

Reston CONNECTION

Referendum on Tetra Purchase

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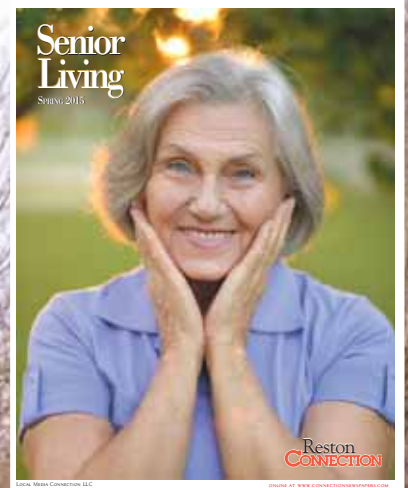
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Senior Living

The Reston Association Board will allow members to decide if it should purchase the Tetra Site on Baron Cameron Avenue for \$2.65 million. The purchase of the site would solidify a contiguous band of 98 acres of common area property and parkland.



WE CHANGE LIVES

Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

Yours in fitness,
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

Koko
A Digital Gym

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

Koko FitClub of Great Falls
571-612-2330

Koko FitClub of Herndon
571-612-2331

Koko FitClub of Reston
571-612-2333

www.kokofitclub.com



PHOTOS BY TIM PETERSON/THE CONNECTION

The Fairfax County Ad Hoc Police Practices Review Commission held its first meeting March 23 at the county government center.



Commission members Sal Culosi (left), father of Dr. Salvatore “Sal” Culosi Jr., who was killed by a Fairfax County Police officer, and Nicholas Beltrante (right), executive director of the Virginia Citizens Coalition for Police Accountability, attend the first meeting of the Fairfax County Ad Hoc Police Practices Review Commission.

‘A Way for Something Good’ Emotional beginning for Ad Hoc Police Practices Review Commission.

BY TIM PETERSON
THE CONNECTION

While several other members of the recently created Ad Hoc Police Practices Review Commission stated their general intent to listen and learn and help, Salvatore Culosi had a more specific request.

“My son would still be alive today,” Culosi said, “but for 2006 Fairfax County policies to routinely use SWAT and aggressive procedures against citizens certified to be low risk.”

Culosi’s son Dr. Salvatore “Sal” Culosi Jr. was killed by a Fairfax County Police officer Jan. 24, 2006 outside his Fair Oaks townhouse. Culosi Sr. told other members of the commission that he was told by then-Fairfax County Police Chief and current deputy county executive David M. Rohrer that use of force policy changes had been made since his son’s shooting. During his introduction at the commission’s first meeting on March 23 at the Fairfax County Government Center, Culosi said he has yet to receive a list of the changes. But, he said, the members of the commission, created by Board of Supervisors Chairman Sharon Bulova and endorsed by the rest of the board, should have that list as they proceed with developing recommendations for further policy changes.

“I want to assuage the public this commission is not a political cover,” Culosi said.

Bulova later responded that the information Culosi referred to would be provided to the commission.

WITH MORE THAN 35 MEMBERS, comprising citizens, legal experts, academics and representatives from the media and law enforcement, the commission is approaching the size of the Virginia Senate, which has 40. Bulova compared the “not too large” size to previous commissions created to review redistricting and a meals tax.

While members repeatedly commented on the “diversity” of the commission in terms of experience and expertise, Great Falls resident Jerry Santos was critical of other imbalances. “The optics are bad,” he said, observing that of the 30-plus members, less than a third are female and the majority are middle-aged Caucasian men. “I’m the only Hispanic in the room,” he said. “It’s outrageous, them throwing out the word diversity.”

The commission was created amid a swell of media and public attention to the case of John Geer, a Springfield man who was shot dead by Fairfax County Police Officer Adam Torres on Aug. 29, 2013. Details of the shooting, including the name of the officer, were kept hidden from the public and the Geer family, until Jan. 30, 2015.

The commission, Bulova reiterated, was set up to review the police department’s policies for use of force and release of information compared with best practices in other jurisdictions, and to make recommendations to the Board of Supervisors for potential changes.

“We are not investigators,” Bulova reminded the commission members. But hopefully, she said, “this is a way for something good to come out of something tragic.”

Jeff Stewart, a close friend of Geer’s who witnessed the shooting and said he was contacted by Bulova for the commission at the beginning of the selection process, said he is hoping for a “positive and constructive” process. Stewart added he would “like to see independent oversight” of the police department by citizens “at the very least. I hope that can come about in a timely manner.”

Bulova set a deadline for handing over recommendations for policy changes to the



Commission chair Michael Hershman, right, and Board of Supervisors Chairman Sharon Bulova speak at the first meeting of the Fairfax County Ad Hoc Police Practices Review Commission, with former Commonwealth Attorney Robert Horan.

Board of Supervisors by Oct. 1 of this year. “We have a lot of work in front of us,” said commission chairman Michael Hershman.

In response to Culosi’s comment that the commission might be some kind of cover in light of upcoming elections in Fairfax County, Hershman said, “There will be no obstacles placed in our way by the county. I’ve been assured of that.”

Hershman explained the commission would designate themed subcommittees to tackle its review mission, focusing on the

use of force, communication and co-operation policies, recruitment and vetting of officers and the Crisis Intervention Team. Chairs of the subcommittees will have the authority to appoint additional citizens to be part of those groups, and their meetings will also be open to the public.

The next public meeting of the commission will be April 27 in rooms 9 and 10 of the Fairfax County Government Center, beginning at 7:30, and is open to the public. The April meeting will be “foundational” with regards to establishing the subcommittees and their objectives, and answering the question “Why we’ve found ourselves in this position.”

“I want to assuage the public this commission is not a political cover.”

— Salvatore Culosi

Commission member Lt. Col. Tom Ryan, deputy chief of police for police administration, said, “Our organization is a learning organization. There’s still room to be better and learn where we’ve gone wrong. I come here with an open mind.”

FOR MORE INFORMATION on the commission and to find a full list of commissioners and meeting schedule, visit www.fairfaxcounty.gov/policecommission. Questions for the commission chair Michael Hershman or requests to be involved with the work of the subcommittees can be directed through Bulova’s office, by calling 703-324-2321 (TTY 711) or emailing chairman@fairfaxcounty.gov.

Moving: From Institution to Community

Northern Virginia Training Center to close by March 2016.

BY TIM PETERSON
THE CONNECTION

Joseph McHugh has lived at the Northern Virginia Training Center for 35 years, moving in when he was a teenager. McHugh has cerebral palsy and colostomy and severe spasticity issues.

At the training center, McHugh works with a speech pathologist, nurse, on-campus dietician and is close to an X-ray machine, dental facility and clinic on the grounds.

“My brother would’ve been dead without the training center,” said Chris McHugh, who lives in San Francisco. “He was almost pronounced dead a couple times, except for his proximity to a nurse, the clinic right there.”

Chris McHugh and his sisters Kim Arthurs McHugh of Arlington and Donna McHugh of Centreville are Joe’s legal guardians, and grew up together in Arlington. They’re skeptical about whether there are appropriate placement options so Joe can live successfully outside of the training center, which is slated to close next year.

“I want to be their biggest cheerleader,” said Chris McHugh. “I want to be wrong, to be excited about my brother’s choices and his peer’s choices, but I’ve seen people who

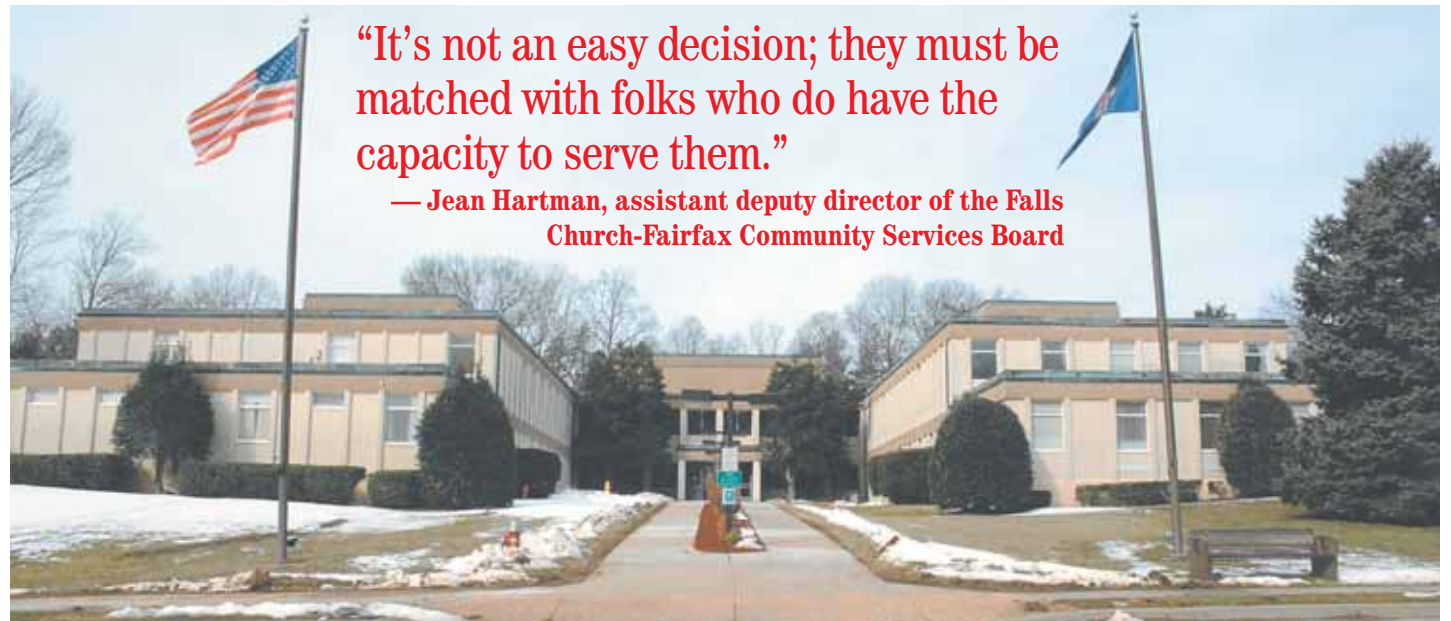


PHOTO BY TIM PETERSON/THE CONNECTION

“It’s not an easy decision; they must be matched with folks who do have the capacity to serve them.”

— Jean Hartman, assistant deputy director of the Falls Church-Fairfax Community Services Board

The Northern Virginia Training Center on Braddock Road is scheduled to close in March 2016.

don’t have a family advocating for them slip through the cracks, wither on the vine.”

The training center, one of five large regional institutions in Virginia that are operated by the state’s Department of Behavioral Health and Developmental Services, was built to house and provide services for people with intellectual and physical disabilities. The Northern Virginia facility, located on more than 80 acres off Braddock Road in Fairfax, has offered medical, dental and nursing services, physical and occupational therapy, social work and psychology services since opening in 1973.

Though the training centers provided an array of services, the institutional environment also moved people with disabilities out of their communities.

In June 1999, the U.S. Supreme Court ruled in *Olmstead v. L.C.* that segregating people with disabilities from society is tantamount to discrimination and a violation

of Title II of the Americans with Disabilities Act. Governments or other public organizations, it said, must therefore offer more integrated, community-based services to people with disabilities.

Virginia Code § 37.2-319 calls for a Behavioral Health and Developmental Services Trust Fund that “shall be used for mental health, developmental, or substance abuse services and to facilitate transition of individuals with intellectual disability from state training centers to community-based services.”

Then in a 2011 letter, Assistant U.S. Attorney General Thomas E. Perez notified then-governor Bob McDonnell that the U.S. Department of Justice Civil Rights Division had conducted an investigation into the Central Virginia Training Center in Madison Heights, questioning the state’s compliance with the Americans with Disabilities Act.

The investigation concluded that Virginia “fails to provide services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs in violation of the [American with Disabilities Act],” Perez’s letter read.

“The inadequacies we identified have resulted in the needless and prolonged institutionalization of, and other harms to, individuals with disabilities in [Central Virginia Training Center] and in other segregated training centers throughout the Commonwealth who could be served in the community.”

The other segregated training centers included the one on Braddock Road.

In January 2012, the U.S. Department of Justice and Commonwealth of Virginia filed settlement in U.S. District Court, calling on the state to “create or expand a range of supports and services to individuals with [intellectual disabilities or developmental disabilities] and their families.”

The settlement summary referred to the continued operation of all five regional training centers as “fiscally impractical” and that the state should submit a plan for considering closing all but one institution. In his 2012 letter, Perez wrote the average cost of serving one person in a training center was \$194,000 per person annually, while offering them services outside the center averaged \$76,400.

According to the Department of Behavioral Health and Developmental Services, the average cost of care per individual for FY2014 was \$342,504. For FY2015 (through October 2014), the cost rose to \$359,496 per individual.

Dr. Dawn Adams, director of health services
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WWW.CONNECTIONNEWSPAPERS.COM



Dr. Dawn Adams



Jean Hartman



PHOTOS COURTESY OF CHRIS MCHUGH

From left: Joseph McHugh Jr. and Yvette Roberts, students at the Co-op School for Handicapped Children in Arlington, meet with First Lady Pat Nixon and Secretary of the Interior Rogers C.B. Morton at The White House in 1972 as poster children for a United Way campaign.



(Rear, from left) Donna A. McHugh, Kim McHugh Arthurs, Joseph F. McHugh Sr. and Chris McHugh celebrate with their brother and son Joseph F. McHugh Jr., who has been a resident at the Northern Virginia Training Center for 35 years.

A ragweed pollen as a treatment for a ragweed allergy?

It's called immunotherapy.

RAGWITEK.
An immunotherapy tablet made from ragweed pollen.


RAGWITEK®
Short Ragweed Pollen Allergen Extract
Tablet for Sublingual Use 12 Amb a 1-U



Make an appointment with your allergy specialist and ask if RAGWITEK is right for you.



Not actual size.

Immunotherapy is what RAGWITEK is all about—it uses ragweed pollen, which may help you gradually build tolerance so you become less sensitive to that very same allergen. RAGWITEK is a once-a-day tablet that dissolves quickly when placed under the tongue. After taking it, don't swallow for at least 1 minute. Taken over time, it helps treat that allergic reaction which causes eye and nasal symptoms associated with ragweed allergies.

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen.

RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout the ragweed pollen season.

RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

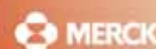
Important Safety Information about RAGWITEK

- RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get immediate medical treatment right away if you have any of the following symptoms after taking RAGWITEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take RAGWITEK if you have severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; have ever been diagnosed with eosinophilic esophagitis or are allergic to any of the inactive ingredients contained in RAGWITEK.
- For home use of RAGWITEK, your doctor will prescribe epinephrine if you have a severe allergic reaction after taking RAGWITEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of RAGWITEK must be taken in the doctor's office. After taking the first dose, you will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- You should tell your doctor about any medicines you take.
- Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Brief Summary on the following page for more detailed information.

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Brief Summary



RAGWITEK®

Short Ragweed Pollen Allergen Extract
Tablet for Sublingual Use 12 Amb a 1-U

Carefully read the Medication Guide before you start taking RAGWITEK® and each time you get a refill. This Brief Summary does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or if you want to learn more about RAGWITEK.

What is the Most Important Information I Should Know About RAGWITEK?

RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get medical treatment right away if you have any of the following symptoms after taking RAGWITEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of RAGWITEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking RAGWITEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

What is RAGWITEK?

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen. RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout ragweed pollen season. RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

Who Should Not Take RAGWITEK?

You should not take RAGWITEK if:

- You have severe, unstable or uncontrolled asthma
- You had a severe allergic reaction in the past that included any of these symptoms:
 - o Trouble breathing
 - o Dizziness or fainting
 - o Rapid or weak heartbeat
- You have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You have ever been diagnosed with eosinophilic esophagitis.
- You are allergic to any of the inactive ingredients contained in RAGWITEK. The inactive ingredients contained in RAGWITEK are: gelatin, mannitol, and sodium hydroxide.

What Should I Tell My Doctor Before Taking RAGWITEK?

Your doctor may decide that RAGWITEK is not the best treatment if:

- You have asthma, depending on how severe it is.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD).
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.

- You are pregnant, plan to become pregnant during the time you will be taking RAGWITEK, or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to RAGWITEK.
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
 - o beta blockers and alpha-blockers (prescribed for high blood pressure)
 - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
 - o diuretics (prescribed for heart conditions and high blood pressure)
 - o ergot alkaloids (prescribed for migraine headache)
 - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
 - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of RAGWITEK. Ask your doctor or pharmacist for advice before taking RAGWITEK. RAGWITEK is not indicated for use in children under 18 years of age.

Are There Any Reasons to Stop Taking RAGWITEK?

Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing, or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking RAGWITEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

How Should I Take RAGWITEK?

Take RAGWITEK exactly as your doctor tells you. RAGWITEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take RAGWITEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of RAGWITEK in your doctor's office. After taking the first tablet, you will be watched for at least 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose of RAGWITEK, you will continue RAGWITEK therapy at home by taking one tablet every day. Take RAGWITEK as prescribed by your doctor until the end of the treatment course. If you forget to take RAGWITEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of RAGWITEK, contact your healthcare provider before restarting.

What are the Possible Side Effects of RAGWITEK?

The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side

effects, by themselves, were not dangerous or life-threatening. RAGWITEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to RAGWITEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of RAGWITEK talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

This Brief Summary summarizes the most important information about RAGWITEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about RAGWITEK that was written for healthcare professionals. For more information, go to: www.ragwitek.com or call 1-800-622-4477 (toll-free).

The Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**, Whitehouse Station, NJ 08889, USA

Manufactured by:
Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

For more detailed information, please read the Prescribing Information.

usmg-mk3641-sb-1404r000

Revised: 04/2014

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RESP-1125099-0007 01/15



Getting into Marian Homes

Remodeling project to provide for residents with intellectual and or physical disabilities.

BY TIM PETERSON
THE CONNECTION

When the new residents of Marian Homes' latest remodeling project move in to the Gresham Street house in north Springfield, Fairfax resident and Marian volunteer John Germain hopes they feel at home.



Bill Crowder

The retired Marine engineer has been helping supervise the remodel of the more than 60-year old structure, retrofitting it for the specific needs of five people with intellectual and or physical disabilities. Some of the most noticeable changes are doorways that have been widened to 42 inches to accommodate wheel-

chairs and a wide-open entryway leading to a main dining room bathed in sunlight from numerous windows.

"When they come in, this will help them feel welcome," said Germain, "that this is a home, not an institution." The remodel began Feb. 25 and the team expects residents will be able to move in by July.

More than re-painting, Marian Homes is converting it from three bedrooms to five, adding a walkout entry, putting in all new flooring, super-sizing the bathroom with a hoist mechanism and redoing the kitchen.

This is the third private residence Marian Homes has bought and redesigned. Its first is a home for five women in the Brecon Ridge subdivision of Fairfax, dedicated in 1998. The second, a home for five men, is a house in the Fairfax subdivision of Greenbriar, purchased in 2010. All 10 resi-

PHOTO BY TIM PETERSON/THE CONNECTION



Marian Homes volunteers from Fairfax (from left) — Walter Purdy, Michael Perri and John Germain — work on converting a north Springfield home to make it accessible for people with intellectual disabilities.

dents were formerly living at the Northern Virginia Training Center on Braddock Road.

The all-volunteer, non-profit organization was started by Knights of Columbus St. Mary of Sorrows Council 8600. They purchase and maintain homes for people with disabilities; Chimes of Virginia takes referrals from Fairfax County to select individuals for the homes and independently manages the round-the-clock care for the residents.

Chimes of Virginia is part of the larger, Baltimore-based nonprofit corporation Chimes Foundation. Before Marian House purchased its first group home, the Fairfax Community Services Board assigned Chimes of Virginia to provide services once the house was completed.

People with intellectual or physical disabilities were once centralized in large institutions around the country, where it was believed more robust infrastructure and staffing could better meet the diverse health needs. The Northern Virginia Training Center, opened in 1973, is one example.

But over the last several decades, states have been closing their larger institutions

in favor of finding smaller housing and service alternatives that are more integrated into communities. The Northern Virginia center, scheduled to close in March 2016, has been discharging residents and currently has 74 remaining.

"This isn't anything new, in terms of federal standards," said Chimes Chief Operating Officer Nancy Eisele. "We just want to make sure we do it right in Fairfax County. We look at it as permanent housing for people, we want this to be their home."

TO FUND the first two residences it remodeled, Marian Homes has depended on rental payments from Chimes of Virginia, voluntary donations and grants from the Knights of Columbus Council and St. Mary of Sorrows Parish. The state-level Knights of Columbus organization KOVAR, dedicated to helping people with intellectual disabilities, has also offered Marian Homes loans and grants.

For the Springfield house, Marian Homes received financial assistance from Fairfax County's Department of Housing and Community Development.

In September 2014, the county issued a Request for Proposals to take advantage of \$1.8 million in federal funding for acquiring and rehabilitating affordable housing. The Fairfax County Housing Blueprint prioritized expanding housing options for the people with disabilities as well as homeless people.

In December, Marian Homes, along with the non-profit organizations Community Havens in Chantilly, Cornerstones Housing Corporation in Reston and Good Shepherd Housing and Family Services in the Mount Vernon area of Alexandria, was awarded funding in the form of deferred loans from the Fairfax County Redevelopment and Housing Authority.

"This funding not only ensures persons with disabilities, the homeless and other people with special needs have a place to call home in Fairfax County," Kurt Creager, director of Fairfax County Department of Housing and Community Development, said in a statement. "It also supports efforts to provide a wide variety of affordable housing types and sizes to meet the diversity of needs in our community."

The \$510,000 mortgage Marian Homes received from the Redevelopment and Housing Authority helped cover the cost of the Springfield house, while the organization says it is costing \$103,000 to remodel it. Marian Homes president Bill Crowder called it "a very workable model, from the county standpoint and our standpoint."

Crowder said Marian Homes is beginning to reach out to local corporations for assistance as well. "This is a community effort," he said, "not just one organization. This is something we got underway but there's more than enough space for you to get in and help."

To find out more about Marian Homes, visit www.marianhomes.org.

Finding Homes for Those Hard To Place

FROM PAGE 4

vices with Department of Behavioral Health and Developmental Services helps oversee the clinical organization of Northern Virginia Training Center, making sure the new community settings for transitioning residents meet their specific needs.

Adams says that of the 73 people still living at the center, down from 152 residents in 2012, more than half have already started a 12-week discharge process.

"It's a very thoughtful, specific process to ensure there is choice, that there's a good fit with the provider and they're able to offer specific supports for that unique individual," Adams said.

Since October 2011, the state agency has identified 106 community options for Northern Virginia Training Center residents. The options include using individualized Medicaid waivers to acquire services either at home, in a group home setting, or at another intermediate treatment facility.

The key is that residents, their parents and associates should have more choices about



PHOTO COURTESY OF JUDITH KORF

Judith Korf's son Adam Bertman celebrates his 43rd birthday in a Northern Virginia Training Center dining room, August 2014.

how and where they live, ones that are integrated rather than segregated.

"While the training center model developed over time, it didn't necessarily keep up with the idea that health services have changed quite a bit," said Adams. "These are individuals, they're people, their spe-

cial issues are around the potential vulnerability and a whole bunch of different diagnostic items they embody. The challenge is working towards bringing people into the community, so it's no longer so foreign, due to lack of exposure."

Another challenge is the number of waivers; there's a waiting list, said Jean Hartman, assistant deputy director for the Fairfax-Falls Church Community Services Board. "The need far exceeds the number of waivers by the General Assembly every year," said Hartman.

The Community Services Board runs an intake for people with intellectual or physical disabilities, then determines whether they have an urgent or non-urgent need for a waiver based on the acuity of their conditions.

"The waiver has made it possible for individuals to live and work with their friends and families in their home communities, and made those communities stronger and healthier as a result," Hartman said.

SEE PLACEMENT, PAGE 9

Training Center Timeline

April 1973: Northern Virginia Training Center opens.

1977: Average residents numbered 230.

1989: Average residents numbered 263.

1999: Average residents numbered 185.

June 1999: In *Olmstead v. L.C.* ruling, the U.S. Supreme Court calls for public entities to provide community-based services for persons with disabilities.

June 2011: 157 residents

2011: Assistant U.S. Attorney General Thomas E. Perez notified then-governor Bob McDonnell that the U.S. Department of Justice Civil Rights Division investigated Virginia's training centers and concluded that Virginia "fails to provide services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs in violation of the ADA. ... The inadequacies we identified have resulted in the needless and prolonged institutionalization of, and other harms to, individuals with disabilities in CVTC and in other segregated training centers throughout the Commonwealth who could be served in the community."

July 2012: 152 residents.

January 2012: Settlement reached between Virginia and the U.S. Department of Justice regarding violation of the Americans with Disabilities Act.

June 2014: Southside Virginia Training Center in Petersburg, Virginia, closes.

March 2015: Initial scheduled closing for NVTC. 73 current residents.

March 2016: Current scheduled closing for NVTC.

Return on Investment

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



COMMENTARY

Constituents contacted me recently about a Richmond Times Dispatch article headline they felt was misleading: "Ken Plum says Pre-K education leads to less crime and welfare." Certainly the editor did not mean that I thought that preschool education leads to less crime but more welfare as a quick read of the headline could lead some to believe. An unscrupulous opponent in my progressive district could quote the headline in part to suggest that I thought preschool education leads to welfare. Stranger things have happened. My constituents' concerns were enhanced by the fact that part of the headline was a "Truth-o-Meter" symbol indicating "Mostly True." Reading the article and the pull out of my quote makes clear my position: "We've got 40 years of study now that show that, with a good preschool start, you're less likely to be on public dole. You're less likely to be in prison. You're much more

likely to be a good productive citizen. That money spent up front saves money in the long haul."

My statement was based on a 2005 HighScope Educational Research Foundation follow-up report on students who had been in preschool or in a control group without preschool—all of whom had reached age 40. Researchers concluded that those "who had the preschool program had higher earnings, were more likely to hold a job, had committed fewer crimes and were more likely to have graduated from high school than adults who did not have preschool." There are several other studies that have similar findings but do not cover as long a period of time.

I am pleased with the general knowledge that now exists in the community on the value of preschool education even though it has not achieved the level of support needed in the Virginia General Assembly for expansion to include more children—especially those who

are economically disadvantaged. Business leaders in the Commonwealth recognize its value. Mike Petters, president and CEO of Huntington Ingalls Industries, the largest military shipbuilding company in the world and one of the largest companies in Virginia, said he thinks "raising a child is a lot like building a ship—you have to lay a strong foundation to get it right." He says that "preschool development is one of the most critical things we can do for the community," and he has worked with many other business leaders and the State Chamber of Commerce for expanded preschool programs.

PolitiFact Virginia rated my claim "Mostly True" based on slight variations among research reports. I stand by my conviction that preschool participation does lead an individual to be less likely to be involved in crime. Without sparing words to make for a short headline, it does reduce the likelihood of one being on welfare. Preschool education has proven that it provides a solid return on investment by not only helping individuals get a strong start in life but by saving government dollars down the road.

LETTERS TO THE EDITOR

Turning Every Rock For Education Budget

To the Editor:

Fairfax County is cited as having an average household income that is one of the top ten of all the counties and cities in our nation. Yet the proposed budget for the county's fiscal year 2014 reads in part: "We cannot fund all our priorities and investments," and "We have turned over every rock looking for increased savings opportunities."

Clearly they have neglected turning over every rock looking for increased revenue opportunities, and they should have. Increased revenues could be found by increasing the county's real estate tax rate, now at \$1.09 per \$100 of assessed value of properties. Each penny of increase in the tax rate would yield the county an additional \$22.6 million.

By leaving the county tax rate unchanged for another year, we are short-changing our public school students. The teachers for these students have starting salaries that are 3 percent lower than teachers

in neighboring counties. This small gap, however, increases to 20.5 percent for teachers with a Masters degree in their tenth year. Difficult to retain the best teachers in these circumstances.

There is another opportunity to be found under another rock in the projected 2014 budget, viz: The meals' tax assessed on meals in restaurants. A tax of a mere 4 pennies on the total dollar expended by a restaurant patron would yield some \$80,000 to the county's coffers. No one is hurt. Thus, it's politically safe.

In conclusion, it is certainly not too much to ask our community with the 10th highest average income in the US to be a leader of our country in caring for the education of our children. Retaining the best qualified teachers to inspire our children requires us to lead in the salaries for those teachers.

Bob Simon
Reston

Fatally Flawed Police Policy Review Commission

To the Editor:

The recently created Ad Hoc Police Review Commission is fatally flawed by the limitation to examine only policies, practices, and programs regarding the release of information on police-involved incidents. Only when Fairfax County eliminates the conflict of interest between police and the Commonwealth Attorney who prosecutes criminal cases will the county have an effective way to examine police-involved incidents.

Public prosecutors must work closely with police to build criminal cases on evidence collected by the police. In cases where police officers themselves may have committed crimes, such as the recent shootings of unarmed citizens, it is beyond reason to expect that State attorneys will be able func-

tion independently of their close working relationship with the police department.

Fairfax County needs an independent prosecutor to handle cases of police-involved incidents involving citizens. The idea of a citizen review board to provide independent oversight of the police department also should be considered, as suggested by Jeff Stewart, a member of the review commission.

The Police Review Commissions must go beyond just police policies and procedures to examine structural changes in the relationship between the police department and the citizens of Fairfax County.

Ralph Craft
Fairfax

VOLUNTEER OPPORTUNITIES

Help Pack Food for Kids

Assistance League of Northern Virginia needs energetic volunteers to help pack food for the Weekend Food for Kids program which benefits school children who receive free or reduced priced meals during the week. This month's event will be held on Thursday, April 9, at

10 a.m. at Dominion Virginia Headquarters, 3072 Centreville Rd., Herndon. Arrive at 9:30 a.m. if you would like to help with set-up. karenamster@aol.com. For more info about 100 volunteer nonprofit, visit www.northernvirginiaassistanceleague.org.

Mother's Day Photos

Mother's Day is May 10, 2015, and every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to our website at www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

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IMAGE COURTESY OF THE VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES.

The Northern Virginia Training Center spreads over 80 acres along Braddock Road, including facilities for administration, food service, programs, residences, a warehouse, transportation and therapy.

Finding Appropriate Placement

FROM PAGE 7

According to Hartman, in Fairfax County there are 450 people receiving services in the community through Medicaid waivers, from 30 providers in Fairfax County. However, 858 people are still on the “urgent” waiting list for waivers and 375 are on the non-urgent list.

Once you have a waiver, it’s a matter of matching up with the right provider and environment. For this, the Community Services Board, Northern Virginia Training Center staff and family or guardians collaborate to find the right fit.

“Those are hard times,” said Hartman. “It’s not an easy decision; they must be matched with folks who do have the capacity to serve them.”

SOME FAMILIES of residents of the Northern Virginia Training Center have viewed the closing as too hasty, that more time is needed to identify proper support providers. Several parents and guardians testified at the public hearing before the northern Virginia delegation headed to Richmond for the 2015 General Assembly session in January.

At the session state Sen. Stephen D Newman (R-23) introduced SB1300, which sought to extend the Northern Virginia Training Center closing until Dec. 31, 2016, prevent the land from being declared surplus once it’s closed and keep three of the remaining regional centers open. The bill, which was co-patroned by numerous Northern Virginia senators and delegates, only made it as far as the Finance Committee.

Reston resident Judith Korf, co-president of the Parents and Associates of Northern Virginia Training Center group, spoke at the hearing on behalf of her son Adam. Adam is 43 and diagnosed with autism and mild learning disability; he has severe behavioral issues and requires a high level of skilled supervision.

“The hardest ones to place are the ones that are left,” said Korf.

Chris McHugh is hopeful the process will be successful, but has seen his brother passed up for discharge from the center for more than two decades.

“His friends and peers, some would find appropriate group home placements,” said Chris McHugh. “They would go through his checklist of needs and Joe would never make the cut. He requires a bit more

in terms of therapy and care. A day at the bathroom with my brother is an adventure.”

However Adams remains confident all the residents will be able to find proper home and service combinations by the training center projected closing of March 2016.

ONCE THE LAST RESIDENT leaves, the Northern Virginia Training Center, the campus’ future is still uncertain. Dena Potter at the Virginia Department of General Services said the campus is currently in “the surplus property review process to make a decision on whether the property would be sold.” The state owns the land; several properties were purchased for the site from private owners while one was obtained under eminent domain.

Because the 1973 opening predates the county’s Zoning Ordinance of 1978, the underlying zoning for the property is R1, meaning new construction would be limited to one house per acre, without being subject to public hearings and a change to the comprehensive plan.

According to the Virginia Code, if the buildings or property are sold, the money must first be used to make sure the same level and variety of services offered at the training center are available for former residents.

Parents and associates of center residents were scheduled to meet with the Department of Behavioral Health and Developmental Services Commissioner Dr. Debra Ferguson at the end of March to learn more about the plan to close the training center.

“Theoretically, we’re all supposed to get at least three viable options to choose from and that just isn’t happening,” said Korf. Of around 40 parents and associates who attended the meeting, many, she said, were “very frustrated” with the provider options they’ve been sent to assess so far. “They’ve looked at everything there to look at and it just wasn’t panning out.”

In the mean time, Adams said the campus will continue to provide dental services, something more difficult to establish than a primary care provider.

Joe Rajnic, the NVTC acting facility director, was not available to comment for this story.

The Northern Virginia Training Center website is www.nvtc.dmhmsas.virginia.gov.

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Local Potters Help Fight Hunger

“Families Helping Families” event to be held April 10 at Floris United Methodist Church in Herndon.

Marianne Cordyack, a local potter, is again making bowls for the upcoming Empty Bowls event, which is sponsored by The Giving Circle of HOPE. The event will raise funds for the nonprofit Food for Others, the largest distributor of food in Northern Virginia. Marianne was part of the precursor to Empty Bowls, which was started in 1993 by a clay group of which she was a member. When the event became too large for a small group to organize, The Giving Circle of HOPE took it over, and for the 8th consecutive year, it will help raise funds for those facing hunger.

“Thousands in this area are unable to face the high costs of living here without outside help. The Giving Circle of HOPE, by running our largest annual fundraising event, helps neighbors in need receive free food all year,” said Roxanne Rice, Executive Director of Food for Others.

Cordyack has been a potter for 25 years. In addition to having her own studio in her home with an electric kiln, she has a large brick kiln in West Virginia. It is fired with propane and salt is added at



PHOTO CONTRIBUTED
Marianne Cordyack at her studio in Reston making bowls for the Empty Bowls event.

the end of the firing process to create the glaze on the pots. She has contributed bowls for over 20 years to the cause of fighting hunger. “It means a lot to me to continue to make and donate bowls, as the money is used to help so many and we get to promote hand-crafted pottery,” said Cordyack. This year about 25 potters will contribute bowls to the event in April.

The theme of this year’s event is “Families Helping Families” and children are encouraged to attend the event with their families on April 10, at Floris United Methodist Church in Herndon. Every-

one with a ticket will receive a unique pottery bowl made by local potters, as well as soup, bread and dessert donated by local businesses. A potter’s wheel will be demonstrated to show people how bowls are hand-crafted. Tickets are \$25 for adults and \$15 for children under 12 and can be purchased at www.givingcircleofhope.org. Activities will be provided for children and they can learn that hunger is an issue in their neighborhoods.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged.

SATURDAY-SUNDAY/MARCH 28-29 AND SATURDAY-SUNDAY/APRIL 4-5

Reston Zoo’s Easter Eggs-

Travaganza. Reston Zoo, 1228 Hunter Mill Road, Vienna. Join your friends for two weekends packed with Easter fun! Feed baby lambs, goats and bunnies. Enjoy excellent photo opportunities with the Easter bunny and have your face painted with your favorite animal before venturing out to take part in an Easter egg hunt. We will have a touch station with baby chicks and bunnies! Have fun with bubbles, a slide, hula hoops, yard balls and more. All Easter egg hunts will include eggs filled with candy, stickers, toys, and more. Children must attend the Easter egg hunts by age group. Safari Egg Hunts are for children 4-12 years old and Toddler Egg Hunts are for children 3 and under only. Children are encouraged to bring their own Easter baskets for collecting eggs. Please plan to arrive early for this popular event. Last admission will be at 3pm each day of the event. \$12.95, \$3. Call for times, 703-757-6222.

FIT2FINISH: Keeping Young Players in the Game. 7 p.m.

Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Wendy LeBolt, author of “Fit2Finish: Keeping Your Soccer Players in the Game” will discuss how you can help your athletes play their best, prevent injury and have fun. Dr. LeBolt is an experienced coach with a PhD in Sports Physiology. Adults and Teens.

FRIDAY/APRIL 10

Empty Bowls Fundraiser. 5:30-8 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. An Empty Bowls fundraiser for the benefit of Food for Others and hunger relief in Northern Virginia. Hosted by the Giving Circle of HOPE. Tickets are \$25 and guests will receive a handcrafted ceramic bowl to keep and a simple soup supper. All proceeds raised will go to hunger relief in Northern Virginia. Pre-event tickets can be purchased by mailing a check made out to Food for Others and sent to Giving Circle of HOPE, P.O. Box 8832, Reston VA 20195 or purchase tickets online at www.givingcircleofhope.org. Prepaid tickets will be held at the door. For questions please email emptybowls@givingcircleofhope.org or call 703-665-9334.

SATURDAY/APRIL 11

Casino Night. 7-10 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Buy tickets Now for Reston Community Orchestra’s annual fundraiser. Advance ticket: Single \$65 / Couple

SATURDAY/APRIL 4

Sunstroke and Ankle Deep Mud:

The Road to Gettysburg. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local Civil War tour guides Jim Lewis and Brian McEnany recreate the arduous march of the Union’s Army of the Potomac through Northern Virginia on the way to Gettysburg. Highlights include Hunter’s Mill encampments. Adults and Teens.

THURSDAY/APRIL 9

SEE CALENDAR, PAGE 11

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 - Learn the results of the 2015 Board of Directors Election.
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CALENDAR

FROM PAGE 10

\$125. At Door \$75/\$140. Ticket covers food, drink, starter chip stack, raffle prizes. An evening of fun, fortune, and friends. <http://restoncommunityorchestra.org/reston-community-orchestra-annual-benefit/>

SUNDAY/APRIL 12

Jumping Jamboree. 2 - 3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 3 to 5. Bring your jumping shoes as we learn about frogs, grasshoppers, rabbits and more. Participate in a jumping contest and see if you can leap as far as a frog or as high as a flea. Make a jumping craft and look for hopping creatures along the trails. Reservations required by April 9. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

MONDAY-TUESDAY/APRIL 12-13

Fascinating Fish. 10 - 11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Which fish live in Reston's lakes and streams? Get up-close looks at local fish, both wild and not-so-wild. Enjoy a fishy snack, make a fishy craft, and listen to a fishy story while learning about our wild fish. Reservations required by April 8. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

WEDNESDAY/APRIL 14

Home Food Preservation. 5 - 7 p.m.

Founder's Day

Don't miss: Founder's Day - celebrate Reston's 51st anniversary and founder Robert E. Simon, Jr.'s 101 birthday on Saturday, April 11 from 12 - 1:30 p.m. at Washington Plaza, Lake Anne Village Center, Reston.

Elected officials representing Reston on Capitol Hill, in Richmond and in Fairfax County will participate in a fun game of "Random Reston." A variety of local talent will provide musical entertainment. The dedication of commemorative bricks will be followed by birthday cake and more music.

Founder's Day raffle tickets are on sale now, offering an opportunity to support the Reston Historic Trust &

Museum Endowment Fund. This is your chance to win stunning "inside out" diamond hoop earrings valued at \$2,500. These earrings, donated by Aspen Jewelry Designs, contain 50 diamonds weighing 1.01 carats. Tickets are \$10 each, 3 for \$25 and 7 for \$50. They can be purchased at the Museum, online at restonmuseum.org or at the Wine Cabinet at North Point Village Center. The drawing will follow the celebration. You do not have to be present to win.

Admission is free. For more information, contact the Museum at 703-709-7700; e-mail restonmuseum@gmail.com

Walker Nature Center, 11450 Glade Drive, Reston. Adults. This introductory class will cover food preservation methods, including canning, fermentation, drying/dehydration, and freezing. Learn about the science behind food preservation, safety precautions, kitchen set up, and jar and equipment prep as well as food and recipe selection. There will be a "dry" demo of the procedure for filling jars and ample time for questions. Guest Presenter: Katie Strong, Virginia Cooperative Extension. Co-sponsored by Reston Community Center. Reservations required by April 10. Fee: \$5/person RA members, \$7/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

THURSDAY/APRIL 15

Senior Container Gardening. 1 - 2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn what flowers and herbs grow

best in containers and how to arrange them creatively. Listen to a presentation then plant a small container to take home. Contact Ashleigh@reston.org or 703-435-6530 for reservations. Reservations required by April 10. Fee: \$10/person RA members, \$14/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Poetry Readers Roundtable. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An informal discussion of the life, times, and work of Edgar Allan Poe. Adults.

FRIDAY/APRIL 16

Jewelry Making Workshop. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. You will learn the basics of jewelry making and create your own original piece in this hands-on workshop. We provide the materials, participants bring the imagination! Registration is required for this event. Adults.



Open House and Founder's Day Celebration 4/11

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RESTON

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Seahawks Earn State Honors

Fourteen South Lakes indoor track athletes honored at 6A Indoor Championship.

Junior Golden Kumi-Darfour finished fifth in the 500 meters and anchored the second place girls 4x400 meter relay team for South Lakes High School at the VHSL 6A Indoor Track and Field Championship March 9-10 at the Boo Williams Sportsplex.

SLHS finished 17th out of the 29 teams in the girls division while the boys were 18th out of 34 teams.

Kumi-Darfour ran a season best time of 1:17.43 in the 500. She teamed with senior Claire Nieusma and sophomores Devyn Jones and Nikayla Hoyte for a 4:04.07 in the 4x400 relay.

Nieusma, Hoyte and seniors Jordan Lozama and Samantha Webb finished eighth in the 4x200 relay (1:47.35).

The boys 4x200 team of senior Sam Arpee, juniors Skander Ballard, Eric Kirlew and sophomore Timiebi Ogobri ran a season best time of 1:33.81 for sixth place. Kirlew and Ballard also placed in the triple jump with personal bests: Kirlew, 46-04.25, 7th; Ballard, 45-06, 8th.

Arpee, senior Andrew McCool and juniors Connor Smith and John LeBerre ran a 8:19.34 for eighth in the 4x800 meter relay.

Other SLHS performances at the state meet:

Long jump: Comfort Reed 15-04.25 19th

Triple jump: Comfort Reed 34-08.50 15th

55 meter Hurdles: Devyn Jones 8.81 prelims, 8.83 finals 12th;



PHOTO BY ED LULL

Golden Kumi-Darfour, of South Lakes High School, ran a season best time of 1:17.43 in the 500.

Anas Fain 7.82 prelims, 7.86 finals 8th;

Nathan Stone 8.01 prelims

55 meter Dash: Jordan Lozama 7.39 prelims, 7.53 finals 11th

Oakton Baseball Improves to 3-0

Members of the Oakton, left, and Lake Braddock baseball teams race to the first-base bag during Monday's game at Lake Braddock Secondary School. Oakton won, 7-5, improving its record to 3-0.



PHOTO BY
CRAIG STERBUTZEL/
THE CONNECTION



PHOTO CONTRIBUTED

Katie Sciandra and the Madison girls' lacrosse team beat South Lakes 13-6 on March 26.

Madison Girls' Lacrosse Beats South Lakes

Despite a slow start hampered by severe downpours, the Madison girls' lacrosse team beat South Lakes at home on March 26, 13-6.

South Lakes scored two quick goals in the first half to lead the Warhawks. Head coach Amanda Counts called a timeout and the Warhawks responded with ball control and goals.

Kierra Sweeney and Katie Sciandra led Madison with four goals apiece. Maddie Roberts contributed three goals and three assists.

Rounding out the scoring was Anya Saponja and Andie Battin

each with a goal. Sigourney Heerink was once again strong in goal for Madison with 15 saves.

Midfielder Megan Greatorex and goalie Caitlyn Maginniss stood out for South Lakes. Greatorex scored two goals while Maginniss stopped 13 shots.

Next up for the Madison Warhawks (2-0) is an away game against the Centreville Wildcats on Friday, April 10 at 7:30 p.m.

South Lakes (2-1) will host Herndon at 5:30 p.m. on Thursday, April 9.

Paul VI Names Joe Sebastian as Head Football Coach

Paul VI Catholic High School in Fairfax has announced the hiring of Joe Sebastian as Head Football Coach. Sebastian has taught at PVI for 14 years and was the head coach on the JV and freshman level the past two seasons. He has coached high school and college club football for the past 19 years, serving as an assistant at various schools including George Mason University, W.T. Woodson High School and Frederick Douglass High School. "I thank my Principal and my AD for this opportunity. It's an honor to be the new head coach at a great Catholic high school like Paul VI. I hope to carry



PHOTO CONTRIBUTED

Joe Sebastian

on the great work and build on the foundation established by our recent coaches Pat McGroarty and Gordon Leib. I am really looking forward to the challenge," Sebastian said.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/APRIL 7

Reston Garden Club Meeting. 1 p.m. Walker Nature Center, 11450 Glade Dr., Reston. The speaker for this month is Nancy Vehrs, President of the Virginia Native Plant Society. She will be presenting a program on "Spring Wildflowers of Northern Virginia." Her presentation will include both pictures and information of our local typical native plants. These plants grow and thrive naturally, often in poor soil, without our help. Guests and members are invited to attend the meeting. For more information go to www.therestongardenclub.org

SATURDAY/APRIL 18

Bicycle Safety Rodeo. 1-4 p.m. Lake Newport Pool, 11601 Lake Newport Road, Reston. Join the Reston Association, RA's Pedestrian and Bicycle Advisory Committee, The Reston Bicycle Club, and Safe Routes to School. Children will complete 8 safety stations and earn their bicyclist's license. The Reston Bike Club will be doing bicycle & helmet inspections. Contact Ashleigh@reston.org or 703-435-6577. Ages: 5 - 12.

MONDAY/APRIL 27

Reston Runners Women's Training Program. Eight week program for walkers and runners, run by women, for women. Program starts April 27 at 6:30 p.m. at South Lakes High School For more information, or to register, go to www.RestonRunners.org

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.



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Easter Sunday, April 05
Sunrise Worship service at 6:30 a.m.
Easter Worship service at 11:00 a.m.

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In the matter of: Shirley Boulette
TO ALL INTERESTED PERSONS including
Diane Lussier, Cherie Boulette

who address(es) are unknown and whose interest in the matter
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TAKE NOTICE: A hearing will be held on Thursday, April 16,
2015 at 11:00am at the Montcalm County Probate Court, Court
Complex, 625 North State Street, Stanton, Michigan 48888 be-
fore Judge Charles W. Simon, III for the following purpose:

3/23/15, Lynn Larson II,
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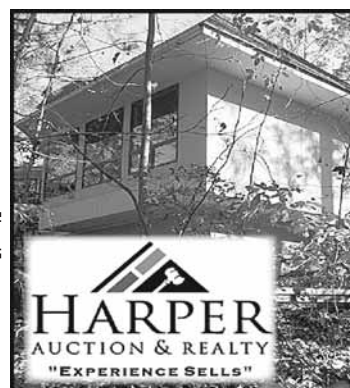
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Manifest Destiny



By KENNETH B. LOURIE

I wouldn't say I have symptoms (why would I say that? If I said that, I'd have to admit that cancer is having an effect on me. And I wouldn't want to admit that; admitting that would acknowledge my destiny and perhaps even hasten my decline); no, more like manifestations. Yeah, "manifestations," I think I can live (no pun intended) with that admission. At least I hope so.

The manifestations to which I refer – in the abstract, are not exactly new or out of my ordinary (again, if I said they were in fact new and out of my ordinary, I might have to believe that my underlying problem/diagnosis: stage IV, non-small cell lung cancer, is manifesting itself in a potentially life-altering way), but they are something. The question is: is my body telling me something I already know, or am I looking for trouble in all the familiar places?

I'd rather not be looking for trouble, given that trouble has already found me. I'd rather be minding my own business and not introspecting so much. But the day I received a cancer diagnosis is the day I lost the ability to turn the introspection switch off (if only it were that simple). I can dim it, though, except when I experience some of my manifestations. Then I'm reminded that I'm not in Kansas anymore, especially every third Friday (lab results allowing) when I'm at The Infusion Center receiving my 10 minutes of Alimta intravenously. On those days, I am indeed a victim of my circumstances, and regardless of what I tell myself – repeatedly, in an attempt to blur my reality – when my oncology nurse, Ron, inserts a needle into a vein in my arm and the i.v. starts dripping, the truth does not exactly set me free.

Still, I'm happy to be there (heck, I'm happy to be anywhere, symptoms-I'm-unwilling-to-admit-I-may-have-notwithstanding). It's more the inevitability of my diagnosis that wears on me. I wasn't given a "terminal" diagnosis because I was treated at an airport. I was given it because I have malignant tumors that apparently have moved/metastasized from one lung to the other and are inoperable. (Nor was I/am I a candidate for radiation. The tumors are too spread out, I was told, and thus the treatment would prove ineffective.) This diagnosis and related prognosis is hardly for the weak of heart (fortunately I've never been treated for a weak heart; a weak back, maybe). But diseases are sort of like your family: you can't pick them. Hopefully you can live with them, because living without them would likely make an incredibly difficult situation worse. And if there's one thing a diagnosed-as-terminal patient doesn't need is external complications; we already have enough internal complications.

My internal complications are mostly "manifestations," as I've described them, symptoms that occasionally go bump in the night and often cause me to grind during the day ("grind" is an emotional reference). I want to think, I'm desperate to think, that the things I feel are not cancer-related but instead are being-sixty-years-old-related. But since I've never been 60 before with or without cancer, (and neither have I ever experienced six years of non-stop chemotherapy), I don't know whether my cancer is manifesting itself and my predicted future is finally present, or whether I'm destined for an unexpected long life with all the associated symptoms. Certainly I hope for the latter, but it's the former that seems to be driving this bus. And though the bus may need some paint and a bit of an overhaul, the wheels have yet to come off.

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

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News

The Reston Association Board will allow members to decide if it should purchase the Tetra Site on Baron Cameron Avenue for \$2.65 million. The purchase of the site would solidify a contiguous band of 98 acres of common area property and parkland.



PHOTO BY KEN MOORE/THE CONNECTION

Referendum on Tetra Purchase

RA members to vote April 13-May 8 on Tetra Purchase.

BY KEN MOORE
THE CONNECTION

Reston Association members will vote on whether to purchase the 3.47 acre Tetra property located at 11450 Baron Cameron Ave. for \$2.65 million.

The referendum will take place from April 13 to May 8, 2015.

“This building has many potential buyers, not just us. As it stands today, any buyer can refurbish it,” said Reston Association President Ken Knueven at February’s public hearing.

The property, which sits between RA’s Lake Newport Tennis Court complex and part of the RA’s Brown Chapel Park, would create a contiguous band of 98 acres of common area property or parkland.

“We’re not going to have too many opportunities to purchase green space,” said Board member Jeff Thomas.

The Reston Association’s Board of Directors held a public hearing last week and in February to gather feedback on Reston Association’s referendum question concerning purchasing the property.

The Tetra property was originally built by the Reston Land Corporation to serve as the Reston Visitor Center.

“By keeping the existing building footprint and reconfiguring the building’s inte-

rior, RA would have the ability to provide a venue for instructional, art, health and wellness programs and events,” according to Ken Knueven, Board President.

Larry Butler, Senior Director of Parks, Recreation and Community Resources presented possible revenue sources and uses for the property, including after-school programming, holiday and break camp for Reston youth, extended child care for camp, general programming for children, families and seniors, instructional and educational programming, community and corporate rentals.

“One thing we think would be really attractive about this site is rental opportunities,” said Butler, including weddings and celebrations especially during May and June and September and October and corporate and community rentals.

If members approve the referendum, the Reston Association has agreed to purchase the property by July 2015. Currently, the Fairfax land designation for this parcel is “convenience center.” This designation envisions that the property will be developed to a mix of convenience, retail, office and personal service uses. The property is zoned to allow office space, with the option to expand the space into a two-story building, with an approximately 6,930-square-foot restaurant, having a footprint that could extend 50 feet into Lake Newport.

Knueven argues that buying the property would: help protect against over development; increase and enhance greenspace; and enable RA to increase community recreational use opportunities. Call 703-435-6570 or visit the website at www.reston.org.

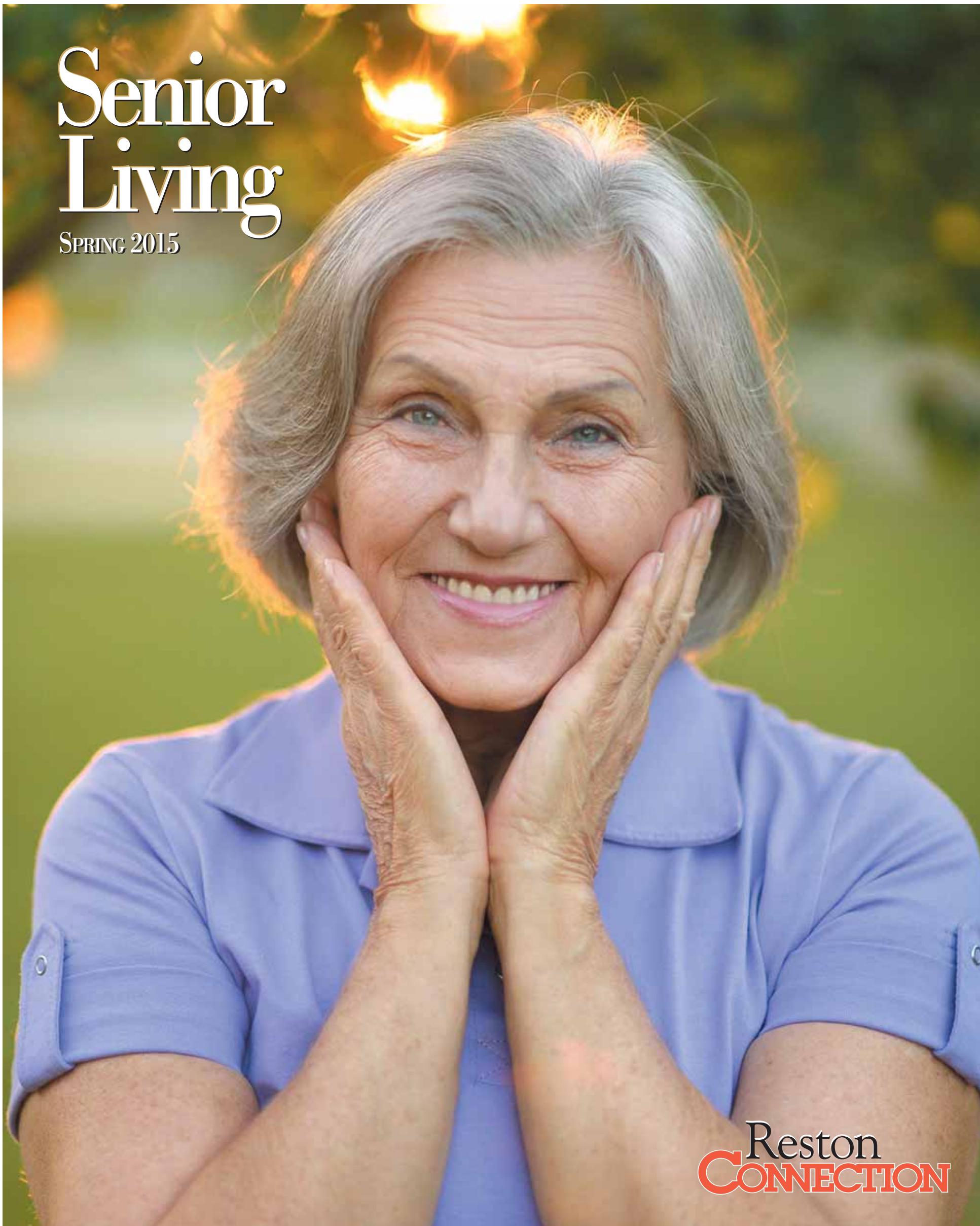
Glory Days Presents a Check to Aldrin PTA

Glory Days presented Reston’s Aldrin Elementary PTA a check for \$1,506.25 for the Feb. 10 Aldrin at Glory Days Night fundraiser. Kelly Haywood, PTA representative, accepted the check alongside Barbara Gist, assistant principal, and the Aldrin Eagle mascot.



Senior Living

SPRING 2015



Reston
CONNECTION

Senior Living Fit for the Golden Years

BY MARILYN CAMPBELL
THE CONNECTION

One night each week, Sue Thompson can be found dribbling a basketball down the court, leading her team, the Nova United, to victory. Thompson, who is in her 60s, is one of the youngest players in her league, the National Senior Women's Basketball Association.

"There are women who play with me who are 80 and living out their dream to play basketball. We were way before Title IX," said Thompson, who is also a professor of physical education at Northern Virginia Community College in Annandale and Alexandria, Va. "The women are fit, but with seniors, the social part is really important. Some of the ladies have been widowed or have spouses with health issues. They've really been a support group for each other."



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According to the American College of Sports Medicine, Thompson is part of a national fitness trend: fitness programs for older adults, including strength training and team sports.

"There are a lot of benefits for the aging population," said Lisa M.K. Chin, an assistant research professor at George Mason University's Department of Rehabilitation Science in Fairfax, Va. Exercise "slows physiological changes that come with aging. ... The other thing that exercise manages is chronic diseases that come with aging, such as cardiovascular problems or diabetes."

Mark Brasler, a 69-year-old who lives in Springfield, Va., has been active for most of the past 20 years. He moved into a retirement community four months ago and got a fitness assessment in the property's gym. The results led him to up his fitness game.

"I still walk every morning and do weights and resistance machines every other day," said Brasler. "I was also told that I needed to take balance class. We focus on agility, how to stand up straight and how to get up when you fall. We also do stretching, yoga and Pilates. I feel more confident about myself."

Such fitness classes can help preserve mobility and cognitive function, say researchers. "It helps in terms of preserving bone mass and maintaining mobility longer," said Chin. "If you're using your muscles, especially during weight-bearing exercises, ultimately it reduces the risk of falling and improves balance."

An exercise class that includes aerobic, strength and balance exercises can help preserve freedom and independence for seniors. "The key components of staying physically active are having strong muscles, reasonable flexibility and endurance," said Rita Wong, professor of physical therapy and associate dean of graduate and professional studies at Marymount University in Arlington. "It's essential to keep oneself mobile and active." It's almost never too late to increase fitness levels, Wong said. "Often with older adults, people think that they can't improve anymore so why bother. But research has shown time and time again that older adults have an ability to improve that is as similar as young adults'."



At least one resident must be 55 years of age or better, a limited number of residents may be younger and no one under 19 years of age. Community Association fees required. Complete offering terms for the homeowner's association is in an offering plan available from sponsor. Void where prohibited. Prices reflect base prices and are subject to change without notice. Lot premiums may apply. Details available upon request. Photography is for illustrative purposes only and is not intended to be an actual representation of a specific community, neighborhood, or any completed improvements being offered. ©2015 Pulte Home Corporation. (4/1/15)

Senior Living

'Your Life Is Today and Tomorrow'

Residents of local senior living communities share their experiences.

BY ANDREA WORKER
THE CONNECTION

I didn't want to come here," said Bill Woessner, referring to Brightview Assisted Living Community in Great Falls.

"That's right," agreed Sheila, his wife of more than 50 years, with plenty of her native Scottish brogue to be heard in her voice. "He really didn't. We have a lovely house here in Great Falls and I don't think he was ready to budge. But how long after we got here did that change?" she turned to her husband and asked.

"At least a day," he laughingly replied. "Seriously," said Bill Woessner, "it probably wasn't more than the first 48 hours."

What changed his mind, especially after what many would call a major life-up-heaval?

"The food!" was his answer. "We have



PHOTOS BY ANDREA WORKER/THE CONNECTION

Always ready for a few hijinks around Brightview Assisted Living Community in Great Falls are L-R: Sheila Woessner, Porta Nickles, Sophia Coulopoulos, Bill Woessner, and director of Community Sales, Joanna Banks.

gourmet food at every meal, served by the nicest people in the most beautiful surroundings, and we never have to cook it or clean up afterwards."

According to Sheila, while the food really is that good, what probably impacted her husband's initial attitude was "the amazing staff, the friendly and interesting residents, and the freedom. Of course, we're retired, so we're not bound to the responsibilities of work." But neither are the Woessners bound to home maintenance concerns, housekeeping, cooking and cleaning.

Or "shoveling snow, like we would have been doing last month if we weren't right here," gloated Bill. "We have the time to do what we like, to try new things and meet new people, without that worry."

Bill and Sheila Woessner chatted about their experiences as residents in a senior living community with friends and fellow residents Porta Nickles and Sophia Coulopoulos, over lunch in the Brightview dining room.

Porta Nickles, who is 99, admitted to a bit of a sweet tooth. "My father owned a candy and ice cream shop in upstate New York," she said, recommending the homemade coffee ice cream for dessert.

The ice cream is made using the recipe of the area's beloved Thelma Feighery. Brightview is built on the site of Thelma's Ice Cream, once the hotspot for local gathering in Great Falls. Thelma and her husband Frank

started with a gas station on the site in 1950. Thelma took over and served her own recipe ice creams and other goodies after Frank's death in 1988, until her own in 2001.

Long-time Great Falls resident Sheila Woessner said she used to go to Thelma's "just to catch up on all the local doings" even though she's not one for sweet treats. "I think Thelma would be pleased. Not only do we have our own "Thelma's" on site and make ice cream to her specifications, but it's still the place for us to gather and keep up with what's going on."

Porta Nickles came to Brightview after living the last 70 years in Middletown, N.Y., where she helped run the family's Coney Island hot dog franchise, and later went on to enjoy a career in education with the local school district. Having lived somewhere that long, it's understandable that the move took some adjusting to, but Nickles found herself comfortable and more than content in short order. "I was lonely there," she said. "And I didn't even know how lonely until I got here, starting making new friends, finding out there were so many things I could still do and learn and enjoy. And now I get to see my kids, grandkids and great-grand kids."

"And so do we all," added Bill Woessner. The youngsters in Porta's extended family (many of whom live close by) are favorites at family related social events held at Brightview, holidays, birthdays, and some "just because" occasions. Having family nearby, the visits, and having opportunities designed to promote interaction with different age groups, all help make Brightview

a home environment in the estimation of this group of residents.

The Brightview Great Falls location has only been open since September of last year. Sophia Coulopoulos, who had lived for several years in the Maryland suburbs around the District, actually came here from another area community, where she lived with her ill husband until his death. Speaking of him caused a quick smile, but also brought a hint of tears. Porta on her one side and Brightview Community Sales Director Joanna Banks seated on her other side, were immediately offering hugs, pats and encouragement.

"Get involved and take advantage of your time," was Sheila Woessner's advice for new

SEE 'YOUR LIFE.' PAGE 4



With Dale Jarrett on the piano performing some of the residents' favorites, Garrey Stinson, owner of Dancing With Garrey, Therapeutic Ballroom Dancing for Seniors, brings a smile to Sophia Coulopoulos.

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Senior Living

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Your Life Is Today and Tomorrow

FROM PAGE 3

residents.

Sheila Woessner has always been a game player “and she knows the words to every song going,” Porta Nickles said in admiration.

During her days with the British Information Services in New York City with Bill, Sheila Woessner took home some hefty prize money by playing on the televised “Name that Tune” game show, money that she used to finance their wedding. The couple even appeared on Johnny Carson’s “Who Do You Trust?” game show. Nowadays, Sheila uses her ability to help out at the community’s sing-a-longs.

Many activities are organized and facilitated by Brightview’s Vibrant Living Director, Josh Graf.

Bingo is Sophia’s favorite. She’s been pretty lucky, winning often enough to splurge with her earned Brightview “bucks” at the monthly “gift shop” where you never know what interesting items might be on offer.

Brightview Great Falls is part of Baltimore-based Brightview Senior Living, LLC with a number of communities in Virginia, Maryland and beyond. Brightview Great Falls offers independent living, assisted living, and accommodations for residents with Alzheimer’s and memory impairment. The community also offers outdoor space with unspoiled views and a Natural Wildlife Habitat accreditation.

Transitioning to senior community living is not always as easy as the lunch bunch at Brightview experienced. Sometimes the move starts with heartache or circumstances that speed up what should be a more lengthy and considered process. That was certainly the case for both Jim Draper and Rachel Garbee,

residents at The Hermitage in Alexandria.

Draper was a pastor for many years in the southern portions of the Commonwealth. He and his wife of 53 years were actually engaged in ministerial duties when she fell and hit her head. “It was a simple fall outside a Wendy’s, could happen to anyone.” Two weeks later, Draper was a widower. He continued on, but experienced several medical episodes associated with his own health issues. Eventually, the decision was made for him to move to Northern Virginia, close to family. “It’s been hard,” he admits. I really had my heart set on a retirement place near Richmond. And I miss my wife so much.” To make the transition more difficult, because of his medical condition, Draper can no longer drive. “That’s a real blow,” he said.

Rachel Garbee was living in North Carolina and “doing pretty good.” Then one night her furnace exploded. Living alone, she had no one with her to handle the situation. “It was very scary. I didn’t really know what had happened, couldn’t figure out how to turn off the alarms. I went to my neighbors for help and that’s when we found out about the furnace.” Luckily, Rachel Garbee and her home survived the experience, but when her son received the call in the middle of the night, “I was packed up pretty quickly and here I am.”

Both Jim Draper and Rachel Garbee have taken some time to adjust, but things are getting better with the help of staff like Lynette Mitchell, The Hermitage director of marketing and outreach. “She’s a special lady,” said Draper, “really made for the job.” Other residents have also helped Jim, Rachel, and others settle in to this new phase of their lives.

Gladys Laclede knows what it’s like to be a “newbie” from out of state. Moving here to be closer to her sons, she offers support and assistance where she can.

Peg Bixler remembers when Jim Draper



PHOTOS BY ANDREA WÖRKER/THE CONNECTION

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McAllan (US Army-Ret) with Riley on his lap and Linda McAllan offered up some thoughts on their senior community living experience. The McAllans were celebrating their Woodlands one-year anniversary that day.

first arrived. “I remember when we met in the elevator,” she told him. “I could tell it was hard.” She recalls telling him to just “Wait a bit. It does get easier.”

Of course, by the description of her daily activities, it sounds like Peg Bixler doesn’t have much time for waiting. A former nurse, she volunteers at the Kennedy Center, with the Wounded Warrior and Honor Flight projects, and more. She also fits in some serious walking to keep fit and limber, as well as activities offered at The Hermitage and visits with her daughter who lives in the area. Peg is grateful that she is still in good health and still able to be “a fairly quick walker.”

She tilts her head at friend Bea Larson, who is laughing that Peg “nearly finished me off” when she took Bea for their first few walks together. Rachel Garbee also walks, but mostly sticks to Hermitage hallway strolls, often in the evenings after dinner. “It’s quiet then, and where else could I take a walk in my pajamas, bathrobe and slippers?”

The Hermitage offers its residents a number of activities and amenities, although Peg, Bea and Gladys think that more people should take advantage of what’s on offer. Gladys Laclede was on the community’s activities committee and they were always on the lookout for something new and fun to get the residents involved.

Peg Bixler offered advice to those who might have such a move coming in the future. “Get rid of a lot of stuff as soon as you can. Don’t wait. And do what you can to make it easier on your kids.” Bixler thought she had done a good job of downsizing before the move, but still found herself “with a lot of stuff I just don’t need.”

Rachel Garbee encourages other “newbies” to not be afraid to ask questions or ask for help, especially if your move to senior community living is an abrupt one like hers.

“All of my questions and concerns have been met with nothing but genuine care and helpfulness here.”

“Be open,” is what Gladys Laclede advises.

Pastor Jim Draper, who has started using more of his time to help others in need around the community, thinks just speaking to everybody and actively looking for friendship is key to making the most of this next life chapter.

Bea Larson certainly hasn’t lost her sense of humor with her new living arrangements. “My advice,” she said, “is don’t be hard of

hearing!”

Col. James McAllan (U.S. Army Ret.) and his wife Linda, who retired from an administrative career with the IRS, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman who made order and efficiency part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years.

“We didn’t want one of the really big places,” said Col. McAllan. “We were looking for someplace with a diverse population and where we could comfortably remain, even if our health circumstances changed.” The couple also decided they would prefer a community that was locally owned, and better still, locally managed. Their extensive research and personal inspections eventually took them to The Woodlands Retirement Community in Fairfax. “It checked all the boxes.”

The community is, in fact, locally founded and operated by the Bainum family. The size fits for the McAllans, as well, with only 102 units. The Woodlands is also what is known as a Continuing Care Retirement Community (CCRC), meaning that residents can avail of a lifetime range of care, from the independent living that the McAllans now

enjoy, to more assisted living through to advanced nursing care without having to uproot and move to a completely new community.

The McAllans hadn’t planned to move in when they did. “My knees really made that decision for us,” said James. But once they decided, they found that only one apartment was currently available. Not wanting to risk a long encampment on the waiting list, they went ahead and closed the deal on their two bedroom, 2.5 bath apartment with separate kitchen, dining room and den. Their daughter, who lives just minutes away, told them it was “all meant to be.” And the icing on the cake was that The Woodlands would accept the other member of the immediate family, 4-year-old shih tzu Riley, who has been dubbed “The Mayor” by many of the other residents. Riley is not particularly fond of the only other four-legged community dweller, but he adores visiting – and being properly fussed over by – residents, staff, and visitors.

“Coming down to the lobby is his favorite activity,” said Linda. “I think he fakes some of his requests for his outside needs,” she added, “since half the time when we get down here he suddenly finds plenty of time to check out whoever is around.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise room, but Linda noted that the variety of groups, clubs, lectures and discussions available.

“We’ve had the first Ambassador to Israel as a speaker, a violinist who spent 40 years with the Washington Opera orchestra, a retired opera singer, and so many more, in addition to book clubs, poetry clubs, gardening,” Linda McAllan said. A presentation by the authors of “Worry Free Retirement Living” was on the March schedule, and “Aging Well: Aging is Not a Spectator Sport” is on the April agenda. The McAllans also like that co-founder and manager Kevin Bainum holds monthly “Kevin Talks.” There are other regular town hall-type meeting and several councils or committees, but in Mr. McAllan’s words, it’s “this kind of relaxed, open communication that really brings us all together.”

Betty Marshall, whose apartment is frequently used as a stop on any tour of The Woodlands, couldn’t agree more with her neighbors, the McAllans. A Fairfax resident for more than 25 years, Marshall,

who was born on Cyprus when her South Carolinian mom followed her father to his native Greece for a time, has also seen a bit of the world thanks to her husband’s military postings in Alaska, Okinawa, Greece and Paris. Like the McAllans, Betty did quite a bit of planning for this move. When her husband, Col. Charles Marshall (Ret) died in 2013, she put those plans into action. Picking which pieces to take with her from a lifetime of international travel wasn’t as hard as she thought it would be. Of course, Betty Marshall, a music major who taught the instrument wherever the couple went, couldn’t leave the piano behind. Nor could she leave her favorite furnishings and artwork, many from her Okinawa days.

When not busy with activities outside of The Woodlands world like volunteering at the Fair Oaks Hospital gift shop or heading up the Flower Guild at the Providence Presbyterian Church, Betty is involved with the goings on in her own community. “And the people here make it easy on every level.” Betty sings the praises of the maintenance and facilities staff, in particular. “They are so willing to do anything you need. Hang a picture, move furniture, fix anything. They even prepare the plots for us gardeners. I just have to get out there and do the planting.” Of course, she does reward them with the fruits of their combined labor. “Zucchini bread for everyone this year!”

Having learned flower arranging, Betty teaches those skills as well as crafting to interested residents. She’s also organizing

a Caribbean cruise for a group of residents and family members. The Woodlands staff will be handling the transportation to and from Baltimore when the travelers embark on their sea-faring adventure.

“I would just tell people to never look back,” Marshall said. “Keep the memories, they are what made you. But your life is today and tomorrow. Keep looking ahead. Plan. And find a place where you can really thrive.”

If it’s time to start contemplating the transition to senior independent or assisted living for yourself or a loved one sorting through the information and the available properties and options can seem overwhelming.

There are properties that resemble four-star resorts. There are communities that are extensions of a particular faith institution or religion. Others, like non-profit Vinson Hall in McLean were founded to serve our large commissioned military officers population and government workers of equal rank. There are properties set in rural locations, while others like The Jefferson, a Sunrise Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westminster at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering every possible range of care, service and amenities in all price ranges.



Gladys Laclede, Bea Larson, Jim Draper, Rachel Garbee and Peg Bixler share a table and a photo op in the library of The Hermitage, a senior assisted living community in Alexandria. Peg is the veteran in the group and does her best to welcome newcomers.



Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One look around her two-bedroom apartment and you know why it is frequently chosen as a stop on the

Senior Living

Centers Offer Seniors Activities, Social Interaction

In 2014, the attendance at Fairfax County senior centers was 277,342.

BY MIKE SALMON
THE CONNECTION

At the Kingstowne Center for Active Adults, volunteer Frank Bauer sees zumba and yoga classes “flowing into the main room sometimes,” he says, revealing how popular those classes are at the center, which caters to seniors 55 and older. This Kingstowne center, one of 14 senior centers throughout Fairfax County, offers classes and activities to keep seniors active. “It keeps them mentally engaged, it’s a very friendly atmosphere,” said Bauer, who lives nearby and puts in about 30 hours a week at the Kingstowne center.

Fairfax County’s senior centers are sponsored by the Department of Neighborhood and Community Services that offer classes, health and wellness programs, and internet access, as well as trips and tours. The activities provide seniors an opportunity to socialize with others and stay connected with the community. In 2014, the attendance at the senior centers was 277,342,

according to program officials.

“Our participants consistently rank developing social connections and enhancing emotional and physical health and wellness as the top two benefits from attending senior centers,” said Evan Braff, one of the regional managers at the Fairfax County Department of Neighborhood and Community Services. “We work to meet the needs and interest of our participants.”

According to the American Association for Retired Persons (AARP), senior centers are valuable resources in communities across the nation. Many centers sponsor Meals-on-Wheels programs and provide volunteer opportunities, as Bauer has found. According to Ginger Thompson, the associate state director of communications at AARP Virginia, “some programs in the center are funded through the Older Americans Act which AARP is urging congress to reauthorize. AARP is calling on Congress to prevent seniors from losing access to services they count on for their health and financial security by renewing the Older Americans Act.” The Older Americans Act supports



One of the county’s Senior Center activities involves mural painting at a local school.

services including Meals-on-Wheels, in-home care, transportation, elder abuse prevention and caregivers who make it possible for seniors to live in their homes.

“The OAA also helps save federal and state tax dollars by keeping seniors out of costly nursing homes and preventing unnecessary hospital re-admissions,” Thompson said.

In Fairfax County, officials are also trying

a different approach, called Centers Without Walls. These are senior centers without a county building to gather in, and an alternate set of basic activities the other centers may offer. Two of these programs are in Burke/West Springfield and Great Falls. The Senior Centers Without Walls are developed through a public-private partnership between

SEE COUNTY, PAGE 7



Richard Graff, formerly of Vienna, showed Nysmith students from Herndon a photo taken of himself on V-E Day in 1945. He still wears his uniform when sharing experiences of the war.



Al Burris, formerly of Springfield, helped evacuate medical patients in the Korean War. He is pictured here with Alexandra Murphy and Anika Schipma, students at The Nysmith School in Herndon.



Keith Wilkinson enlisted in World War II when he was 17 years old. Nysmith Students from Herndon recorded veterans’ experiences for a Library of Congress Veterans History Project.

First Hand Experience with World War

BY KEN MOORE
THE CONNECTION

Richard Graff didn’t hesitate to describe his darkest days while serving in World War II. “Every combat soldier has to get used to the bodies,” he said.

“Whenever I think back to that one day when I didn’t think I would have another day, you bet, I’m glad to be here,” Graff said.

When speaking about World War II, Graff, formerly of Vienna, also brings a portrait photo taken on V-E Day, May 8, 1945, when

war in Europe came to an end nearly 70 years ago. He has a captured Nazi flag which is signed by comrades he served with.

Seventh and eighth graders from The Nysmith School in Herndon visited Ashby Ponds retirement community to record one-hour interviews with six veterans for The Library of Congress’ Veterans History Project, including Graff, formerly of Vienna, Al Burris, formerly of Springfield, Keith Wilkinson, Al Beyer, Lee Holmberg and Bruce Petree.

More than one-quarter of the 850 residents at Ashby Ponds are military veterans, said Jessica McKay, public affairs manager.

“Who wouldn’t want to hear the experience of a veteran?” said Nysmith student Emily Elkas, who talked to and recorded Keith Wilkinson. Wilkinson, formerly of New Hampshire, spent 32 years in the military, “mostly in the Air Force,” he said.

“As we talked more and more, his story got so interesting,” said Emily Elkas.

“I think it’s wonderful that we live in a time that we have technology so we can record their stories on video,” said Anika Schipma, who talked with Al Burris. Burris brought a model of the helicopter he flew to help evacuate soldiers who needed medical attention.

“Thank you so much. And thank you so much for your service,” Alexandra Murphy, told Burris. “I learned a lot, so much that I didn’t learn from textbooks at school.”

Graff also told the Nysmith students some advice he learned from war and from the relationships through serving in the war.

“Learn all you can about every subject you can,” Graff said. “Next, make all the friends you can. It always helps.”

Finally, “have all the fun you can,” he said. Nysmith students will return to Ashby Ponds, located on a 132-acre campus in Ashburn, throughout the spring.

Senior Living Centers for Seniors

FROM PAGE 6

tween the county and businesses to create centers in churches. So far, the Accotink Unitarian Universalist Church, the Burke United Methodist Church and the Durga Temple were the first to support the Center Without Walls, but according to Braff, the county is looking at expanding that program. The Fairfax County Board of Supervisors is supportive of that effort. "As additional needs present themselves, we stand ready to expand implementing the Centers Without Walls in another location," said Braff.

There is a fee to participate at the county centers, based on income, ranging from \$24 to \$48 a year and meals are provided "if they need it," Braff said. A meal donation is suggested based on a sliding scale. Transportation to the centers is available through Human Services Transportation.

The Kingstowne Center for Active Adults is open during the weekday hours, and Bauer sees many participants that live with their adult children and come over to the center when the children are at work.

On the weekends though, the center is occasionally rented for other activities such as board game events, or groups to gather. For example, on a recent Saturday, an instructional bee keeping lecture was held by a bee keeping group in one room, while a 'gaming club' was holding a benefit for wounded warriors in the main area.

Center Locations

South County Senior Center
8350 Richmond Highway, Suite 325,
Alexandria, VA 22309
Operating Hours: Monday – Friday, 9– 4
Phone: 703-704-6216, TTY 711
Fax: 703-704-6699
Herndon Senior Center
873 Grace Street, Herndon, VA 20170

Senior+ Program
Operating Hours: Monday - Thursday, 9 a.m. - 8 p.m., Friday, 9 a.m. - 4 p.m., Saturday, 9 a.m. - 4 p.m.
Phone: 703-464-6200, TTY 711
Hollin Hall Senior Center
1500 Shenandoah Road, Mount Vernon
Operating Hours: Monday – Friday, 9– 4
Phone: 703-765-4573, TTY 711
James Lee Senior Center
2855-A Annandale Road, Falls Church
Operating Hours: Monday – Friday, 9– 4
Phone: 703-534-3387, TTY 711
Kingstowne Center for Active Adults
6488 Landsdowne Center, Alexandria, VA 22315
Operating Hours: Monday - Friday 9 a.m. to 4 p.m.
Phone: 703-339-7676, TTY 711
Lewinsville Senior Center
1609 Great Falls Street, McLean
Operating Hours: Monday – Friday, 9– 4
Phone: 703-442-9075, TTY 711
Lincolnia Senior Center
4710 North Chambliss Street, Alexandria, VA 22312
Senior+ Program
Operating Hours: Monday – Friday, 9– 4
Phone: 703-914-0330, TTY 711
Little River Glen Senior Center
4001 Barker Court, Fairfax, VA 22032
Senior+ Program
Operating Hours: Monday – Friday, 9– 4
Phone: 703-503-8703, TTY 711
Fax: 703-653-3548
Lorton Senior Center 7722 Gunston Plaza, Lorton, VA 22079
Operating Hours: Monday – Friday, 9– 4
Phone: 703-550-7195, TTY 711
Fax: 703-541-2092
Pimmit Hills Senior Center 7510 Lisle Avenue, Falls Church, VA 22043
Operating Hours: Monday – Friday, 9– 4
Phone: 703-734-3338, TTY 711
Providence Senior Center
3001 Vaden Drive, Fairfax VA 22031
Operating Hours: Monday - Saturday, 9 a.m. - 10 p.m.
Phone: 703-865-0520, TTY 711
Sully Senior Center 5690 Sully Road, Centreville, VA 20120
Operating Hours: Monday – Friday, 9– 4
Phone: 703-322-4475, TTY 711
Wakefield Senior Center at Audrey Moore RECenter
8100 Braddock Road, Annandale, VA 22003
Operating Hours: Monday – Friday, 9– 4
Phone: 703-321-3000, TTY 711
Fax: 703-764-2204
City of Fairfax
4401 Sideburn Road, Fairfax, VA 22030
Operating Hours: Monday – Friday, 8 a.m. – 5 p.m.
Phone: 703-359-2487, TTY 711
City of Falls Church
223 Little Falls Street (next to City Hall), Falls Church, VA 22046
Operating Hours: Monday – Friday, 9– 3
Phone: 703-248-5020, TTY 711

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"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." – Sheila W.

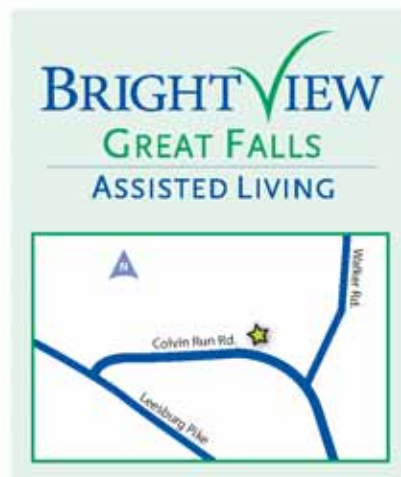
"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.



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THE CONNECTION
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Insight into Determinants of
Exceptional Aging and Longevity

Why do some people reach age 80, 90, and older living free of physical and cognitive disease? National Institute on Aging (NIA) researchers on the Baltimore Longitudinal Study of Aging (BLSA) are exploring this question through the IDEAL (Insight into Determinants of Exceptional Aging and Longevity) Study. Although research exists on the relationship between long life and functional decline, we still know relatively little about why certain individuals have excellent health well into their 80's while others experience disease and physical decline earlier in life.

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BY STEVE HIBBARD
THE CONNECTION

A Creative Aging Festival will take place throughout the month of May at 100-plus local venues in Fairfax County, the City of Fairfax, Arlington and Alexandria. The month-long festival includes 114 performances, poetry readings, art exhibits, lectures, classes and more.



The festival is being sponsored by Fairfax County, AARP Virginia, the Fairfax County Arts Council and several other community organizations and businesses, and

coincides with Older Americans Month. It will also include programs that unlock the creative spirit through yoga, tai chi and even a walk through a garden labyrinth.

“What we’re hoping is that people will discover where the opportunities for art are for Fairfax County. We want them to know that it’s here; it’s in the community and we’re hoping they will participate,” said Grace Lynch, manager of communications with the county’s Division of Adult and Aging Services. She said the festival “gives us permission to do something that we may not have done before and to explore ourselves in a more creative and artistic way.”

“Fairfax County is home to over 200 non-profit art organizations many of them offering exciting events for the 50-plus com-

munity. The Creative Aging Festival is a wonderful opportunity for our arts organizations to market their existing programs by and for 50-plus residents, encouraging older adult participation in the county’s many arts offerings, and showcasing opportunities to engage in our community,” said Lisa Mariam, grants director and master arts plan coordinator at the Arts Council of Fairfax County.

Planners are now developing the program and expect to post the full calendar of events in early April (see sidebar). Some of the examples include:

- ❖ An open house allowing guests to participate in an organization’s dance, music, visual art, yoga, gardening programming;
 - ❖ A speaker on art, gardening, yoga, etc.; or
 - ❖ An older adult artist, writer, actor, poet, dancer or musician to speak about their art.
- “We’re not about bingo anymore. We’ve really raised the bar. We’re focusing on yoga, tai chi, in addition to painting and music, performing arts and dance,” said Julie Ellis, Director of Hollin Hall Senior Center in Mount Vernon.

Many Fairfax County programs will be held at local libraries, 14 senior centers, adult day healthcare centers and park programs are planning to be involved. For example, seniors here will have the opportunity to experience movement classes with professional choreographer Janet Storms of the Choreographers Collaboration Project. “She’s going to talk about the joy of movement as you age,” said Ellis.

The festival’s objectives are to encourage audiences for the arts, especially for art created and performed by older adults; encour-



PHOTO CONTRIBUTED BY STAN SCHRETTER

Seniors take part in programs at the Osher Lifelong Learning Institute at GMU.

age older adult participation in the county’s many public and private art programs; promote public understanding of the benefits of older adult participation in the arts; establish the festival as an annual event each May with Older Americans Month.

“Research has shown a strong connection between participation in the arts and the cognitive health of older adults,” said Richard Chobot, chair of Fairfax Area Agency on Aging. “The Creative Aging Festival will provide examples of the variety of arts experiences available to older adults, and individuals of all ages.

“The Creative Aging Festival gives the public an opportunity dive into the soul of the many programs the area offers for adults with dementia,” said Isabel Castillejo, CTRS, of the Herndon Adult Day Health Care Center. “Fairfax County’s Adult Day Health Care Centers understand the value behind creative arts and the opportunity to see someone’s unique expressions through art, music and various other mediums. We encourage the public to get a glimpse of these wonderful gems their community has to offer.”

“The Osher Lifelong Learning Institute at (GMU) is excited to take part in the festival, offering four events that will showcase our popular acting and Tai Chi classes, fabulous musical performers, and first rate fine artists and photographers,” said Jennifer Disano, executive director.

As part of the festival, GMU will be hosting an “Arts, Aging & Well-being” panel on Monday, May 18 from 9 a.m. to noon, on the Fairfax campus. “When we connect with others through creative expression, great things happen,” said GMU Associate Professor Holly Matto, Ph.D. “The arts and health research shows that participation in the creative arts can enhance cognitive, emotional and interpersonal functioning,

Reston, Herndon Events

Public Art - Art for the People. This multimedia presentation will focus on a broad range of Public Art in all its many forms. Public art is becoming the most popular form of art. The audience will see examples from around the world, including a special look at Reston and the surrounding area. May 6, 7 p.m.; Free. **At Reston Regional Library**, 11925 Bowman Towne Drive, Reston. Call 703-689-2700/703-662-1812 or visit www.fairfaxcounty.gov/library/branches/rr/

Entertainment and Art Display. Herndon Adult Day Health Care Center welcomes you to their Open House with program tours, art displays and entertainment courtesy of the National Theatre (11a-12). Light refreshments will be offered. May 15, 10:30 a.m.-Noon; Free. **At Herndon Adult Day Center**, 875 Grace Street, Herndon. Call 703-435-8729 or visit www.fairfaxcounty.gov/hd/adhc/

ArtSpace’s Herndon Senior Tea. Enjoy Behind the Scenes with the Loudoun Sketch Club, light refreshments, and the companionship of art lovers. A local music group will offer entertainment during the tea. May 15, 1-2 p.m.; Free. **At ArtSpace Herndon**, 750 Center Street, Herndon. Call 703-956-6590 or visit www.artspaceherndon.org

Creative Writing Workshop for Seniors. Participants will animate a memorable moment from their life and practice creative writing techniques. March 15, 1-3 p.m.; Free. **Reston Regional Library**, 11925 Bowman Towne Drive, Reston. Call 703-626-3894 or visit rollercoasterlearning.com/

Art Beat Open House. What a great day to visit us! On display will be art from our oil painting, ceramics, and jewelry classes. We’ll also display art from community artists. Three “people’s choice” prizes will be awarded in the visual arts category. On “stage,” some of our many dance and song groups will perform. May 15, 10 a.m.-2 p.m.; Free. **At Herndon Senior Center** 873 Grace Street, Herndon. Call 703-464-6200 or visit www.fairfaxcounty.gov/ncs

Blind Curves - One Woman’s Unusual Journey. After completing a 2,500 mile road trip the author tells a story of how a woman of a certain age can break with tradition and turn frustration into triumphant joy. May 21, 11 a.m.-2 p.m. \$15 Reston/\$30 Non-Reston. At **Reston Community Center**, 2310 Colts Neck Rd., Reston. Call 703-390-6157 or visit www.restoncommunitycenter.com

For more see <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax-creative-aging-festival.htm>



PHOTO CONTRIBUTED BY STAN SCHRETTER

Seniors take part in tai chi programs to stay fit at the Osher Lifelong Learning Institute at GMU.

and studies on the arts in health care settings show biological effects such as pain reduction and improved immune functioning.”

Festival partners include: the Arts Council of Fairfax County, the Fairfax Area Commission on Aging, the Fairfax Area Agency on Aging, Fairfax County’s Department of Neighborhood and Community Services, Public Libraries, Adult Day Health Care Centers, Long Term Care Coordinating Committee, George Washington University, the National Alliance of Community Economic Development Associations, the National Center on Creative Aging, Goodwin House at Alexandria and Bailey’s Crossroads, AARP Virginia, and Pure Prana Yoga Studio. Most programs are free. Because of the variability in venue space, participants should call respective venues to register and inquire about program information, fees and parking.

The festival calendar will be posted by early April at <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax-creative-aging-festival.htm>