

Springfield CONNECTION

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Newington

(From left) Nancy-jo Manney, executive director of the Greater Springfield Chamber of Commerce, talks with Great American Restaurants managers Alexandra Badell and Leigh Ann Redefer.

Ready to Work

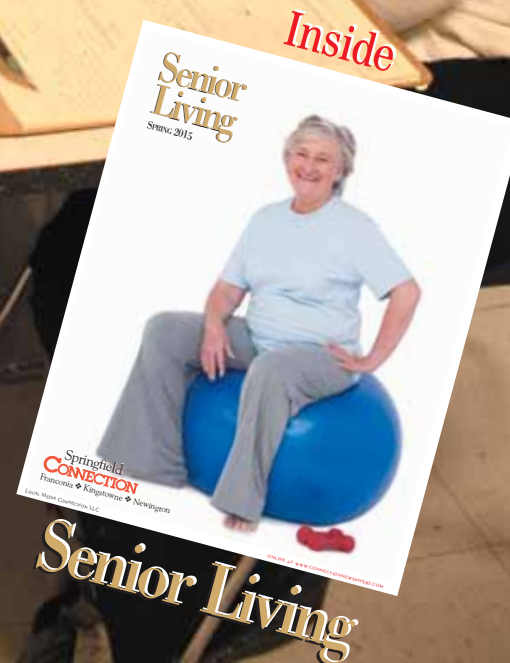
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(Left) Angela Dondero-Pettit, Northern Virginia Educating Youth through Employment program coordinator, talks with Duke Ellington freshman and Springfield resident Alexis McGee about the services available through Fairfax County's SkillSource Group.



West Springfield juniors Emily Simpson (left) and Maddie Blesi (right) fill out job applications for Cafe Rio at the first job fair and opportunity expo held at their high school.

Ready to Work Job and opportunity fair held at West Springfield High School.

BY TIM PETERSON
THE CONNECTION

Robinson graduate Jackson Muse was looking for some professional direction. Currently a junior political science major at Shepherd University in West Virginia, he's worked at Barnes & Noble but is potentially interested in counseling for the Fairfax County Park Authority, or helping open the new Wegmans at Hilltop Village Center.

On Saturday, March 21, Muse was one of about 600 high school and college students who attended the community's first job fair and opportunity expo at West Springfield High School.

THE EVENT, organized collaboratively between supervisor Pat Herrity's (R-Springfield) office, the Greater Springfield Chamber of Commerce, West Springfield PTSA and high school leadership organizations, featured nearly 40 companies.

"It's good to see what you might be interested in," said Muse. "I'm a little nervous, I see this as a stepping stone."

From Wegmans, Starbucks and Cafe Rio to the U.S. Army, Great American Restaurants and Greenspring retirement community, vendors represented a wide variety of part time, full time and seasonal work and volunteer opportunities. Kingstowne, Alexandria resident Pat Malone helped draw the vendors, visiting 270 businesses in three days.

"It's been overwhelming," said Herrity, commenting that attendance more than tripled the students that pre-registered for the fair. "People getting jobs is what it's all about, starting somewhere."

David Edgington of Herndon attended the fair with his son Cameron and wife Catherine. "It's a good place to feel out what's available," he said. Cameron, a fresh-



(From left) Cafe Rio field marketing representative Brittany Brodfuehrer explains work opportunities with supervisor Pat Herrity (R-Springfield) and West Springfield junior Emily Simpson.

man at Langley High School, was the driving force behind coming to the fair.

Despite the pervasiveness of online applications, students and employers alike said they still value live interaction in the hiring process.

"It's about getting to meet face-to-face versus online," said West Springfield senior Nicole Verdin. "It's important to see potential employees making the effort to come in and make first impressions." Verdin helped out at the event as part of the school's student government and DECA organization.

Nancy-jo Manney is executive director of the Greater Springfield Chamber of Commerce. "I'm very pleased, it's been very organic and different from traditional fairs," she said. "The vendors were prepared for this to be high school-focused." Companies

not only interviewed and hired new employees, but offered interview tips and job-seeking advice.

"We're connecting to guests from around this area, looking for great applicants, people who want to further themselves," said Alexandra Badell, a restaurant manager with Great American Restaurants. "And we're helping with interview preparation, setting them up for success."

THOUGH MANY of the employers were looking for applicants aged 16 or older, Wegmans and Greenspring Village were among a few businesses with opportunities for younger students.

"It gave me some hope that people are willing to accept me," said Duke Ellington School of the Arts freshman and Springfield resident Alexis McGee. She has done some



Nicole Verdin, a senior at West Springfield High School, helped manage the job and opportunity fair as a part of the Student Government Association and DECA.



Cameron Edgington is freshman at Langley High School and looking for a first job or volunteer opportunity.



Duke Ellington freshman and Springfield resident Alexis McGee attended the job and opportunity fair at West Springfield High School.

volunteering and wants to make sure she stays busy over the summer. "I'll be sitting here like, I'm free," she said.

Greenspring service manager Nahid Nasseh said they hired 10 new employees from the fair. They were impressed by the personality and communications skills of students who made time on the weekend to come out to the fair, "ones that really wanted the job," she said.

NEWS

Fairfax County Executive Ed Long and Supervisor Pat Herrity (R-Springfield) meet with Springfield residents at the lobby of the West Springfield District Police Station on Wednesday, March 18 to discuss the county's proposed budget.



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

Springfield Holds Budget Meeting

Education, Superintendent salary, retirement dominate heated debate.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Fairfax County Executive Ed Long and Supervisor Pat Herrity (R-Springfield) met with Springfield residents at the lobby of the West Springfield District Police Station on Wednesday, March 18 to discuss the county's proposed budget. About 25 people gathered at the impromptu meeting place due to a scheduling conflict with another group for the meeting room.

Announcements by Herrity and a slide discussion by Long were followed by questions from attendees. Bill Peabody, of Springfield, said that he does not need to pay for weather tweets from the county. He is concerned about the need for a 55-member communications department, according to a handout he brought with him to the meeting.

Peabody, a member of the Fairfax County Taxpayers Alliance, also wants to raise the retirement age of county employees to 66.

Long said that 25 percent of county employees are eligible for retirement, which prompted a question as to whether the county is having a problem with retaining employees or filling up jobs.

Long said that some employees leave because they do not get a raise, while Herrity said that some people stay because of the pension. Herrity said he is supportive of a 401K type of retirement. Long agreed that

it should be offered as an addition to a defined benefit plan. Steve McArdle, of Springfield, asked if the county has conducted studies to enable this type of plan.

Jim Kirkpatrick, of the Springfield District Council, asked about pothole repairs and existing road improvements. Long said that mitigating congestion is the priority. Herrity said that snow removal eats up the maintenance budget.

Another attendee wanted to know why county employees handle the trash trucks that go to the West Ox Transfer station, as it should be done by contractors. "Good question," said Herrity.

Frank Blechman asked why the budget included cutting the healthy families program. Long answered that this was not a mandated program and that the board will look at the proposal. "I felt like I had to put it on the table," said Long.

Peabody's comment about Fairfax County Public School Superintendent Karen Garza's salary drew impassioned responses from school members who were present during the meeting. School Board Vice Chairman Ted Velkoff said that Garza is "worth every single penny she's paid," and with what she has accomplished with full-day Mondays, later start times and discipline, "we are lucky to get her."

Public Hearing on the County FY 2016 Budget will be on April 7 at 4 p.m., April 8 at 1 p.m. and April 9 at 1 p.m. in the Board Auditorium at 12000 Government Center Parkway in Fairfax.

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 in 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.

Among his 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 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.

VIEWPOINTS

PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

What issues concern you the most? What changes would you like to see?

— ABIGAIL CONSTANTINO



Bill Peabody, Springfield:

"Raise the retirement age for county workers."

Rick Aguilera, Clifton:

"Right now I was reading that the \$100 million increase will be spent on county raises. But there's an additional \$16 million that's gonna

be spent on pensions and healthcare that doesn't add up so I was going to ask about that. I'd like to see more focus on roads, transportation."



Ted Velkoff, vice chairman of School Board, Chantilly:

"We're basically very close to the supervisors. We're \$14 million apart and we're hoping that the supervisors will come through on the difference between what they had put in the budget plan and what we asked for."

"I think the takeaway here is long term. In the next budget cycles, we're facing huge projected deficits just as the county is. I think what we're concerned about is that there would be a huge reduction of services and programs within the school systems. We need to diversify revenue in the county. There's such a reliance on property tax that the supervisors have no other levers to pull. And if you look around the room and talk to the folks, all of them will tell you they feel like they've maxed out on the property tax. So the state either has to step in with more revenue or the supervisors have to have the ability to diversify the revenue base."

Steve McArdle, Springfield:

"It's unfathomable. You can't trace the money that's actually being spent. the school system is a closed system. You can't look into the budget. They don't look at things like my question about the 401K. You can't tell me a good cost benefit analyst can't tell you in two months what that transition is going to cost. they said they were considering it, but they don't have any facts that they've looked at."

"The first thing you have to do is look at the Fairfax county organization chart. Start there. It's a confusion of lines and dashed lines. It's hard to pin down authority. There's duplications under different functional areas that people don't look at. You got areas that are doing the same thing as other areas."



Vince Krevinas, Fairfax:

"It's the perfect storm of situations—the sequestration not really kicking in it yet at the level it's going to really impact the commercial real estate, not compensating for tax revenue from consumer spending and all of this coming together at the same time...I don't think there's any one solution that's gonna turn things around quick enough that's gonna prevent us, in a year or two, to force a lot of painful cuts."

"Share the pain. Everybody's going to have a different definition of what pain is and how much they should share. The thing with Fairfax County, of course, [is] we pride ourselves on our quality schools which keeps our property values up. I don't think the general population wants to have any cuts that affect the perceived value of living in Fairfax County. That as a homeowner, that's my biggest concern. I can accept cuts, I can accept maybe higher taxes, I think, just like in the country as a whole, [just] somewhat shared and reviewed very, very carefully. And certainly that we do everything we can to maintain our bond rating—the highest level bond rating so we can get emergency money as we need it."

OPINION

Family Matters

BY MEGAN BEYER

COMMENTARY

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

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

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

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

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

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

Prevent colon cancer for self and loved ones.

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

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

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

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

On the Banks of Bull Run 150 Years Ago

BY PAUL GILBERT
EXECUTIVE DIRECTOR
OF NOVA PARKS

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

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

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

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

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

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

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

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

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

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

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

LETTER TO THE EDITOR

Fatally Flawed Police Policy Review Commission

To the Editor:

The recently created Ad Hoc Police Review Commission is fatally flawed by the limitation to examine only policies, practices, and programs regarding the release of information on police-involved incidents. Only when Fairfax County eliminates the con-

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

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

needs an independent prosecutor to handle cases of police-involved incidents involving citizens. The idea of a citizen review board to provide independent oversight of the police department also should be considered, as suggested by Jeff Stewart, a member of the review commission. The Police Review Commissions must go beyond just police policies and procedures to examine structural changes in the relationship between the police department and the citizens of Fairfax County.

Ralph Craft
Fairfax

Write

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

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Mother's Day Photos

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

BULLETIN BOARD

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

WEDNESDAY/APRIL 15

Dementia and Legal Concerns:

Capacity, Guardianship & Healthcare Decision Making.

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

THURSDAY/MAY 21

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

ONGOING

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

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



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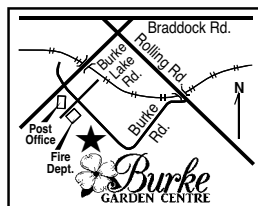
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Still Honoring Vets in Schools

BY TIM PETERSON
THE CONNECTION

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



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.

PHOTOS BY TIM PETERSON/THE CONNECTION



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.

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 cel-

ebrations 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 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.

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CALENDAR

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

THURSDAY/APRIL 2

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

SATURDAY/APRIL 4

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

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

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

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

WEDNESDAY/APRIL 8

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

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

THURSDAY/APRIL 9

"Healing Chronic Pain by Changing Muscle Memory." 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Hear from Nancy Shaw, myofascial pain therapist and author of Simple

Changes to End Chronic Pain about why trigger point therapy alone is not enough to permanently change your pain cycle. She will show you some examples from her 32 years of clinical and personal experience learning from Janet Trevell MD who developed the technique and treated JFK for his back pain. An interactive presentation will allow for audience questions and participation. <http://nancyslawpainclinicandinstitute.com>
A book signing period will follow the presentation. Please bring your own book or purchase one when you arrive. Call 703-452-3831 to register for free presentation.

SATURDAY/APRIL 11

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

FRIDAY/APRIL 17

NoVa-Annandale Symphony Orchestra. 8 p.m. Richard J. Ernst Theater, 8333 Little River Turnpike, Annandale. Christopher Johnston, conductor. Music by Haydn, Mendelssohn, Holst, and Scott Joplin. Tickets at the door \$15, students \$10, children 12 & under free. Sponsored by NOVA College and the Reunion Music Society. Call 703-569-0973 for information.

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SPORTS



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



PHOTOS BY PATRICK GAFFNEY

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

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

Panthers sweep frigid doubleheader from Marshall, West Potomac.

BY JON ROETMAN
THE CONNECTION

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

PVI last won WCAC and state titles in 2012.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Bruins Improve to 5-1

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

SPORTS ROUNDUPS

Robinson Boys', Girls' Lax Suffer Losses

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

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

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

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

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

Robinson Boys' Soccer Undefeated

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

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

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

Paul VI Names Joe Sebastian as Head Football Coach

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



PHOTO CONTRIBUTED

Joe Sebastian

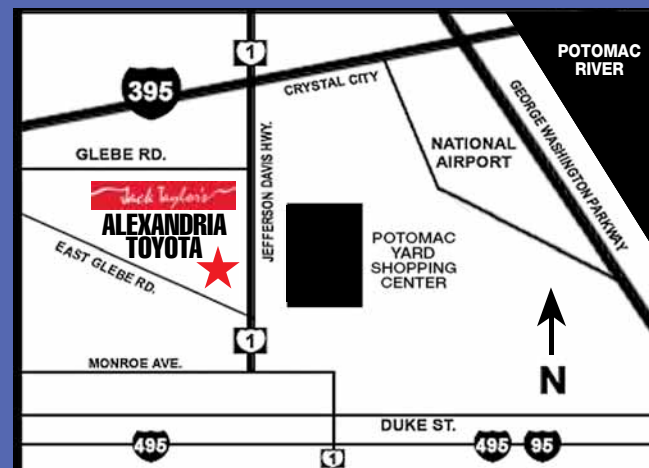
on the great work and build on the foundation established by our recent coaches Pat McGroarty and Gordon Leib. I am really looking forward to the challenge," Sebastian said.

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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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-Arthur Wing
Pinero

21 Announcements

21 Announcements

OBITUARY



Dougherty, Margaret Alicenea, 70, passed away peace-
fully 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 Kate-
lyn, 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 Deather-
age, 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 extend-
ed 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 As-
sociation 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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Senior Living

'Your Life Is Today and Tomorrow'

Residents of local senior living communities share their experiences.

BY ANDREA WORKER
THE CONNECTION

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

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

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

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

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



PHOTOS BY ANDREA WORKER/THE CONNECTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SEE 'YOUR LIFE.' PAGE 4



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

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Your Life Is Today and Tomorrow

FROM PAGE 3

residents.

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

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

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

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

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

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

residents at The Hermitage in Alexandria.

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

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

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

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

Peg Bixler remembers when Jim Draper



PHOTOS BY ANDREA WÖRKER/THE CONNECTION

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

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

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

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

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

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

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

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

“Be open,” is what Gladys Laclede advises.

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

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

hearing!”

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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



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

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THE CONNECTION
NEWSPAPERS

Senior Living

Creative Aging Festival

Includes 114 performances, poetry readings, art exhibits, classes.

BY STEVE HIBBARD
THE CONNECTION

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



art exhibits, lectures, classes and more.

The festival is being

sponsored by Fairfax County, AARP Virginia, the Fairfax County Arts Council and several other community organizations and businesses, and coincides with Older Americans Month. It will also include programs that unlock the creative spirit through yoga, tai chi and even a walk through a garden labyrinth.

"What we're hoping is that people will discover where the opportunities for art are for Fairfax County. We want them to know that it's here; it's in the community and we're hoping they will participate," said Grace Lynch, manager of communications with

the county's Division of Adult and Aging Services. She said the festival "gives us permission to do something that we may not have done before and to explore ourselves in a more creative and artistic way."

"Fairfax County is home to over 200 nonprofit art organizations many of them offering exciting events for the 50-plus community. 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 program;

- ❖ 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; encourage 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 to 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



PHOTO CONTRIBUTED BY STAN SCHRETTER

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

SEE NEXT PAGE

Senior Living Coming in May

FROM PREVIOUS PAGE

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

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

Sampler of Events

Artists 50+ at the Workhouse. The Workhouse highlights artists who are 50+. May 1-31 (50+ Festivities during regular hours). May 9, 7 p.m. (Directors Tour). Free. **At Workhouse Arts Center**, 9601 Ox Road, Lorton 22079. Call 703-584-2900 or visit workhousearts.org/

Celebrate Creativity and Wellness. Join the Lorton Senior Center in a day to celebrate and engage in creativity through hands on activities, demonstrations, guest speakers. May 20, 10 a.m.-2 p.m.; Free. **At Lorton Senior Center**, 7722 Gunston Plaza, Lorton. Call 703-550-7195 or visit www.fairfaxcounty.gov/ncs

Preserving and Sharing Your Family Archive. Scrapbooks, photos, videos, diplomas and other memorabilia tell your family's story. Learn best practices to preserve these physical and digital objects. May 20, 10:30 a.m.-Noon. Free. **At City of Fairfax Regional Library**, 10360 North St., Fairfax. Call 703-293-2136 or visit <http://www.fairfaxcounty.gov/library/branches/>

YOUR Art in the Park. Create your own nature design on paper and we'll transfer it to a ceramic four-inch square tile for our permanent foyer display at Hidden Oaks Nature Center, a Fairfax County Park Authority property. Mon., Wed., Thur., Fri. 9 a.m.-5 p.m. (Closed Tuesdays); Saturday and Sunday Noon-5 p.m. \$20. **At Hidden Oaks Nature Center**, 7701 Royce Street, Annandale. Call 703-941-1065

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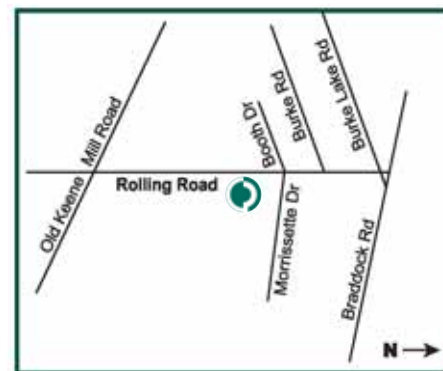
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Senior Living Fit for the Golden Years

BY MARILYN CAMPBELL
THE CONNECTION

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

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



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



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

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

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

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

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

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



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