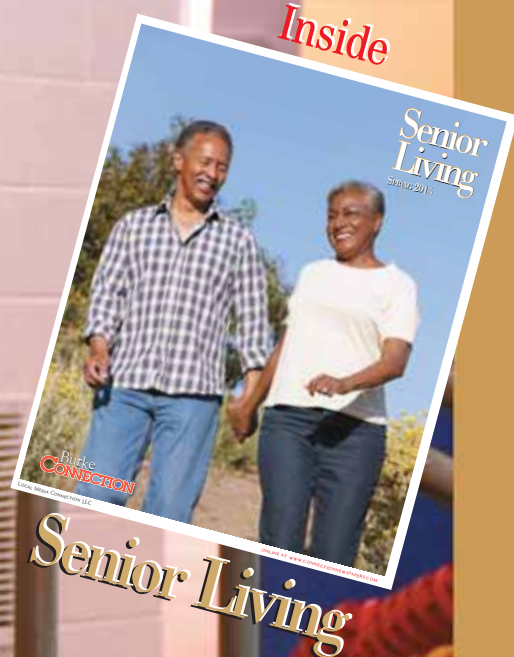


Burke CONNECTION

Woodson junior Margot Baden (left) and her duet partner Robinson junior Jackie Hafner take a bat-esque stance to begin their Batman-themed synchronized swimming routine in preparation for the U.S. National Synchronized Swimming Championships in California.



Sync and Swim

NEWS, PAGE 10

Moving: From Institution to Community

NEWS, PAGE 4

Mission of Mercy Accomplished

NEWS, PAGE 8

An Ancient Art Form TAKING THE WORLD BY STORM



神韻晚會 2015
SHEN YUN

5,000 YEARS OF
CIVILIZATION.
LIVE ON STAGE!

ALL-NEW 2015 SHOW
WITH LIVE ORCHESTRA



APRIL 17-26
THE KENNEDY CENTER

Watch trailer at ShenYun.com/DC

"Elegant—very athletic and very skilled!"
— John McColgan, Riverdance producer

"5,000 years of Chinese dance and music in one night"
— The New York Times

**"The choreography is phenomenal. I think it's the best
show I have ever seen."**
— Valentina Alexess, former ballerina, Moscow Ballet

Tickets on sale now!
ShenYun.com/DC | 888-974-3698
The Kennedy Center Box Office or call 202-467-4600
Online: kennedy-center.org | Group tickets: 202-416-8400



MID-ATLANTIC'S LARGEST LIGHTING SHOWROOM

OUTDOOR LIGHTING

20% off
KICHLER SALE

Reg. Priced Kichler Outdoor Lighting | April 1 - May 2

GROVE MILL COLLECTION
Lifebrite Polished Brass Finish

Guaranteed for a lifetime to look fantastic
while being capable of withstanding the
harshest elements no matter where you live.

Shop.DullesElectric.com

MUST BRING THIS AD

Mon-Fri 9-6, Sat 9-5
22570 Shaw Road Sterling, VA
703.450.5700



#9989PB

Where Your Dental Needs Come First!

**Se habla
Español**

Family Dentistry



- Crowns, Bridges, Partials,
Full Dentures and Implants
- Denture Relining,
Dentures and Partials
Repaired While You Wait
- Saturday and Evening
Appointments Available
- Most Insurances Accepted
- Free Invisalign Consultation

**NEW PATIENT
SPECIAL**

\$89

(Regularly \$288)

Includes Exam,
Cleaning (in absence
of gum disease)
and X-rays

703-323-9394
yourdentalfirst.com

Raja Gupta, DDS
Dental First Associates, LLC



9570 A Burke Road, Burke, VA
in Burke Village II



Fairfax County Chief of Police Edwin Roessler speaks to the media at a midday press conference held in front of the George Mason Regional Library.



Fairfax County Police Department spokesperson Shelley Broderick (center) used social media to keep both media sources and the public up to date during a multi-agency manhunt.

PHOTOS BY TIM PETERSON/THE CONNECTION

Prisoner Escapes from Hospital, Gets Recaptured

Social media aids manhunt, eventual recapture in Washington, D.C.

BY TIM PETERSON
THE CONNECTION

Around 3 a.m. on Tuesday, March 31, Wossen Assaye overpowered the female member of his two-guard private security detail while the male was out of his hospital room. Assaye was reportedly in shackles on a hospital gurney before the struggle.

When the male guard returned, he fired a single shot at Assaye from the hallway towards the room. No one was injured and the prisoner fled to the stairwell and out of the hospital, reportedly barefoot and wearing only a hospital gown.

Fairfax County Police were on the scene shortly thereafter, and by 5 a.m. began reporting on the incident using Twitter. The first @fairfaxpolice tweet with Assaye's name and photo drew 715 retweets and 73 favorites, as of writing this story. Having taken one of the guard's guns, police tweeted that he was at large and should be considered "armed and dangerous."

AS THE SUN BEGAN to rise, tweets from the police department kept coming, deliv-



PHOTO COURTESY OF THE FAIRFAX COUNTY POLICE DEPARTMENT

Wossen Assaye escaped from custody while being treated at Inova Fairfax Hospital and was later apprehended in Washington, D.C.

ering new information. They announced road closures while police searched the Falls Church hospital campus, confirmed that the police chase which ended on I-95 at Route 286 and Fullerton Road was not related to the manhunt, and directed members of the media to press conferences for further updates.

Fairfax County Police Chief Edwin Roessler announced at the noon update that Assaye had been arrested in Southeast Washington, D.C. by Metropolitan Police, who received information from the public following the hunt on social media.

"We want to thank each and every community member for helping apprehend a

violent felon," Roessler said. He added that he estimated several hundred officers and multiple agencies were involved in the ground and air search.

Roessler was joined by U.S. Marshal Bobby Mathieson and Greg Cox, FBI Acting Assistant Director In Charge, who filled in details about the morning's events and Assaye's criminal history.

On March 20, Assaye had been booked into an Alexandria detention center facing federal charges for multiple armed bank robberies. Shortly after his intake, he tried to kill himself. "He tied a bed sheet around his neck and dove off a tier," said Mathieson.

Assaye was first treated for his injuries in jail, then transferred to Inova for further medical attention. He was placed under surveillance by Alexandria police for the first 24 hours. After the first day, police were replaced by a two-guard detail from the private contractor Allied Protective Services.

Mathieson said using a private contractor in that way was a standard practice, but that an investigation was underway as to whether the guards violated any detention policies.

After fleeing the hospital, they said, Assaye entered an adjacent apartment complex and gained access to the trunk of resident's car. The resident got in the car, unaware, and began driving. Assaye kicked through the back seat and proceeded to steal the car from its owner, Roessler said.

Around 7 a.m. police tweeted they were looking for the prisoner driving a stolen

2002 silver Toyota Camry with damage to the front end. Assaye later switched to a 2008 dark gray Hyundai Elantra. When police recovered the Camry around 10:30 a.m. in the Annandale area, they found what they said appeared to be the stolen security guard gun.

FOR A DEVELOPING STORY that also posed a public security threat, Fairfax County Police spokesperson Shelley Broderick faced the challenge of informing both the public and the media as quickly and as comprehensively as possible.

She got the idea to live-tweet updates as they happened, rather than wait for a press conference, from the handling of the Howard County mall shooting in January 2014. "They were able to push information out," Broderick said. "The majority of people are on Twitter, and are able to take what we're pushing, from a valid source."

She said she was able to "reach a vast expanse" of media outlets and the public with updates most relevant to public safety, and make sure the information was timely.

Joshua Stueve, a spokesperson for the U.S. Attorney's Office, said Assaye was scheduled to appear at the Alexandria Courthouse, after being recaptured, around 3 p.m. on Tuesday.

The Fairfax County Police department tweets using the handle @fairfaxpolice. Investigations into the morning's events are ongoing and further details continue to be released.

A Chase With, Mostly, Happy Ending

Around 7:41 a.m. on Tuesday, March 31, a Fairfax County police officer attempted to stop a pickup truck for traffic charges near Route 50 and Fairview Park. The vehicle fled and officers pursued assisted by Virginia State Police. On the Fairfax County Parkway over Interstate 95, one of the officers initiated the "precision immobilization technique" and the vehicle was stopped. The driver was taken into custody and transported to a local hospital with minor injuries. In addition, two Fairfax County officers and one Virginia State trooper were injured with minor injuries. Taken into custody was 36-year-old Lakisha Tracy, who has outstanding warrants from Arlington County.



PHOTO BY MIKE SALMON/CONNECTION

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

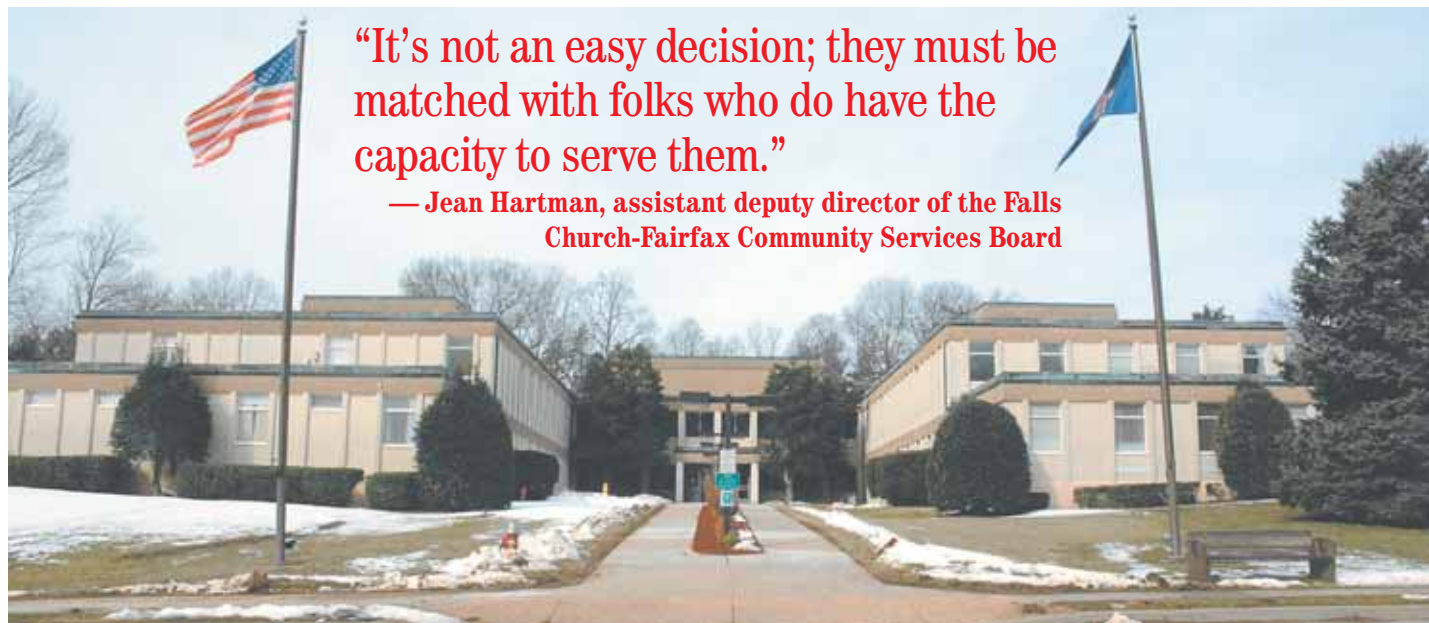


PHOTO BY TIM PETERSON/THE CONNECTION

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

“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

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
SEE FINDING HOMES, PAGE 7

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.

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.

BULLETIN BOARD

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

WEDNESDAY/APRIL 15

Dementia and Legal Concerns: Capacity, Guardianship & Healthcare Decision Making.

1:30 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. An elder law attorney will lead this discussion to help you get all of your legal needs in order. Call 703-204-4664 to RSVP and for more information.

THURSDAY/MAY 21

Lunch 'N Life. 12-2 p.m. St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Are You 50 or Better? Join for the next Lunch 'N Life sponsored by the Shepherd's Center of Fairfax-Burke. The program will feature Mr. Knox Singleton, CEO of INOVA Health Systems speaking on Current Health Issues. For reservations, call Faye Quesenberry, 703-620-0161, by May 15. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org for more information.

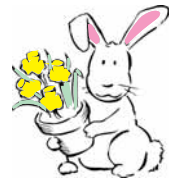
ONGOING

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

Online Scavenger Hunt. Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.



Easter Flowers are Here!



HUGE Assortment of annuals, Perennials and Flowering Trees & Shrubs in Stock

Everything You Need For Your Lawn!

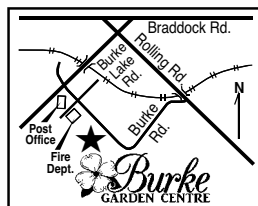
Grass Seed, Fertilizer, Straw & Lime. We Carry a Full Line of Mulches (Bagged or Bulk), Soils & Soil Conditioners. Fresh Sod Every Friday (weather permitting)

Landscape Design & Installation Services

Delivery Service Available

703-323-1188

Open Mon-Sat 8-8 • Sun 8-7
9401 BURKE ROAD
BURKE, VIRGINIA 22015
www.burkenursery.com



\$10⁰⁰ OFF Purchase of \$100 or More
One coupon per customer, per day. Not valid with any other offers. Not valid on sale items or landscape design services. Expires 4/15/15.



Open House and Founder's Day Celebration 4/11

Open House 4/28

614 S. Main Street Woodstock, VA 22664

Educational Fair at the Fairfax Mall Marriott 4/18

11787 Lee Jackson Memorial Highway Fairfax, VA

Let Us Share Our 116 of Excellence with You!

Call: 1-877-459-466-6222 ext. 1 or (540)459-2167 option 1

E-mail: admissions@militaryschool.com

- ♦ #1 Military School in Virginia
- ♦ 100% College Acceptance Rate
- ♦ STEM Programs
- ♦ JROTC Honor Unit with Distinction
- ♦ 1 of 9 Co-Educational Military Schools in the United States



NOW ACCEPTING:

Applications for Summer School

Applications for Fall Semester

For a list of upcoming Fairs and Open Houses Visit:

<http://www.militaryschool.com/admissions.asp>



You are Invited to

Celebrate Easter Weekend

With Us!

Good Friday Prayer
April 3rd 6:00 p.m.
Worship Center

Good Friday Worship Service
April 3rd 7:00 p.m.
Worship Center

Easter Sunday Worship Services
April 5th
8:00, 9:30, & 11:30 a.m.
Worship Center

Rev. Dr. Marshal L. Ausberry, Sr., Pastor

6531 Little Ox Road
Fairfax Station, VA 22039
(703) 425-0710

OPINION

Family Matters

BY MEGAN BEYER

COMMENTARY

It may never feel like a “good time” to have a colonoscopy. You might have already used the excuse that the preparation day before a colonoscopy is unpleasant and cuts into your busy schedule — and then you put it off another year. But momentary discomfort or inconvenience is a small price to pay for saving your life.

Colorectal cancer is the second leading cause of death from cancer in the United States. Only 40 percent of colorectal cancer cases are found in the early stages when it is most treatable. Consider the implications of not getting screened, or of a family member putting off screening until it is too late. If you are over 50 years old and of average risk, you should get screened for colorectal cancer. Those at higher risk may need to be screened earlier. And colorectal cancer, long thought of as a disease of older adults, has been rising in young adults — which makes it especially important for people of all ages to be aware of risk factors like tobacco use, obesity and heavy drinking, as well as family history.

March is National Colorectal Cancer Awareness Month. There is no need to be uncomfortable talking about colorectal cancer. Make this a conversation topic in your family and encourage them to speak with their health care professionals about getting screened. Nearly

everyone has lost a loved one to cancer, and colorectal cancer is a disease that takes too many lives each year. This year an estimated 132,700 people will be diagnosed with colorectal cancer. Worse, nearly 50,000 people will die from it. In 2014 about 136,830 people are predicted to be diagnosed with colorectal cancer in the United States, and about 50,310 people are predicted to die of the disease. Don't become a statistic. Start taking preventive steps today.

Determine your family history of cancer and talk with your health care professional about colorectal cancer screening options. Experts recommend both men and women over 50 of average risk get screened. A colonoscopy allows medical professionals to examine the entire colon and remove any polyps (pre-cancerous growths) before they ever become cancerous. When colon cancer is found early, it is more treatable, and the five-year survival rate is 90 percent. If you cannot or will not have a colonoscopy, there are a variety of other screenings available, such as a virtual colonoscopy, flexible sigmoidoscopy or double-contrast barium enema. Talk to your health professional about what is best for you.

Some people need to start screening earlier because they are at a higher risk of colon cancer — they have personal histories of colorectal

Prevent colon cancer for self and loved ones.

cancer, pre-cancerous polyps or inflammatory bowel disease; family histories of colorectal cancer, polyps or a hereditary colorectal cancer syndrome; or have Type 2 diabetes. Colorectal cancer incidence and mortality rates are highest in African-American men and women; incidence is about 25 percent higher and mortality rates are about 50 percent higher than those in Caucasians.

Healthy living is a vital step to cancer prevention and can lower risk for colorectal cancer. Maintain a healthy weight and stay active by exercising regularly for 30 minutes at least five times a week. Eat a nutritious diet low in red and processed meats (such as bacon or sausage) and full of fruits, vegetables and whole grains. Do not smoke and only drink alcohol in moderation. Use these tips to live a healthier life today, and share this information with family and friends.

Colorectal cancer is treatable, especially if caught early. Talk with your family and loved ones about ways to reduce their colorectal cancer risk. Visit www.preventcancer.org for more information about cancer prevention and early detection.

Megan Beyer is the wife of U.S. Rep. Donald S. Beyer Jr. (D-8) and is a member of Congressional Families Cancer Prevention Program of the Prevent Cancer Foundation. All statistics are provided by the American Cancer Society.

On the Banks of Bull Run 150 Years Ago

BY PAUL GILBERT
EXECUTIVE DIRECTOR
OF NOVA PARKS

One hundred and fifty years ago, on the same day General Lee surrendered at Appomattox, Fairfax County witnessed the last gun battle of the war.

Just five months earlier, Confederate Colonel John Mosby had been authorized to expand his force that had effectively harassed the Federal forces around Washington. On Saturday, April 8, half of Mosby's force left Upperville on

a mission to attack a train on its way to Alexandria.

On Sunday, April 9, the same day Generals Lee and Grant were meeting to sign the Confederates' surrender, the Southern Rangers were nearing Burke where they were going to attack the train station.

At this time, the Federal forces at Fairfax Station heard of Mosby's forces and sent the 11th Illinois Cavalry under Captain Warner to intercept them.

For four or five miles, the two groups engaged in a galloping fight. Once they formed into battle

lines against each other, but the rest of the time Union Cavalry chased Mosby's Rangers towards Bull Run, the stream that served as an informal dividing line between the Fairfax County that was under Federal control, and Prince William and Loudoun Counties that were less secure from a Union perspective.

Mosby's forces crossed the stream at Wolf Run Shoals in the Clifton area, and the Union forces did not chase them any farther.

The next day, two of Mosby's Rangers who had been involved in this fight were talking and Lieu-

tenant James Wiltshire remarked, “has it never struck you as being a notable fact that the first big fight of the war occurred on Bull Run and the last shots of the war in Virginia were fired on the banks of that same stream?” The book-ends to the Civil War in Virginia that Wiltshire was referring to was the First Battle of Manassas, and this last fight in Fairfax County the day that Lee was surrendering 150 miles away.

Today NOVA Parks owns most of the Fairfax County side of the Bull Run and Occoquan rivers, an area rich in history.

LETTER TO THE EDITOR

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 con-

flict 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 function 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

Write

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
south@connectionnewspapers.com

Burke
CONNECTION

www.ConnectionNewspapers.com

@BurkeConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
burke@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Tim Peterson
Community Reporter
703-314-0789
tpeterson@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



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.

NEWS



Create A Beautiful Spring Garden!

Fresh shipments arriving daily

- Pansies & Colorful Annuals
- Potted Spring Bulbs
- Flowering Trees
- Shrubs and Perennials
- Dormant Plantable Roses
- Early Vegetables & Herbs

GREAT GIFTS FOR EASTER!

Lilies, Orchids, Hydrangeas and Potted Blooming Plants

FREE SEMINARS

Saturday, April 4 at 10 am
Fair Oaks:
Amazing Container Gardens

Sunday, April 5 at 1 pm
Gainesville:
Maintaining a Healthy Lawn

Gainesville:
Miniature Gardens

The American Dream

A new book about Bob Warhurst's inspirational rise from poverty to become one of the co-founders of Merrifield Garden Center.

Available at all three locations, get your copy today!



MERRIFIELD 703-560-6222
FAIR OAKS 703-968-9600
GAINESVILLE 703-368-1919

Hours: Monday - Saturday 8 am - 8 pm • Easter Sunday 9 am - 5 pm

merrifieldgardencenter.com



Dr. Chris Spagna of Falls Church working with Karla Puerto, of Fairfax, as they provide services to Michelle Barbour of Fairfax.



Michelle Barbour of Fairfax is all smiles as she gets ready to check out after receiving services.

Mission of Mercy Accomplished

The Medical Education Campus of Northern Virginia Community College (NOVA) partnered with the Northern Virginia Dental Society to provide free dental services for 877 low-income residents of Northern Virginia. Mission of Mercy, also known as M.O.M., is a two-day event that was held March 13-14.

More than 500 volunteers came together to provide dental services. This included NOVA dental hygienist students, practicing dentists and staff, and community volunteers. Registered patients were provided dental cleanings, extractions, fillings and prophylaxis. Appointments were set by local social service agencies.

Now in its 13th year, M.O.M. would not be possible without the collaborative efforts of NOVA's Medical Education Campus, Northern Virginia Dental Society, Northern Virginia Dental Hygienist Association, Virginia Commonwealth's Dental School, Northern Virginia Health Foundation, Kaiser Permanente and many other health and community organizations. The donated services are valued at more than a quarter of a million dollars. Chick-fil-A provided breakfast and lunches so workers wouldn't have to leave the campus.

Twelve years ago Mission of Mercy started in an airplane hangar in West Virginia. Six years ago NOVA partnered with MOM to bring the service work to Northern Virginia.

Dr. Peter Cocollis said, "Working with NOVA allows me to bring the same level of service as I can in my private practice."

Registered patients are first evaluated for needed services. Using portable X-ray machines and



Del. Eileen Filler-Corn (D-41) with Dr. James Willis, Mission of Mercy (M.O.M) chair, and Anne Loochtan, provost of Northern Virginia Community College at the NOVA Dental Society M.O.M project.



Karla Puerto of Fairfax and Dr. Chris Spagna of Falls Church, taking a quick break between patients.

NOVA's computer and storage assets, patient X-rays are immediately available for the dentist assigned to their case. As the patients are seated language translators in 15 languages are available to help interpret patient concerns and treatment procedures. A kind and thoughtful atmosphere prevailed

as dental technicians provided considerate care.

Dr. Chris Spagna of Falls Church said, "I've been doing this for four years and find this work very heartwarming and the patients are appreciative of the service."

— TERRANCE MORAN

WWW.CONNECTIONNEWSPAPERS.COM

PHOTO CONTRIBUTED

PHOTOS BY TERRANCE MORAN/THE CONNECTION



PHOTO GALLERY!

"Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Or to mail photo prints, send to:

The Burke Connection,
"Me and My Mom Photo Gallery,"
1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.



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.

RG The Richter Group
Total Real Estate Services



4764 Farndon Court, Fairfax, VA 22032
\$645,000

Your opportunity to move in to one of the largest homes in Kings Park West. Located on a quiet court and backing to trees. Separate living and dining room with the family room adjacent to the eat-in kitchen. Walkout from the family room to a charming patio. Fully finished lower level. Upper level has four large bedrooms, plus a bonus room!

Sales and Property Management
Residential Property Management
Association Management

703-239-1234

Pat.richter@richter1.com

Residential Preferred Properties
5631-I Burke Centre Parkway • Suite I
Burke, VA 22015



The American Horticultural Society's

SPRING GARDEN MARKET

at River Farm

Shop for natives, specialty plants, edibles and more!

APRIL 10 & 11

AHS MEMBERS-ONLY MORNING
(with current membership card)
Friday, April 10, 10 a.m.–12 p.m.

PUBLIC SALE
Friday, April 10, 12 a.m.–6 p.m.
Saturday, April 11, 10 a.m.–6 p.m.



River Farm is located at 7931 East Boulevard Drive in Alexandria, Virginia. **Parking is \$5 per car (cash only); free for AHS members** (with valid member card, receipt, or other proof of membership).

for more information

Call (703) 768-5700 or visit www.ahs.org.

special thanks to Mount Vernon Gazette



PHOTOS BY TIM PETERSON/THE CONNECTION

Coach Hayan Kim (left), of Fairfax, gives Robinson junior Jackie Hafner (center) and Woodson junior Margot Baden (right) technique advice for their duet routine.

Sync and Swim Northern Virginia Nereids send synchronized swimming duet to nationals.

BY TIM PETERSON
THE CONNECTION

High school juniors Margot Baden and Jackie Hafner, students at W.T. Woodson High School and Robinson Secondary School respectively, and their coach chose to set their duet synchronized swimming routine to a medley of music from the “Batman” franchise.

“The music can be anything,” said Hafner, “just something you can count to, that’s upbeat.” Adam West, Michael Keaton, it’s all good.

The girls explained they spend a sizeable part of their three-minute routine with legs in the air and heads underwater. “It looks kind of crazy,” said Hafner, who first swam laps competitively for her neighborhood summer team Commonwealth and then added synchronized swimming at age 7.

They’re able to keep up with the music using speakers both above and below the surface. Sure enough, a black extension cord trickles down over the side of the deck with a single speaker attached to the end.

Baden and Hafner practice at the Audrey Moore RECenter at Wakefield Park with the synchronized swimming team Northern Virginia Nereids. After placing in the top six at the South Zone Championship meet in March, the pair qualified to take their routine to the U.S. National Synchronized Swimming Championships held March 31 and April 4 in Moraga, Calif.

The Nereids comprise of 40 girls ages 7-18. They have been around over 30 years and are one of two synchro teams in Northern Virginia. They draw swimmers from Virginia, Washington, D.C. and Maryland. Baden and Hafner are the first team of Nereids to qualify for nationals in six years.



High school juniors Margot Baden and Jackie Hafner are taking their duet routine to the U.S. National Synchronized Swimming Championships in California.

“We’re very excited for them,” said co-head coach and Washington, D.C. resident Julie Silverman. “These girls practice 12 hours a week and swim and run — you can see the dreams coming true in their faces, that all the hard work was worth it.”

Synchro is a blend of dance, gymnastics and swimming, with body parts contorting, twisting and inverting in rhythm with a music track.

Baden’s names for past routines include: Free Rider, Up, World Cup, Scary Mermaid, Jungle and Greek Techno.

Breath control is a major factor — most swimmers wear a nose plug — as is spatial awareness and knowing the movements of the other swimmer or swimmers as if they’re

your own.

“These girls have really good body shape,” said duet coach Hayan Kim of Fairfax, “and good technique. They’re tighter, so it looks fun, not boring.”

Baden, who started lap swimming with her summer community team Mantua before starting synchro in fifth grade, is confident the work will speak for itself when they get to the national meet. “It’s as good as it gets,” she said of the routine. “You can’t really mold based on your surroundings, how others perform.” They just have to execute and be in sync.

For more information about the Northern Virginia Nereids, visit www.nvnsynchro.com.

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

Katie

Bershadsky, born and raised in Burke, has been selected to the Delta Epsilon Iota Academic Honor Society in the local chapter at Kennesaw State University. Delta Epsilon Iota was established to recognize and encourage academic excellence in all fields of study. Bershadsky is expected to graduate in 2018 with a major in public relations. Her parents are Scott and Kim Bershadsky. Her grandparents Malcolm and Marcia have lived in Burke for more than 30 years. From examining the genes in the monkey flower, to exploring the Rev. Martin Luther King’s political, social and theological beliefs, to epilepsy therapies, to sustainable tourism, 38 University of Virginia undergraduates will pursue 36 grant-funded research projects this summer. Thirty-five of the proposals received Harrison Undergraduate Research Awards and another student has had his research underwritten by the Stull family of Dallas. This marks the 16th year of the program, which helps further a key component of the U.Va. student experience: hands-on research. The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. In February, a Faculty Senate committee selected the winners, who receive up to \$3,000. Faculty mentors who oversee the projects receive \$1,000.

This year’s Harrison Undergraduate Research Award winners and their research topics: include

❖ **Megan Harper, 21, of Fairfax**, a third-year neuroscience and computer science double major, who is researching a form of epilepsy called “absence seizures,” which result in small lapses of consciousness. She will focus on thalamocortical circuit activity and how changes in thalamic ketone body concentration affect absence seizure activity.

❖ **Emily Ji, 20, of Fairfax**, a third-year double major in neuroscience and economics, who is researching mutations in the gene encoding for Mecp2, a protein that may be connected to Rett syndrome, an extremely debilitating neurodevelopmental disorder.

Four Fairfax County Public Schools (FCPS) students have won **national awards in the 2015 Scholastic Writing Awards Competition**. Sixteen FCPS students won regional Gold Key awards, and 29 students won regional Silver Key awards.

❖ Olivia Dabich of Marshall High School for Flash Fiction, “A Defector and Family’s Guide to the Aftermath of Defection from North Korea.” Dabich won a Gold Key award for this entry in the regional competition.

❖ Peiqi Wang of Carson Middle School for Critical Essay, “A False Dichotomy: Privacy and Security in the Digital Age.” Wang won a Gold Key award for this entry in the regional competition.

National Silver Medal award winners were:

❖ Mei Baek of Thomas Jefferson High School for Science and Technology (TJHSST) for Poetry, “Grandmother.” Baek won a Gold Key award for this entry in the regional competition.

❖ Samiksha Kale of Kilmer Middle School for Poetry, “3-2-1 Fun, My Spark of Inspiration, The Jewel of India, Wretched Soul.” Kale won a Gold Key award for this entry in the regional competition.

Regional Gold Key award winners are:

❖ Colleen Flanagan of Herndon High School for Poetry.

❖ Olivia Dabich of Marshall High School for Short Story and Poetry.

❖ Tara Abrishami of TJHSST for Poetry.

❖ Suzie Bae of TJHSST for Personal Essay-Memoir.



Katie Bershadsky.

PHOTO CONTRIBUTED

CALENDAR

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

THURSDAY/APRIL 2

Slam Poetry Cafe. 6 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Submit your poem NLT March 31 to slampetrycafe@gmail.com. If you don't want to perform, no problem. Come and listen. Coffee, tea and refreshments too.

SATURDAY/APRIL 4

Easter Egg Hunt. 9-10:30 a.m. Grace Presbyterian Church, 7434 Bath St, Springfield. The event begins with breakfast, a craft, and concludes with the Easter Egg Hunt.

Workhouse Cabaret Series: Broadway Goes to Hollywood. Workhouse Arts Center, 9601 Ox Road, Lorton. 8 p.m. Lights! Camera! Music! The best of Broadway has been preserved for future generations through their film adaptations!

Historic Pohick Church First Saturday Tours. 1-3 p.m. Pohick Church, 9301 Richmond Highway, Lorton. During the colonial period, Pohick Church was the congregation of many of our country's most prominent families, including the Washingtons, Masons and Fairfaxes. The Historic Pohick Church Docent Guild will give free guided tours of the historic colonial church. For more information please call 703-339-6572 or visit <http://www.pohick.org>.

Egg Hunt. 10:30-11:15 a.m. Van Dyck Park, 3720 Old Lee Highway, Fairfax. Bring your own camera, the Easter bunny will be present. Egg hunt schedule: 2-4 years - 10:30 a.m. 5-7 years - 10:45 a.m. 8-10 years - 11:15 a.m.

WEDNESDAY/APRIL 8

Benefit Fashion Show. 11 a.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Women's Association of Northern Virginia is hosting a Benefit Fashion Show and Luncheon featuring Lord and Taylor's spring fashions. All proceeds will go to Northern Virginia Therapeutic Riding Program in Clifton. NVTRP provides equine-assisted activities to children and adults with disabilities including our military service personnel. Tickets are \$35, and reservations are due by April 4. Please send payment to WANV PO Box 523651 Springfield VA 22152. Please indicate on check Chicken or Filet Mignon.

Springfield Christian Women's Connection Special Bring A Friend Evening. 6:30-8:30 p.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Linda Stephens-Jones, a certified Professional Life Coach will present, Ready for the Next Chapter. With her 30 years of experience Linda coaches those at life's crossroads of grief, divorce, career change or relationship shifts, and encourages them to find purpose in life at every stage. If you are "stuck" in this season life, come to hear Linda's tips for breaking free into the next chapter. Enjoy it all for \$18.50 inclusive. Luncheon & complimentary childcare. Reservations must be made by Friday April 3, 2015. Reservations must be honored, used by a friend, or canceled.

Stories from Strawberry Park. 10 a.m. Mosaic, 2910 District Ave., Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather story time will be held in

Angelika Film Center. Free.

THURSDAY/APRIL 9

"Healing Chronic Pain by Changing Muscle Memory." 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Hear from Nancy Shaw, myofascial pain therapist and author of Simple Changes to End Chronic Pain about why trigger point therapy alone is not enough to permanently change your pain cycle. She will show you some examples from her 32 years of clinical and personal experience learning from Janet Trevell MD who developed the technique and treated JFK for his back pain. An interactive presentation will allow for audience questions and participation. <http://nancyslawpainclinicandinstitute.com> A book signing period will follow the presentation. Please bring your own book or purchase one when you arrive. Call 703-452-3831 to register for free presentation.

SATURDAY/APRIL 11

"The Pieces of Me: Making the Parts a Whole," Women's Empowerment Workshop. 10-11 a.m. : Grace Presbyterian Church, 7434 Bath Street, Springfield. This free powerful day of growth and networking includes three empowering workshops: The Road to Financial Freedom, Branding Yourself and Social Media, and Starting a New Business. Lunch provided. For information on how to register for this free event, please visit our Eventbrite site at: <http://tinyurl.com/lwdhsof>. Registration for this event closes on April 8.

Mark your calendars: The Virginia Historic Garden Tour - an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to Virginia's most beautiful gardens, homes and historic landmarks. The Clifton and Fairfax Station Garden Tour is on Tuesday, April 21. This self-drive tour features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool - four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30. www.vagardenweek.org. Mail a self-addressed, stamped legal-size envelope, along with your check, payable to The Garden Club of Fairfax by April 1 to Marty Whipple, 11508 Yates Ford Road, Fairfax Station, VA 22039 703-978-4130 or email fairfaxtickets@vagardenweek.org. Visit www.gardencluboffairfax.blogspot.com for a list of local retailers selling tickets.



PHOTO BY DONNA MOULTON

COMMUNITIES OF WORSHIP



5690 Oak Leather Drive
Burke, VA 22015
703-764-0456
www.BurkePresChurch.org

Sunday Worship:
8:30 & 11:00 am
9:45 am Sunday School

Saturday Worship:
5:30 pm CoffeeHouse
casual, guest musicians

First Monday of the month: Labyrinth Prayer Walk
Great offerings for children, youth and adults throughout the week.
Wonderful opportunities in music and mission.



9800 Old Keene Mill Rd.
703-455-7041
Sunday School
9:15 AM
Worship Service
10:30 AM

www.calvaryfamily.com
"Continuing the ministry of Christ on earth"



Messiah United Methodist Church
6215 Rolling Road, Springfield
703-569-9862
www.messiahumc.org

March 29 - Palm Sunday worship at 8:15, 9:30, and 11:00 am
April 2 - Holy Thursday service at 7:30 pm
April 3 - Good Friday service at 7:30 pm
April 4 - Easter Egg Hunt at 10 am
April 5 - Easter Sunday Celebration at 8:00, 9:30, and 11 am

Looking for a New Place of Worship?
Visit Antioch Baptist Church!
All Are Welcome!

Sunday Worship 8, 9:30 & 11:30 a.m.
Sunday School for Children & Adults 9:30 a.m.
Married Couples Sunday School 11:30 a.m.

703-425-0710 • www.antioch-church.org
6531 Little Ox Road, Fairfax Station, VA 22039



**To Advertise
Your Community
of Worship,
Call 703-778-9418**

Jubilee Christian Center
"Experience the Difference"
Worship Gathering - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sunday Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
Home Life Groups & College/Young Adult Ministries
Visit our Website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170

Pansies are Here!
On Sale 97¢
(In 4 inch pots)
Reg. price \$1.89

Selected indoor plants 1/2 price

New Shipments of Herbs & Perennials Have Arrived!

Tree Clearance Sale 30% OFF
All Trees 2013 & Prior

Concrete Fountains, Benches, Statuary and Birdbaths 25% off

Free Estimates
Patios, Walkways, Retaining Walls, Paver Driveways, Landscaping!

60 50-75% Off Pottery
Lowest Prices Since 2008!

Playground Chips & Organic Compost \$29.99 cu. yd.
Bagged, Shredded Hardwood Mulch \$3.49 (3 cu. ft bags)
Bulk Mulch \$19.99 cu. yd. FREE FILL

Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com

THIS IS "MASON"



Mason is looking for love and he's more than ready to give even more love back! He's a very sweet guy who loves attention and will follow you wherever you go. He's a Lab mix with a pretty black coat with white on his toes, his chest and a few special spots just to make him stand out in the crowd. Mason is great with other dogs, loves kids and is a medium size. He knows several commands and at only 3 years old is very smart. He is very timid around men and needs to meet them slowly. Come and meet this sweetie real soon and make this your best year ever. Someone very sweet is waiting for you!

HUMANE SOCIETY OF FAIRFAX COUNTY
Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS
Adoptions: By appointment only. • www.hsfc.org

SPORTS



PVI junior Michael Coritz combined with Robert Riddick to throw a five-inning no-hitter during a 12-0 win over West Potomac on March 28.



PHOTOS BY PATRICK GAFFNEY

PVI junior Robert Riddick threw four no-hit innings against West Potomac on March 28.

PVI Pitchers Riddick, Coritz Combine for 5-Inning No-Hitter

Panthers sweep frigid doubleheader from Marshall, West Potomac.

BY JON ROETMAN
THE CONNECTION

After escaping with a 1-0 victory over Marshall with temperatures dipping into the low 30s, it would have been understandable for members of the Paul VI baseball team to lose focus in the second game of Saturday night's doubleheader at Waters Field in Vienna.

Instead, pitchers Robert Riddick and Michael Coritz shut down West Potomac, while the Panthers scored double-digit runs.

Riddick and Coritz combined to throw a no-hitter and Paul VI throttled West Potomac 12-0 in five innings on March 28, extending the Panthers' win streak to five games.

"As a program, we talk a great deal about not letting the conditions dictate, whether it be poor field conditions, any umpire's call, fans, the opponent we are playing or weather itself," third-year PVI head coach Jeff Nolan wrote in an email. "... After the first game, we mentioned defending the lull of the game, especially given the temperatures and our team did a great job of fighting the low temperatures with heightened enthusiasm and focus. I was very pleased with how our guys responded to an even colder second game. And, I think they were also motivated by a somewhat pedestrian offensive performance in game one and I'm pleased with the fact they came out with great resolve to address that in game two."

Paul VI's dominance over West Potomac started on the mound with Riddick. The junior right-hander struck out eight and walked three in four innings.

"Robert is a bit relentless on the mound," Nolan wrote. "From a hitter's perspective, he is tough to deal with as he works the strike zone in and out and up and down. I like the way he is attacking the zone and how he is indifferent to the hitter he's facing. He has been outstanding from his first appearance, a bulldog who competes hard every time out. He throws hard and has a great slider and works at a deliberate pace."

Norton wrote that he had Riddick on a "pretty conservative pitch count" due to it being an early-season



PVI left fielder Will Salva threw out Marshall courtesy runner Matt Horne at the plate to preserve a scoreless tie in the seventh inning during the first game of a doubleheader on March 28.

game in frigid temperatures. Coritz, a junior right-hander who has been the Panthers closer the last two years, came on in relief and preserved the no-hitter, striking out three in the fifth.

"Michael is a baseball player," Nolan wrote. "He competes hard in everything he does. He cares, he works. He is all about the team and the team's success. As a pitcher, he has no fear and no hesitation in getting after hitters. When he can sniff the finish line, he is real tough for hitters to deal with because his arm has another gear it reaches when the game is on the line. He tends to throw harder and his stuff gets even better when the chips are down."

PVI sophomore Trey Campbell had two hits and an RBI against West Potomac. Senior Matt Herzog had a hit and an RBI.

The Panthers benefited from nine Wolverine errors. PVI junior right-hander Kevin Kelly pitched five scoreless innings in the opener against Marshall.

The Statesmen had a chance to take the lead in the top of the seventh inning. With one out and a runner at second, sophomore Casey Lauer ripped a base hit to left field and the Marshall courtesy runner rounded third and headed for home. But PVI left fielder Will Salva scooped up the ball and fired it to the plate, cutting down the potential go-ahead run.

The Panthers loaded the bases in the bottom half and won with a walk-off walk.

Junior shortstop Clayton Baine, junior center fielder Jack Cunningham and junior Devon Adams are also key contributors for the Panthers.

"Our goals as a coaching staff are to seek constant improvement week to week," Norton wrote. "Our players, every year, set the same two goals: to capture the WCAC championship and the state championships."

PVI last won WCAC and state titles in 2012.

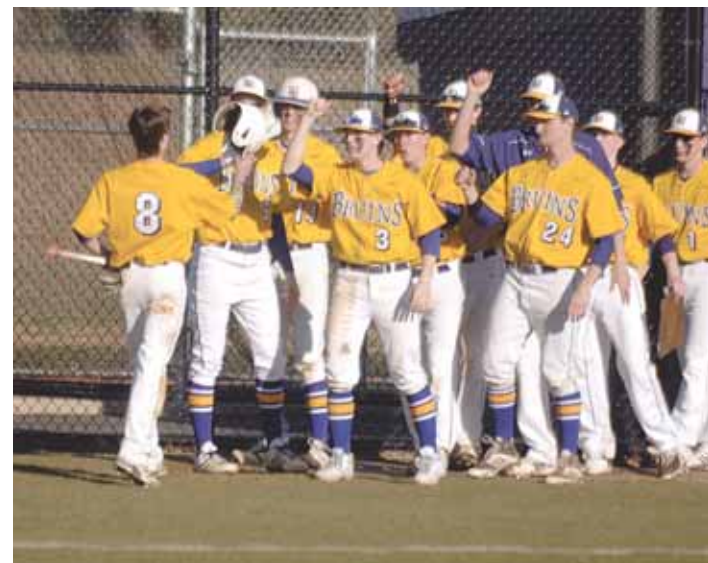


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Bruins Improve to 5-1

Lake Braddock senior Colin Brechwald (8) is greeted by his teammates outside of the Bruins dugout during a March 30 game against Oakton. Lake Braddock lost, 7-5, but responded the following day with an 8-1 win over Chantilly, improving the Bruins' record to 5-1.

SPORTS ROUNDUPS

Robinson Boys', Girls' Lax Suffer Losses

The Robinson boys' and girls' lacrosse teams each suffered their first losses of the season this week.

The boys' team, which won the state championship last season, dropped to 5-1 with a 7-5 loss to Yorktown on March 30.

The Rams will return to action at 7:15 p.m. on Tuesday, April 7 at T.C. Williams.

The Robinson girls' team fell to 6-1 with an 18-11 loss to Georgetown Visitation on March 31. The Rams faced Langley on Wednesday, after The Connection's deadline.

Robinson will return to action at home on April 14 against T.C. Williams.

Robinson Boys' Soccer Undefeated

The Robinson boys' soccer team improved to 4-0 with a 2-1 win over Stone Bridge on March 27.

After going winless in 2014, Robinson opened the 2015 season with wins over Lake Braddock, McLean and Woodson.

The Rams return to action April 7 at home against Oakton.

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.

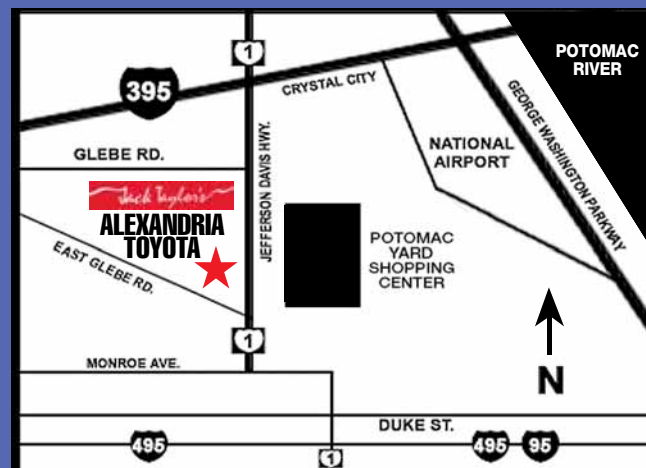
WWW.CONNECTIONNEWSPAPERS.COM

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305

703-684-0710

www.alexandriatoyota.com



NEW! Extended Service Department Hours:

Monday – Friday, 7 am to 9 pm

Saturday, 8 am to 5 pm

Sunday, 10 am to 4 pm

Sunday by appointment only.

Make your next service appointment at:

alexandriatoyota.com

You Have Saturdays Off

That's Exactly Why We Don't!



**TOYOTA
LIFETIME GUARANTEE**

Mufflers • Exhaust Pipes • Shocks • Struts
Toyota mufflers, exhaust pipes, shocks, struts and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer. See us for full details.



**EXTEND THE LIFE OF YOUR VEHICLE!
BG FLUID EXCHANGE SPECIAL**

TRANSMISSION FLUSH	\$189⁹⁵
POWER STEERING FLUSH	\$139⁹⁵
BRAKE FLUSH	\$139⁹⁵
FUEL INDUCTION FLUSH	\$139⁹⁵

FOR TRANSMISSION FLUSH, TYPE T DRIVE FLUID ADD \$40.00. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

BUY 3 TIRES AND GET 4TH FOR \$1.00

GOY TIRER? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TIRE AND SHOP SUPPLIES ADDITIONAL.

WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE
OIL & FILTER SERVICE SPECIAL
\$5.00 OFF**

Includes: Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE
POTHOLE SPECIAL
4 WHEEL ALIGNMENT
\$89⁹⁵**

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy. Includes: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TIRE AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
10% OFF ANY FACTORY RECOMMENDED MAINTENANCE**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TIRE AND SHOP SUPPLIES ADDITIONAL.

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

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only. MACHINE ROTORS AN ADDITIONAL \$100.00. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE
ROTATE & BALANCE SPECIAL
\$49⁹⁵**

Includes: Rotate & balance all 4 tires, inspect brakes, inspect tires, & inspect suspension. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

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

Includes: 54 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections. Does not apply to hybrid vehicles. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TIRE AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
5K, 10K, 20K, 25K, 35K MILE MINOR FACTORY RECOMMENDED MAINTENANCE SERVICE
\$59⁹⁵**

SYNTHETIC OIL ADDITIONAL \$10. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TIRE AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
DETAIL SPECIALS
\$39⁹⁵
Wash & Vacuum
\$139⁹⁵
Hand wash, wax & interior cleaning
\$295⁹⁵
Full premium detail**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 4/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.



Finance a **New 2015 Camry LE¹**

at **1.9% APR** for 60 months

Plus **\$750 Cash Back**



Finance a **New 2015 Corolla LE Auto²**

at **0.9% APR** for 60 months



New 2015 Prius Two³

\$1,250 Cash Back



Finance a **New 2015 RAV4 LE⁴**

at **0.9% APR** for 60 months



1. 1.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.48 for each \$1,000 borrowed. Not all buyers will qualify. Finance Cash Incentive from Toyota in addition to special APR financing if vehicle is purchased and financed through Toyota Financial Services. Incentive will be applied to the down payment. One incentive per finance transaction. Finance incentive is available on approved credit to qualified customers through Toyota Financial Services. Not all buyers will qualify. See dealer for details. Offers do not include dealer fees. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details.

2. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details.

3. \$1,250 Cash Back from Toyota Motor Sales U.S.A., Inc. available on new 2015 Prius. Customers can receive cash back from Toyota or can apply to down payment. Excludes plug-in models. See dealer for details. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. Offers expire 4/30/2015.

4. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, whichever comes first. The new vehicle cannot be part of a rental or commercial fleet, or a livery/taxi vehicle. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of roadside assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. Offers expire 4/30/2015.

ToyotaCare
No Cost Service & Roadside

Peace of mind with every new vehicle. Receive a no-cost maintenance plan* and roadside assistance** with the purchase or lease of every new Toyota. For two years or 25,000 miles, whichever comes first, you and your new Toyota will be covered.

*Covers normal factory scheduled service for 2 years or 25K miles, whichever comes first. See Toyota dealer for details and exclusions. Valid only in the Continental U.S. and Alaska. **Roadside Assistance does not include parts and fluids. Valid only in the Continental United States and Alaska. 1-800-444-4195.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
703-684-0700 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!

Let's Go Places

EMPLOYMENT

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD
• FAIRFAX STATION/CLIFTON/LORTON

CLASSIFIED

703-778-9411
ZONE 2 AD DEADLINE:
TUESDAY NOON

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Optometric Technician/Assistant

for fast-paced, progressive Northern VA practice. Training available. Essential: energetic, professional demeanor, exemplary customer service, technology oriented, efficient, multi-tasking, high productivity levels, scheduling flexibility – including Saturdays.

Preferred: Preliminary testing knowledge, EMR familiarity.

Virginia Eyecare Center • 703-569-3131, ext 102
www.virginiaeyecare.com

MEDICAL RECEPTIONIST

Busy Internal Medicine office in Burke needs part time front desk staff. Must be able to multi-task.

Experience preferred.

Email resume to
patriciabounds@hotmail.com

Summer Laborers City of Fairfax

Applications are being accepted for Summer Laborer positions in the Public Works Department, Right-of-Ways division. Will perform semi-skilled manual labor such as mowing, planting and watering flowers and other duties as assigned. Requires ability to follow oral instructions and able to perform manual labor all day outdoors in hot weather and lift up to 50 lbs. Must be 18 years of age or older with a good driving record.

Criminal history record check required of all applicants. Hours 7:00 am to 3:30 pm M-F. Salary \$12.32 hour, no benefits. Open Until Filled.

To apply online go to our website
www.fairfaxva.gov or call
703-385-7861 for an application.

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business.

Internships available in reporting, photography, research, graphics.

Opportunities for students, and for adults considering change of career. Unpaid.

E-mail internship@connectionnewspapers.com

THE
CONNECTION
NEWSPAPERS

21 Announcements

ABC LICENSE
Trummers On Main, LLC trading as Trummers On Main, 7134 Main St, Clifton, VA 20124. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. Keith Neiman, member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

I believe the future is only the past again, entered through another gate.

-Arthur Wing Pinero

21 Announcements

OBITUARY



Dougherty, Margaret Alicenea, 70, passed away peacefully in the presence of her family on Thursday, March 19, 2015 at Norton Brownsboro Hospital in Louisville, Kentucky after a long battle with breast cancer. She was born August 15, 1944 in Hot Springs, Virginia. She was the only child of Frances (Pritchard) and Clarence Hudson. Mrs. Dougherty attended George Mason Elementary School and graduated from F.C. Hammond High School in 1962 in Alexandria, Virginia. She attended James Madison University in 1963 and graduated from George Washington University in 1966 with a degree in French and Education. She received her M.A. in Special Education from George Washington University in 1975. Mrs. Dougherty worked for many years in preschool special education within the Fairfax County Public School system in Virginia. One of her proudest professional achievements was to obtain a grant to build a playground at Timber Lane Elementary School in Falls Church, Virginia. In 1966, she married William Dougherty. Mrs. Dougherty was a member of St. Mary Episcopal Church in Arlington, Virginia and enjoyed serving on the Altar Guild. After residing in Northern Virginia for 50 years, Margaret and Bill Dougherty moved to Louisville, Kentucky in 2004 to join their daughter Christine and her son-in-law Dr. John Wo. Margaret showered her grandchildren Katelyn and David Wo

with her unconditional love. Mrs. Dougherty participated in volunteering activities at Sacred Heart Model School, where her grandchildren attend. In 2009, she received a Doctorate of Special Education from George Washington University, with her dissertation on, "Identification of Needs Reported by Grandparents of the Grandchildren with Disabilities from Birth to Twenty-one Years in Commonwealth of Kentucky." She was appointed an Adjunct Professor at George Washington University's Department of Special Education. Margaret Dougherty is survived by her spouse William Dougherty, daughter Christine Wo, and grandchildren Katelyn and David. She was a gentle woman who cared more about others than herself. She was a supportive and loving spouse for her husband of 49 years. She was an inspiration to her daughter Christine, who will miss dearly her gentle loving Mom. She was a pillar of strength for her son-in-law, who will miss her acceptance and love for the past 25 years. She was the dearest grandma for her 12-year old granddaughter Katelyn, who will miss the love of literature and reading that binds them forever. She was the best, "grandma in the world" for her 10 year-old grandson David, who will miss the Lego sets hidden in the house for him to find. Survivors also include her Aunt Jeanne Pritchard, cousins Mary Haddock, Patty Kelly, Kathy Miller, Vicki Haley, Terri Henrickson, Anne Acuff, John Pritchard, Chad Pritchard, and her dear friends Janet Deatherage, Claire Booth, Bonnie Franklin, Mary Steed Ewell, Brenda Kimmel, Florence Gootenberg, Marlene Pollock, who's son Jason influenced Margaret toward a career in Special Education. Margaret will also be greatly missed by her extended family of in-laws, nieces and nephews. Margaret Dougherty loved the visit to Hong Kong and China with her family and even climbed the Great Wall. She was concerned about social injustice and spent a career in preschool special education for children with disabilities. She never boasted about her intellect and completed a doctorate degree just because she wanted to.

She will be remembered by her kindness and unselfishness to her family and everyone she encountered. The family requests donations to be made to the National Association for Down Syndrome (NADS) or the National Down Syndrome Society (NDSS). A memorial service and interment of ashes will be held at St. Mary's Episcopal Church in Arlington, Virginia at a later date.

THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

101 Computers

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

> Speed Up Slow Computers

> Virus Removal

> Help with Windows 8

> Computer Setup

571-265-2038

Jennifer@HDIComputerSolutions.com

THE CONNECTION CLASSIFIED

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works.
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

21 Announcements

21 Announcements

SUPERMAN HAD FOSTER PARENTS

Kids in our community need super parents like you to foster or adopt. You can be the wind beneath their cape.

Call us today! 855-367-8637

www.umfs.org



UMFS
Unwavering champions
for children and families.

21 Announcements

21 Announcements

21 Announcements

WET BASEMENT??? CRACKED WALLS???

We Fix: Basements, Crawlspace, Cracked/Settling Foundations, Bowing Walls

800-772-0704

seal-tite

FREE ESTIMATES

Serving you since 1972

Call Now! 10% Limited Time Coupon

Some Restrictions Apply

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS

www.metalroofover.com



Low
Monthly
Payments!
w.a.c

40 Year Warranty - Financing Available w.a.c - Licensed & Insured
Local Contractor - Co-Op Member Discount - Free No-Obligation Estimate

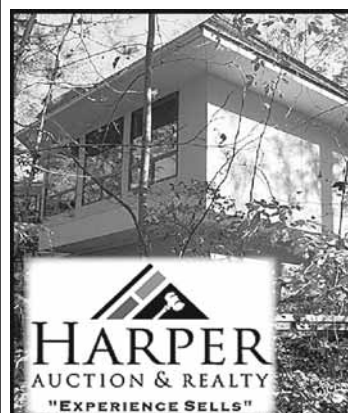


1-800-893-1242
Call For Your Free Roof Inspection!

21 Announcements

21 Announcements

21 Announcements



AUCTION: "Harmony Woods"
Contemporary Estate – Tres Chic!
185 Nanzetta Way, Lewisville NC

- * 8+ Acre Private Park-Like preserve
- * Stunningly Designed 4,763 sf
- * 4 BR 5 BA Home
- * Pool, Spa, Music Studio, 3+ Car Garage
- * Gated Community near Winston-Salem
- * WILL SELL at or above \$500K April 18 on site or online

www.HarperAuctionAndRealty.com
Mike Harper 843-729-4996 NCAL 8286

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD
• FAIRFAX STATION/CLIFTON/LORTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 2 AD DEADLINE:
TUESDAY NOON

ELECTRICAL

ELECTRICAL

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated

Recessed Lighting

Ceiling Fans

Phone/CATV

Computer Network Cabling

Service Upgrades

Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

IMPROVEMENTS

IMPROVEMENTS

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed

Insured

We Accept VISA/MC

703-441-8811

LAWN SERVICE

LAWN SERVICE

PINNACLE SERVICES, INC.

LAWN SERVICE

MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

HAULING

LANDSCAPING

ANGEL'S HAULING

Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Mulching.

703-863-1086

703-582-3709

240-603-6182

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commercial,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-3205 N-VA

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!



R&N Carpentry

♦ BASEMENTS ♦ BATHS ♦ KITCHENS
Foreclosure specialist/Power washing
♦ Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

Lawn Care, Fertilizing, Sod,
Spring Clean-up, Mulching,
Tree Cutting, Handyman work

Call us Today and Get 20% OFF
on Hardwood Mulching and Any Job Higher Than \$300.00

Licensed Insured

THE MAGIC GARDENER

703-780-2272 or 703-328-2270

LANDSCAPING

TREE SERVICE

A&S CONSTRUCTION

Bathrooms, Kitchens,
Flooring, complete
remodeling.

703-863-7465

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Mulching & Hauling

Angeltreeslandscaping-hauling.com

703-863-1086

703-582-3709

240-603-6182

TREE SERVICE

TREE SERVICE

HANDYMAN

HANDYMAN

SPRINGFIELD HANDYMAN



► Small Home Repairs
► Good Rates
► Experienced

703-971-2164

A&S Landscaping

• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl.
screened) • Erosion &
Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

BRICK AND STONE

Custom Masonry

703-768-3900

www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guaranteed

Potomac Masonry

703-498-8526

New Installations & Repairs

Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!

Lic. & Ins

potomac-masonry.com



Angie's list

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Spring Cleanup...

Tree removal, topping & pruning,
shrubbery trimming, mulching,
leaf removal, planting, hauling,
gutter cleaning, retaining walls,
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency
Tree Service

RCL HOME REPAIRS

Handyman Services

Springfld • Burke • Kingstowne

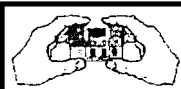
Light Electrical • Plumbing •

Bathroom Renovation • Ceramic Tile •

Drywall Repair

703-922-4190

LIC. www.rclhomerepairs.com INS.



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

LAWN SERVICE

LAWN SERVICE

J.E.S. Services

Your neighborhood company since 1987

703-912-6886



Landscaping & Construction

Free Estimates - Fully Licensed & Insured

• Planting & Landscaping Design
• Drainage & Water Problems
• Concrete Driveways, Replacement or New
• Patios and Walks • Masonry Work or Dry Laid
• Paver, Flagstone, Brick, any style you choose
• Retaining walls of all types

All work Guaranteed

PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete

FREE ESTIMATES

Licensed, Insured, Bonded

703-250-6231

Find us on Facebook
and become a fan!

www.Facebook.com/
connectionnewspapers

THE
CONNECTION

Newspapers & Online

The Connection to Your Community

www.connectionnewspapers.com

HOW TO SUBMIT ADS TO

THE
CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection



LONG & FOSTER® # 1 in Virginia

703-425-8000



Carol Hermandofer
703-216-4949

Hermandofer Associates
Top 1% of Agents Nationally

Our Listings are Selling! The Market is Strong. Let Us Help You Sell Too!



Clifton - \$1,200,000



Fairfax Station - \$885,000



Clifton - \$659,000



Clifton - \$1,195,000

View more photos at www.hermandofer.com



KIM MCCLARY
703-929-8425

kimm@lnf.com

Life Member NVAR Top Producers



Burke/Fairfax Station \$1,095,000
JUST LISTED!

Welcome to this incredible home in the rarely available 1st section of Edgewater on a premium, wooded, cul-de-sac lot. 3-car garage. Full finished W/O lower level with rec room, wet bar, full bath, in-law or au-pair suite, craft room. 2 fireplaces. Huge deck. Andersen windows/doors. Renovated kitchen with stainless, granite. New carpet. Renovated baths. 2 W/D—main and lower level. Commuter's dream location. You'll fall in love!



JUDY SEMLER
703-503-1885
judys@LNF.com
www.JudysHomeTeam.com



Fairfax \$349,900
Lovely 3 finished level colonial townhome with 2 fireplaces, walkout rec room w/wet bar, updated kitchen, 3 bedrms, 3.5 baths, 2 assigned parking spaces. Located in the Glen Cove community near VRE, shopping, schools.
Call Judy at 703-503-1885.



West Springfield \$2,250/mo
Lovely rambler with 4 bedrms & 3 full updated baths * Refinished wood floors on main level * Updated eat-in kitchen * Fresh neutral paint * Fireplace in recreation room * Fenced back yard w/storage sheds * Multi-level decking * Driveway parking. Call Judy for more information.



DIANE SUNDT
703-615-4626
Military Relocation Specialist

John & Jennifer Boyce
703-425-JOHN (5646)
jennifer.boyce@longandfoster.com
www.425JOHN.com



Centreville \$339,999
Gorgeous 3 BR/2.5BA home with a rear loading one-car garage. Beautiful hardwood floors on main level. Open concept. Kitchen has stainless appliances & granite countertops. Big bedrooms! Upper level laundry. Luxury master bathroom. Move-in condition. Location can't be beat! For more info call Diane 703-615-4626.



Haymarket \$529,900
Elegant Living In Dominion Valley Gated Golf Course Community * Blocks To Country Club & Shopping * Entertaining Is Effortless W/ Open Floor Plan * Gleaming Hardwood Floors * Gourmet Kitchen * Impressive Two Story Foyer And Family Room * Master Suite Includes Sitting Area & Luxury Bath W/ Separate Shower & Soaking Tub * Beautiful Flat Rear Yard * Quiet Street * Move In Ready!!!



DAVID & VIRGINIA
Associate Brokers
703-690-1795
www.BillupsTeam.com



Alexandria \$679,900
Close to Kingstowne, METRO & Fort Belvoir! Big 4 level colonial updated with granite kitchen, new hwd flooring, windows & roof! Huge fenced yard. 4BR, 4.5BA, office, finished walkout bsmt! www.7043DevereuxCircle.com



Fairfax Station \$669,900
Main floor master bedroom suite! 5BR, 3.5BA. Finished walkout basement with brand new BR & full bath + huge rec room! Updated kitchen & bathrooms! New HVAC system. Backs to woods! www.8049OakHollow.com



BUZZ & COURTNEY JORDAN
Your Local Father/Daughter Team!
703-503-1866 or 703-503-1835
TheJordanTeam@longandfoster.com
www.TheJordanTeam.com

Sheila Adams
703-503-1895
Life Member, NVAR Multi-Million Dollar Sales Club
Life Member, NVAR TOP PRODUCERS



Kings Park West \$532,999
4BR, 3.5BA SFH. Newer hwd's top 2 levels; replacement windows; granite counter tops; SS appl. New carpet in finished rec room. Laundry kitchen level.
Courtney Jordan 703-786-5330



Fairfax \$799,900 Brecon Ridge Charming
A must see!!! Charming Colonial on 41,200 sq ft lot. Huge remodeled kitchen with all the bells & whistles, wall to wall windows accent the sunny Breakfast Room, cozy Family Room with brick fireplace, Master BR suite w/gorgeous remodeled bath, finished daylight LL w/walk-up, slate roof, expanded two car garage. Call Sheila to see today, 703-503-1895.

Under Contract in 11 Days!



Springfield • \$525,000 • Premium Golf Course Lot • .23 Acres

JA JOHN ASTORINO & ASSOCIATES
Experience...The Difference!



John Astorino
Realtor
703.898.5148



Karen Schiro
Realtor
703.509.3888

For more information, go to www.JAHomes4u.com or John.Astorino@LNF.com



David Levent
703-338-1388
davidshomes@lnf.com
Selling Virginia's Finest Homes
Member, NVAR Multi Million Dollar Sales Club

Catie, Steve & Associates
Direct: 703-278-9313
Cell: 703-362-2591
Life Members, NVAR Top Producers
Multi-Million Dollar Sales Club



Alexandria \$420,000
Rarely available 4 bedrm brick TH in popular D'Evereux West. Brand new carpet and paint. Fully Fin Walkout Basement To Fully Fenced Backyard has 4th Bedroom, wet bar, and w/b fireplace. Updated windows, recently replaced HWH and dryer, living room walks out to rear deck. Immediately available.

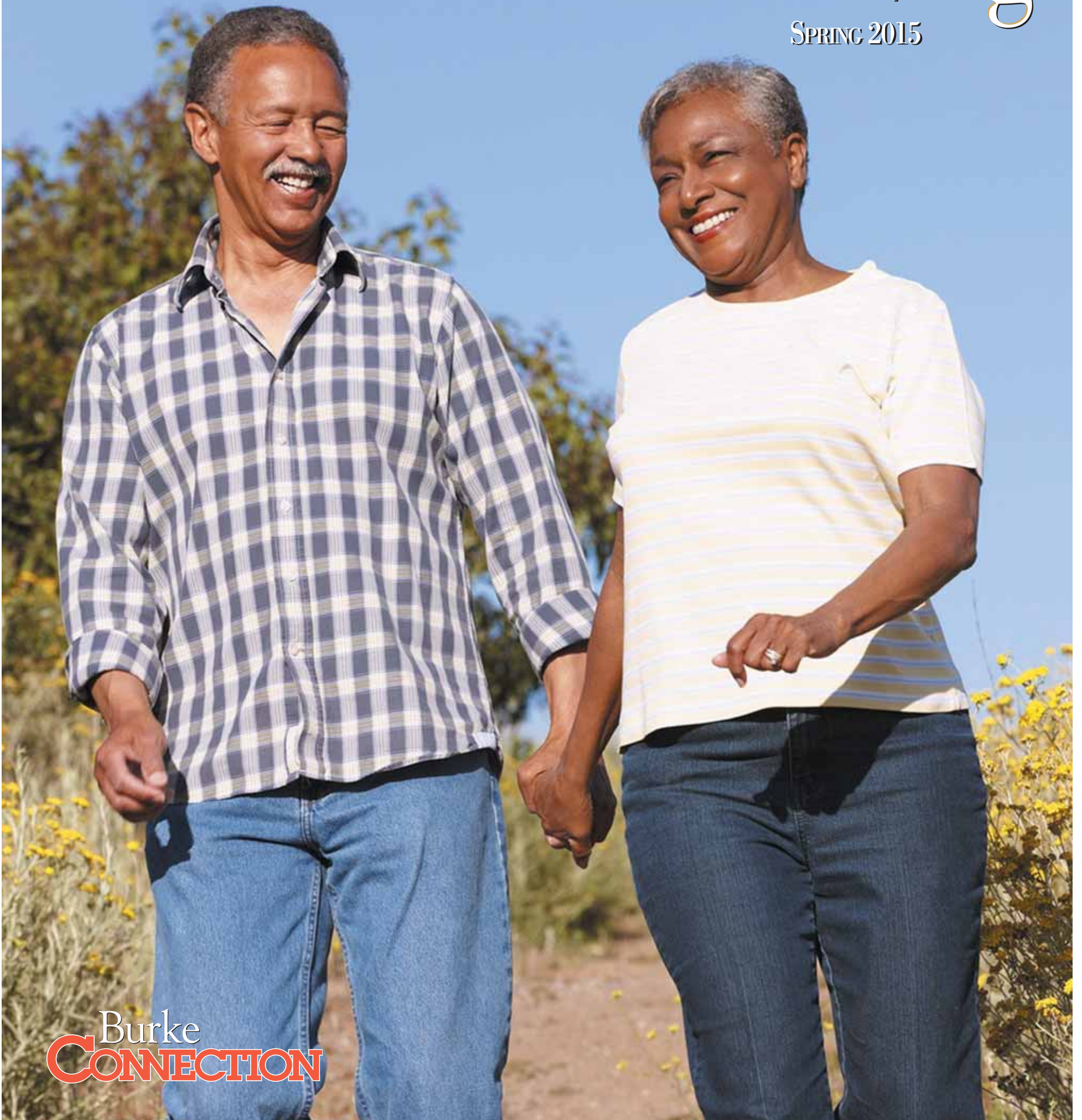


Fairfax \$500,000
On the Most Wanted List! Homes like this beautiful and updated split level ... with class, space, and affordability are in high demand! 3 bedrooms/2 full baths. Check out the fresh paint, new carpet, remodeled kitchen, and customized deck and flagstone patio ... not to mention the gorgeous fenced lot. Cathedral ceilings and 2-car garage come too! Convenience + beauty = a great place to live! Call Catie & Steve to see it today!

Access the Realtors Multiple Listing Service: Go to www.searchvirginia.listingbook.com

Senior Living

SPRING 2015



Burke
CONNECTION

LOCAL MEDIA CONNECTION LLC

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

It's like
retirement,
only better.



Imagine your perfect retirement: a serene home in the country, yet near the excitement of a world-class city. Westminster at Lake Ridge is a place where family can gather and immediately feel a part of the community. This is a community defined by small town charm, a place to enjoy nature, visit a nearby quaint historic village or experience the excitement and culture of our nation's capital.

Westminster
at Lake Ridge

Northern Virginia's Best Kept Secret
in Retirement Living

Westminster at Lake Ridge is accepting
wait list reservations!
Call (703) 791-1100 today to schedule
your personal tour!



www.wlrva.org • 703-791-1100
12191 Clipper Drive, Lake Ridge, VA 22192



For a free digital subscription to one or all of the 15 Connection Newspapers, go to:
www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail:
goinggreen@connectionnewspapers.com



THE CONNECTION
NEWSPAPERS

A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

Whether your family seeks general preventive maintenance, cosmetic, or advanced restorative and implant dentistry to transform your smile's function and appearance, Drs. Cocolis and DaSilva are renowned by peers and patients alike for exceptional personalized care in a friendly, safe and state-of-the-art-environment.

Consistently named "Top Dentist" in *Northern Virginia* magazine and among the "Best Dentists in the Metropolitan Area" in



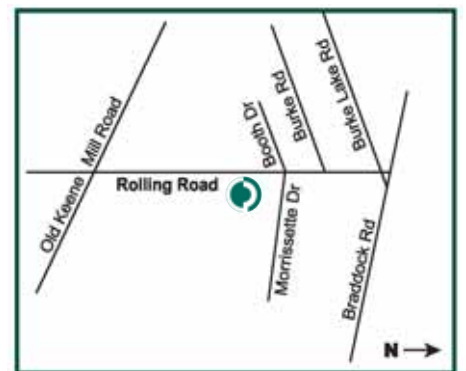
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

Visit us on the Web or give us a call to discover what our patients are saying and to make your appointment.

Our Services:

- Routine cleanings and check-ups
- Fillings and sealants
- Sedation "sleep" dentistry
- Nitrous oxide
- Crowns, bridges, inlays, onlays
- Extractions
- TMJ/TMD therapy
- Endodontic (root canal) therapy
- Periodontal (gum) therapy including scaling and root planing
- Custom partial and full dentures
- Custom occlusal and sport guards
- Implants
- Bonding and veneers
- In-office professional whitening
- Invisalign (clear braces without the wires)

Selected as one of the
"Best Dentists in America"
"Best Dentists in Metropolitan Area"
by *Washingtonian* Magazine
"Top Dentist"
by *Northern Virginia Magazine*



**FREE
IMPLANT
CONSULTATION**

X-rays not included. Not valid with insurance submission.



**Peter K. Cocolis, Jr., DMD
& Associates**

Peter K. Cocolis, Jr., DMD, MAGD
Emily A. DaSilva, DDS, FAGD



**5803 Rolling Road, Suite 211
Springfield, VA 22152**

703-912-3800 • www.smiles4va.com

Monday–Thursday 8 A.M.–5 P.M.; Friday* 8 A.M.–1 P.M. *Once monthly for sedation appointments



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.

Burke
CONNECTION

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,
CALL 703-778-9431 OR EMAIL
SALES@CONNECTIONNEWSPAPERS.COM

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

County Adult 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.”



PHOTO BY MIKE SALMON/THE CONNECTION

The Kingstowne Senior Center is in the south part of the county.

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 services including Meals-on-Wheels, in-home care, transportation, elder abuse prevention and caregivers who make it pos-

sible 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 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,

Center Locations

Bailey’s Senior Center

5920 Summers Lane, Falls Church, VA 22041
Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
Phone: 703-820-2131, TTY 711

South County Senior Center

8350 Richmond Highway, Suite 325, Alexandria, VA 22309

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
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, Alexandria, VA 22308

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
Phone: 703-765-4573, TTY 711

James Lee Senior Center

2855-A Annandale Road, Falls Church, VA 22041

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
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, VA 22101

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
Phone: 703-442-9075, TTY 711

Lincolnia Senior Center

4710 North Chambliss Street, Alexandria, VA 22312

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
Phone: 703-914-0330, TTY 711

Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
Phone: 703-503-8703, TTY 711
Fax: 703-653-3548

Lorton Senior Center

7722 Gunston Plaza, Lorton, VA 22079

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
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 a.m. – 4 p.m.
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

Senior+ Program

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
Phone: 703-322-4475, TTY 711

Wakefield Senior Center at Audrey Moore RECenter

8100 Braddock Road, Annandale, VA 22003

Operating Hours: Monday – Friday, 9 a.m. – 4 p.m.
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 a.m. – 3 p.m.
Phone: 703-248-5020, TTY 711

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.

The centers’ rental aspect came in handy for Bauer last year when his daughter’s rehearsal dinner picnic was threatened by tornadoes, and the outdoor location was suddenly nixed. Bauer stopped by the center, made a call, and rented the location for the group who got out of harms way just in time. “It worked out very nicely,” he said.



PHOTO COURTESY OF FAIRFAX COUNTY

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

Senior Living

Women of the Nova United, part of the National Senior Women's Basketball Association get exercise with a team sport. They are part of a new fitness trend.



Fit for the Golden Years

Fitness programs for seniors are part of a trend.

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."

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. Fitness programs for the now-retired and retiring baby boom generation are increasing in popularity.

New research continues to show the benefits of exercise, aerobic and strength training, range from delayed cognitive decline and a boost in social functioning to an ability to manage chronic diseases and even turn back time.

"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, Virginia. 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 both 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, such as the ability to keep walking or doing an activity and not getting tired and fatigued right away," 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'."

One fitness class that is multi-generational and incorporates aerobic exercise, balance and strength training is the newly formed TRUE Fit in Arlington, Va. The goal of the all-outdoor class sessions is to marry effective exercise with camaraderie, much like Brasler's experience.

"People need community [and are] finding it in a holistic approach to exercise at their own comfort level," said Nina Elliot, founder of the TRUE Fit program and co-owner of TRUE Health and Wholeness. "People work out to the best of their ability and everybody gets a workout that's right for their body. They're given modifications and the focus is to do your best, have fun and enjoy exercise."

Elliot believes exercising in groups has an accountability factor. "The number one thing that can keep you from aging is exercise," she said. "Aging can be very isolating for some people. The more people can get out and be around people, the better."

Hearing Loss in America Did you know...

- Hearing loss is the third most prevalent chronic condition in older Americans after hypertension and arthritis.
- 1 in 3 people over age 60 have hearing loss.
- 1 in 6 Baby Boomers (ages 49-66) have hearing loss.
- 1 in 14 Generation Xers (ages 37-48) already have hearing loss.

If you have a hearing loss you're missing more than words and sounds, you're missing some of life itself. So, if you don't want to miss out on any more of life, call us today for a free consultation and see for yourself how today's technology can get you back in the swing of an active and engaged lifestyle.

www.MassaAndAssociates
(703) 922-4262

Bring this ad to receive \$200/off a pair of devices



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.

**IDEAL Study participants can help
NIH researchers uncover secrets of healthy aging.**

Participants are 80 years or older and:

- ☒ Can walk a quarter mile unassisted
- ☒ Have no severe memory problems
- ☒ Have no major medical conditions

Does this describe you or someone you know?

**Call Toll-Free 1-855-80 IDEAL (1-855-804-3325)
or email IDEAL@westat.com**

www.nia.nih.gov/ideal



Creative Aging Festival Coming in May

Includes 114 performances, poetry readings, art exhibits, lectures, classes and more.

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,

Sampler of Events

Creative Mindfulness: Movement and Art.

This two-part workshop will incorporate mindfulness practices including yoga and tai chi along with a creative, stress-free art project. May 1, 1:30 p.m.; Free. At **Insight Memory Center**, 3953 Pender Drive, Suite 100, Fairfax. Call 703-204-4664 or visit www.insightmcc.org

Wretches & Jabberers. Two men with autism, an accomplished artist and an activist, embark on a global quest to change attitudes about autism and intelligence. Tracy Thresher and Larry Bissonnette travel to Sri Lanka, Japan and Finland, dissecting, challenging, and reshaping public conceptions along the way. May 3, 1:30 p.m.; \$15. At **Angelika Film Center & Cafe at Mosaic**, 2911 District Avenue, Fairfax. Call 703-537-3031/703-537-3075 or visit www.jccnv.org

Second Hand Rose. A nationally known storyteller tells the story of Second Hand Rose. May 4, 10:30-11:30 a.m.; Free. At **Lord of Life Lutheran Church/Shepherd’s Center of Fairfax-Burke -Adventures in Learning**, 5114 Twinbrook Road, Fairfax. Call 703-426-2824 or visit www.scfbva.org.

Open Readers Theater Class. Join OLLI Actors for a performance of monologues, short skits, acts or scenes from longer plays. May 4, 11:50 a.m.-1:15 p.m.; Free. At **Osher Lifelong Learning Institute/GMU**, Tallwood, TA-3, 4210 Roberts Road, Fairfax. Call 703-503-3384 or visit <http://olli.gmu.edu/>

Encore Collage ... A RETRO-Introspective Workshop. Join us as we CREATE a collage using recollections, introspection, aged copies of photos, and magazines to represent key moments from your life and pearls of wisdom. These works will be displayed at the centers Mother’s Day luncheon, May 8th. May 4, 10-11:30 a.m.; Free. At **Green Acres Fairfax Senior Center**, 4401 Sideburn Road, Fairfax. 703.273-6090 or visit <http://www.fairfaxva.gov/government/parks-recreation/senior-center>.

Cinco de Mayo Party. Little River Glen will be hosting a Cinco de Mayo Party: Creative Aging Throughout Cultures, Food, Dance and Music. May 5, 11 a.m.-2 p.m. Free. At **Little River Glen**, 4001 Barker Court, Fairfax. Call 703-503-8703 or visit www.fairfaxcounty.gov/ncs

Encore/Potomac Chorale Spotlight on the Arts Performance. Come join us for an evening of song and celebration! May 5, 7 p.m.; Free. At **Stacy Sherwood Community Center**, 3740 Old Lee Highway, Fairfax. Call 703-993-9889 www.PotomacAcademy.org

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>.



PHOTO CONTRIBUTED BY STAN SCHRETTER

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