Sunday School for all ages – 9 to 10 a.m. Outdoor Worship Service – 10:30 to 11:30 a.m. Family Fun and BBQ Picnic – 11:30 a.m. to 2 p.m. Enjoy a fun filled Rally Day and Family Fun Day featuring an outdoor worship service, barbeque picnic lunch, and family fun activities, including a moon bounce, games, crafts, and more. The event is casual and bring yur own lawn chair or blanket, if you prefer.

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

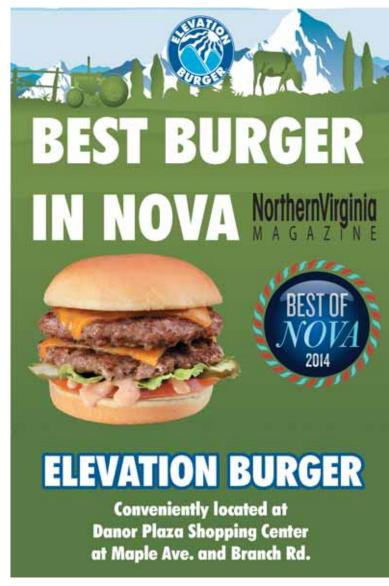
www.TheHungerChurch.org

# The Antioch Christian Church offers a time of Prayer and Healing on Wadnesday syspings at 6,20 p.m. for

Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

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

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







Congressman Jim Moran's

Women's Issues

Conference

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# OPINION

# Back to School

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

lthough 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 Learn-

ing (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-sirken-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 orienta-

tion 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,"

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

# The "Land of the Freebies and Home of the Knaves"

To the Editor:

I came from a family of Democrats. My grandfather's tavern in upstate New York was a frequent meeting place for Democrats including the late Congressman Sam Stratton who used to speak there regularly. But the Democrat party has lately come to represent "the Land of the Freebies and Home of the Knaves" instead of "the Land of the Free and Home of the Brave." The purpose of America – the reason for the founding of America – was "civil and religious liberty, and intelligent piety." Maybe you don't agree with such principles as "Ordered Liberty," "Natural Rights," or "The Laws of Nature and of Nature's God," but shouldn't people at least have a conversation about these enduring principles before we discard them and allow the "fundamental transformation" of the United States of America?

America was the symbol of freedom when I was growing up in Saudi Arabia in the 60s (as the daughter of an American engineer); and when I was studying in Beirut in the early 70s when Lebanon was still free, before Civil War flooding into America with the

broke out in 1975. America was the symbol of freedom when I went to work in Tehran, Iran in 1978, and escaped on Christmas Eve that year, fearing for my own safety, three weeks before the Shah was forced into exile and replaced by the Ayatollah Khomeini. I didn't understand our Constitution as well as I should have then, but I knew that America meant freedom, and freedom was special.

America was still the hope of the world when I traveled behind the iron curtain and befriended Natasha, a Soviet tour guide. She yearned for freedom. We invited her to visit us in the United States, but she explained she could not. Her government, the USSR, wouldn't let her! Can you imagine living under a government so powerful that it keeps its people inside the walls? Well apparently, the U.S. government may do exactly that (regarding corporations) in the near future.

America is under attack from inside and out. The rule of law is becoming non-existent. Our most senior leaders promote lawlessness and fuel violence instead of enforcing the laws. Our Constitution and the Bill of Rights (freedom of speech, religion, assembly, self-defense; freedom from unreasonable searches and seizures) are all under attack.

Our very borders are under attack. Felons and terrorists are goal of destroying orderly institutions that have taken generations to build (not to mention businesses that have taken lifetimes to build). And if they seize our government and replace it with one of their own choosing, it will not be Of the People, By the People, For the People. Our only "rights" will be the ones they choose to give us. I've seen oppressive government from the inside, and it is essentially slavery. America has already confronted the Constitutional crisis of slavery, and fought a Civil War to defeat it. I would rather die trying to preserve freedom for future generations than live under the kind of country we are about to bequeath to our children. American Exceptionalism is not perfect because people are not perfect, but it is a great experiment in principles of freedom and selfgovernment. It requires virtuous people. It is the presence of justice. And justice cannot exist except in the absence of injustice.

We must return the Constitution to the center of our political life, or the idea that was America may be extinguished for a very long

Elinor Bartlett

# Worried About Follin Lane

To the Editor:

I am a sixth grade student at Vienna Elementary School. I live at the corner of Branch Rd. and Echols St. I think that they should not redo the road on Follin Lane because it will push more cars on our street making it more hectic than it already is. Would I be able to ride my bike without worrying that I could get hit? I don't think so. I hope the Town considers this.

**Christopher Serfass** 

Vienna

# Justice Delayed is Justice Denied

To the Editor:

On Friday, Aug. 29, it 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 Inter-Vienna nal 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 SEE LETTERS, PAGE 7

# ■ Vienna & Oakton

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# LETTERS

From Page 6

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

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

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

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

The citizens of Fairfax County deserve an answer.

Since 1979, the citizens of Fairfax County have sought to have the Fairfax County Board of Supervisors appoint a Citizen Complaint Oversight Board that would accept and investigate citizen allegations of police abuse,

misconduct, negligence and report its findings to the Chief of Police and/or the Fairfax County Board of Supervisors. The Virginia Citizens Coalition for Police Accountability, Inc. proposed this same request to the Fairfax County Board of Supervisors in March 2010 with no results. Why?

#### Nicholas R. Beltrante

Executive Director Citizens Coalition for Police Accountability, Inc.

## 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.

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**CONNECTION** 

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# News

# Deadly Potomac Drownings near Great Falls Park are visitors, say experts.

By Reena Singh The Connection

very year, a handful of people fall victim to the surging, powerful waters of the Potomac Gorge. According to experts, most accidents on the white waters near Great Falls Park are from visitors rather than experts kayaking or rafting the rapids.

Visitors who come to Great Falls Park are surrounded by signs warning them about the dangers of getting into the water. Even getting in ankle-deep is frowned upon at the park.

Firefighters at Great Falls Volunteer Fire Station are trained to rescue anyone who was whisked away by the waters.

"On average, we have about seven drownings," said Station 12 Commander Michael Allen. "We just ran a guy about four weeks ago who, it turned out, had a head injury he ended up dying from."

He said the station is usually called to make a water rescue several times a month.

"The kayakers who are there, most of them are semi-professional and are very experienced," he said. "We rarely have trouble with them. It's the visitors that we tend to have trouble with."

He said the station's success rates have a lot to do with firefighter swift water certification and mandatory training every quar-

However, he said that for many who fall in at the S-turn around the falls, the survivability rate is very low.

EVERY WEEKEND IN AUGUST, the station has been at Great Falls Park with their equipment to show to the public and raise awareness about how dangerous the wa-

"If we can prevent the 911 call, that's what we want," said Allen. "That water is incredibly unforgiving."

To a kayaker, the Potomac Gorge is broken into two parts: Class 5 being the waterfalls and Class 3 below the falls. Even paddlers who have kayaked Class 5 rapids take safety precautions on the water.

"Obviously, you never go out there alone," said Jordan Poffenberger, Fairfax. "When you run it the first time, you go with someone who knows it. You actually get out of the boat and scout it. Every time you go down a waterfall, it's not a thrill. Every single time, it's a calculated risk."

Poffenberger knows what he's talking about. The 20-year-old kayaker is a gold medalist at the World Freestyle Champion-

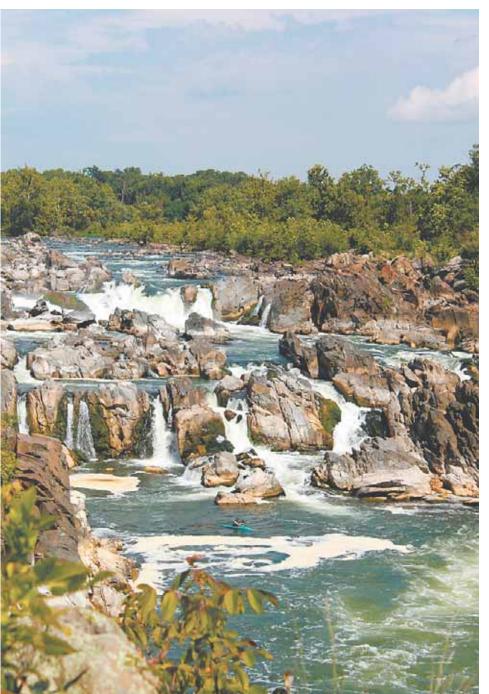
He has been paddling since he was 5years-old and has been on the national circuit for about seven years.

"I started pretty young," he said. "This is one of the biggest paddling communities in

He has memories of hiking with his family at Great Falls Park and paddling the rivers as a child.



Signs all over Great Falls Park warn visitors about the dangers of the **Potomac River.** 



Although he is experienced, he said pad- A kayaker paddles below the falls near an overlook at Great Falls Park.

"The kayakers who are there, most of them are semi-professional and are very experienced. We Frarely have trouble with them. It's the visitors that we tend to have € trouble with."

> - Station 12 Commander **Michael Allen**

dlers always wear, personal floatation devices, helmets and carry rope in case they need to pull a fellow paddler out of the water. For new courses, they'll carry extra rope and a kit with pulleys and carabiners.

"You never see a professional paddler out there saying he's risking his life," he said. "If there's any more than a 0.001 percent chance that I'm risking my life, then I won't run it."

That's not to say that accidents with kayakers do not happen. Poffenberger's own estimation was that one kayaker in the area falls victim to the Potomac's raging waters every five years - a number that he says is high.

JUST A YEAR AGO, professional paddler Shannon Christy died before the 2013 Great Falls Race, a part of the Potomac River Festival. That year, the race was canceled to hold a memorial service in her honor.

Scott Coulter, owner of Outdoor Excursions in Maryland, said he remembers when he used to paddle the falls.

"The thing with kayaking the falls is that you're playing with fire because you never know what will happen," he said. "A slight change in the water level could change everything. You could go 100 times and never have an issue."

Still, he is convinced that the majority of deaths that have happened due to drowning is because the person was not wearing a personal flotation device. Most likely, he echoed from other experts, they were visitors who wanted to see how far they could wade in the water.

He has been leading kayak and rafting excursions on the Potomac River since 1985. While he does not lead excursions over the falls, he said the day trips to the Potomac Gorge have gone well so far. Before a trip, he teaches participants how to react if they fall in the river.

"We've actually flipped rafts going up the river, but we've always had a safety boat there just in case something happens," he

He said the falls appeals to kayakers looking to take the next step in their paddling experience.

"It's there, it takes skills and it's a challenge," he said.

# News

# The Bookshop Worth Exploring

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

By Lizzy Brown-Kaiser
The Connection

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

What initially began as a limited selection of books available for purchase only once a month has now transformed into an extensive bookshop at the Claude Moore Colonial Farm. The BookShop is home to 80 different categories of books, which fea-



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



The BookShop kitchen provides shoppers with complimentary coffee and cookies.

ture over 15,000 different titles. Every two weeks, the BookShop displays a different array of books centralized around a specific theme. Upcoming themed displays include "Sex, Drugs & Rock N Roll plus Football," "All Things Japan," "Hollywood, TV & Broadway," and more. The BookShop also organizes its products into subthemes like "The Wizard of Oz" to celebrate the book's upcoming 75th anniversary. Books signed by their authors, antique reads, and rare editions are also available. With its diverse selection, the BookShop provides any type

of bookworm with a good read. For the store's less book savvy customers, CDs, DVDs, tapes, magazines, and ephemera such as old bookmarks and maps are also available for purchase. And for the BookShop's customers that can't put down their purchases, there is a reading room along with a kitchen that offers complimentary coffee and cookies. Shoppers may even be greeted by the BookShop's residential cat, Boy.

The best part about the BookShop is that everything in the store is completely do-

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



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

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

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





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



# McLean Community Center Governing Board

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

Follows the Finance Committee Meeting of the Whole Monday, Sept. 15, 2014 at 7:30 p.m. at the Center

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

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



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

# Calendar

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

#### THURSDAY/SEPT. 4

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

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

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

#### FRIDAY/SEPT. 5

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

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

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

### Look at the Stars! Open

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

### SATURDAY/SEPT. 6

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

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

\$25-\$50. 1-877-WOLFTRAP.

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

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

Ballroom Dance. 8 - 9 p.m. Waltz Lesson. 9 p.m. - 11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music with Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual. everyone is welcome. \$20. 703-759-2685 or www.colvinrun.org. **Jody Marshall**. 5 -7 p.m. The

Palladium Civic Place Green, 1445 Laughlin Avenue, McLean. Outdoor Celtic and folk music. Free. 703-288-



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

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

#### SUNDAY/SEPT. 7

Colbie Caillat Gypsy Heart Tour. 8

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

Grinding Grain at Colvin Run Mill. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Come watch the miller grind grain;

cornmeal, grits, whole wheat for sale in General Store. 703-759-2771.

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

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

### MONDAY, SEPT. 8

jmaloney@nvrpa.org.

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

### TUESDAY, SEPT. 9

Colvin Run's Dance for Everyone.

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

VFC President Dick Gingerelli

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

### WEDNESDAY/SEPT. 10

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

#### THURSDAY/SEPT. 11

**Great Falls Writer's Group.** 11

a.m.-12:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The GFWG convenes at the Great Falls Library to explore and discuss the joys and challenges of writing. Free admissions. Call 703-757-8560 for more info.

Fall for the Book Science Talk. 7:30 p.m. The Alden Theatre, McLean Community Center, 1234

Ingleside Avenue, McLean. Come hear Carl Zimmer and Sam Kean. www.mcleancenter.org or 703-790-0123.

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

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

9/11 Ceremony. 7-8:30 p.m. Great Falls Freedom Memorial (behind Great Falls Library), 9830 Georgetown Pike, Great Falls. Ceremony to especially remember the six citizens who died on Flight 77.

Ceremony open to all. **Watercolor Pouring**. 7:30 p.m.

Vienna Art Center, 115 Pleasant Street, NW, Vienna. Demonstration by artist Patricia Farrell. Free. 703-319-3971. www.ViennaArtsSociety.org.

### FRIDAY/SEPT. 12

Old Firehouse Teen Center Friday

**Field Trips.** 3:30-10 p.m. Trip will depart from OFTC, 1440 Chain Bridge Road, McLean. Double Feature at AMC Tysons. Prices vary based on activity. www.mcleancenter.org or 703-790-

Lynne Cheney presents "James Madison: A Life Reconsidered." 7:30 p.m. The Alden Theatre

McLean Community Center, 1234 Ingleside Avenue, McLean. www.mcleancenter.org or 703-790-

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

Look at the Stars! Open

**Observatory.** 7:30-10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Friday night viewings of the sky at the observatory park. Visit http://www.analemma.org for more information.

# ENTERTAINMENT

# Quick Wit and Fast Comedy

Shakespeare Company extravaganza arrives at CenterStage.

> By David Siegel The Connection

singular delight is soon arriving at Reston's CenterStage. An extravaganza of theatrical comedy covering over a week of different performances as the beloved Reduced Shakespeare Company (RSC) lays anchor. "The scope of this 'extravaganza' is a special gift to Reston for the 50th Anniversary," said Paul Douglas Michnewicz, Arts and Events Director, Reston Community Center CenterStage.

"I can think of no better way to celebrate such a milestone than by spending time with the fellows who have brought laughter to our patrons for 27 years," noted Michnewicz. "Restonians have grown up with the laughs supplied by RSC. Their comedy is smart and silly. An excellent combination."

What is the "Extravaganza?" The RSC will be performing eight very different shows with seven different cast members. There will be the premiere of "The Complete History of Comedy" and remounted productions of shows about Shakespeare, Sports, the Bible, and more. So you can get your fill of many or pick and choose. It promises to be a smorgasbord of fun.

RSC cast members said they "love performing in Reston because everyone is so welcoming and enthusiastic. It feels like our home away from home."

"They have performed in Reston every single year since they began touring in 1987 so their visits to Reston are like visiting with long-time friends once a year and catching up with each other."

Their first performance will be the Reston premiere of their latest show, "The Complete History of Comedy (abridged)..."

There will also be school workshops, a Comedy Boot Camp, book signings and more. "I know where I am going to be in September, anyone who wants to discover or rediscover-the Reduced Shakespeare Company, should join me," said Leila Gordon, Executive Director, Reston Community Center.





**Reduced Shakespeare Company: Comedy** 



Photos courtesy of Reston Community Center Center Stage **Reduced Shakespeare Company: Bible** 



**Reduced Shakespeare Company: Sports** 

# Where and When

Reduced Shakespeare Company "Extravaganza" presented at the Reston Community Center CenterStage, Hunters Woods, 2310 Colts Neck Road, Reston. Performances: Sept. 12, 13, 17, 18, 19 and 20 at 8 p.m. and Sunday matinees on Sept. 14 and 21 at 3 p.m. Tickets \$50-\$60. For details go to www.restoncommunitycenter.com or call 703-476-4500, press '3.'





Here's What's Happening at MCC



Old Firehouse Teen Center Back-to-School Party

Friday, Sept. 5, 7-10 p.m. \$10/\$5 OFTC member

Fall for the Book
Science Talk with Carl Zimmer
and Sam Kean

Thursday, Sept. 11, 7:30 p.m.

Free admission. Reservations are not required.

Lynne Cheney presents
"James Madison:
A Life Reconsidered"

Friday, Sept. 12, 7:30 p.m.
Alden Theatre
Free. Reservations are not required.



Save the date—Almost 60 sellers!

McLean Fall Community

Flea Market

Saturday, Sept. 13, 9 a.m.-1 p.m. 1420 Beverly Rd. Free Admission

Jammin' Juniors
Rolie Polie Guacamole

Wednesday, Sept. 17, 12:30 p.m.

Free admission McLean Central Park Gazebo

The McLean Community Center www.mcleancenter.org Home of the Alden Theatre

www.aldentheatre.org



1234 Ingleside Ave. McLean, VA 22101 703-790-0123, TTY: 711



# Sports

# Marshall's Blackstone Working Toward Future in College Baseball

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

arshall catcher Mitch

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

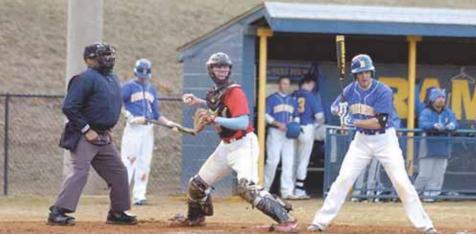
As a sophomore, Blackstone received first-team All-Liberty District honors. He batted .444 with six home runs, 14 doubles and 22 RBIs. As a freshman in 2012, Blackstone played with his older brother, Kent, who was a standout shortstop for the Statesmen and went on to play for New Mexico State before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

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

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

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

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



Connection file photo

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

catcher?

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

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

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

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

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

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

Blackstone: I have two favorite moments at Marshall. First, is taking throw-downs with my brother Kent at every practice and in-between every inning in games freshman year, and the other is hitting the game-winning HR off Edison in the conference championship this past spring to win the Conference 13 title.

\*Connection: What is your favorite food? Blackstone: Settler beans.

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

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

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

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

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

Blackstone: Exercising.

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

Blackstone: Edinburgh, Scotland. \*Connection: Are you a pro sports fan? If so, who are your favorite teams?

Blackstone: Yes, the Texas Rangers.

— Jon Roetman

### Sports Roundups

# Madison Football Beats South Lakes

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

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

# Oakton Football Defeats Woodson

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

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

# Upcoming Football Season Openers

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

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

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

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

# Marshall Field Hockey Earns Lopsided Wins

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

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

# Herndon Field Hockey Starts 2-0

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

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

# Lightning Red Boys Win in Williamsburg

Vienna Youth Soccer's U13 Lightning Red boys team won the U14 boys division of the Virginia Summer Shootout and College Showcase in Williamsburg during the weekend of Aug. 23-24. The team is coached by Robson Gimenez. **Pictured from left: (bottom row)** Ben Jurutka, Caleb Wentz, Matthew Warren, Shivane Anand, Ethan Duerre, Josiah Lee, Evan Zhang, Christian Geiger, (back row) Kyle Thompson, Coach Robson Gimenez, Dominic Ortolano, Sam Klein, Will Covey, Ryan Tipton, Alex Lanier, assistant coach Jeff Ortolano, Dayson Pineda.



HOME SALES

in the Vienna and Oakton area.

This week's list represents those homes sold in the \$1,656,725-\$379,900 range.

For the complete list, visit www.ConnectionNewspapers.com

001 WEBER PL	5 4 1	OAKTON	\$1,656,725		0.92	22
05 EAST ST SE 01 PRINCESS CT SW						
509 FRANCIS YOUNG LN	5 5 1	VIENNA	\$1,300,000	Detached	0.45	22 22
237 FOXVALE DR	5 4 1	OAKTON	\$1,375,000	Detached	0.83	22
08 MELODY LN SW 359 OLD COURTHOUSE RD				Detached Detached		
129 OLD COURTHOUSE RD						
00 POTTERTON CIR SW	6 4 1	VIENNA	\$1,266,158	Detached	0.38	22
90 MONTMORENCY DR						
523 DUNN MEADOW RD 37 MONTAGUE DR						
511 MACY AVE						
215 ROSS DR SW	5 5 1	VIENNA	\$1,170,000	Detached	0.42	22
0309 E HUNTER VALLEY RD						
0496 DUNN MEADOW RD 118 HUNT RD						
362 HILL RD	4 4 1	VIENNA	\$1.090.000	Detached	0.52	22
880 ASHGROVE LN	5 4 1	VIENNA	\$1,075,000	Detached	1.00	22
426 CROWELL RD						
429 SUNNY MEADOW LN D5 COURTHOUSE RD SW						
520 CROWELL RD						
015 COTTAGE ST SW						
104 HELMWOOD CT						
BO4 BROOKDALE TER 155 BOIS AVE				Detached		
0302 CONEJO LN						
310 RIFLE RIDGE RD	5 3 1	OAKTON	\$915,000	Detached	0.47	22
730 HIDDEN VALLEY RD						
1476 BRONZEDALE DR 1222 SWEETWOOD LN						
1222 SWEETWOOD LN736 HIDDEN VALLEY RD						
123 BEEKAY CT	4 3 1	VIENNA	\$865,000	Detached	0.68	22
504 TROMBONE CT						
838 SQUAW VALLEY DR 800 BATTEN HOLLOW RD						
				Detached		
0024 GARRETT ST	5 3 1	VIENNA	\$850,000	Detached	0.51	22
331 SAWTOOTH OAK CT	3 3 1	VIENNA	\$807,500	Townhouse	0.05	22
1210 LAPHAM DR 534 PARK ST						
0239 TAMARACK DR						
1163 CONESTOGA CT	4 2 1	OAKTON	\$790,000	Detached	0.59	22
327 FOSBAK DR				Detached		
712 GLENCROFT RD 792 DAWSON ST						
1710 AYRESHIRE RD						
0273 GREENSPIRE DR						
414 BEEKAY CT						
780 PAISLEY CT 724 WOLFTRAP RD				Townhouse		
0275 GREENSPIRE DR						
509 E MEREDITH DR						
01 JOHN MARSHALL DR NE				Detached		22
1019 BLENHEIM DR 141 COBB HILL LN						
500 WILLOW GREEN CT						
331 ALLARD LN						
711 JUMPER CT						
11 COURTHOUSE CIR SW 816 CLAUDIA CT						
0413 SILK OAK DR						
0858 PARCEL CT						
506 COTTAGE ST	421	VIENNA	\$723,999	Detached	0.30	22
706 PEMBSLY DR						
0400 HUNTRACE WAY 731 TAMERISK CT						
419 RIVIERA DR						
04 SAINT BERNARD DR NE	4 3 0	VIENNA	\$675,000	Detached	0.31	22
0371 GERSHWIN CT						
433 JACKSON PKWY DO8 MADRILLON SPRINGS CT						
237 CHESTERTOWN DR						
12 COTTAGE ST SW	3 2 0	VIENNA	\$650,000	Detached	0.38	22
011 PIERIS CT						
1801 QUARTER HORSE CT 00 HUNTER CT SW	43 0	OAKTON	\$641,000 \$630,000	Detached	0.56	22
029 CLEARFIELD AVE						
06 SANOEY CIR SE	0	VIENNA	\$620,000	Detached	0.43	22
311 CEDAR LN						
07 LEWIS ST NW 175 OLEANDER AVE						
583 RAGLAN RD						
737 CY CT	4 3 1	VIENNA	\$590,000	Townhouse	0.04	22
114 WARE ST SW						
7 NUTLEY ST NW 07 COTTAGE ST SW						
065 WINDWOOD FARMS DR						
3 TAPAWINGO RD SW	3 2 0	VIENNA	\$550,000	Detached	0.23	22
37 STRATFORD CT						
70 STRATFORD CT 10 VILLAGE SPRING LN						
303 LAFORA CT						
915 MELANIE LN						
300 EVELYN CT	4 3 1	VIENNA	\$493,000	Townhouse	0.07	22
123 VALENTINO CT						
0313 BUSHMAN DR 023 LONGFORD CT						
956 VALERA CT						
547 NORTHERN NECK DR #102	2 2 0	VIENNA	\$465,000	Garden 1-4 Floor	's	22
987 TYSON OAKS CIR						
984 CAPPERTON DR 034 SUGAR LN						
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# I Scream

By KENNETH B. LOURIE

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

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

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

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

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

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

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

#### MONDAY/SEPT. 15

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

#### TUESDAY/SEPT. 16

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

#### THURSDAY/SEPT. 18

#### **Chapter Meeting Vietnam Veterans of**

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

#### SATURDAY/SEPT. 27

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

#### SATURDAY/OCT. 25

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

### SATURDAY/NOV. 22

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### **ONGOING**

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

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

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

lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

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# **Award-Winning Connection Newspapers**

More Reasons the Connection Newspapers are the Best-Read Community Papers Winners of Awards in the 2013 Virginia Press Association and Maryland-Delaware-D.C. Press Association Editorial Contests

## **First Place Winners**

- ❖ Bonnie Hobbs, Centre View General news writing.
- ❖ Kenneth Lourie, Potomac Almanac Sports Column.
- **❖ Michael Lee Pope**, Arlington Connection – In-depth or investigative reporting: •Uncovering Secret Government
- **❖ Michael Lee Pope**, Alexandria Gazette Packet – Education writing: • Alexandria **Education Dollars**
- \* Michael Lee Pope, Mount Vernon Gazette – Business and financial writing:
  • Car Title Loans
- ❖ Jeanne Theismann, Alexandria Gazette Packet – Public safety writing.
- ❖ Jeanne Theismann, Alexandria Gazette Packet – Personal service writing.
- **❖** Mary Kimm, Laurence Foong, Geovani Flores, Marilyn Campbell, John Byrd, Tim Peterson and Jean Card,

Vienna/Oakton Connection – Specialty pages or sections: • HomeLifeStyle

- 🌣 Jean Card, Laurence Foong, Renee Ruggles and Craig Sterbutzel, Mount Vernon Gazette – Informational graphics: Fairfax County parks
- ❖ Staff, Potomac Almanac Insiders Edition: Newcomers & Community Guide



## **Second Place Winners**

- **❖** Steven Mauren, Jeanne Theismann, John Bordner, Jean Card, Geovani Flores and Laurence Foong, Alexandria Gazette Packet – Special sections or special
- ❖ Steve Artley, Alexandria Gazette Packet – Illustrations – Eminent Domain.
- Page design.



Michael **Lee Pope** 



**Bonnie Hobbs** 



**Theismann** 



Mauren



Laurence **Foong** 



Marilyn Campbell



**Steve Artley** 



Geovani

John Bordner

Ken

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McVeigh

Moore









John Byrd



**Mary Kimm** 

Tim **Peterson** 



Craig Sterbutzel

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Steve Artley, Alexandria Gazette Packet -**Illustrations – Eminent Domain.** 

- ❖ Ken Moore, Potomac Almanac **Medical Science Reporting**
- **❖ Michael Lee Pope**, Arlington Connection – Health, science and environmental writing.
- ❖ Michael Lee Pope, Alexandria Gazette Packet – Government writing.
- ❖ Victoria Ross, Burke Connection Feature series or continuing story.
- ❖ Victoria Ross, Fairfax Connection –
- Personal service writing. **\* Jeanne Theismann**, Alexandria Gazette
- Packet Column writing. ❖ Staff, Potomac Almanac HomeLifeStyle



Louise Krafft, Alexandria Gazette Packet -**Feature** photo: Summer Fun.

# **Third Place Winners**

- ❖ Steve Artley, Alexandria Gazette Packet Illustrations.
- **❖ Mary Kimm**, Fairfax Connection Editorial writing.
- **❖ Louise Krafft**, Alexandria Gazette Packet Feature photo: Summer Fun.
- ❖ Donna Manz, Vienna/Oakton Connection – Feature writing portfolio.
- **❖ Michael Lee Pope**. Arlington Connection – Education writing.



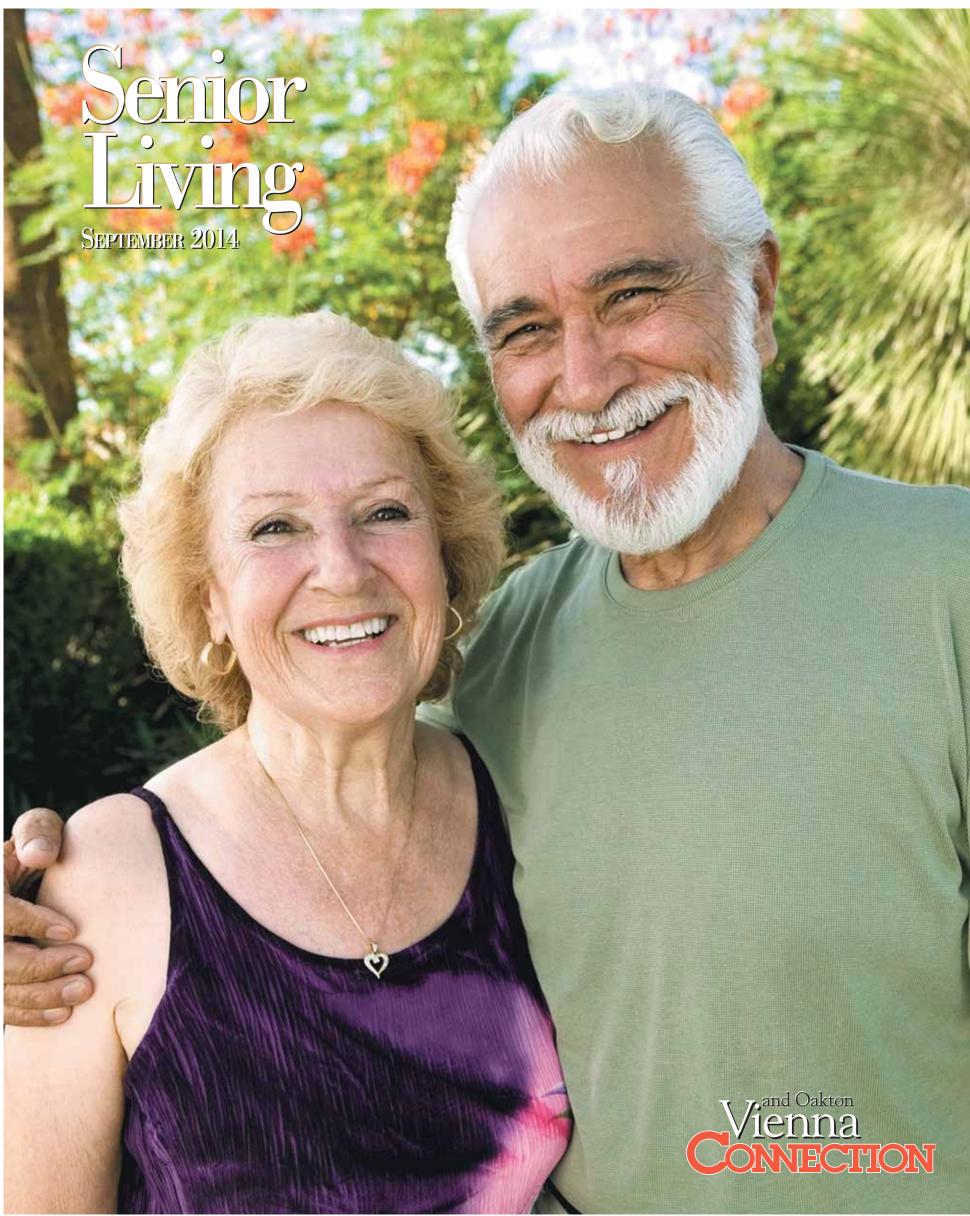
editions: Insider's Guide.

❖ Jean Card, Mount Vernon Gazette –

Renee **❖** Alex McVeigh, Great Falls Connection

In-depth or investigative reporting.

Ruggles



# Taking On the 'Silver Tsunami'

By Tim Peterson
The Connection

he "Silver Tsunami" is coming, the steep in crease 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

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

Jim Lindsay

Courtesy Photo

**Dr. Thomas** 

Prohaska

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 at-

tempt for an attainable, affordable, actionable plan to address what we heard."

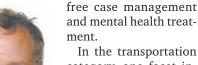
Now Herrity and the commission are ready to present the new and improved 50+ Community Action Plan to the Board of Supervisors at their meeting on Sept. 9, and expect the board to approve the plan at the Sept. 23 meeting.

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

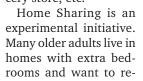
Within each of these categories are a range of community-driven initiatives designed to function

with little or no government direction. In most cases, a local civic leader or "champion" would coordinate with a county staff member if necessary, but otherwise work independently, and require a lot of engagement from the community.

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



category, one facet includes supporting the Jewish Community Center of Northern Virginia's effort to provide a ride scheduler system for community-based organizations, partnering 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.



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

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

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

That's where home care groups

SEE 50-PLUS PAGE 7



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# Time to Downsize?

By Marilyn Campbell
The Connection

hen 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

of their lives.

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

few guidelines: "We best days of their lives."

Those
tos go or
items to

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

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

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

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.

Suggestions for seniors looking

for homes to fit the next phase

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

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

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

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

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

When it comes to creating a comfortable

See Downsize, Page 5

# Quilting Studio Adds to Dream Home

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

By John Byrd The Connection

uilting 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 Nev

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 asesthetics, 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 wellmade, Rogers employs a Bernina "surger" which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

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

allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walkin shower. Also, the Advantium oven; two-burner cooktop; the WiFihook-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 fullfillment 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 drywall 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 quiltings 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 for the Next Phase of Life

From Page 3

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

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

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

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

When designing a new, smaller space, Sanders recommends interior design magnetic floor planning kits, which help determine a person's furniture needs and placement before they actually move. "The starting point for every good move is the floor plan at the receiving location," he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one's quality of life. If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Barillaro, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. "Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses," she said.

"We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life," said Pam Greenwood, Ph.D., associate professor of

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

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

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

"The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily," said Greenwood.

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



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

Photos courtesy of Glickman Design Build

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# Engaging over the New Yorker

# Members enjoy intellectual stimulation, camaraderie over long term.

By Marilyn Campbell
The Connection

here 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 midway 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 likeminded 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 Abroms, 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 ride 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."

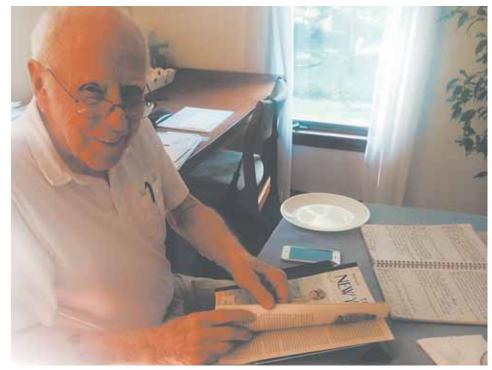
The bond between the men, however, extends beyond erudition.

"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

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-**ING** will regularly — either quarterly or annually — fill out a scorecard of sorts for each of the

initiatives and report back to the

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."

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

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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# After The Fall

By Ann Emmons Petr

t 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.



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

#### 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

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.

A sampling of calendar items from around the region.

#### FRIDAY/OCT. 24

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

#### THURSDAY/NOV. 13

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

#### FRIDAY/NOV. 21

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

#### ONGOING

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

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

#### Alzheimer's Association Support Group has meetings on the third Wednesday at

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

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

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

### Singers Wanted for the Celebration

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

Senior Fall Prevention Classes. 1:30-2:30

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