

Burke CONNECTION

Learning About Burke History

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Bryan Hazard, Kjell Lindgren's classmate at Robinson Secondary School from the 1991 graduating class, facilitated a live chat between Lindgren at the International Space Station and current Robinson students.

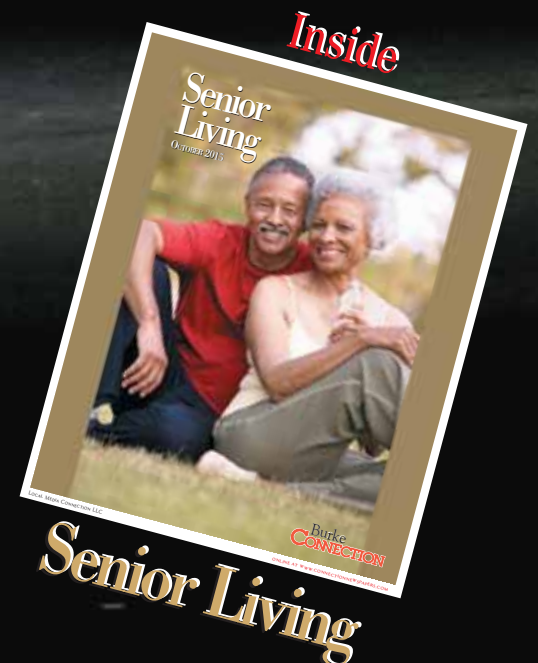


'They're Not Alone'

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OCTOBER 8-14, 2015

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Photos by Tim Peterson/The Connection

Fairfax County Police Department Chief Edwin Roessler and Sexual Violence Services Director Ina Fernández announced the launch of a new Lethality Assessment Program with the goal of reducing deaths from domestic violence.



Members of the Fairfax County Police Department, Department of Family Services, Office for Women and Domestic Violence Services, and domestic violence detectives gathered at the Historic Fairfax Courthouse to mark the launch of a new Lethality Assessment Program for victims of domestic violence.

“They’re Not Alone”

By Tim Peterson
The Connection

Fairfax County is taking a step forward to reduce the deaths among victims of domestic violence.

According to the police department, county domestic violence hotlines receive over 240 calls each month. Of those, victims request 64 family abuse protective orders and 13 families are able to escape to an emergency domestic shelter such as Bethany House of Northern Virginia. Within a month, police make around 160 arrests for domestic violence-related offenses.

On Oct. 1, Fairfax County Police Department Chief Edwin Roessler and Sexual Violence Services director Ina Fernández held a press conference at the Historic Fairfax Courthouse to announce the launch of a new Lethality Assessment Program. The announcement coincided with October being declared Domestic Violence Awareness month.

The model, which originated in Maryland, calls for more collaboration between the

police department and domestic violence service providers, as well as a screening tool for officers to more quickly and effectively respond to and refer victims to services.

A Fairfax County Domestic Violence Fatality Team found in 2013 that domestic violence accounted for about half of all murders in the county.

“It opened our eyes to a larger set of lethality,” said Fernández. “Now we’re moving more proactively to help the victim.”

A response and referral tool within the Lethality Assessment Program features an 11-question screening for patrol officers responding to domestic violence calls. The first three questions are:

1. Has he/she ever used a weapon against you or threatened you with a weapon?
2. Has he/she threatened to kill you or your children?
3. Do you think he/she might try to kill you?

If the victim answers “Yes” to any of the three, or to four of the next four in the sequence, they are determined to be “high risk” of being seriously injured or killed by

New domestic violence victims screening tool launches in Fairfax County.

their partner and the officer then initiates a referral process using a domestic violence services hotline-dedicated phone. The victim may choose to be connected with an advocate and additional services such as shelter, or not.

Police and service providers are hoping this will empower more people in abusive situations to ask for help.

“We’re concerned about unreported cases, there’s a lot of trust-building we need to develop,” said Chief Roessler. “We want to help victims self-initiate to take a stand and get away from violence, we want people to know they’re not alone.”

“It’s such a tragedy those victims had not reached out,” said Amy Carlini, a spokesperson for the Department of Family Services in Fairfax County. “A lot of times the most dangerous thing for a victim is trying to leave a situation.”

All Fairfax County Police patrol officers received training in the Lethality Assessment Program in spring of 2015 and the department began implementing it in July. Since then, the department reported their

findings that:

- Over half of the cases were determined to be high-risk
- 33 percent of the high-risk cases involved a firearm
- 64 percent of the cases involved a history of strangulation
- 55 percent of the cases involved a history of stalking

Fernández said an internal committee comprised of representatives from the police department and victims services, office of the Commonwealth’s Attorney, Domestic Violence Action Center, office for Women & Domestic and Sexual Violence Services, Bethany House of Northern Virginia and other organizations will continually review the program and complete assessments at the three, six, nine and 12-month marks.

“It’s in the beginning stages,” she said, “but we’re hopeful we can continue to re-evaluate it.”

For more information on Domestic Violence Awareness Month activities, visit www.fairfaxcounty.gov/domesticviolence/#Announcements.

Decoding Dyslexia Virginia to Host First 5K Run for Dyslexia

Shannon Duncan of the Falls Church area isn’t a big runner herself, but when she sees a 5K road race, it always catches her eye. That’s why the mother of three chose to take on organizing one with a best friend and neighbor to raise awareness for dyslexia, a learning disability affecting an individual’s ability to speak, read, spell and learn language.

Duncan is a regional leader for Decoding Dyslexia Virginia, a grassroots advocacy group aiming to educate families with dyslexic children about helpful resources available to them as well as lobbying policy

makers regarding best practices for identification, remediation and support of students with dyslexia in schools.

Duncan’s older two children do not have dyslexia, however her youngest daughter does, they discovered after having her screened specifically for the disability when she was in third grade.

Some parents have criticized Fairfax County Public Schools for not training their teachers to properly identify, remediate and take steps forward to support students with dyslexia. However, the learning disability was highlighted in the latest Strategic Plan

issued by the school board and superintendent Dr. Karen Garza has required all elementary school administrators and instructional staff be trained to recognize dyslexia symptoms and warning signs, according to a Fairfax County schools spokesman.

And in accordance with a proclamation from Gov. Terry McAuliffe (D), the board is recognizing October as “Dyslexia Awareness Month.”

There will be a workshop hosted by the Fairfax County Public Schools Office of Special Education Instruction for parents of middle and high school students with dys-

lexia on Oct. 20 from 7-9 p.m. at the Dunn Loring Center, 2334 Gallows Road, as well as a workshop for parents of elementary school students with dyslexia on Nov. 13 from 10 a.m.-12:30 p.m. also at the Dunn Loring Center.

The first annual Decoding Dyslexia 5K Run for Dyslexia is scheduled to take place Oct. 11 beginning at 8 a.m. at Burke Lake Park. For more information on Decoding Dyslexia Virginia and upcoming events, including the 5K, visit decodingdyslexiava.wordpress.com.

—Tim Peterson



Photos by Tim Peterson/The Connection



Robinson students filled the school's auditorium and field house for a live video chat with 1991 graduate Kjell Lindgren, who is currently a flight engineer aboard the International Space Station.

Students had the opportunity to ask astronaut Kjell Lindgren questions about life in space, experiments he is helping perform and what it took to become a flight engineer for NASA.

Down to Earth

Robinson students chat live with interstellar alumnus.

By Tim Peterson
The Connection

Robinson Secondary School principal Matthew Eline knew the event would be special when he received a package from NASA. The space agency sent him a "digital hybrid device" to link up phone, television and camera services so Robinson students could take part in a live chat with 1991 graduate Kjell Lindgren, a flight engineer aboard the International Space Station.

Lindgren's classmate Bryan Hazard, standing on the main auditorium stage on Oct. 5, addressed a towering projection of

his friend, floating upright in a cabin in space. "How do you read me?"

After a short pause, Lindgren replied "I read you loud and clear," to a roaring applause from the students filling Robinson's main auditorium. The rest of the student body watched a live feed in the field house.

Lindgren, valedictorian of his 1991 class, was selected to the 20th NASA astronaut class in 2009 and joined the International Space Station launch on July 22. Among his varied work on the space station, Lindgren spoke to the students about studying the effects of microgravity on the human body and growing a lettuce plant.

"Growing a green plant was a lot of fun," he said, "and psychologically beneficial."

Students had a chance to ask Lindgren a series of questions, which he answered while performing somersaults, spinning his microphone in midair and snatching floating pieces of trail mix.

When he first arrived at the space station, Lindgren said "I was surprised at how clumsy I was." He also explained more about space adaptation syndrome, a type of motion sickness.

To conclude, Lindgren offered the advice to "make that goal and work toward it every day." For students interested in becoming astronauts themselves, being part of the generation that explores the planet Mars, he encouraged them to take courses in science, technology, engineering and math.

"That's the language of space flight," Lindgren said.

Lindgren's parents Randahl and Anita, both Burke Centre residents, were in the audience on Monday morning. On seeing their son on the big screen, Anita said, "It was wonderful."

The family had talked earlier that morning, so they didn't exchange many words during the presentation. The Lindgrens said they talk with Kjell weekly, and that he's in constant contact with his own family in Texas.

After the call, principal Eline expressed his pride and relief that the connection had been successful. "He was fun, intellectual and spoke to the kids well," he said.

Cansler Lawyer Calls for More Investigations into Rose Hill Taser Incident

Elton Cansler of Alexandria was arrested on Sept. 24 for committing larceny and assaulting a police officer, an incident captured on two independent witnesses' mobile phones during which the Fairfax County Police Officer used a taser to force him to comply with orders.

Cansler had been approached by an officer and admitted to stealing a pair of sunglasses from the employee break room of SunTrust Bank in the Rose Hill area of Alexandria.

Cansler's lawyer Victor M. Glasberg submitted a letter to Fairfax Chief of Police Edwin Roessler on Oct. 1, demanding an internal affairs investigation of the incident. In his letter, Glasberg explained that Cansler had cerebral palsy and mental difficulties.

Following the incident, Roessler announced such an investigation would be taking place. On Sept. 28, an expanded release from Roessler concluded, "The

officer's discretion was appropriately used to deploy a form of a less-lethal force and in compliance with all policies and laws in this matter." The report explained Cansler kept his arms straight against the police cruiser while the officer was initiating the arrest and pushed back against him.

According to a Fairfax County police spokesperson, the Internal Affairs investigation is still underway.

Glasberg responded to the Sept. 28 statement in his letter to Roessler by calling for another investigation "into your and your department's public, on-line, full-throated defense of what the officer did before your investigation has even gotten off the ground." (Mr. Cansler has not even been interviewed).

"An apparent police thug is bad enough," Glasberg continued. "A knee-jerk departmental stonewall and cover-up are worse."

Roessler has not responded to Glasberg's letter, the police spokesperson said.

—Tim Peterson



Courtesy of Fairfax County Police Department/Video provided by independent witness
One of two cell phone videos of the incident shows a Fairfax County police officer use a taser on Elton Cansler and then handcuff him, with help from another officer.

News

Learning About Burke History

Burke Historical Society discusses jazz scene, marks Burke History Day on Oct. 10.

By Arisa Ishita
The Connection

How many people know that Burke is named after the 19th-century farmer, merchant and local politician, Silas Burke? What about this: how many people know that 1852 was the year when Burke received its first post office branch?

These are some of the questions the Burke Historical Society asks and gets people excited about learning Burke's history.

The Burke Historical Society, a 501(c)3 tax-exempt organization, was established in 1978 to "preserve the area's history – history of its people, its places and its personalities," Jon Vrana, president of the society, wrote in the welcome letter on the website.

Part of the society's mission is "to foster education, understanding and appreciation of Burke's important role in history." To accomplish their goal, the society prepares programs that help members learn about a variety of historical and cultural topics by inviting speakers and having them present their research.

AT THE MOST RECENT monthly meeting of Burke Historical Society, Brian Slawski, a utility patent examiner and the society's programs chair, gave a presentation on "the history of the infrastructure of the local jazz scene" around the Burke area. He introduced jazz performance venues, festivals and educational institutions around the Washington, D.C., Alexandria and Fairfax areas, many of them promoting jazz music for decades.

"As a non-musician but a casual fan of jazz," Slawski wrote in an email. "I was inspired to start looking into local connections to the music by the Society's 2013 Christmas party, with its Roaring '20s/Jazz Age theme."

In his previous presentation in July, he said he mainly covered jazz musicians, as well as promoters with ties to Northern Virginia and Washington, D.C.



Photo by Arisa Ishita/The Connection

At the Burke Historical Society's monthly meeting on Sept. 27, Brian Slawski gave a presentation about jazz venues and educational institutions that continuously promote music and its culture

Among the many jazz venues introduced, Laporta's Restaurant, the Carlyle Club and Epicure Café are some of the recommended places around the area.

Laporta's Restaurant, located on Duke Street in Alexandria, provides local jazz performances by various artists every day. The Carlyle Club, also in Alexandria, is the place not only for delicious meals and music, but also for other types of entertainment, such as birthday parties and weddings. Then Epicure Café, a family-run café opened in 2010 in Fairfax, emphasizes "love and appreciation for the arts," according to its website.

"Epicure Café is a little gem," said Sarah Foote, one of the performers at the café. "It has fun events going on every night of the week and routinely hosts local bands. It appeals to all ages."

THE BURKE HISTORICAL SOCIETY believes there is always something to learn whether it is about history itself, culture, arts or people.

"What I like most about the BHS is the breadth of curiosity among the members for all aspects of local history," Slawski said. "This means that I can arrange programs that are all over the map in terms of the subject and the historical period, and I can still count on an enthusiastic response."

For those who are interested in the Burke Historical Society and what they do, come join them for the event on Oct. 10, Burke History Day. The event takes place in Old Town Burke, at the Burke Volunteer Fire and Rescue Department. This is a an opportunity to explore the history of transportation and railroads in Burke and more. This year, highlights include a film screening at the black box theater. The event is free and open to the public.

For more information about the Burke Historical Society and its upcoming events, visit <http://www.burkehistoricalsociety.org>.

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Opinion

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hilary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day. If you qualify, you can vote early in-person, see sidebar.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

Editorial

FAIRFAX COUNTY: Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Fairfax County School Board at Large (vote for 3); District School Board member; Soil and Water Conservation Board (vote for 3); School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted. Photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: Valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth); valid college or university student photo identification card, must be from an institution of higher education located in Virginia; employee identifica-

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tion card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; Virginia Voter Photo ID Card obtained through any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Putting an End to Domestic Violence in Fairfax County

By John C. Cook
Supervisor (R-Braddock)



Commentary

Domestic violence is the leading cause of homicide in Fairfax County. Every month, there are over 160 domestic violence related arrests, 65 victims file for family abuse protective orders, 260 calls are made to domestic violence hotlines and 14 families take shelter at emergency domestic violence homes across Fairfax County. Last year, 467 children were homeless in our community, primarily because they and a parent fled their homes due to domestic violence. However, for every family that flees, several stay in the home out of fear that if they leave, their abuser will track them down and harm them. Consequently, thousands of children are impacted by domestic violence, and the scars do not heal easily, if ever. Many victims feel there is no way out of the situation, but Fairfax County offers a variety of different resources to help victims and their families, and there is an increasing chorus of voices standing up to say this is unacceptable.

In recognition of Domestic Violence Aware-

ness Month this October, Fairfax County is asking the community to "look again" at domestic violence. When we think of domestic violence, an image of a particular victim might immediately come to mind. However, oftentimes a domestic violence victim isn't whom we might think. In fact, domestic violence usually does not just involve one victim, but often affects an entire household. Children in homes where domestic violence occurs often struggle the most. Studies show that the 3 million children who witness domestic violence in their homes each year will suffer significant emotional and cognitive harm, even if they are not on the receiving end of the physical abuse.

The harm goes beyond what we might even typically think of when conversations of domestic violence occur. In fact, issues surrounding family pets may sometimes prolong instances of domestic violence. Oftentimes, fear of abandoning pets is a major reason why many women feel as though they cannot escape domestic violence. More than seventy

percent of women who entered shelters reported that their family pet had also been threatened, injured, maimed, and even killed by the batterer.

On Oct. 15, my office is raising awareness by hosting the 3rd Annual Stop Domestic Violence Event. My co-hosts for this event, and champions in domestic violence prevention, are Sheriff Stacy Kincaid and Mayor Scott Silverthorne. The event will take place from 5 p.m. until 7 p.m. at Chuy's Mexican Restaurant, 11219 Lee Highway in Fairfax, and will feature information tables and support opportunities for nonprofit organizations involved in domestic violence prevention, treatment and awareness.

Whether you are attempting to flee abuse, are a witness to abuse, or simply want more information on how to address the issue if you encounter it, please come out to the event on Oct. 15. If you are not able to attend you can call the Fairfax County 24-hour hotline at 703-360-7273 for assistance. We hope to put an end to domestic violence in Fairfax County by assisting victims and raising awareness in the community regarding the services available in Fairfax County.

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Letters

Supervisor for A-Team

To the Editor:

With the midterm elections rapidly upon us, I would be remiss not to mention my good friend and neighbor John Cook, and I say this for several reasons.

The first being the time he has personally sacrificed away from his sizable family; time neither he nor his family will ever get back. He has however persevered and accomplished great things for his

family and mine. His initiatives in speed control throughout our neighborhood (yellow sign "You live here. We live here.") have peppered our district in fact I have one on my front lawn.

He also had the courage to start the Neighborhood College training for his district, and opening it later to others who wanted to partake in the training. Okay some might say; "but he's a Republican." I

couldn't argue that, the question is do you want the best person on the job, in the operating room, in the classroom, in the courtroom, or do we base this on politics? I personally prefer the A-team.

Is he perfect? I can say no, and for that matter who is; I know I am not.

Robert Rivera
Springfield

Area Roundups

Deadline Approaches to Apply for Congressional Nominations to U.S. Service Academies

U.S. Rep. Gerry Connolly (D-11) announced this year's deadline for students wishing to apply for one of the nation's service academies is Friday, Oct. 16. This includes applications to the U.S. Air Force Academy, U.S. Naval Academy, U.S. Military Academy, U.S. Coast Guard Academy and the U.S. Merchant Marine Academy.

In addition to applying to the individual service academy a student must receive a nomination by a qualified nominating source. The deadline to apply for a congressional nomination from Congressman Connolly is Friday, Oct. 16, 2015. Any student who lives in the 11th District of Virginia must submit a completed application packet by the deadline in order to be consid-

ered. There are no exceptions to this deadline.

Students who submit completed application packages will be interviewed by one of the Academy Advisory Boards. These boards comprise academy graduates, active duty or retired officers and even a former academy admissions officer. The boards will then make their recommendations to Congressman Connolly for his approval.

The Nomination Application and Information packets are available on Connolly's website at: <http://connolly.house.gov/academy-nominations/>. Interested students and their parents may also contact his Annandale District Office at 703-256-3071 for additional information.

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CENTRE VIEW

News

Members of the Korean-American and greater Fairfax County community gathered in the Luther Jackson Middle School auditorium for the Korean Coalition for Political Participation 2015 Candidates Night on Oct. 3.



Photos by Tim Peterson/The Connection

Korean Coalition Candidates Night Showcases 30 Participants

Opponents for five elected positions met at Luther Jackson Middle School.

Del. Mark Keam (D-35) encouraged his fellow Koreans present to take advantage of the great number of candidates for elected office about to appear before them at the Korean Coalition for Political Participation 2015 Candidates Night.

"You have have an opportunity tonight to vote for people who reflect your priorities," Keam said. "What can we do to make our future better? Go out and vote." A dapper Korean Coalition president Michael Kwon

served as master of ceremonies and moderator, leading the 30 candidates present through brief rounds of introductions and questions.

The candidates represented a number of ballot options, including Fairfax County Sheriff, Board of Supervisors chairman and individual supervisors, School Board at-large, Virginia State House of Delegates and State Senate.

—Tim Peterson



(From left) Candidates for delegate to the Virginia State House of Delegates present at the Korean Coalition for Political Participation 2015 Candidates Night included Joana Garcia (D-42), Tim Hugo (R-40, incumbent), Jerry Foltz (D-40), Craig Parisot (R-34), Kathleen Murphy (D-34, incumbent), David Bulova (D-37, incumbent) and Sang Yi (R-37).



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Del. Mark Keam (D-35) gives an introductory speech at the beginning of the Korean Coalition for Political Participation 2015 Candidates Night on Oct. 3.



Candidates for Fairfax County Board of Supervisors chairman Sharon Bulova (incumbent) and Arthur Purves (R) were first to speak at the Korean Coalition for Political Participation 2015 Candidates Night.



(From left) Candidates for Virginia State Senate present at the Korean Coalition for Political Participation 2015 Candidates Night included Joe Murray (R-39), Barbara Favola (D-31, incumbent), Dave Marsden (D-37, incumbent), David Bergman (R-37) and Jerry Foreman (R-36).



Fairfax County Sheriff Stacey Kincaid (D) and her opponent for re-election Bryan Wolfe (R) discussed the importance of mental health training for Sheriff's Office staff and the use of force.

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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/OCT. 8

Storytime Yoga. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join us for stories, stretching and simple yoga poses. Bring a mat or towel and wear comfortable clothing.

You Can Count on Monsters. 4:30 p.m. City of Fairfax Library, 10360 North Street, Fairfax. Learn about prime numbers and create your own number monster.

FRIDAY/OCT. 9

Romance Lovers. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join this new book group to discuss Start Me Up by Victoria Dahl. Read every romance subgenre, from historical to paranormal to contemporary.

FRIDAY-SUNDAY/OCT. 9-18

Point A to Point B. Workhouse Arts Center, 9601 Ox Road, Lorton. It's just another day at the Lab, but today's particular assignment has the two employees scratching their heads: a ball keeps appearing from a spot labeled "Point A" and needs to travel to "Point B." The catch is that the ball can never travel the same way twice! Tickets are \$9 for children and adults and can be purchased online at www.ArtsOnTheHorizon.org or at the door on the day of the performance.

SATURDAY/OCT. 10

Fall Festival in Old Town Historic Fairfax. 10 a.m.-5 p.m. 10209 Main Street, Fairfax. What started out as a small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children's activities and entertainment for all ages. Visit <http://www.fairfaxva.gov/about-us/special-events/fall-festival>.

Burke History Day. 10 a.m. - 4 p.m. Burke Fire and Rescue Department, 9501 Old Burke Road, Burke. Burke's "Famous, Infamous, and Persons of Interest" will be featured at the annual Burke History Day. Join for exhibits, talks and children's events to learn about the rich history of this vibrant community.

Fairfax Ferns Garden Club Flower Shop. 12:30-4 p.m. Fairfax City Regional Library, 10360 North Street, Fairfax. The Fairfax Ferns Garden Club will have a Small standard Flower Show that will have flower design and horticultural exhibits.

SUNDAY/OCT. 11

Clifton Day. 9 a.m. - 6 p.m. Town of Clifton, corner of Main Street and Chapel Road. The town's annual arts and crafts fair. Informative luncheon, along with door prizes, delicious food, complementary child care and new friendships. Reservations call 703-922 6438 or e-mail: SpringWmConn@yahoo.com.

T-TRAK Model Train Show. 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top N gauge model trains will be on display and running.

TUESDAY/OCT. 13

Storytime at Old Town Square. 10:30 a.m. Fairfax City Regional Library, 10360 North Street, Fairfax. Come across the street to Old Town Square to hear some stories, weather permitting. Age 2-5 with adult.



The Bunnyman returns at Clifton's Haunted Trail on Oct. 24, a terrifying annual event that winds through Clifton's 8 Acre Park.

Ongoing

Paintings of the Potomac Valley Watercolorists. Through Nov. 7 at McQuire Woods Gallery, Bldg 16, The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Gallery hours: Wed.-Sat.: 11 a.m.- 6 p.m.; Sunday: 12-5 p.m. The exhibition brings together some of the area's top painters in watercolor, acrylic and mixed media, presenting 100 original works including landscapes, florals, still life and abstracts.

WEDNESDAY/OCT. 14

Springfield Christian Women's Connection Luncheon. 11:30 a.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield.

Harvest Time. 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Songs, stories and fingerplay about harvest. Age 2-3 with adult.

Don Hakenon to Present a Civil War Forum. 7:30 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Noted Civil War Historian, Donald Hakenon will present a Forum titled, "Col. John Singleton Mosby's Most Successful Combat Operations and His Worst Defeat."

THURSDAY/OCT. 15

Navy Band Concert. 7:30-8:45 p.m. Lake Braddock Secondary School Little Theatre, 9200 Burke Lake Road, Burke. The Navy's Premiere Concert Band will be performing a wide variety of musical selections, including wind ensemble standards, soloists, marches and patriotic favorites.

Filmmaker Series: Back on Board:

Greg Louganis. 4:30 p.m. GMU Johnson Center Cinema, 4400 University Drive, Fairfax. Back on Board: Greg Louganis tells the life story of this four-time Olympic Champion as he returns to diving after a long period of absence. The documentary follows Louganis' evolution from childhood diving prodigy to Olympic champion, and from pioneering openly gay athlete with HIV to almost forgotten sports icon. A discussion with filmmaker Cheryl Furjanic follows the screening.

Mother Goose Storytime. 10:30 a.m. Fairfax City Regional Library, 10360 North Street, Fairfax. Come enjoy stories, songs and fingerplays and lay a foundation of early literacy skills for your baby. Birth to 23 months with adult.

THURSDAY/OCT. 15 -18.

Vincent. Time varies. 9518 Workhouse Way, Lorton. In this 75-minute performance written by Leonard Nimoy and directed by Paul Stein, the story looks into the mind of a misunderstood genius Vincent Van Gogh and rumors flying in Paris after his death. Tickets: \$25. www.workhousearts.org.

FRIDAY/OCT. 16

Alphabet Soup. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Stories and activities about letters in the alphabet. Ages 3-5 with adult.

SATURDAY/OCT. 17

K-9 Krawl 5K. 9 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. A free walk to help increase awareness between domestic violence and the link to animal cruelty. Register at <https://www.surveymonkey.com/r/2015K9Krawl>

Trivia Night. 6:30-8:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Have fun while providing funds for projects for children in our community. Bring friends and form a team.

Paws to Read. 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Practice reading aloud to a trained therapy dog. 15-minute sessions available.

Ballroom Social Dance. 7:30-10:30 p.m. 9518 Workhouse Way, Lorton. Come join the evening to learn some new dance moves. Mini-lesson takes place from 7:30-8 p.m. followed by open dance from 8-10:30 p.m. Tickets: \$10-15. www.workhousearts.org.

SUNDAY/OCT. 18

DMV Run for the Warriors. 8:15-10

See Calendar, Page 11

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Navy Band to Perform at Lake Braddock

The U.S. Navy Concert Band will be performing a free concert in the Lake Braddock Secondary School "Little Theater" on Oct. 15. The band's 172 enlisted musicians annually perform more than 270 public concerts and 1,300 ceremonies.

"It's a great opportunity for our kids, for our community," said Lake Braddock band director Michael Luley. "Rarely do the kids, and I'm guilty myself, get up to see the other concerts in Washington, D.C. For them to come join us, there's no excuse that our kids can't see them play."

Twelve students from the Lake Braddock band will sit in with the Navy musicians on a march during the program. "They're the pros," Luley said. "I spoke to our students about how they're aspiring to be there; this is the level they're going to play at."

This program is scheduled to open with "Festive Overture" by Dmitri Shostakovich and continue with Carl Maria von Weber's "Bassoon Concerto" featuring Musician 1st Class Renee DeBoer, "Molly on the Shore" by Percy Grainger, "Home to Stay" arranged by Senior Chief Musician Scott Silbert and featuring Chief Musician Courtney Williams on vocals, and Vittorio Giannini's "Symphony No. 3."

The concert is scheduled to begin at 7:30 p.m. Lake Braddock is located at 9200 Burke Lake Road. For more information, call the Lake Braddock band office at 703-426-1076.

—Tim Peterson



Photo courtesy of the U.S. Navy Band

The U.S. Navy Band visits Lake Braddock Secondary School Oct. 15

Weichert's Burke Office to Participate in Clifton Day Festival

Nickolas Brown, manager of the Weichert Realtors Burke office, announced that his office will be participating in the upcoming Clifton Day Festival scheduled to take place on Sunday, Oct. 11, from 9 a.m. to 5 p.m. in Historic Clifton.

The all-day event will include arts and crafts, antiques, demonstrations, the Town Market, live music, children's activities, business vendors and lots of good food. Stop by the Weichert booth for balloons, games, raffles, prizes and much more. All of the proceeds from the event will benefit a variety of local organizations.

"We consider it a unique pleasure to be able to gather with all our neighbors at such a fun-filled event, as well as doing what we can to answer any questions they may have about real estate and the current market conditions," said Brown.

For more information or to learn about the real estate services that Weichert, Realtors has to offer, visit the Burke office at 9299 Old Keene Mill Road, or call 703-569-7870 for more information.



Photo contributed

Weichert booth at Clifton Day Festival will offer balloons, games, raffles, prizes and much more.

Calendar

From Page 10

a.m. Burke Lake Park, Shelter A, 7315 Ox Road, Fairfax Station. Local 5K and 1-Mile Walk/Run to raise support and awareness of military non-profit, Hope For The Warriors, which aims to restore hope for service members, their families, and families of the fallen. General registration is \$35, students receive \$5 discount, veterans and active duty \$25, wounded warriors and Gold Star families are free, and kids are free if registered online. runforthewarriors.org.
NTRAK Model Train Show. 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will have a

display and running N gauge model trains.

PJ Devlin Book Release Party. 2-4 p.m. Blenheim/Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. "Becoming Jonika" is a gripping novel about coming of age during a time of cultural upheaval in the 1960s and re-imagination of the American dream. Please join us for a reading and book signing at this summer camp themed party! Family, senior, and dog-friendly event.

MONDAY/OCT. 19

Small Wonders. 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Fingerplay and songs. Age. 12-23 months with adult.

TUESDAY/OCT. 20

Evening Book Discussion. 7:30 p.m. Fairfax City Regional Library, 10360 North Street, Fairfax. Flight Behavior by Barbara Kingsolver.

WEDNESDAY-SUNDAY/OCT. 21-25

Disney on Ice. 7 p.m. Eagle Bank Arena, 4400 University Drive, Fairfax. Celebrate the legacy of Disney in this ice skating spectacular as Mickey Mouse leads a parade of characters to sing along to your favorite Disney songs for the whole family to enjoy. www.ticketmaster.com.

SATURDAY/OCT. 24

VolunteerFest. 9 a.m. - 9 p.m.

Various locations. VolunteerFest is the local celebration of National Make A Difference Day. Activities will take place throughout the day at various locations. Students, service hours are available. All volunteer activities are free to the participants. Register as a volunteer at www.volunteerfairfax.org/individuals/volunteerfest.php.

MONDAY/OCT. 26

Music and Movin' with Miss Susan. 11 a.m. Fairfax City Regional Library, 10360 North Street, Fairfax. Join Miss Susan for singing and moving to music with your little ones.

Faith Notes

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

The congregation of the **Greater Little Zion Baptist Church in Fairfax** will be celebrating its 124th Anniversary on Oct. 18. The theme for this 124th Anniversary is Faith, Family and Friends: Building Faith, Uniting Family, and Fellowshiping with Friends, Galatians 6:10. In advance of that service, they have scheduled a night of Revival and a Pre-Anniversary Praise and Worship Concert.

❖ **Revival** – Thursday, Oct. 15 at 7:30 p.m.

Rev. Dr. Vernon C. Walton-Guest preacher (First Baptist Church of Vienna)

❖ **Pre-Anniversary Praise and Worship Concert** – Friday, Oct. 16 at 7:30 p.m.

Featuring local and regional music groups and praise dancers.

Zion Day Service – Sunday, Oct. 18 at 9:45 a.m.

Rev. Dr. Robert F. Cheeks, Jr. – Guest preacher (Shiloh Baptist Church, McLean)

LOCATION: Greater Little Zion Baptist Church, 10185 Zion Drive.

Rev. Dr. James T. Murphy, Jr., Pastor. For more information, call the Church Administration Office at 703-764-9111

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

Lake Braddock RB Atkins Has Big Day in Victory

The 33-7 victory over Centreville improved Lake Braddock's record to 5-0.

Lake Braddock junior Lamont Atkins rushed for 215 yards and two touchdowns and totaled 14 tackles on defense during the Bruins' 33-7 victory over Centreville on Oct. 1.

The victory improved Lake Braddock's record to 5-0.

Lake Braddock rushed for 272 yards as a team, led by Atkins' career-high total, which included a 99-yard touchdown run.

"Everyone remembers that I [scored] a 99-yard touchdown," Atkins wrote in an email. "However, they missed the huge defensive stand that got us the ball on the 1-yard line in the first place. So, I have to give the defense their credit. On first down, Coach Weiler called a run to the right. The offensive line cleared the way to allow me to get to the second level and I was able to avoid the middle linebacker and outrun their safety."

How does it feel to score on such a long run?



Photo by Craig Sterbutzel/The Connection
Lake Braddock running back Lamont Atkins, seen earlier this year, rushed for 215 yards against Centreville on Oct. 1.

"It was exciting," Atkins wrote, "but all I could think about was, 'Don't let anybody catch you.'"

On defense, Atkins was credited with 14 tackles, including four solo. The Bruins limited Centreville to 7 points, and are allowing an average of 8.4 per game.

"The defense played lights-out," Atkins wrote. "Centreville has a great team and we were able to hold them to only 7 points, [but] we still have room to improve and must get better to reach our goal."

The day after the game, Atkins received a scholarship offer from Vanderbilt Univer-

sity. The Commodores are recruiting Atkins as a running back.

"I was excited and humbled at the same time," Atkins wrote, "to get an offer from an SEC school."

Atkins said he also has offers from Navy, Toledo and Kent State.

Lake Braddock quarterback Kyle Edwards completed 7 of 15 passes for 99 yards and two touchdowns against Centreville. Peyton Scott and Josh Churchill each had a receiving touchdown.

Atkins had three receptions for 27 yards.

Andrew Niedringhaus led the defense with 21 tackles (two solo).

Next up for Lake Braddock is a road game against T.C. Williams at 1 p.m. on Saturday, Oct. 10. The Bruins will then host Woodson on Oct. 16 before hosting West Springfield on Oct. 23. Lake Braddock travels to face Mount Vernon on Oct. 30 before closing the regular season against currently undefeated South County on Nov. 6.

How do the Bruins keep from looking ahead to their matchups with West Springfield and South County, two of the top teams in Conference 7?

"Our entire team understands that we must take this season one week at a time," Atkins wrote. "We are 100 percent focused on TC Williams."

— Jon Roetman



Photo by Will Palenscar/The Connection
Robinson running back Sean Foncha scored three touchdowns against Chantilly on Oct. 1.

Robinson Football Beats Chantilly

The Robinson Rams traveled to Chantilly to face the Chargers on Thursday night in a Conference 5 matchup. The game was played Thursday due to inclement weather that was expected from Hurricane Joaquin in the Northern Virginia area on Friday.

Chantilly scored first with a David Tammara-to-Marcus Trammell touchdown pass and Chantilly was up 7-0. Robinson wouldn't score until the second quarter. Senior running back Sean Foncha would score two of his three touchdowns in the second quarter.

Chantilly would tie it up at 14 in the

fourth with a pass from Tammara to Garrett Snedeker, but Robinson would pull away from the Chargers with Foncha's third rushing touchdown and a field goal to close out the game 24-14.

Tammara threw two touchdown passes. Robinson was led by Foncha, who scored three touchdowns and ran for 119 yards, and teammate Da'Jon Lee, who ran for 115 yards. Chantilly (3-2, 1-1 Conference 5), will face McLean (0-5) on Friday for their homecoming game. Robinson (3-2, 2-0 Conference 5) will play at Stone Bridge (3-2).

— Will Palenscar

South County Football Improves to 5-0

The high-powered South County football team was at it again on Oct. 1, thumping T.C. Williams 42-2 in Lorton.

The game, originally scheduled for Saturday, Oct. 3 at T.C. Williams, was moved to Thursday at South County due to potential inclement weather.

The Stallions rushed for 310 yards as a team. Running back DeMarcus Ramsey led the way with 17 carries for 228 yards and four touchdowns.

Quarterback DeAndre Clayton completed 3 of 6 passes for 60 yards and a touchdown.

The win improved South County's record to 5-0, including 2-0 in Conference 7. The Stallions are ranked No. 4 in the Washington Post's top 20, one spot behind Lake Braddock.

South County is averaging 45.4 points per game. Clayton said the Stallions' goal is to score 50 per contest.

"I feel like we're playing well," Clayton wrote in an email. "... Our confidence is through the roof right now. We feel like we can beat anybody."

Clayton has completed 69 percent of his passes for 637 yards and 10 touchdowns this season. He's been intercepted twice. He's also rushed for 229 yards and a score.



Photo by Will Palenscar/The Connection
South County quarterback DeAndre Clayton prepares to hand off against West Springfield on Sept. 25.

Ramsey has rushed for 581 yards and nine touchdowns.

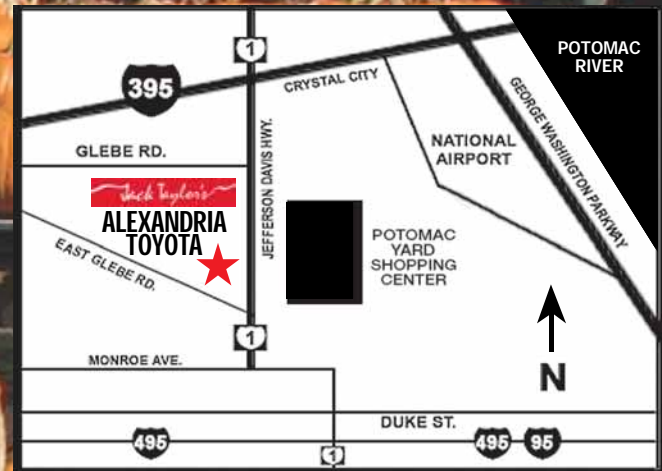
South County will host Woodson at 7 p.m. on Friday, Oct. 9. The Stallions will then host Mount Vernon on Oct. 16 and travel to Annandale on Oct. 23 before closing the regular season with big games against West Potomac (home, Oct. 30) and Lake Braddock (road, Nov. 6).

"I feel like we're one of the best teams in the state," Clayton wrote, "and we're ready for anybody."

— Jon Roetman

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In execution of a Deed of Trust from Don Michael Stoops, dated September 29, 2006, and recorded October 2, 2006, in Deed Book 18803 at page 60 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Wednesday, October 14, 2015 at 10:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Unit 402, HALSTEAD AT THE METRO II, A CONDOMINIUM, and the limited common elements appurtenant thereto, including limited common element garage space/parking space G4-050, established by condominium instruments recorded in Deed Book 18395 at page 1876 and any supplemental declarations and/or amendments recorded subsequent thereto among the Land Records of Fairfax County, Virginia.

Commonly known as 2665 Prosperity Avenue, #402 Fairfax, Virginia 22031.

TERMS OF SALE: A deposit of \$15,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 2.625 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

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DAVID N. PRENSKY
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According to the Lease by and between Marleny Sandoval of unit 1114 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, boxes, a painting, ect. Items will be sold or otherwise disposed of on Friday October 23, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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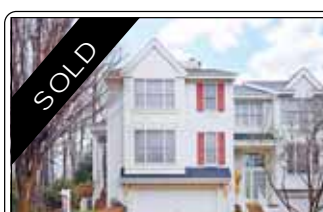
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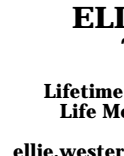
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Senior Living

OCTOBER 2015



Burke
CONNECTION

Senior Living: Senior Olympics Results

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Weber, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89, Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool

Basketball free throws, field goals and 3 on 3 games took place at the Thomas

Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis, Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon, Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield;

nine ball pool, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

Pickleball, which is similar to tennis with a shorter net, singles (women), 60-69, Judy Aw, Falls Church, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Franz Roland, Arlington, 60-69, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington, 80-89, Horacio Reyes, Arlington. **Pickleball doubles medalists**, women, 50-59, Carolyn Mobley and Roxanne Tigh, Arlington, 70-79, Jo Ferry, Alexandria and Sun Y. Yang, Arlington, 80-89, Alease Brooks and Betty De La Cruz, Arlington; (men) 50-59, Corey Chamness, Falls Church, Stephen

Nurre, Annandale, 60-69, Michael Knight, Falls Church, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington and Jerry Bigenho, Arlington. **Pickleball mixed doubles**, gold medalists, Mary Rousselot and Corwin Umbach, Arlington, 70-79, Sun Y. Yang, and Herb Levitan, Arlington, 80-89, Alease Brooks and Horacio Reyes, Arlington.

Volleyball, Golf, Mini Golf

Seven women's and five men's **volleyball** teams competed in the 2015 Northern Virginia Senior Olympics, held recently at the Chinn Aquatics and Fitness Center in Woodbridge.

Gold medalists were, women, 50-54, Keep Swinging team members Bertha Otoy, Sterling, Maritza Serrano, Falls Church, Maria Barrientos, Alexandria, Olga Navarro, Alexandria, Gloria Ruiz, Springfield, Elizabeth Taylor, Alexandria, 55-59, Play To Win members, Berdette Colbert, Berlin, Sara Abarca, Falls Church, Betty Sifuentes, Centerville, Constance Lindsley, Arlington, Maria Dodd, Vienna, Jean Zamora, Woodbridge, 60-64, VB-Diggers members, Melanie Morton, Reston, Gloria Pinto, Falls Church, Judy Olson, Fairfax, Laura Ponder, Manassas, Kristi Nickerson, Reston, Carmela Miller, Arlington; men, 50-54, Dewey Burns team members, Michael Ryan, Annandale, Peter Silins, Darnestown, William Hazard, Alexandria, Gregory Sadosuk, Fairfax, Lamar Dougherty, Fairfax, Keith Pierce, Gainesville, Kim Grubbs, Annandale; 55-59, Hawkeye team, Andrew Levy, Crofton, Erik Johnson, Arlington, Paul White, Centerville, Rodney Anderson, Manassas, William Bell, Alexandria, David Moss, Arlington

and Glenn King, Springfield.

The Montclair Country Club in Dumfries hosted the NVSO **golf competition** for the first time and players competed in five year age groups by gender. Gold medalists were women, 60-64, Becki Davis, Sumerduck, 65-69, Kathryn Chandler, Falls Church, 75-79, Nancy Huff, Woodbridge; men, 55-59, Mark Wuckovich, Springfield, 65-69, Gary Usrey, Arlington, 70-74, Craig Olson, Arlington, 75-79, Lawrence Dawson, Dumfries, 80-84,

Larry Lasik, Herndon and 85-89, Marvin Reed, Oak Hill.

Miniature golf gold medalists were women, 50-59, Sheila Beard, McLean, 60-69, Judy Landolt-Korn, Clifton, 70-79, Barbara Klementz, Annandale, 80-89, Patricia Gallagher, Springfield; men, 50-59, Jon Woodyatt, Fairfax, 60-69, Steve Ferguson, Vienna, 70-79, Erwin Stierle, Vienna and 80-89, Charles Toftoy, Arlington.

Field Events, Tennis and Table Tennis

Field events were held at the Stone Bridge High School in Ashburn. Gold medalists in the **high jump** were (men), 60-64, Steven Kopp, Arlington, 65-69, Gerard Nezet, Arlington, 70-74, Parviz Youseffi, Gainesville, 75-79, Bernard Stamm, Ashburn; **standing long jump**, (women) 50-54, Bethany Grisby, Lorton, 55-59, Keg Good, Woodbridge, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-85, Alease Brooks, Arlington; (men) 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, Alexandria, 70-74, Parviz Youseffi, Gainesville, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington. See Results, Page 3

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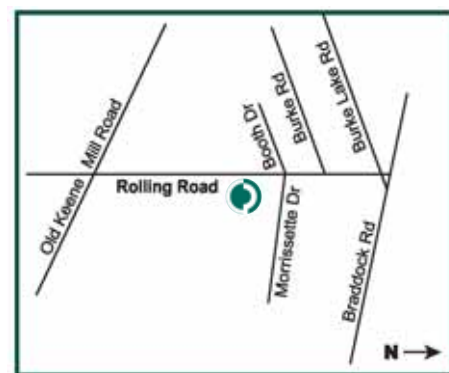
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Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

NVSO Gold Medalists

RESULTS From Page 2

ton, 85-89, Leonard Kalkwarf, Springfield; **running long jump**, (women) 50-54, Sheila Beard, McLean, 55-59, Kathleen Wilson, Springfield, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-84, Alease Books, Arlington; (men) 65-69, Douglas Hastings, Alexandria, 70-74, Donald Meli, Annandale, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington and 85-89, Leonard Kalkwarf, Springfield.

In the **mini javelin event**, gold medalists were (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez; (men) 50-54, Mark Abbott, Delaplane, 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings,

Alexandria, 70-74, Thomas Sullivan, Oakton, 75-79, Bernard Stamm, Ashburn, 85-89, Leonard Kalkwarf, Springfield; **shot put**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Kathleen Wilson, Springfield, 75-79, Angela Fernandez, Burke; (men) 50-54, Mitchell Frid, Broadlands, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 70-74, Thomas Sullivan, Oakton, 75-79, Roger Webb, Ashburn, 80-84, Jerry Bradley, Oakton, 85-89, Harold Mueller, Oakton; **discus**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 65-69, Margaret Rodriguez, Dumfries, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez, Burke, 85-89, Elizabeth Martin, Falls Church; (men) 50-54, William Johnson, Arlington, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 65-69, Eiji Yasuhara, Sterling, 70-74, Thomas Sullivan, Oakton, 75-79, Carlos Rodriguez,

Dumfries, 80-84, Jerry Bradley, Oakton and 85-89, Leonard Kalkwarf, Springfield.

The Charles Houston Recreation Center in Alexandria was the site of the **table tennis** competition. Gold medalists were (women) 50-59, Jenny Lang, McLean, 60-69, Jieying Shi, Chantilly, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Larry Kirk, Woodbridge, 60-69, Shaw Zee, Fairfax Station, 70-79, John Papp, Nokesville and 80-89, Edward Scccio, Dumfries. Wakefield District Park, Annandale, hosted three days of **tennis competition, singles** 70-79 (women), Sun Y. Yang, Arlington; (men) 70-79, John Lisack, Woodbridge, 80-89, Robert Shellhouse, Alexandria; **doubles** (women), 50-59, Luanne Lohr, Arlington, 60-69, Jacqueline Lawrence, Arlington, 80-89, Kelly McCaffery, Springfield; (men) 50-59, Mark Matsko and James Callan, Arling-

ton, 60-69, John Lisack, Woodbridge and Gary Scavongelli, Burke, 70-79, Al Grossi and Don Tomb, Arlington and 80-89, Phil Doherty, Burke and Neil Lane, Reston **mixed doubles**, 50-59, Brian Boichiccho, Vienna and Barbara Heard, Oakton, 60-69, Albert and Suellen Grossi, Arlington, 70-79, Bob Howe and Sharon Timmons, Alexandria, 80-89, L. Wayne Bell, Annandale and N. Shaila Zadd, Vienna.

Swimming

Gold medals were awarded and 12 records broken in six swimming events at the Northern Virginia Senior Olympics held at the Claude Moore Recreation Center in Sterling. In the **half-mile freestyle**, gold medalists were women, 50-54, Maureen Harp, Annandale, 55-59, Sharon O'Neill, Annandale, 60-64, Jieying Shi, Chantilly, 65-69, Carol Mackela, 70-74, Joan Jackson, Lake Ridge, 75-79,

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

Gertruida DeRosa, Springfield; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 65-69, Bruce Fisher, Fairfax (new record, 70-74, James Leimkuhler, McLean, 75-79, David Nicholas, Oakton, 80-84, Lawrence Cohen, Sterling (new record) and 85-89, Loren Mead, Falls Church.

Freestyle, 100 yards, medalists were women, 50-54, Ellen Rotchford, Arlington (new record), 60-64, Bobbe Duquette, Herndon (new record), 65-69, Charlotte Miller, Ashburn (new record), 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Frank Millikan, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean (new record), 75-79, David Nicholas, Oakton (new record), 80-84, Lawrence Cohen, Sterling (new record)

See RESULTS, Page 5

Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

Patricia Sullivan, interim operations manager for Arlington Neighborhood Villages, reports that the organization is growing and

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

adding services at a slow but steady and deliberate pace. In fact, two new services were added in August, "Walking Buddies" and "Friendly Visitors."

"With the friendly visitors service, a volunteer goes over to someone's house to spend time with them," Sullivan said. "There was one instance where a volunteer went over to a member's house to watch a football game with him."

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in setting up villages. Interest in the village

concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liaison with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Tom Crowley, Christena Nielsen and Jack Clopper enjoy an At Home in Alexandria picnic.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Details

For more information about local aging villages:

- Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm
- Washington Area Villages Exchange (WAVE): wavevillages.org
- Herndon Village Network (HVN): www.herndonvillagenetwork.org
- Lake Barcroft Village: www.lakebarcroftvillage.org
- McLean Community: A Village for All Ages (MCVA): www.mcva.weebly.com
- Braddock District Council Aging in Place Program: wallbdc@gmail.com
- Mount Vernon at Home Village: www.mountvernonathome.org

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

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Senior Living

NVSO Gold Medalists

RESULTS From Page 3

and 85-89, Phil Case, Springfield.

In addition, gold medalists in the **50 yard freestyle** event were women, 50-54, Elaine Clancy, McLean, 55-59, Margo Lassiter, Lovettsville, 60-64, Bobbe Duquette, Herndon, 65-69, Charlotte Miller, Ashburn, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket, 80-84, Mary Simpson, Manassas; men, 50-54, Bill Conover, Purcellville, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield, 80-84, Lawrence Cohen, Sterling and 85-89, Phil Case, Springfield.

In the **50 yard breaststroke** competition, gold medalists were women, 50-54, Elaine Clancy, McLean (new record), 55-59, Margo Lassiter, Lovettsville, 60-64, Jieying Shi, Chantilly, 65-69 Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Edwin Allen, Arlington, 65-69, Kevin Culhane, Lorton (new record), 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield (new record) and 80-84, Lawrence Cohen, Sterling (new record).

Gold medalists in the **50 yard backstroke** event were women, 50-54, Ellen Rotchford, Arlington, 55-59, Margo Lassiter, Lovettsville, 65-69, Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, 75-79, Leo Deege, Vienna, 80-84, Niel Sween, Vienna and 85-89, Phil Case, Springfield.

In the **100 yard backstroke** event, women, 50-54, Elaine Clancy, McLean (new record), 65-69, Carol Mackela, Arlington, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case, Springfield.

Mexican Train Dominoes, Bunco, Horseshoes and Bocce

Mexican Train dominoes, bunco, horseshoes and bocce were among the events taking place the first week of the 2015 Northern Virginia Senior Olympics. Gold medalists in the bocce and horseshoe competition held at the Fairfax Senior Center were, **bocce**, women, 70-79, Dona Hobbs, Lake Ridge, 80-89, Nancy Van Scoyoc; men, 60-69, John Murphy, Fairfax Station, 70-79, Ralph Tapp, Warrenton, 80-89, Lucio D'Andrea, Lake Ridge; horseshoes, women, 60-69, Jackie Peyton, Herndon, 80-89, Margie Miller, Herndon; men, 50-59, Jay Lerch, Manassas, 60-69, Jerome Jackson, Fairfax, 70-79, Carlos Rodriguez, Dumfries and 80-89, Leonard Kalkwarf, Springfield.

Goodwin House Bailey's Crossroads was the site of the **Mexican Train dominoes** event. There are no age or gender divisions. Fran Dudick of Arlington was awarded a gold medal.

Bunco is another event where both men and women of all ages over 50 compete together. Winning gold medals at Hollin Hall Senior Center, Alexandria, were 83-year-old Joan Fogarty of Burke and 86-year-old Audrey Drzemiecki of Herndon.

Cycling

Men and women cyclists over the age of 50 competed in the 2015 Northern Virginia Senior Olympics, held at the Northern Fauquier Community Park in Marshall. There were both 10K and 20K time trial races in five year age groups and divided by gender.

Gold medalists in the **10 K race** were (women) 50-54, Susan Lengel, Fairfax, 55-59, Karen Sullivan, Arlington, 65-69, Lynn Saunders, Gainesville, 70-74 Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Thomas Tice, Centreville, 65-69, James Degoe, Reston, 70-74, Giulio Porta, Annandale, 75-79, Stephen Forman, McLean, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Gold medalists in the **20 K race** were (women) 55-59, Karen Sullivan, Arlington, 60-64, Apharat Siler, Manassas, 65-69, Lynn Saunders, Gainesville, 70-74, Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Jim Gleason, Reston, 65-69, James Degoe, Reston, 70-74, Giulio Porta, Annandale, 75-79, Charles Nelson, Arlington, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Track, Rowing and Diving

Nine track events and a 2K rowing competition took place at Thomas Jefferson Community Center, Arlington, on Sept. 12 plus a diving competition in late afternoon at the Yorktown High School aquatic center in Arlington.

Track competition was held in five year age groups and divided by gender. The first event was a **three mile walk**. Gold medalists were (women) 50-54, Monica Hill, Woodbridge (new record), 55-59, Heather Ketron, Leesburg, 60-64, Maureen Ruel, Ashburn, 65-69, Jennifer Welti, Leesburg, 70-74, Anne Stewart, Falls Church, 75-79, Mandy Whalen, Falls Church (new record), 80-84, Diane Hill, Springfield; (men) 55-59, Arthur Skaer, South Riding, 60-64, Albert Arcand, Woodbridge, 65-69, Thomas Augustine, Woodbridge, 70-74, Victor Litwinski, McLean, 75-79, Karl Mueller, Alexandria, 80-84, James W.C. Chang, Oakton, 85-89, Leonard Kalkwarf, Springfield and 90-94, Jorge Soler, Falls Church.

In the **400 meter walk** competition, gold medalists were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Debbi Miller, Fairfax, 70-74, Kristi Krowbein, Falls Church, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arl; (men) 55-59, John Schneider, Falls Church, 60-64, Rob Aaront, Centreville, 65-69, Thomas Augustine, Woodbridge, 70-74, Brian Forst, Reston, 75-79, Karl Mueller, Alexandria, 80-84, Tom Quinn, Arlington and 85-89, Kent Halstead, Arlington.

Gold medalists in the **800 meter walk** were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Milan Li, Vienna, 70-74, Natividad Medrano, Fairfax, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arlington; (men) 55-59, John Schneider, Falls Church, 60-64, Albert Arcand, 65-69, Thomas Augustine, 70-74, Brian Forst, Reston, 75-79, Ward Morris, Falls Church, 80-84, Tom Quinn, Arlington, 85-89, Kent Halstead, Arlington (new record).

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Exactly What You Want in Retirement

Kill the living room,
maximize the kitchen.

By John Byrd

There's no doubt that the concept of a family kitchen has been radically altered in the past few decades. Homeowners are comfortable with less enclosure; more visual continuum. They are also embracing zoning ideas that make it easier for a hostess to move between food preparation tasks and entertaining guests.

But suppose the proposed solution for more kitchen space is to "lose the living room?" Unthinkable at first, but then — "really innovative, clever... a huge breakthrough."

Such were the revelations of Joy Green, owner of a 3,000-square-foot residence in Oak Hill, as she contemplated a plan to introduce a gourmet kitchen into the rear of traditional-style three level home.

Joy and husband Helmut, both in their mid-60s, had purchased the house new in 1983; raised three boys in it and, like most homeowners of the period, had happily adapted to what the home had to offer.

What the home offered was a 1,000-square-foot first level template consisting of a front foyer with a living room to the left; a family room, kitchen and dining room (moving from right to left) on the rear of the house.

One could walk directly from the foyer to the family room, but each room was less than 150 square feet. "And," Joy adds, "there was an excess doors." Five in the family room alone.

"The traffic through the kitchen was frequently clogged," she said.

Yet, curiously, the spacious front-facing living room was scarcely used.

"When the kids were small, the living room was a kind of containment area for their games," Joy said. "But as they got



Marcelo Dobrauchi of Terranova Construction K&B combined a former family room and tiny kitchen to create a gourmet kitchen nearly three times the size of the original for seniors Helmut and Joy Green of Oak Hill.



The new food prep island features two baking ovens positioned to help Joy Green enjoy one of her favorite culinary pursuits.



The kitchen's work triangles include a farm sink and custom designed cabinetry supporting spacious work surfaces.

Details

Designers at Terranova Construction K&B periodically offer workshops on home remodeling topics at their Tysons Corner showroom. Call 703-761-0604 or email Info@terranovaCKB.com.

online. She came across kitchen design pro Marcelo Dobrauchi of Terranova Construction K&B and set up meeting in her home.

"I had been experimenting with new space plan ideas for months," Joy said.

"I was kind of stumped. But Marcelo put everything into perspective almost immediately. In the end, he drafted eight floorplan variations. He was very thorough on every issue — and there were many."

"I thought an open plan might be better suited to what Joy and Helmut were looking for," Dobrauchi said, "so I sketched out a concept showing how they could convert the living room to a formal dining room while reconfiguring the adjacent kitchen/family room space as a large open kitchen revolving around a food prep island and dining counter."

Since this would entail deleting three interior walls concealing electrical wiring and plumbing, Dobrauchi devised a way to re-route much of the critical infrastructure into a specially-designed 12-foot-by-8-foot passageway conjoining the kitchen to the relocated formal dining room.

Meanwhile, by rerouting HVAC vents, the designer eliminated the need for ceiling-flush bulk-heading, adding the vital inches needed for higher, more capacious cabinets.

To accommodate a wide assortment pots, pans, cooking utensils, the design team built an L-shaped system of floor cabinets fitted out with custom-designed slots and cubbies.

At 16-feet-by-3-feet, the handsome food prep island and five stool dining counter is the kitchen's focal point. A pair of state-of-the-art baking ovens are within easy reach of the white quartz counter surface — which parallels a black quartz surface that includes a wine refrigerator and a glass-facing stemware cabinet.

The built-in works perfectly for the couple's everyday dining requirements, but is also an ideal staging area for the buffet-style service they generally employ for larger parties.

Jana Neudel, a Terranova interior design expert, worked closely with Joy in developing the kitchen's finish work elevations.

Nordic white mission-style cabinet facings present a pleasing shade contrast to the truffle-colored facings of the food prep island. Natural stone tiles with herringbone detail in a 3-inch-by-6-inch brick pattern, meanwhile, present a softly neutral back splash that ends texture to an open sunny space.

Completing the transitional-style interior design statement, walnut flooring and crown molding create a visual unity. Natural light floods in from all directions.

A perfect space for entertaining, and gourmet cooking pursuits.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.

www.ConnectionNewspapers.com

Senior Living

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church - Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.-12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church - Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Monday, Oct. 19, 2015, 10:30 a.m.-12 p.m., Lorton Senior Center - Main Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frengel at 703-550-7195, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Oct. 21, 2015, 12-5 p.m., Vienna Presbyterian Church - Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Wednesday, Oct. 21, 2015, 1-2:30 p.m., Braddock District Office, 9002 Burke Lake Road, Burke, VA 22015. Directions: 703-425-9300, TTY 711. (No registration necessary.)

MEDICARE 101

Wednesday, Oct. 21, 2015, 6-7:30 p.m., Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 23, 2015, 10 a.m.-3 p.m., Lorton Senior Center - Computer Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frengel at 703-550-7195, TTY 711.

SENIOR MEDICARE ENROLLMENT

Tuesday, Oct. 27, 2015, 10 a.m.-2 p.m., Lewinsville Senior Center - Computer Lab, 1609 Great Falls Street, McLean, VA 22101. To register: Call Michelle Ross at 703-442-9075, TTY 711.

MEDICARE 101

Thursday, Oct. 29, 2015, 10-11 a.m., Unitarian Church, 2709 Hunter Mill Road, Oakton, VA 22124. To register: Call the Shepherd's Center of Oakton-Vienna at 703-281-0538, TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.-1:30 p.m., WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Nov. 4, 2015, 11:30 a.m.-2 p.m., Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030. To register: Call Carrie Brill at 703-324-5456, TTY 711.

Volunteers Needed

Help urgently needed with the following interesting positions and tasks. Call 703-324-5406, TTY 711

The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant**.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**.

The **Hollin Hall Senior Center** in **Alexandria** needs a volunteer to help with once a week **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**; dance class meets on Thursday afternoons.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** on Fridays at 2:00 p.m. and an **Art Therapy Assistant** once or twice a month.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Country Western Line Dance Instructor, Hula Hoop Class Leader, African Style Dance Instructor** and an instructor to teach a class in **Mosaic Art or Jewelry Making**.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. Meals are delivered midday on Monday, Wednesday and Friday.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults, for one hour, twice a week.

The **Herndon Senior Center** needs **Social Visitors** daily anytime from 10 a.m.-2 p.m. and a **Baked Goods Table Manager**, Monday, Wednesday and Friday, 8:30-11:30 a.m.

Korean Meals on Wheels needs drivers to deliver meals midday on Monday, Wednesday and Friday. (Speaking Korean not required.)

The **Wakefield Senior Center** in **Annandale** needs an **Art Instructor** and a certified **Pilates** Instructor. Volunteer instructor positions could lead to part-time employment.

The **Mount Vernon Adult Day Health Care Center** in **Alexandria** needs a **Bingo Caller/Assistants** on Thursdays from 2-3 p.m.; **Word Activity Assistants**, Mondays, Wednesdays and Fridays from 11 a.m.-12 p.m.; a **licensed beautician** twice a month; a **front desk volunteer** on Mondays

from 11 a.m.-12 p.m. & 3:30-5 p.m. and Thursdays, 3:30-5 p.m.; **social companions** on Mondays, Wednesdays, and Fridays from 3-5 p.m. (English and Spanish-speaking social companions needed).

Vietnamese Meals on Wheels needs drivers in **Annandale** to deliver meals midday on Monday, Wednesday and Friday. (Speaking Vietnamese not required.)

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. Contact Kristin Martin at 703-324-7577, or Kristin.Martin@fairfaxcounty.gov.

For these and other volunteer opportunities, call 703-324-5406, TTY 711

Adult Day Health Care and Senior Centers - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.

Caregiver Respite - Respite volunteers give family caregivers of older adults, who cannot be left alone, a well-earned break. Volunteers are matched with families in or near their own neighborhoods. Volunteers receive training and support.

Grocery Shopping - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.

Group Volunteer Opportunity - During the month of May in honor of Older Americans Month, Volunteer Solutions Helping Hands program links volunteers to older adults throughout the county to help them maintain their homes. Volunteers assist older clients with yard work and home projects including: deep cleaning, decluttering and organization. This opportunity is ideal for individuals, groups, college students, faith groups, youth groups, friends, and families.

Household Services - Unpack boxes, change light bulbs, paint small areas, straighten cupboards or closets, organize paperwork, write letters. Commitment: varies.

Insurance Counseling - The Virginia Insurance Counseling and Assistance Program helps older adults understand and resolve issues with Medicare, Medigap, Medicare HMO Plans, and Long-Term Insurance. A two-day training is required. Commitment time varies.

Meals on Wheels - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer.

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Senior Living



Photos by Andrea Worker/The Connection

Brightview Great Falls executive director Tina Aulakh gave the welcome speech and made the toasts, surrounded by her staff on the stairs above her. Then it was on to leading the gathering in a few rousing tunes before getting the dancing underway.



Porta Nickles is preparing to celebrate her own birthday soon, looking forward to blowing out 100 candles. Surrounded by her grandchildren, (from left) Aletta, Laura, John and Philip, Ms. Porta says that the welcome that family members receive at Brightview Great Falls is one of the reasons she loves her home there. "Family of all ages are always invited and welcome," she said.

BrightView Celebrates One-Year

By Andrea Worker
The Connection

“When you live in a retirement or assisted living community, every birthday is a reason to celebrate – so why not give three cheers to the place itself!” quipped one resident of the BrightView Senior Living community in Great Falls, speaking at the facility’s one year anniversary bash.

The event was a dress-up occasion, and staff, residents and family and friends alike turned out in cocktail attire for the reception, special dinner and entertainment. Guests could tell they were in for an unusual evening when a smiling gentleman greeted them at the front entry on stilts, towering with impressive ease above the crowd. Inside the main lobby, offerings of flutes of champagne and “Vibrant Great Falls Bellinis” (No, we didn’t get the recipe!) ensured that the party really did get started.

Resident John Donahu was one of the first to move in when BrightView Great Falls opened in September 2014. Donahu came to the community because both he and his wife could be accommodated. With the facility’s Wellsprings Village section, which offers secure dementia care in a residential setting, the couple could continue to live in proximity, despite her deteriorating mental health. Sadly, Mrs. Donahu passed away shortly after their arrival, but John has become an active member of the BrightView residents’ gang and was found at the gathering greeting friends and enjoying the delights on the unique dessert tray – served on a floating table surrounding a very well-dressed young lady.

PORTA NICKLES is another resident who thinks birthday parties are “just wonderful!” Nickles attended this celebration surrounded by a table-full of her grandchildren who all live nearby and are frequent visitors. Even her great grandchildren are well



Ann Corsino joined the Brightview Great Falls community about half way into this, their inaugural year. She chose to enjoy her reception treats in one of the several outdoor spaces that surround the campus where she was still able to keep an eye on the action.

known and loved by BrightView families and staff. “They’re around here somewhere,” laughed Nickles granddaughter Aletta. “They are so comfortable here and so welcomed, that they just wander about and mingle with their many friends here.” While Nickles is decidedly happy to celebrate the one year birthday of her new home, she’s even more excited to prepare for her own 100th birthday, coming up early in the new year. “I’m ready! My life here is full and rich and I look forward to every day,” she said, just before heading off to join the group of residents who were preparing to sing a special BrightView ditty written and conducted by their beloved, piano-playing Josh Graf, director of Vibrant Living at BrightView Great Falls.

Brightview Great Falls is part of Brightview Senior Living, LLC, based in Baltimore. To residents like Donahu and Nickles, it’s no wonder the company keeps expanding the number of its communities throughout Virginia, Maryland and beyond. “It’s really all about the wonderful staff,” said Ann Corsino, who has been in residence

for about six months. “There are so many lovely, caring young people here. They really brighten things up.” Donahu and Nickles agreed that the staff is the key ingredient to the community’s success. Both cited numerous staff members for their professionalism, respect, and “just liking to have and share in a bit of fun!”

Once the gourmet buffet dinner, prepared under the direction of Chef Meldo, was reduced to not much more than leftovers, it was time for welcomes, toasts, singing, party favors, and some serious rug-cutting. “That’s ‘dancing’ for you young folks who might not know that expression,” the partygoers were educated by several residents. Executive Director Tina Aulakh made those welcomes and toasts, and then led the introductions and applause for the staff, praising them for their part in “getting us to this wonderful day.” After acknowledging her team, Aulakh told the attendees that the “real reason we are here this evening” is because of the residents, thanking them not only for choosing Brightview Great Falls as their home, but for enriching the lives of



Resident John Donahue chats with the “Floating Desert Lady” – who is actually executive director Tina Aulakh’s daughter Katja Milosevic. Milosevic says that she enjoys interaction with the residents. “It’s really good karma here,” she said.

those “privileged to be part of your family here.”

THE EVENING’S ACTIVITIES were scheduled to conclude at 7:30 p.m., but it was obvious by the numbers hitting the improvised dance floor of the facility’s “great room” that the action was only just getting started. It seemed a given that everyone inside the Brightview Great Falls community are ready to take Porta Nickles’ advice and “live life to the fullest and look forward to every day.”

Tina Aulakh, and Community Sales Director Joanna Banks invite anyone interested in exploring senior living options either for themselves or for family members to contact Brightview Great Falls or any of their other locations. “We do a number of ‘get to know us’ events,” said Banks. “And our residents love to show people around.” The community is located at 10200 Colvin Run Road in Great Falls and can be reached at 703-759-2513 or see their website www.greatfallsva.brightviewseniorliving.com.