

# Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

APRIL 2, 2015

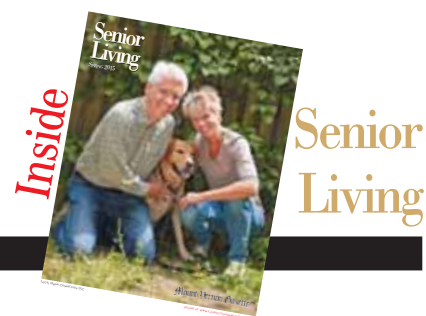


PHOTO BY TIM PETERSON/THE GAZETTE

**Springfield District representative Elizabeth Schultz (right) introduced an ultimately unsuccessful amendment to the 2015-2016 calendar that would have made Nov. 11 a school holiday in honor of Veterans Day.**

## Still Honoring Vets in Schools

**Fairfax County Public Schools Board votes down calendar amendment to make Veterans Day a holiday.**

BY TIM PETERSON  
THE GAZETTE

Fairfax Station resident Steven Hunt, retired U.S. Navy, put it bluntly: "Votes count, words don't." That was following a vote in which all but two members of the Fairfax County School Board voted against an amendment to the 2015-2016 calendar that would have made Veterans Day a school holiday.

Hunt and Steve Martinez of Fairfax, recently retired from the Air Force, spoke before the School Board in favor of the amendment at the board's March 26 meeting.

"Our nation realizes veterans deserve recognition and has set aside a day specifically to do just that, the eleventh of November, always the eleventh," Hunt said in his remarks. "This should not be just another school day."

Martinez, who moved to Northern Virginia in 2010, said he was "shocked" that Fairfax County would be "contradicting state and federal law."

The amendment, proposed by Springfield District representative Elizabeth Schultz, would have given students the day off on Nov. 11, as well as shifted a teacher work day from the end of the school year in June to the beginning in late August.

Shifting the schedule to accommodate these changes, Schultz said, would even out the number of days in each quarter in a year that starts unusually late due to how Labor Day falls.

"A 37-day first quarter, 53-day second quarter; that

is as choppy and up and down as it gets," said Schultz. "We could have 43, 47, 47, 43. That's pretty stable in terms of grading, having a balanced calendar."

But the more emotional case from Schultz came in asking why veterans weren't honored with a day off from school the way Rev. Dr. Martin Luther King Jr and presidents are.

"We don't refuse to teach our children about Martin Luther King on Martin Luther King day because they're not there on Martin Luther King day," she said.

Martinez made the same point in his remarks, saying "It sends a very negative message to our students that it is not as important as other holidays, such as Columbus Day or Washington's Birthday, and therefore should be corrected immediately."

But other board members argued students had plenty of opportunities to learn about and respect veterans in a structured way. They gave examples of schools around the county organizing large, well-attended celebrations and remembrances that both educated students on the meaning of Veterans Day and involved more military parents and other veterans that had the day off themselves.

"I've seen the power of this in the classroom," said Mount Vernon representative Dan Storck. "I see and hear frequently from parents and students about what they've learned that day, the benefit they receive from having veterans come in there, how it makes it easier for them to do that."

Others opposed to the amendment called it "impractical" to re-arrange the calendar at this point and

SEE BOARD, PAGE 9

## Fun with Science

**Marymount University volunteers inspire awe at elementary science fair.**

The students at Fort Belvoir Elementary School in Fairfax County weren't the only ones inspired by Thursday night's STEAM/Science Fair. Marymount University's Gianna Fogelbach was inspired as well.

"Working with these children reminds me of why I'm doing what I'm doing," said Fogelbach, a senior from Germantown, Maryland. "They're so engaged and serious and ask incredibly intelligent questions. It's not only fun for them but it's obvious that they truly want to better their understanding of science."

Fogelbach was one of 70 MU education majors who helped out with 15 different hands-on activities related to STEAM (Science, Technology, Engineering, Art/Design and Math). More than 500 children, parents and other family members packed the school's gym for the fifth annual event

from 6 to 7:30 p.m.

Fogelbach and Ashley Yuan, a junior from Reston, worked at a table where students learned how to recycle newspaper by chopping it up in a blender, adding water, dye and glitter, then straining it to dry.

Other activities ranged from making stomp rockets from plastic bottles and Alka-Seltzer to creating oobleck, a substance that's not quite a liquid or a solid. Dr. Eric Bubar, a Marymount assistant professor of physical sciences, did experiments with electricity and demonstrated inertia by spinning the Fort Belvoir students on stools.

Thanks to the work of Marymount Professor of Education Dr. Usha Rajdev, the university has partnered with the elementary school for five years. In addition to events like the one held

SEE SCIENCE, PAGE 5



**Marymount University graduate student Sophie Eckl talks with students at the STEAM/Science Fair at Fort Belvoir Elementary School.**



**Marymount University students Ashley Yuan and Amy Brinckman had their hands full helping students recycle newspaper at the STEAM/Science Fair at Fort Belvoir Elementary School.**

PHOTO BY KAREN TATE

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# Moving: From Institution to Community

**Northern Virginia Training Center to close by March 2016.**

BY TIM PETERSON  
THE GAZETTE

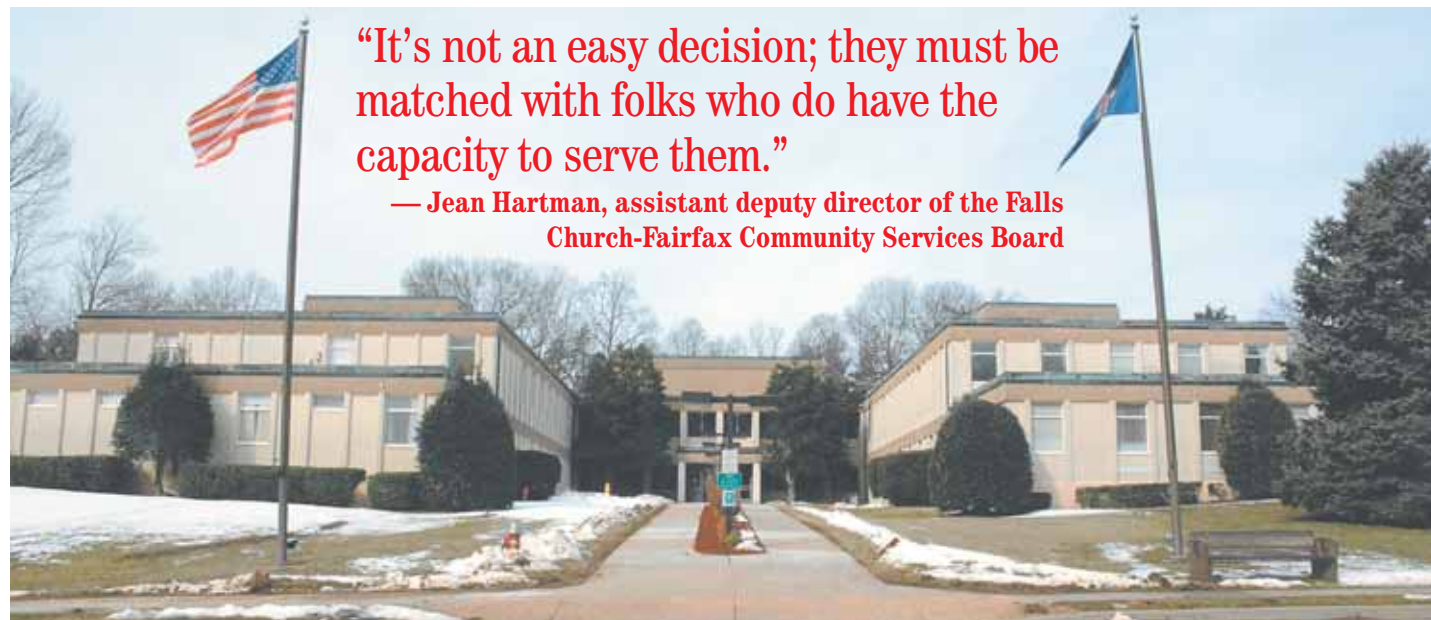
**J**oseph McHugh has lived at the Northern Virginia Training Center for 35 years, moving in when he was a teenager. McHugh has cerebral palsy and colostomy and severe spasticity issues.

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



**“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**

PHOTO BY TIM PETERSON/THE GAZETTE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dr. Dawn Adams, director of health services  
SEE FINDING HOMES, PAGE 6



**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.**



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## SCHOOLS



PHOTOS BY KAREN TATE

**Dr. Eric Bubar, an assistant professor of physical sciences at Marymount University, wowed students with electricity demonstrations at the STEAM/Science Fair at Fort Belvoir Elementary School.**

# Science Fun at Fort Belvoir

FROM PAGE 1

Thursday night, MU students shadow Fort Belvoir teachers and conduct hands-on after-school activities.

At the science fair, students in kindergarten through sixth grade entered projects. Third-grader Beatrice Devlin, age 8, was attending for the second straight year. "I like science in school because we get to do a lot of experiments," she said. "The best thing I like

about it is if you mess up, you get to try and do it again." Nancy Rowland, the school's STEAM program coordinator, said the Marymount students make a huge difference at Fort Belvoir.

"Their dedication is remarkable," Rowland said. "They come in force, are energetic and have such a love for science and the children. They're going to be wonderful professionals and will make a real difference out in the workplace."

## SCHOOL NOTES

Email announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

Mount Vernon students selected for the 2015 Virginia All-State Honors Choir and as alternates are: **Eva Alpar** and alternates **Christian Menendez** and

### Justin Smith.

Fairfax County Public Schools students won eight first place awards at the regional competition for National History Day held at Mount Vernon High School.

They include the following Mount

Vernon High School students: **Ariana Scott, Camille Guzman, and Alyssa Kassebaum** in Senior Group Exhibit; **Tsuyoshi Nemoto** in Senior Individual Exhibit; and **Tsuyoshi Nemoto** for "The 442nd Regimental Combat Team" in Senior Individual Exhibit, the 1882 Foundation award.

## MILITARY NOTES

Email announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com). Photos are welcome.

Army Pvt. **Alexander R. Parada** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Parada is the son of Ramon Parada of

Alexandria and Thea Nelson of St. Charles, Mo. He is a 2014 graduate of West Potomac High School.

Army Pvt. **Tyler R. Gardiner** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Gardiner is the stepson of Robert Gardiner of Alex-

andria. He is a 2014 graduate of Buena High School, Sierra Vista, Ariz.

Air Force Airman **Justin M. Tasby** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. He is a 2012 graduate of Mount Vernon High School.

## BULLETIN BOARD

### ONGOING

**Telephone Support Group.** 7-8 p.m. on the 2nd Tuesday of the month. For family caregivers of older adults. Discuss "The Good, the Bad and the Ugly-Caregiving with Family and Friends." Share experiences, gain support and get information without having to travel. Free. [www.fairfaxcounty.gov/dfs/olderadultservices/](http://www.fairfaxcounty.gov/dfs/olderadultservices/) Band musicians are invited to join the **Mount Vernon Community Band.** Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High

School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or [www.mvbands.com](http://www.mvbands.com).

**Alzheimer's Association support groups** provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained

group leaders and are ongoing, free and open to the community. There is a meeting on the second Thursday of the month at 7:30 p.m. at Good Shepherd Catholic Church, 8710 Mount Vernon Highway. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be viewed at [www.alz.org/nca](http://www.alz.org/nca).



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**Alex./Yacht Haven**  
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**COMING SOON**

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**NEW LISTING**

**Springfield**  
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**7217 Olde Lantern Way**

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[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Or to mail photo prints, send to:  
The Mount Vernon Gazette, "Me and My Mom Photo Gallery,"  
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Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.



# Getting into Marian Homes

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

BY TIM PETERSON  
THE GAZETTE

**W**hen 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 GAZETTE

**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](http://www.marianhomes.org).

## Finding Homes for Those Hard To Place

FROM PAGE 3

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 FINDING, PAGE 7

## 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



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 6

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](http://www.nvtc.dmhmsas.virginia.gov).

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## St. James' Episcopal Church



## Easter Sunday!

A joyful and family-friendly service at 10:15 a.m. followed by an Easter Egg Hunt.

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**Sunday, April 5th, 2015**

7:00 a.m.... Sunrise Worship at Mt. Comfort Cemetery (6600 S. Kings Highway)  
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8:24 and 10:54 a.m. ... Music of the Resurrection  
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*for more information*

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*special thanks to Mount Vernon Gazette*



## Mother's Day Photos

**M**other'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/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).



### Mother's Day 2014

**Amanda Chandler of Alexandria with daughter Claire on the beach in Rehoboth on July 4, 2012.**

## LETTERS 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 conflict of interest between police and the Commonwealth Attorney who prosecutes criminal cases will the county have an effective way to examine police-involved incidents.

Public prosecutors must work closely with police to build criminal

cases on evidence collected by the police. In cases where police officers themselves may have committed crimes, such as the recent shootings of unarmed citizens, it is beyond reason to expect that State attorneys will be able 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

### Continue to Support Officers Who Do Good

To the Editor:

I have been very impressed with how powerful this local newspaper has been concerning our Fairfax County Police. In particular Mary Kimm has been very supportive of those of us who have been attacked by a few members of the police department. This whole effort has been a great example of the power of an independent press to make this a better place to live.

**Phil Boughton**  
Alexandria

and Mount Jefferson Park improvements. Free. Visit [www.alexandriava.gov/planning](http://www.alexandriava.gov/planning).

#### THURSDAY/APRIL 2

**"Social Media Marketing, Part 1."** 8:30 a.m. at Holiday Inn Express, 6055 Richmond Highway. Learn how to use applications like Facebook, Twitter and Instagram, and how to measure success. Free. Visit [www.sfdc.org](http://www.sfdc.org).

**Maundy Thursday Agape Meal.** 6-8 p.m. at St Aidan's Episcopal Church, 8531 Riverside Road. Fellowship meal and prayer service. Free. Call 703-360-4220 for more.

#### FRIDAY/APRIL 3

**Good Friday Service.** 7:30 p.m. at St Aidan's Episcopal Church, 8531 Riverside Road. John's passion gospel is at the center of the Good Friday service. Seminarian Morris Thompson will preach. Free. Call

I would also like to encourage citizens to support the 99 percent of the officers working as Fairfax County Police officers who do a very professional and compassionate job. We are very lucky to have so many motivated and professional Police Officers protecting us. In this whole mess with the lack of transparency over shootings let's not forget we have a great bunch of officers protecting us from criminals every day. I imagine that there are a lot of officers who think all of the citizens in this County do not respect or like them. We all should let them know when we can that we appreciate their professional hard work. When an officer helps you out, send a note to the station expressing your support.

703-360-4220 for more.

#### SATURDAY/APRIL 4

**Easter Sunday Services.** 8:30 a.m. at St Aidan's Episcopal Church, 8531 Riverside Road. Holy Eucharist, Songs, Festival Eucharist, Choir, Celtic Easter Evensong and Communion. Call 703-360-4220.

**Easter Vigil Celebration.** 8 p.m. at St Aidan's Episcopal Church, 8531 Riverside Road. Turn the corner from Lent to Easter and celebrate Resurrection with desserts and fellowship after the service. Free. Call 703-360-4220 for more.

#### SUNDAY/APRIL 5

**Easter Sunrise Service.** 6:45 a.m. at Woodlawn & Frank Lloyd Wright's Pope-Leighey House 9000 Richmond Hwy. Ventures in Community will host a community-wide service. Contact Jeri Field at [jerif@aol.com](mailto:jerif@aol.com).

SEE BULLETIN BOARD, PAGE 15

## BULLETIN BOARD

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

#### SOL REVIEW

**Mount Vernon High School** will offer SOL review sessions beginning April 11. Students will be provided with breakfast and lunch. Registration required, visit [goo.gl/DrBlGT](http://goo.gl/DrBlGT).

- ❖ April 11, 8 a.m.-noon — Math
- ❖ April 18, 8 a.m.-noon — Math
- ❖ April 25, 8 a.m.-1 p.m. — English Reading & Social Studies
- ❖ May 2, 8 a.m.-1 p.m. — Math & Science
- ❖ May 9, 8 a.m.-1 p.m. — English Reading & Social Studies
- ❖ May 16, 8 a.m.-1 p.m. — Math & Science

#### THROUGH APRIL 15

**Free Tax Preparation.** Monday-Saturday, 10:15 a.m.-2 p.m.; Monday-Thursday, 5-8 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. For taxpayers with low and middle income. All ages, with special attention to seniors. Federal and Virginia tax returns prepared and electronically filed by IRS-certified volunteers. Tax questions can be answered. Bring your photo ID(s), Social Security Card(s), tax documents, and your prior year tax return.

#### THURSDAY/MARCH 26

**Advisory Group Meeting.** 7 p.m. at Charles Houston Recreation Center, 901 Wythe St. The 12th 12th Oakville Triangle-Route 1 Corridor Advisory Group Meeting will discuss building character, building heights

[www.MountVernonGazette.com](http://www.MountVernonGazette.com)

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A Connection Newspaper





# OBITUARY

## Geoffrey Williams, 64

On Thursday, March 19th, 2015, Geoffrey Christian Williams passed away of natural causes. Beloved father of Carolyn Williams and Sally Williams Bartolotta. Geoffrey Williams was co-owner of Military Book Distributor, Byrrd Enterprises, Inc.

Born May 13, 1950 to Willard Williams and Christianne Rio Williams, both deceased, Geoffrey is survived by his siblings, Patrick Williams, Marc Williams and Christianne Medellin.

Geoffrey Williams was a Fort Hunt High



School graduate, class of 1968, and a longtime resident of Alexandria and Castleton, Va.

As Geoffrey was an avid history buff and wildlife enthusiast, his family asks, in lieu of flowers, that donations be made to The National Trust for Historic Preservation (www.preservationnation.org). Please reference geoffreywilliamsmemorial@

gmail.com as recipient for memorial donations, so that proper acknowledgments and thanks can be given. No viewing or formal funeral arrangements will be made, as were Geoffrey's last wishes.

### News

## Board Votes Against Holiday

FROM PAGE 1

that the month of November is already fairly jagged in terms of days off school.

"It doesn't work for attendance," said Sully District representative Kathy Smith. "We need to have more continuity of instruction in November."

Braddock District representative Megan McLaughlin, who supported the amendment, wasn't convinced from her stance. "Why do surrounding jurisdictions honor this federal and state holiday and we don't?" she said. "Is it that we think we're doing it better, the Fairfax way, that somehow everyone else just doesn't get it?"

Schultz reminded the board that the calendar had not been published, and though it was scheduled to be voted on at a meeting at the beginning of March that was canceled due to snow, it was "exactly" the time to make needed changes.

Steve Hunt agreed: "If it's too far along," he said, "then why are they here?"

Schultz's amendment was ultimately voted down; the original calendar motion passed with all members but Schultz and McLaughlin voting yes.

The Board also approved establishing a new Advanced Academic Program Center at Poplar Tree Elementary School. The aim is to relieve overcrowding at close by Greenbriar West Elementary School.

Beginning in September, the new center will include students from third and fourth grade. Rising fourth grade students who attend the Advanced Academic Program Center at Bull Run Elementary School, whose base school is Cub Run Elementary School, will be able to choose to stay at Bull Run or request a pupil transfer to Poplar Tree.

For more information on the new Advanced Academic Program Center at Poplar Tree, call the Fairfax County Public Schools Office of Communication and Community Relations at 571-423-1200.



U.S. Navy retiree Steve Hunt of Fairfax Station (left) and U.S. Air Force retiree Steve Martinez (right) spoke at the March 26 Fairfax County School Board meeting in favor of making Nov. 11 a school holiday in honor of Veterans Day.

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## ELECTION

# South County Federation to Host Mount Vernon Supervisor Debate

All four candidates vying for the seat of retiring Supervisor Gerry Hyland (D-Mount Vernon) will square off in a debate hosted by the South County Federation at its monthly meeting on April 14.

The lineup includes Fairfax County planning commission member Tim Sargeant, Jack Dobbyn, a Mount Vernon District Appointee of Hyland's and co-chair the Board of Supervisors' and School Board's joint working committee; Mount Vernon School Board representative Dan Storck; and Lorton-based marketing research firm

owner Candace Bennett.

Sargeant handily won a Democratic straw poll held in early March, with 47.5 of the 227 votes cast. The party's primary is scheduled for June 9.

The debate is set to last from 7 until 10 p.m. and is open to the public, however only South County Federation members may ask questions.

South County High School is located at 8501 Silverbrook Road in Lorton. For more information, visit [www.southcountyfederation.com](http://www.southcountyfederation.com).

— TIM PETERSON



**Mount Vernon representative to the Fairfax County Public Schools board Dan Storck (left) formally began his campaign to replace Supervisor Gerry Hyland (D-Mount Vernon) at El Paso Restaurant on Cooper Road in Alexandria.**

## Storck Launches Supervisor Campaign

Currently serving his third term as a member of the Fairfax County School Board, Dan Storck kicked off his campaign to replace a retiring Gerry Hyland (D) as the next Mount Vernon District supervisor.

Storck met with supporters for the event March 30 at El Paso Restaurant in Alexandria and explained his vision for the area including intelligent land use and development, transportation investment and creating jobs in Mount Vernon's areas of hospitality and healthcare.

Along with serving on the School Board,

Storck is a healthcare entrepreneur with a staff of over 60, has been president of three non-profit community development organizations, as well as a youth coach.

At the kickoff, Storck reflected on some of his School Board achievements, including leading a partnership initiative with the Board of Supervisors called Smart Services, Smart Savings that he said saved taxpayers \$1 million.

Storck is married with children, and has spent more than 25 years living in the Mount Vernon District.

— TIM PETERSON

## McKay Will Seek Re-Election

Jeff McKay (D-Lee) will seek his third term as Lee District Supervisor. The Alexandria resident formally began his campaign at a March 28 event held at Walker's Grille in the Alexandria area of Lee District.

McKay served as Chief of Staff to predecessor Dana Kauffman before being elected to his first term in November 2007.

"When I look forward to the next four years, there's still a lot of unfinished business," McKay said. "You all matter, and I'm going to fight like heck to make sure we get the things we need in Lee District to move this County forward in the progressive, smart, level-headed, collaborative way that you expect from your County government."

Among supporters present was Virginia Attorney General Mark Herring. "I couldn't ask for a more knowledgeable and effective partner on the issues important to Fairfax County and Northern Virginia than Jeff McKay," Herring said in a statement. "Over the years, we've worked together to ease gridlock on our roads and improve our transportation infrastructure, and strengthen our public school system. Jeff's work on transportation solutions, helping our students and teachers succeed, responsible development and even animal welfare has been a real advantage for Fairfax County."

Board of Supervisors Chairman Sharon



**Supervisor Jeff McKay (D-Lee), left, announced his bid for re-election at Walker's Grille in Alexandria.**

Bulova also gave McKay her support. "I look forward to another four years working with Supervisor McKay," she said in a statement. "His transportation and legislative experience is invaluable to this County and his constituent service is second to none."

For more information on McKay, visit [www.jeffmckay.net](http://www.jeffmckay.net).



PHOTOS COURTESY OF TIM SARGEANT

**Gum Springs Civic Association president Queenie Cox (left) meets with Mount Vernon supervisor candidate Tim Sargeant at his campaign kickoff event.**



**Fairfax County Planning Commissioner and candidate for Mt. Vernon District Supervisor Tim Sargeant speaks at his campaign kickoff event March 28.**

## Sargeant Kicks Off Mount Vernon Supervisor Campaign

Of the Fairfax County Board of Supervisors district seats, all of which are up for election this fall, the Mount Vernon spot is already being contested by four candidates.

After longtime incumbent Gerry Hyland (D-Mount Vernon) announced he would not seek re-election, Jack Dobbyn, Dan Storck, Candace Bennett and Tim Sargeant all threw their respective hats in the ring.

Sargeant, recently appointed to his third four-year term on the County Planning Commission, marked the formal beginning of his campaign with a kickoff event March 28 at the Marriott SpringHill Suites on Richmond Highway.

"The question is, who is best suited to lead Mount Vernon to a better tomorrow?" he said.

Among his priorities, Sargeant highlighted the need for county government to work more closely with the school board, improving transportation along the Route 1 corridor, the necessity of providing affordable housing for current and future residents of Mount Vernon, and protecting the environment.

"I am uniquely qualified to bring the business community, the civic community and government together to support our vision for future development in Mount Vernon," said Sargeant.

For more information on Tim Sargeant, visit [www.timsargeant.com](http://www.timsargeant.com).

— TIM PETERSON



# ENTERTAINMENT

## MetroStage Presents 'The Island'

Play depicts human dignity and justice during the 1970s Apartheid.

BY STEVE HIBBARD  
THE GAZETTE

As part of the 30th anniversary season, MetroStage in Alexandria is staging "The Island" now through April 26. The highly charged two-person play is set on Robben Island, South Africa, and depicts the plight of two political prisoners, John and Winston, as they perform labor by day and rehearse Sophocles' "Antigone" by night.

Devised by the playwright Athol Fugard, with two actors John Kani and Winston Ntshona, the play originated in the early 1970s when South Africa's Robben Island was where many famous political prisoners were confined. MetroStage produced the play in 1992 with Doug Brown in its original production. He has returned to play the character of Winston along with Michael Anthony Williams, who is playing John.

"It is a classic written during Apartheid, during the 1970s, and yet its themes of solidarity, endurance, perseverance are timeless," said director Tom Jones. "It was and remains a dramatic collaboration that, at its core, is a celebration of human dignity and freedom in the face of insurmountable oppression."

Producing Artistic Director Carolyn Griffin said the show touches on everything important in a dramatic work.

"It is highly political since it depicts the plight of the political prisoner in South Africa under apartheid law," she said. "At the same time it is timely, timeless and universal in that there will always be highly charged political situations in parts of the world where there is oppression and incarceration."

She added, "It is a psychological study of

incarceration, isolation, bonding under the most challenging circumstances — man's inhumanity to man — and ultimately the triumph of the human spirit. It makes a political statement but also addresses the most fundamental human needs, hopes and desires for freedom, community, and family."

Fugard's use of the Greek story of "Antigone" is a metaphor used to depict the political protest of the black South Africans in apartheid South Africa who fought the state and were imprisoned on Robben Island, the most famous being Nelson Mandela.

"So the power of the play, the statement it is making and the ingenious use of the play within a play 'Antigone,' which serves as a symbol of the individual's resistance to the state, a situation analogous to the prisoners incarcerated for protesting the apartheid law at the time, makes 'The Island' a masterpiece of dramatic storytelling which will live with the audience well beyond the close of the play," said Griffin.

Doug Brown, who plays Winston, said, "I think it's about human dignity and justice and honoring that. I think it's about fighting for the things that are right and not giving up."

He added, "Honoring those things to which honor belongs — that's the last statement of the play."

Michael Anthony Williams, who plays the role of John, said, "It's important to see this play because it gives an opportunity to look at people to the left and to the right of you and decide how their presence impacts their spirit."

He added, "People need to see this because nobody really realizes the impact of their actions to the left and right until

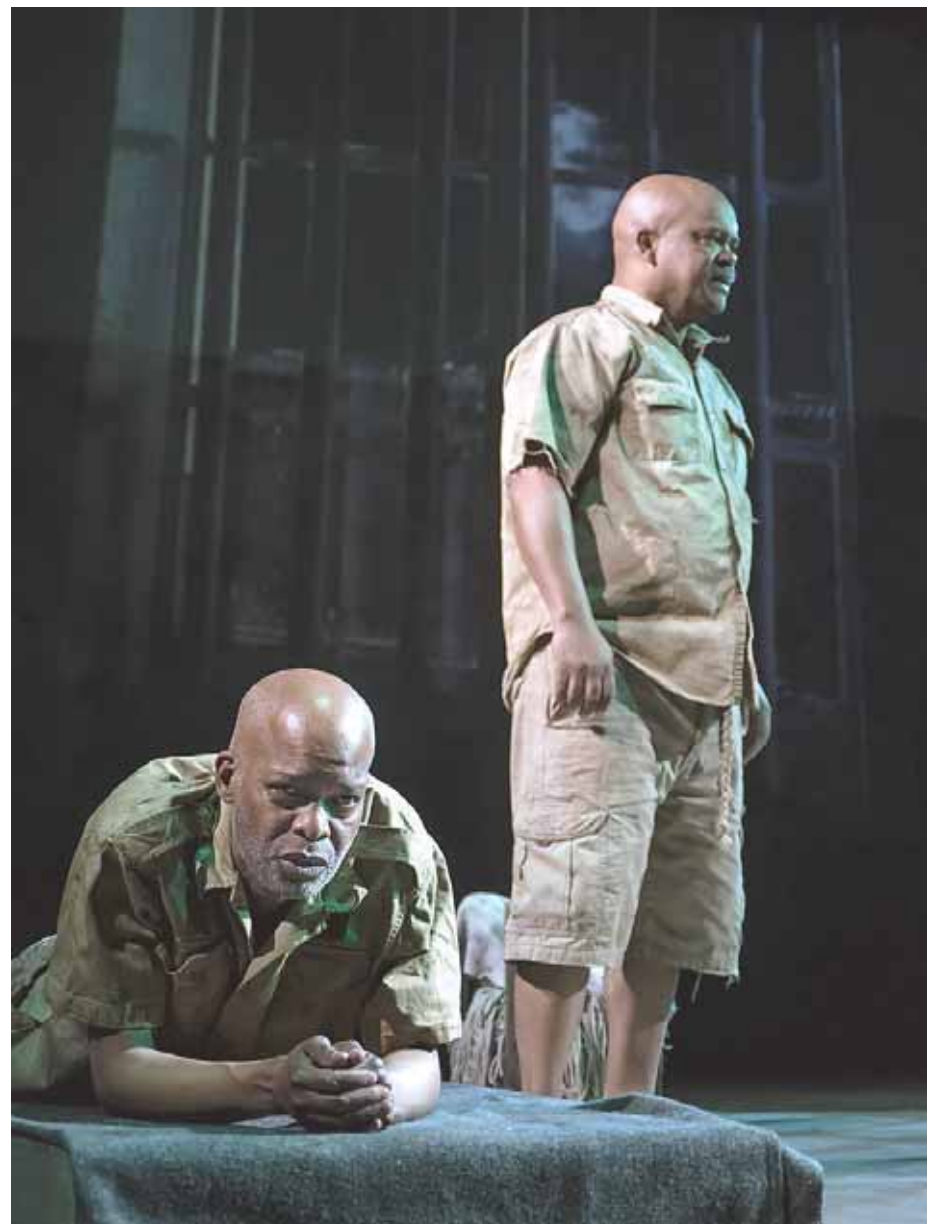


PHOTO CONTRIBUTED BY CHRIS BANKS

Michael Anthony Williams and Doug Brown star in "The Island."

they're put in closed quarters."

Jones said the human spirit and capacity to remain stalwart when severely tested remains as a unifying thread amongst diverse populations.

"Mandela and King are exemplary of that ideal but not solitary in their resolve. All of us are capable of being resolute in the face of danger in any time when social orders threaten to undermine dignity. 'The Island' preserves and celebrates human possibility," said Jones.

He said because the play is a delicate balance of harshness and levity, the challenge

was "maintaining that dramatic/comic symmetry."

Performances for "The Island" will be Wednesdays, Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., Sundays at 3 p.m. and 7 p.m., March 26-April 26. Tickets are \$50-55, with student and active military discounts available. For ticket reservations, call 800-494-8497 or 703-548-9044 or go online to [www.metrostage.org](http://www.metrostage.org). For information and group sales, call 703-548-9044. MetroStage is located at 1201 N Royal St. in North Old Town Alexandria.

### CALENDAR

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

#### ONGOING

##### "Reconstructing the Landscape."

Through April 6 at The Art League, Studio 21 in the Torpedo Factory Art Center, 105 North Union St., Alexandria. "Reconstructing the Landscape" features large-scale abstract paintings by Claudia Cappelle. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

##### Michael Graves Memorial Exhibit.

Through Friday, April 10 during library hours at Beatley Central Library, 5005 Duke St. The architect and designer of the Charles E. Beatley, Jr. Central Library, Michael Graves, passed away on March 12. The Library has devoted a memorial table of his work along with a feature on the Alexandria Library website. Visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us).

**Art Exhibit.** Through Tuesday, April 14. Sunday and Monday, 12-5 p.m.; Tuesday, Wednesday, and Thursday, 10 a.m.-6 p.m.; Friday and Saturday, 10 a.m.-8 p.m. at Principle Gallery, 208 King St. Artist Kevin Fitzgerald presents a collection of coastal images painted in the tonalist style. Visit [www.principlegallery.com](http://www.principlegallery.com).

**"Strong Men and Women."** Through April 14 at Alexandria Library, 5005

Duke St. The display honors distinguished African-Americans from Virginia. Contact Kyle Maier at 703-746-1776.

**Art Show.** Through May 3 at Cove, 805 King St., Alexandria. Cove will partner with ArtSee to open the doors of their Alexandria location for a reception featuring the work of Alexandria artist, Pete McCutchen. The work on display shares McCutchen's "Geometrics" series. Visit [cove.is](http://cove.is) for more.

**Art Exhibit.** Through Sunday, May 3 at Torpedo Factory Art Center, 105 North Union St. Two new exhibits will be on display at the Multiple Exposures Gallery by artists Susan Meyers and Colleen Henderson. Visit [www.torpedofactory.org](http://www.torpedofactory.org).  
**Nine Paintings from John**

**Chapman.** Through May 25, 9 a.m.-4 p.m. at the Donald W. Reynolds Museum and Education Center Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Nine unique paintings by the Virginia born artist John Gadsby Chapman (1808-1889) illustrating landscape scenes important to George Washington's biography are on view. Visit [www.mountvernon.org](http://www.mountvernon.org).

**"Paws 'N Claws for Art."** Runs through May 31 at Vola Lawson Animal Shelter, 4101 Eisenhower Ave., Alexandria. Del Ray Artisans and Animal Welfare League of Alexandria teamed up to present this animal-themed, fundraising exhibit. Both nonprofits receive a percentage of each sale. Also showing, but not for sale, will be UpCycle's Fur-Vor

project community-based student-recycled dog art. Visit [www.TheDelRayArtisans.org/GWW](http://www.TheDelRayArtisans.org/GWW) for more.

**"Intricacies" Exhibit.** Through Sunday, May 31 at various times at Convergence, 1801 N. Quaker Lane. Artist-Photographer Nina Tisara unveils her "Intricacies" exhibit, a collection of mosaics. Visit [www.ourconvergence.org](http://www.ourconvergence.org).

**George Washington's Mount Vernon** has joined Thomas Jefferson's Monticello and James Madison's Montpelier to expand the "Presidents Passport," Virginia's premier presidential trail. As an added bonus to this year's program, visitors to the Alexandria Visitors Center at 221 King St. showing or purchasing a ticket to any of the



# ECONOMIC OUTLOOK

Thursday, April 9

8:00 am to Noon

Belle Haven Country Club



**DR. TERRY CLOWER**  
Center for Regional Analysis  
GM University



**DR. GERALD L. GORDON**  
Fairfax County Economic  
Development Authority



**EDWARD L. LONG**  
Fairfax County  
Executive



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# ENTERTAINMENT



IMAGE COURTESY OF THE ARTIST.

## “The Princess on the Pea,” by Zofie Lang appears in “COMPARTMENTALIZED” Exhibit. Exhibit at Schlesinger Gallery Focuses on Folktales

“COMPARTMENTALIZED,” an exhibition of Zofie Lang’s work will be on display at The Rachel M. Schlesinger Concert Hall & Arts Center, Margaret W. and Joseph L. Fisher Art Gallery at the Alexandria Campus of Northern Virginia Community College, 5000 Dawes Ave. Beginning April 3, the exhibit, featuring Lang’s assemblages of photography, digital photomontage, and found objects will be on display. The exhibit stems from Lang’s fascination with fairy tales and pop culture. “COMPARTMENTALIZED” will run through Sunday, May 17. Gallery hours are 10 a.m. - 4 p.m. Monday-Friday and during performances. Admission is free. Visit [www.schlesingercenter.com](http://www.schlesingercenter.com).

three presidential estates will, upon request, receive for free Alexandria’s “Key to the City” pass, which grants access into nine historic sites and museums in Alexandria—a \$26 added value. Visit [www.PresPassport.Monticello.org](http://www.PresPassport.Monticello.org).

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

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

**Second Thursday Music.** Athenaeum, 201 Prince St. 7 p.m. Second Thursday of every month. Visit [nvfaa.org](http://nvfaa.org) to view concert calendar and listen to upcoming Second Thursday Music artists.

**The Monday Morning Birdwalk** has been a weekly event at Huntley Meadows since 1985. It takes place every week, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free of charge, requires no reservation, and is open to all. Birders meet in the parking lot at the park’s entrance at 3701 Lockheed Blvd. Direct questions to Park staff during normal business hours at 703-768-2525.

### CAMPS, CLASSES & WORKSHOPS

**Tiny Dancers 2015 Summer Camps.** Each session includes daily instruction in ballet, a snack, fine motor exercise through a theme-related craft and a favorite story with

dress-up dance interpretation. The session culminates with a recital and reception for family and friends. Tiny Dancers is a program designed for ages 2-12, featuring a performance based ballet, tap, jazz and musical theater curriculum. The Alexandria studio is located at 621 S. Washington St., Old Town Alexandria. Call 703-739-0900 or visit [www.tinydancers.com](http://www.tinydancers.com) for more.

#### Art League Spring Classes.

Registration is open for the Spring Term of fine art classes at The Art League School. The Spring Term begins the week of April 6, with more than 200 classes and 50 workshops to choose from. Classes are available for ages 5-adult for all skill levels. Browse course catalog and register at [www.theartleague.org/school/search\\_browse.php](http://www.theartleague.org/school/search_browse.php).

#### Art League Summer Camps.

Registration for Summer Art Camp 2015 is now open.

Art Camps run Monday to Friday, June 22-Aug. 21. Camps are available for ages 5 and older, with morning, afternoon, or all day options. Subjects include: drawing, cartooning, painting, photography, ceramics, sculpture, jewelry, fiber arts, clay animation, and Basic Art Camp (a new medium each day). \$155-\$345. Visit [www.theartleague.org/content/art\\_camp](http://www.theartleague.org/content/art_camp) for more.

#### Encore Chorale Summer Choral Institutes.

Encore Summer Choral Institute at Washington College in Chestertown MD runs from June 14-18 and Encore Summer Choral Institute at Chautauqua Institute in Chautauqua, NY from from Aug.30-Sept. 4. Sponsored by Encore Creativity for Older Adults, the nation’s largest choral singing program for adults 55 and older, the institutes attract adult students from all over the country, at all levels of vocal experience, for a week of intensive choral music study. For

information and pricing, call 301-261-5747, or visit [www.encorecreativity.org](http://www.encorecreativity.org).

### MARCH 26-APRIL 26

**“The Island.”** Various times at MetroStage, 1201 N Royal St. The Island is set on Robben Island in South Africa where two political prisoners labor during the day and perform “Antigone” by night. Visit [www.metrostage.com](http://www.metrostage.com).

### MARCH 29-APRIL 26

**“Art and Story.”** Through April 26 at Shirlington Library, 4200 Campbell Ave., Arlington. Del Ray Artisans presents artworks illustrating the power of art and story. Visit [www.TheDelRayArtisans.org/GWW](http://www.TheDelRayArtisans.org/GWW) for more.

### MARCH 30-APRIL 25

**Art Exhibit.** The Torpedo Factory, The Associates Gallery, studio 319, 105 North Union. Ceramics artist Bev Andrews, painter Ann Noel, mixed media artist Gail Spencer Saour and fine arts photographer Jo Ann Tooley will present work for an exhibit titled “Layers.” Visit [www.torpedofactory.org](http://www.torpedofactory.org).

### THURSDAY/APRIL 2

**Tango Concert.** 7:30p.m. at The Athenaeum, 201 Prince St. QuinTango with guest Carina Losano, will perform an interactive concert and a Q&A. Visit [www.nvfaa.org](http://www.nvfaa.org).

### FRIDAY/APRIL 3

**Artist’s Reception.** 6-8 p.m. at The Athenaeum, 201 Prince St. Collage Artist Robert Cwiok will discuss his “Enveloping Time” Exhibit. Free. Visit [www.nvfaa.org](http://www.nvfaa.org).

**Blues Night.** 7 p.m. at Durant Arts

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# ENTERTAINMENT

## Architects to Lead Tour of Historic Old Town

The American Institute of Architects Northern Virginia Chapter has organized a free walking tour of historic Old Town in celebration of Architecture Week from 1-3 p.m. on Sunday, April 12. Attendees will discover examples of Georgian and Art Deco design, among others. Registration is required to receive meeting location. Visit [www.aianova.org/architectureweek.ph](http://www.aianova.org/architectureweek.ph).



PHOTO CONTRIBUTED

**Last year, attendees of the walking tour visited the 400 block of Prince St.**

Center, 1605 Cameron St. The "Blues Night" is part of the "First Fridays" Series. The Series is a project of the Office of the Arts, a division of the Alexandria Department of Recreation, Parks and Cultural Activities. Appetizers, soda and water are available beginning at 6:30 p.m. complements of the King Street Blues Restaurant. Tickets are \$5 per person and \$15 per family. Visit [www.alexandriava.gov/Arts](http://www.alexandriava.gov/Arts).

### FRIDAY-SUNDAY/APRIL 3-5

**Easter Egg Hunt.** Friday, 3 p.m.; Saturday, 10:30 a.m., 12:30 p.m., 2:30 p.m.; and Sunday, 12:30 p.m. and 2:30 p.m. at The Lee-Fendall House, 614 Oronoco St. The historic Lee-Fendall House will host their 16th Annual Easter Egg Hunt. Other activities include games, crafts, refreshments, and photos with the Easter Bunny. Every participating child will receive an Easter Egg. Tickets are \$12 for children 12 and younger, \$5 for all others. Visit [www.leefendallhouse.org](http://www.leefendallhouse.org).

### APRIL 3-MAY 17

**"COMPARTMENTALIZED."** 10 a.m. - 4 p.m. Monday-Friday and during performances at The Rachel M. Schlesinger Concert Hall & Arts Center, Margaret W. and Joseph L. Fisher Art Gallery at the Alexandria Campus of Northern Virginia Community College, 5000 Dawes Ave. The exhibit, featuring Lang's assemblages of photography, digital photomontage, and found objects will be on display. Free. Visit [www.schlesingercenter.com](http://www.schlesingercenter.com).

### SATURDAY/APRIL 5

**Blink.biz Trunk Show.** 10 a.m.-4 p.m. at Blown, 1002 King St. Online jewelry retailer Blink.biz will hold a trunk show showcasing trendy and vintage jewelry. Free. Visit [www.facebook.com/pages/Blink](http://www.facebook.com/pages/Blink).

### MONDAY/APRIL 6

**R.E. Lee Camp Dinner.** 6:15 p.m. at American Legion Post 24 Hall, 400 Cameron St. Hear speaker Billie Earnest speak on "The Life of George Pickett." On display, find items that once belonged to the General and his family. Tickets are \$25 for adults, \$12.50 for children 17 and under. Visit [www.leecamp.org](http://www.leecamp.org).

### SATURDAY/APRIL 4

**The Ivy Hill Players.** 1-3 p.m. at Ivy Hill Cemetery, 2823 King St. costumed interpreters will perform as historical personalities that are buried at Ivy Hill Cemetery.

**Pohick Church Tours.** 1-3 p.m. at Pohick Church, 9301 Richmond Highway. During the colonial period, Pohick Church was the congregation of many of the area's most prominent families, including the Washingtons, Masons and Fairfaxes. Free. Visit [www.pohick.org](http://www.pohick.org).

### TUESDAY/APRIL 7

**History Lecture.** 7 p.m. at The Alexandria Black History Museum, 902 Wythe St. Attend a lecture on the arrival of Emancipation to Alexandria presented by Char McCargo Bah. Free. Email [lance.mallamo@alexandriava.gov](mailto:lance.mallamo@alexandriava.gov) or call 703-746-4554.

**Public Art in Alexandria.** 6-8 p.m. at Morrison House Hotel, 116 South Alfred St. Join Diane Ruggiero and Matthew Harwood from the City's

Office of the Arts in a talk about Alexandria's new implementation plan for public art. Free. Contact Alexandria Archaeology at 703-746-4399 or [archaeology@alexandriava.gov](mailto:archaeology@alexandriava.gov).

**"Emancipation Comes to Alexandria."** 7 p.m. at The Alexandria Black History Museum, 902 Wythe St. The Alexandria Society for the Preservation of Black Heritage, Inc. and Alexandria Black History Museum staff will host the "Emancipation Comes to Alexandria, Virginia" lecture. Free. Call 703-746-4356.

### FRIDAY/APRIL 10

**"Dance for All Ages."** 7-9 p.m. at T.C. Williams High School. 3330 King St. Find dancing, refreshments, and door prizes. Free. RSVP to [jackie.mccord@alexandria.gov](mailto:jackie.mccord@alexandria.gov).

### SATURDAY/APRIL 11

**2015 HOPE Experience.** 8 a.m.-4 p.m. at Hilton Alexandria Mark Center Hotel, 5000 Seminary Road. Child Care/Family Expert and Lifetime TV's "America's Supernanny" Deborah Tillman will headline this conference designed to encourage and empower parents. Admission is \$99.99 plus service fees. Couples tickets are \$149.99 plus service fee. Child care is available for an additional \$40 fee. See [www.theparentingmovement.org](http://www.theparentingmovement.org).

**Walking Tour.** 1-3 p.m. at The Friendship Firehouse, 107 S Alfred St. Attend the "Firefighting in Civil War Alexandria Walk Tour." Tickets are \$6 for adults, \$4 for children 10-17. Visit [www.friendshipfirehouse.net](http://www.friendshipfirehouse.net).

**Mag-Whirl Gala.** 7 p.m. at 201 Cambridge Road. This event will feature three magicians and DC's own Eric Henning, Magician of the Year. Benefits Bishop Ireton HS Tech Theater Dept. and Ring 50 of the IBM. Tickets start at \$15. Call 703-347-5540.

**"Dare to Think Heroically."** 8 p.m. at Alexandria Symphony Orchestra, 2121 Eisenhower Ave. Suite 608. The Alexandria Symphony Orchestra welcomes Musical America's Instrumentalist of the Year Jeremy Denk. Children's tickets are \$5. Adult admission is \$60-80. Visit [www.alexsym.org](http://www.alexsym.org).

### SUNDAY/APRIL 12

**Architecture Tour.** 1-3 p.m. at Market Square. As part of Alexandria Architecture Week, local architects will provide free walking tours through Old Town Alexandria. The tours will highlight the history of Alexandria as reflected through its architecture and urban design, showcasing examples from Georgian to Art Deco. Register at <http://aianova.org/panes/event.php?eventID=1102>.

**"Dare to Think Heroically."** 3 p.m. at Alexandria Symphony Orchestra, 2121 Eisenhower Ave. Suite 608. The Alexandria Symphony Orchestra welcomes Musical America's Instrumentalist of the Year Jeremy Denk. Children's tickets are \$5. Adult admission is \$60-80.

**Artist Talk: Enveloping Time.** 3 p.m. at The Athenaeum, 201 Prince St., Alexandria. Opening for an exhibition of the works of Robert Cwiok in the Athenaeum gallery. Cwiok's paintings, collage, and mixed media works lead visitors on a visual tour through the development of an artist. Text, print ephemera and envelopes are visual leitmotifs throughout his career. Free. Visit [www.nvfaa.org](http://www.nvfaa.org).

**TranzitionMe Grand Opening.** 3-7 p.m. at 2815 Duke St. Tour TranzitionMe, a new holistic wellness center offers yoga, colon hydrotherapy,

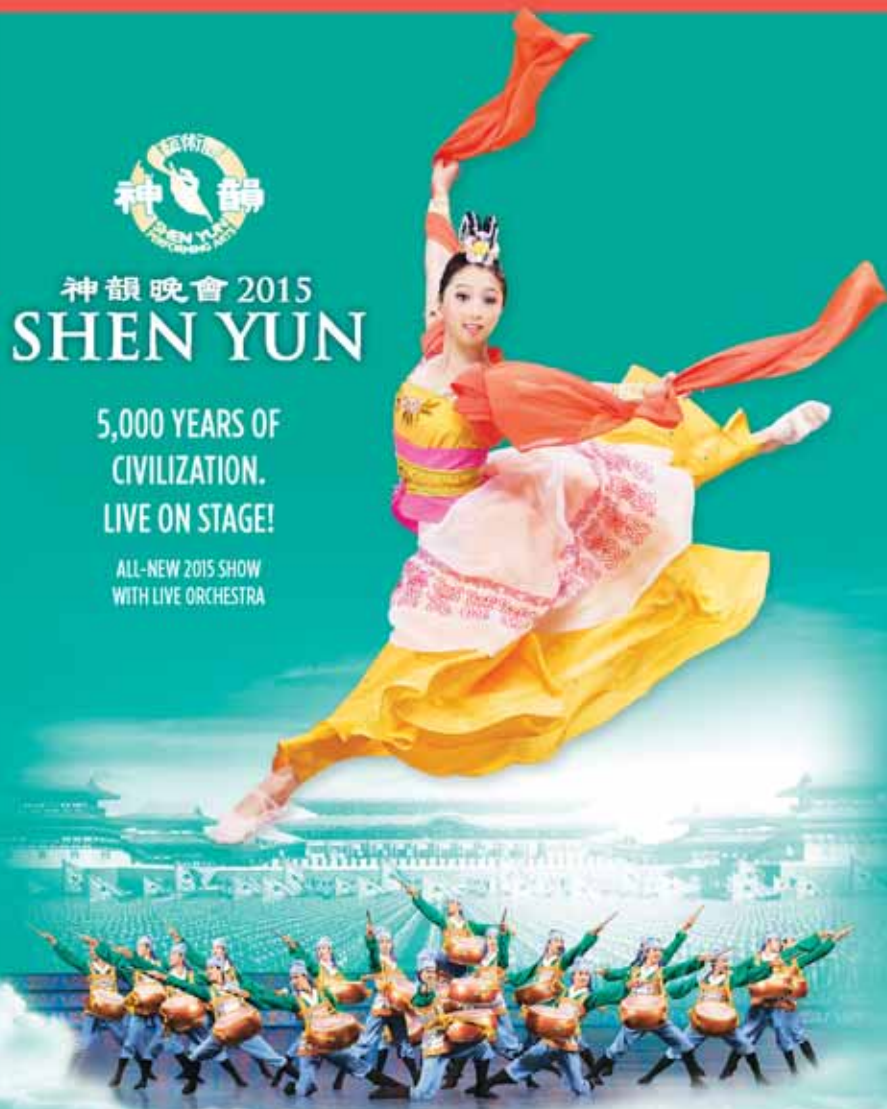
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**CELEBRATE Easter** at GOOD SHEPHERD CATHOLIC CHURCH

<b>PALM SUNDAY   MARCH 29</b> Vigil Mass: Saturday, March 28, 5:00pm 6:30pm (Spanish) 7:30, 9:00, 10:30am, 12:00pm, 6:30pm 2:00pm* (Spanish)	<b>HOLY SATURDAY   APRIL 4</b> 9:00am Morning Prayer 9:30 - 10:30am Confessions 8:30pm Easter Vigil Mass (bilingual)
<b>HOLY THURSDAY   APRIL 2</b> 7:30pm Evening Mass of the Lord's Supper (bilingual)	<b>EASTER SUNDAY   APRIL 5</b> 7:30, 9:00*, 10:30am*, 12:00noon 2:00pm* (Spanish) *Overflow parking and shuttle at Mt. Vernon HS
<b>GOOD FRIDAY   APRIL 3</b> 12:00pm Stations of the Cross 12:30 - 1:30 Confessions 3:00pm Celebration of the Lord's Passion 6:00pm Live Via Crucis (Stations of the Cross) (bilingual) 7:30pm Celebration of the Lord's Passion (Spanish)	<b>Good Shepherd Catholic Church</b> 8710 Mount Vernon Hwy. Alexandria, VA 22309 www.gs-cc.org 703-780-4055

**Good Shepherd Catholic Church**

**Mass Schedule**

<b>Monday</b> 6:30 pm Mass (Español)	(en Español); 6:30 pm
<b>Saturday Evening</b> 5:00 pm Vigil Mass 6:30 pm Vigil Mass (en Español)	<b>Weekday &amp; Saturday Mornings:</b> 9:00 am Mass, preceded by Rosary (on First Friday, Mass followed by Eucharistic Adoration)
<b>Sunday</b> 7:30 am; 9:00 am (with Sign Language Interpreter & Children's Liturgy of the Word); 10:30 am; 12:00 Noon; 2:00 pm	<b>Thursday &amp; First Friday of the Month:</b> 7:30 pm Mass (Español) preceded by 7:00 pm Eucharistic Adoration

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 1606 King St., Alexandria, VA 22314

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## ENTERTAINMENT

# ‘Dare to Think...’ Opening Night

BY KIM ALLEN KLUGE  
 MUSIC DIRECTOR, ALEXANDRIA SYMPHONY ORCHESTRA

The Alexandria Symphony Orchestra will perform a pair of concerts titled “Dare to Think Heroically” on Saturday, April 11 at 8 p.m. and Sunday, April 12 at 3 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E Campus Dr. This is the fourth concert program in a season-long celebration of the theme “Dare To...”

This season's theme is inspired by an emerging scientific theory that asserts that every stimulus to the human brain affects its evolution. In musical terms, this means the music we listen to and the choice of music that we listen to directly affects the way our brain develops and evolves and, therefore, has an impact on our behavior and life experience. Listening to music is not passive; rather, it has a profound capacity to change us. I carefully conceived each concert this season to “change our brains and behavior” in specific and unique ways.

### MAESTRO'S MUSINGS

“Dare to Think Heroically” celebrates music inspired by heroism. The rousing score to the film “Gladiator” (2000) and Wagner's transcendent music to “Lohengrin” share a heroic quality, framing a background for the stories to unfold for the protagonists. We will also present the colorful escapades of Strauss' likable anti-hero Till Eulenspiegel, musically recounting the rebellious adventures and ultimate demise of this German peasant folk hero. The concert will culminate with Jeremy Denk performing Bartok's beautiful and moving “Piano Concerto No. 3.” Bartok conceived it as a surprise



PHOTO CONTRIBUTED

**Kluge has been Music Director at Alexandria Symphony Orchestra for more than 25 years.**

birthday present to his wife—it would be the last piece of music he ever composed. In this extraordinary masterpiece Bartok writes with an endearing simplicity and directness of expression, drawing freely from Hungarian folk melodies and sacred hymn-like figures. His ultimate opus eschews the self-conscious complexities that were intrinsic to Bartok's musical language. One could view this embracing of naturalness and simplicity as an act of heroism in itself.

Jeremy Denk is one of the most interesting, thoughtful and sought-after pianists performing on the international concert stage. Lauded as a 2013 MacArthur Fellow, 2014 Avery Fisher Prize winner and Musical America's 2014 Instrumentalist of the Year, the ASO family warmly welcomes him in the midst of his world tour. I'm very excited about his collaboration with ASO and earnestly anticipate the special insights that he will bring to this piece and the visceral manner in which he will challenge all of us to “Dare to Think Heroically!”

## CALENDAR

sauna and more. Free. Call 703-212-5802 to RSVP.

**“Music in the Life of President Lincoln.”** 4 p.m. at Ernst Community Cultural Center Northern Virginia Community College Annandale Campus, 8333 Little River Turnpike. Explore Lincoln's musical preferences, from opera and folk songs to patriotic melodies and spirituals. \$40 for adults; \$30 for seniors. Student admission is free. www.virginiachamberorchestra.org.

**MONDAY/APRIL 13**

**“Sniff the Breezes.”** All day at Ten Thousand Villages, 915 King St. In honor of the Egyptian Spring Holiday “Sniffing the Breezes Day,” Ten Thousand Villages will host a fundraiser for Hands along the Nile Development Center. Visit www.tenthousandvillages.com/alexandria.

**WEDNESDAY/APRIL 15**

**Antiques Club.** 9:30-11 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. The Alexandria/Mount Vernon Antiques Club presents Dick Hamly, discussing oarlocks. Experience with sailing and rowing, as well as serving in the Navy sparked his interest in different oarlock types, led to collecting them,

including visits to Venice where he learned about variations in shape and details of design in Italian oarlocks, even to a high art. Free, public invited. Call 703-360-4979 or email annconnell@verizon.net for more.

**Joan Armatrading.** 7:30 p.m. at The Birchmere, 3701 Mt Vernon Ave. singer/songwriter/guitarist Joan Armatrading performs. Tickets start at \$75. visit www.joanarmatrading.com.

**Swing Dancing.** 9-11 p.m. at Nick's Nightclub, 642 South Pickett St. Tom Bowes, Willie Barry, Eric Hurt and Louis Newmyer form the newest rockabilly and early rock-n-roll quartet in the DC area. Admission is \$10. Call 703-751-8900.

**THURSDAY-SUNDAY/APRIL 16-19**

**Spring Book Sale.** Members preview on Thursday, 4-8:30 p.m.; Friday, 10 a.m.-5:30 p.m.; Saturday, 10 a.m.-4:30 p.m.; Sunday, 1-4:30 p.m. at Charles E. Beatley Central Library, 5005 Duke St. Books are \$3 or less unless specifically marked. Find hardbacks, paperbacks, children's books, and audio-visual items. All genres. Visit www.alexandria.lib.va.us.

**APRIL 16-MAY 31**

**Art Exhibit.** Athenaeum Gallery, 201

Prince St. “Rara Avis” is an exhibition of bird-centric works of Beverly Ress, Langley Spurlock and Martin Tarrat in the Athenaeum Gallery. Admission to the gallery is free. Visit www.nvfaa.org.

**THURSDAY/APRIL 16**

**Book Signing.** 7:30 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway. Author Mary Kay Andrews will meet fans and sign copies of her books. Free. Visit www.fairfaxcounty.gov.

**FRIDAY/APRIL 17**

**Principle Gallery Reception.** 6:30-9 p.m. at Principle Gallery, 208 King St. The Gallery will celebrate the opening of the “Tempo & Pause” exhibit with artists Valerio D'Ospina and Greg Gandy. Free. Visit www.principlegallery.com.

**SATURDAY/APRIL 18**

**“COMPARTMENTALIZED” Opening Reception.** 6-8 p.m. at Margaret W. and Joseph L. Fisher Art Gallery, 5000 Dawes Ave. Attend the opening reception for Zofie Lang's “Compartmentalized Exhibit.” Free. Visit www.schlesingercenter.com.



# MUSIC



**Susan Greenbaum's "Virginia, the Home of My Heart" is vying to become the State Song of Virginia. Photos by Ed Simmons, Jr.**



**John Flynn sang out against racism, poverty, war.**



**Herb Cooper-Levy**

## Focus Music Celebrates 100

BY ED SIMMONS, JR.  
THE GAZETTE

Two talents on the American folk music scene — Susan Greenbaum and John Flynn — performed to audience acclaim Saturday night, March 14, at the Church of St. Clement on North Quaker Road to mark Focus Music's 100<sup>th</sup> Alexandria concert since its inception 13 years ago.

Appearing first and playing guitar, Greenbaum sang original songs as her drummer, and husband, Chris Parker marked time.

He's also one of the photographers on the YouTube music video of her song "Virginia, the Home of My Heart," a love song to the state of Virginia. It's a candidate to become the next state song of Virginia. Listeners can show their support at [www.facebook.com/homeofmyheart](http://www.facebook.com/homeofmyheart) and writing to their delegates. It currently has over 2,000 "Likes."

Other songs included "Wake Up!" "Penny on the Sidewalk" and "Everything But You." All her original songs on her three CDs can be heard at [SusanGreenbaum.com](http://SusanGreenbaum.com).

Next to appear on stage in the double-bill show, John Flynn belted out his original lyrics. In a powerful voice — with the occasional howl — he poured out his rejection of racism, poverty, war and called for compassion.

"I wanted to write songs to change the world," he said of his youthful ambition, a vision he realizes in pithy, heartfelt songs like "Don't Just Stand There, Do Something," "I Want to Go Where There's No

Them There," "You can Change with Only One," and "The End of the Beginning," about the tragedies of the Iraq War.

Flynn started off out of high school headed to become a midshipman at Annapolis, but veered when he discovered he wouldn't be permitted to take his 12-string guitar. He wound up putting himself through Temple University playing in bar bands and saloon-singing, and was signed in Nashville as a songwriter, later winning the friendship and support of Kris Kristofferson and Arlo Guthrie.

His website [JohnFlynn.net](http://JohnFlynn.net) makes available his 10 CDs, including his most recent, titled "Poor Man's Diamonds." Included is "Like Woodie Done" about Woodie Guthrie and his 100<sup>th</sup> birthday.

"He came into this life kickin' and cussin'."

It's become the theme song for the rebuilding of Guthrie's boyhood home "The London House" in Okemah, Okla. Flynn will give a concert there to celebrate the house's grand opening.

Focus volunteers keep folk music prospering in the Washington, D.C. area with singers receiving 75 to 80 percent of ticket proceeds, said venue manager Herb Cooper-Levy. Celebrating Focus' 100<sup>th</sup> Alexandria concert, he brought a huge cake for the audience and Focus volunteers to enjoy at intermission.

Honoring the occasion was Alexandria City Councilman John Taylor Chapman who cut the cake. Focus volunteers included Peter and Alison Lattu, Gail Meyer, Gail Meaker, Louise Budelis, Kay Coyte, Judy Oliver and Jay Kohn. To keep up with future Focus concerts, visit [FocusMusic.org](http://FocusMusic.org)

## BULLETIN BOARD

FROM PAGE 8

### THURSDAY/APRIL 9

**Economic Outlook Summit.** 8 a.m.-noon at the Belle Haven Country Club, 6023 Fort Hunt Road, Alexandria. Presentations by experts in the local economy, real estate, and business development will discuss the outlook for 2015. Hosted jointly by the Mount Vernon-Lee Chamber of Commerce and the Southeast Fairfax Development Corporation. RSVP to [info@sfdc.org](mailto:info@sfdc.org) or visit [www.sfdc.org/whats-happening](http://www.sfdc.org/whats-happening) for more.

### SATURDAY/APRIL 11

**Volunteers Needed.** 9 a.m.-12 p.m. at the Dyke Marsh Wildlife Preserve Haul Road. Volunteers are need to help clean up the Potomac River Shoreline. Free. Call 703-765-5233.

**Seeking Volunteers.** Mount Vernon

High School is seeking volunteers for their mulch sale. Email Tracy Matteo at [tmatteo@mac.com](mailto:tmatteo@mac.com) to help.

**Community Office Hours.** 10 a.m.-12 p.m. at Lorton Library Conference Room, 9520 Richmond Highway and 12:30-2:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Ln. Fairfax County School Board Member Dan Storck will host Saturday Community Office Hours. Contact Dan Storck at [Dan.Storck@fcps.edu](mailto:Dan.Storck@fcps.edu) or his assistant Mary Ellen Hook at [mehook@fcps.edu](mailto:mehook@fcps.edu).

### TUESDAY/APRIL 14

#### District Supervisor Candidate

**Debate.** 7-10 p.m. at South County High School. Declared candidates Candice Bennett, Jack Dobbyn, Tim Sargeant and Dan Storck will give opening statements, followed by a question and answer period following by closing remarks.

Visit [www.southcountyfederation.com](http://www.southcountyfederation.com).

### WEDNESDAY/APRIL 15

#### Community Engagement Meeting.

7-9:30 p.m. at Whitman Middle School, 2500 Parkers Lane. Learn more about the process Fairfax County Public Schools uses to determine student enrollment projections, school building renovation needs, programming at schools, and possible solutions to facility needs. Register here: [www.surveymonkey.com/s/SZ8JXR9](http://www.surveymonkey.com/s/SZ8JXR9).

### TUESDAY/APRIL 21

**Citizens Group Meeting.** 7 p.m. in Room 104 A/B, at the Martha Washington Public Library, 6614 Fort Hunt Road, Alexandria. Virginia Citizens Coalition for Police Accountability, Inc. meets monthly. SEE BULLETIN BOARD, PAGE 15



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### APRIL

4/15/2015.....A+ Camps & Schools

4/22/2015.....Real Estate Pullout – New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015.....Mother's Day Celebrations, Dining & Gifts I

4/29/2015.....Spring Outlook 2015

### MAY

5/6/2015.....McLean Day Pullout

5/6/2015.....Mother's Day Dining & Gifts II

5/6/2015.....Wellbeing

**Mother's Day is May 10**

5/13/2015.....HomeLifeStyle

5/20/2015.....A+ Camps & Schools, Proms, Summer Planning

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# SPORTS

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## West Potomac Baseball Eyes Championship

**Junior slugger Sara now known power threat, No. 1 pitcher.**

BY JON ROETMAN  
THE GAZETTE

**T**he West Potomac baseball team graduated its top two pitchers from last season, and on March 28 the Wolverines were no-hit and committed nine errors against Paul VI during a game played in low-30-degree temperatures.

However, after the frigid 12-0, five-inning loss at Waters Park in Vienna, West Potomac head coach Jim Sullivan and standout junior Jamie Sara spoke of a brighter — and hopefully warmer — future for the Wolverines.

West Potomac returns several key pieces from its run to the 2014 Conference 7 championship game, where the Wolverines lost to West Springfield, 8-5. West Potomac defeated Patriot in the first round of the 6A North region tournament, before losing by one run to perennial power Madison in the quarterfinals.

“We’re thinking we’re going to challenge for the championship again,” Sullivan said. “... I think we’ll be a better offensive team than we were last year. I was just looking today: our 1 through 7 guys can be outstanding. ... We’ve just got to get some swings, get some decent weather and see how it goes. We’re very optimistic.”

One of the key returners is junior pitcher/infielder Jamie Sara, a 2014 first-team all-conference selection who is committed to William & Mary. Sara started slow during his sophomore season, but finished the campaign with a crazy power surge. Sara hit five of his six home runs late in the season, including three in one game against South County and a two-run homer in the conference championship game.

This year, opponents figure to be prepared for Sara’s power.

“We keep telling him, don’t count on seeing very many inside fastballs, and he hasn’t,” Sullivan said. “Right now, he’s struggling, but he’s working hard. He’s not somebody who’s going to get [mad] and throw things. He’s working hard and I expect he’s going to come around and he’ll probably be our best player.”

Sara saw some time on the mound last season, starting the conference championship game, but was behind West Potomac seniors Billy Lescher and Michael Barnes. Sara now takes over the role of staff ace.

“Pitching is going to be probably the No. 1 part of my game this year,” Sara said. “Over the offseason, I got a lot of looks from colleges for just pitching, so that’s going to be the biggest part of my game this year.”

Junior right-hander Brandon Floyd is West Potomac’s No. 2 pitcher. The Edison transfer also plays third base for the Wolverines.

The team is still trying to determine the No. 3 starter, though Sullivan was impressed by Chris Day’s effort against Paul VI.

Sophomore shortstop/relief pitcher Luke Belanger is another key returner for the Wolverines.

“Luke Belanger is as good a defensive player as we’ve ever had at West Potomac,” Sullivan said. “... And he’s a great hitter. He’s our leadoff batter. ... Great ball player.”

Senior catcher Tom Nicholson, senior outfielder Rocky Iboleon and junior designated hitter Pavel Strain are also expected to be key contributors.

West Potomac bounced back from its loss to Paul VI with a 6-5 win over Marshall on March 30, improving the Wolverines’ record to 3-2.

West Potomac will host T.C. Williams at 6:30 p.m. on Tuesday, April 7.

“I think we’ll be right there when the season ends,” Sullivan said. “I think we’ll be right up at the top.”



West Potomac second baseman Joe Ranney flips the ball to shortstop Luke Belanger during the Wolverines’ loss to Paul VI on March 28.

PHOTO BY PATRICK CAFFEY

**“We’re thinking we’re going to challenge for the championship again. ... We’re very optimistic.”**

— Jim Sullivan, West Potomac baseball coach



### Fort Belvoir Swim

**Five members of the Fort Belvoir Swim Team recently competed at the NASA Junior National Championship Cup swim meet in Clearwater, Fla. Teammates Francisco Nieves, a senior at Edison High School; Ian Thompson, a junior at St. Stephen’s and St. Agnes; DJ Pinter, a junior at West Potomac High School; Michael Valceanu and Will Rausch, both seniors at West Potomac High School combined efforts and swam three relays as well as individual events. Their 400 meter Medley Relay of Thompson, Rausch, Valceanu, and Nieves took 16th and established a new Fort Belvoir Swim Team record. The 200 yard Freestyle Relay of Thompson, Valceanu, Nieves, and Pinter placed 4th and broke a long-standing team record. Establishing another new team record with a 3rd place finish and pictured here is the 400 meter Freestyle Relay of Nieves, Thompson, Valceanu, and Pinter. Ian Thompson also made it to the podium with a 5th place finish in the 50 meter backstroke.**

### BULLETIN BOARD

FROM PAGE 15

Visit [virginiaccpa.com](http://virginiaccpa.com), email [virginiaccpa@aol.com](mailto:virginiaccpa@aol.com), or call 703-768-6700.

#### SATURDAY/APRIL 25

**Volunteers Needed.** 8:30 a.m. at Candlewood Suites, 8847 Richmond Highway. Volunteers are needed to help “spring clean” Richmond Highway, Jeff Todd Way, and roads surrounding Fort Belvoir. Call 703-805-2034, email [jacqueline.n.leeker.civ@mail.mil](mailto:jacqueline.n.leeker.civ@mail.mil) or visit [www.MtVernon-LeeChamber.org](http://www.MtVernon-LeeChamber.org)

#### THURSDAY/APRIL 30

**Scholarship Application Deadline.**

Scholarship applications for the 2015 Mount Vernon Lee Chamber of Commerce Education Partnership Scholarships are available and graduating high school seniors in Lee and Mount Vernon Districts, who plan to pursue further education in a business-related field, are encouraged to apply for these \$2,000 local scholarships at [www.mtvernon-leechamber.org/Education-Partnership.html](http://www.mtvernon-leechamber.org/Education-Partnership.html) or call 703-360-6925 to request an application.

#### VOLUNTEERS NEEDED

**Mount Vernon At Home** is a non-profit organization that relies on volunteer time to assist older adults aging in place in their homes. Volunteers are needed for local

transportation to medical and personal appointments, errands, and grocery store trips; light handyman chores and home technology to name just a few. No minimum number of volunteer hours are required. Call Mount Vernon At Home 703-303-4060 or e-mail [info@mountvernonathome.org](mailto:info@mountvernonathome.org) to learn more. Visit [www.mountvernonathome.org](http://www.mountvernonathome.org) for more.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions:

- ❖ The **Kingstowne Center for Active Adults** needs instructors for Mosaic Art and Jewelry Making.
- ❖ The **Mount Vernon Adult Day**

**Health Care Center** needs volunteer English and Spanish-speaking social companions, a volunteer pianist, and front desk volunteer.

- ❖ The **Hollin Hall Senior Center** needs a DJ, a ballroom dance instructor to teach a class on Thursday afternoons, and an Italian instructor.

- ❖ The **Gum Springs Senior Center** needs a Spanish teacher.

**Volunteer Advocates for Nursing Home & Assisted Living Residents** needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/), email or email

[Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov) or call 703-324-5861, TTY 711.

**Volunteers needed in Fairfax County** to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Call 703-324-7404 or email [Maura.Thompson@fairfaxcounty.gov](mailto:Maura.Thompson@fairfaxcounty.gov).

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21 Announcements

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Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of unclaimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to <http://alexandriava.gov/police/> and contact the Police Property Section at (703) 746-6709.

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### 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 Hadcock, 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.

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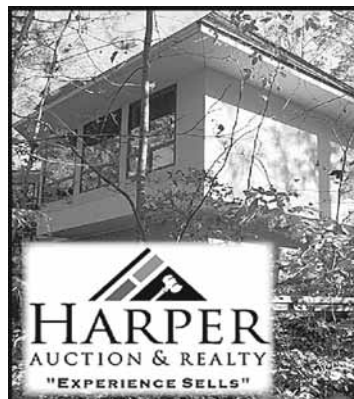
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## NOTICE OF PROPOSED REAL PROPERTY TAX INCREASE

This notice is required by State law. The City Council has authorized a proposed real estate tax rate for advertising purposes of \$1.043 per \$100 of assessed value. The tax rate may not exceed \$1.043, it could be less, and it will not be set until May 7, 2015.

The City of Alexandria proposes to increase the current property tax levies.

1. Assessment Increase: Total assessed value of real property, excluding additional assessments for new construction, or improvement to property, exceeds last year's total assessed value of real property by 2.16 percent.
2. Lowered Rate Necessary to Offset Increased Assessment: The tax rate which would levy the same amount of real estate tax as last year, when multiplied by the new total assessed value of real estate with the exclusions mentioned above, would be \$1.021 per \$100 of assessed value. This rate will be known as the "lowered tax rate."
3. Effective Rate Increase: The City of Alexandria proposes to advertise a tax rate of \$1.043 per \$100 of assessed value. The difference between the lowered tax rate and the advertised tax rate would be \$0.022 per \$100, or a 2.15 percent increase. This difference will be known as the "effective tax rate increase." Individual property taxes may, however, increase at a percentage greater than or less than the above percentage.
4. Proposed Total Budget Increase: Based on the proposed real property tax rate and changes in other revenues, the total budget of the City of Alexandria (including the General Fund and all Special Revenue grant funds and other sources) will exceed last year's by 1.3 percent.
5. The City proposes to continue an additional tax rate of \$0.20 per \$100 for all properties that have been classified in the Tier I Potomac Yard Metrorail Station Special Services District.

A public hearing on the effective increase will be held on Tuesday, April 21, 2015, at 7:30 p.m., at the City Council Chamber of City Hall, 301 King Street, Alexandria, Virginia. The hearing shall be open to the public. The governing body shall provide persons desiring to be heard an opportunity to present oral testimony within such reasonable time limits as shall be determined by the governing body.

All persons wishing to speak to this issue may contact the City Clerk and Clerk of Council located on the second floor, Room 2300, City Hall, or may appear and be heard after completing a Speakers form before Council.

Individuals with disabilities who require assistance or special arrangements, or who require language translation services to participate in the City Council meeting may call the City Clerk and Clerk of Council's Office at 746-4550. We request that you provide a 5 day notice so that the proper arrangements may be made.

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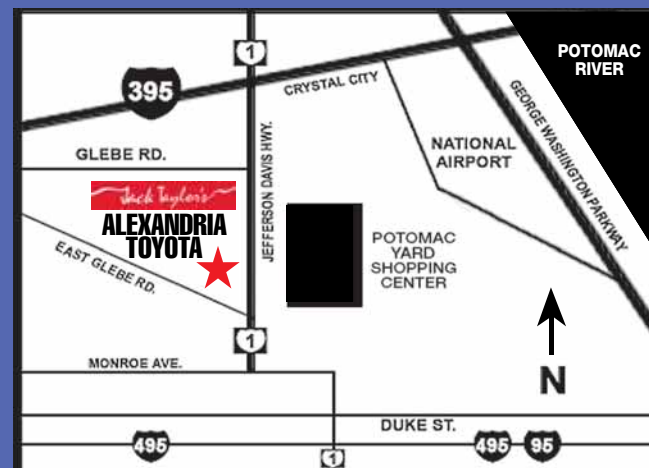


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2. 0.9% APR financing up to 60 months available to qualified buyers thru Toyota Financial Services. Total financed cannot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will 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. Plus 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.

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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. Plus 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.

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**1804 Rampart Drive \$599,000**  
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**9223 Craig Ave \$614,995**  
**Unique 6 BR Home—Prime Location!**



**4720 Dolphin Lane \$809,900**  
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## Senior Living

# Fit for the Golden Years

**Fitness programs for seniors are part of a trend.**

BY MARILYN CAMPBELL  
THE GAZETTE

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 do-

ing 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'."

"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."

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# Senior Living

## 'Your Life Is Today and Tomorrow'

Residents of local senior living communities share their experiences.

BY ANDREA WORKER  
THE GAZETTE

**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 GAZETTE

**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.**

**Mount Vernon Gazette**

## Senior Living

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# Your Life Is Today and Tomorrow

FROM PAGE 3

residents.

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

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

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

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

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

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

residents at The Hermitage in Alexandria.

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

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

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

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

Peg Bixler remembers when Jim Draper



PHOTOS BY ANDREA WÖRKER/THE GAZETTE

**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 McAllan’s 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 Centers Offer Activities, Interaction

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

BY MIKE SALMON  
THE GAZETTE

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



PHOTO COURTESY OF FAIRFAX COUNTY

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

with the community. In 2014, the attendance at the senior centers was 277,342, according to program officials.

“Our participants consistently rank developing social connections and enhancing emotional and physical health and wellness as the top two benefits from attending senior centers,” said Evan Braff, one of the

regional managers at the Fairfax County Department of Neighborhood and Community Services. “We work to meet the needs and interest of our participants.”

According to the American Association for Retired Persons (AARP), senior centers are valuable resources in communities across the nation. Many centers sponsor Meals-on-

Wheels programs and provide volunteer opportunities, as Bauer has found. According to Ginger Thompson, the associate state director of communications at AARP Virginia, “some programs in the center are funded through the Older Americans Act which AARP is urging congress to reauthorize. AARP is calling on Congress to prevent seniors from losing access to services they count on for their health and financial security by renewing the Older Americans Act.” The Older Americans Act supports services including Meals-on-Wheels, in-home care, transportation, elder abuse prevention and caregivers who make it possible for seniors to live in their homes. “The OAA also helps save federal and state tax dollars by keeping seniors out of costly nursing homes and preventing unnecessary hospital re-admissions,” Thompson said.

In Fairfax County, officials are also trying a different approach, called Centers Without Walls. These are senior centers without a county building to gather in, and an alternate set of basic activities the other centers may offer. Two of these programs are in Burke/West Springfield and Great Falls. The Senior Centers Without Walls are developed through a public-private partnership between the county and businesses to create centers in churches. So far, the Accotink Unitarian Universalist Church, the Burke United

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# Senior Living

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

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

The Kingstowne Center for Active Adults is open during the weekday hours, and Bauer sees many participants that live with their adult children and come over to the center when the children are at work. On the weekends though, the center is occasionally rented for other activities such as board game events, or groups to gather. For example, on a recent Saturday, an instructional bee keeping lecture was held by a bee keeping group in one room, while a 'gaming club' was holding a benefit for wounded warriors in the main area.

The centers' rental aspect came in handy for Bauer last year when his daughter's rehearsal dinner picnic was threatened by tornadoes. 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.

## Center Locations

### 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

### 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

### 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

### Wakefield Senior Center at Audrey Moore RECenter

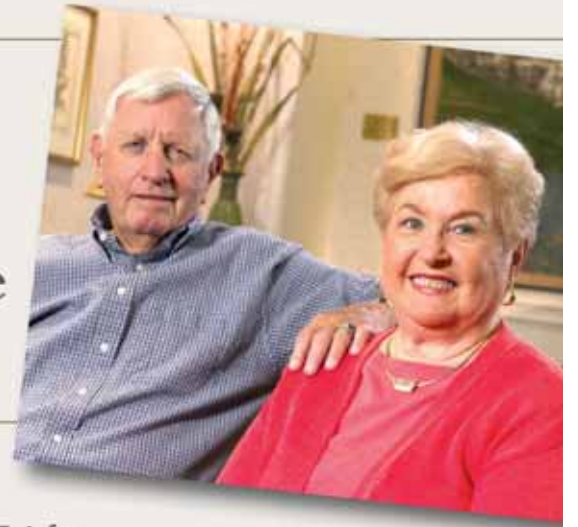
8100 Braddock Road, Annandale, VA 22003

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# Creative Aging Festival Coming in May

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

BY STEVE HIBBARD  
THE GAZETTE

**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 Local Events

**Teacup Topiary.** Design and construct a teacup-topiary to grace a table or mantle for years to come. It’s a perfect gift for Mother’s Day. All materials supplied, including fine china cup and saucer. May 2, 10-11:30 a.m. Cost is \$25. At **Green Spring Garden**, 4603 Green Spring Road, Alexandria. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring)

**Art Show and Reception: Potomac Valley Watercolorists.** Throughout May and June, Green Spring Gardens exhibits the artwork of the **Potomac Valley Watercolorists** at the Horticulture Center and Historic House. A reception is on Sunday, May 3 from 1 to 3 p.m. At **Green Spring Garden**, 4603 Green Spring Road, Alexandria. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring)

**Neva Herrington Poetry Reading.** This former professor of literature and published poet, will read from her own poetry collection. May 5, 11:30 p.m.; Free. At **Sherwood Hall Regional Library/Mount Vernon at Home**, 2501 Sherwood Hall Lane, Alexandria. Call 703-765-3645 or visit <http://www.fairfaxcounty.gov/library/branches/>

**Poetry Readings: Reunion Tour of Tuesdays at Two.** May 5, 11 a.m.-1 p.m.; Free. At **Hollin Hall Senior Center**, 1500 Shenandoah Road, Alexandria. Call 703-765-4573 or visit [www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

**Aging Gratefully with Yoga.** This 60-minute workshop demystifies and provides insight into the world of yoga. May 6, 1-2 p.m.; Free. At **Pure Prana Yoga Studio**, 101 N. Alfred St., Alexandria. Call 703-962-1014 or visit [www.pureprana.com](http://www.pureprana.com)

**Ladies Day Tea with the Art of Flowers from French Impressionists to Georgia O’Keeffe.** This program will celebrate O’Keeffe’s flowers, blossoms of the French Impressionists, Van Gogh’s Sunflowers, and Matisse, and more. May 6, 10:30 a.m.; Free. At **Hollin Hall Senior Center**, 1500 Shenandoah Road, Alexandria. Call 703-765-4573 or visit [www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

**55+ Art Show.** Hollin Hall artists display their art! May 8, 1-3 p.m.; May 9, Noon-3 p.m. Free. At **Hollin Hall Senior Center**, 1500 Shenandoah Road, Alexandria. Call 703-765-4573 [www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

**African Dance (Adowa Dance) Performance from Ghana.** May 8, 12:30-1 p.m.; Free. At **South County Senior Center**, 8350 Richmond Hwy, Ste. 325, Alexandria. Call 703-704-6216 [www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

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.**