

and Oakton Vienna CONNECTION

Burgermaid Friderike Butler and
Burgermesiter Greg Bernhard in
traditional German costumes last
Saturday at the Vienna Oktoberfest
held in the historic Church Street
corridor and Vienna Town Green.



Oktoberfest Vienna Draws Crowds

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St. Mark Catholic School
Receives Blue Ribbon Award

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FAIRFAX COUNTY FEDERATION OF TEACHERS

**2015 FCPS
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fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements

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Photos by Caroline Burr/The Connection



Patrick David, Michael Schwartz and Kevin Comer read lines during their rehearsal for "Mere Mortals."



Patrick David, Kevin Comer and Michael Schwartz stand with the director, Laura Fargotstein, after an evening of rehearsal.

In Vienna - the Show Must Go On

**Despite renovation woes,
The Vienna Theatre Company
presents an evening of one-acts.**

By Caroline Burr
The Connection

Although their home at the Vienna Community Center may be under construction, the Vienna Theatre Company is as active as ever. Showing off their many hats, and making the best of their current situation, the Vienna Theatre Company is well on their way as they prepare for their fall production this year, "Eclectic Essentials." Welcoming an enthusiastic scramble to find rehearsal space and having to accommodate a new pre-production routine, the Vienna Theatre Company cannot be stopped – the show must go on.

This fall, the Vienna Theatre Company opted for an evening of one-acts, embracing the expected challenges due to the Vienna Community Center renovation. "Eclectic Essentials" consists of five one-act plays. "It will be fun and a little bit of a challenge," said Laura Fargotstein, one of the show's directors. With the renovations anticipated to end in 2017, the group's collective positivity inspired the concept for the fall production. Laura Fargotstein, a member of the company's board of directors for about three years now, is directing "Mere Mortals," a play by David Ives.

"Mere Mortals" features Kevin Comer, Patrick David and Michael Schwartz. This play is about three good friends – construction workers in New Jersey – eating lunch together like they always do, until Charlie (Patrick David) tells an incredible secret. The two friends have different reactions, and then tell animated stories of their own. At a recent rehearsal of "Mere Mortals,"

Kevin Comer — who plays Joe — said, "My character is the skeptical one of the three. He's grounded and does not like to fantasize." Patrick David, who plays Charlie, said this one-act "is wonderfully written and very enjoyable. The audience will like it and the other actors are fantastic." While the characters speak about light-hearted things, as they would on an average lunch break, "the real theme here is about escaping from the drudgery of reality – imagining a better place," said Comer.

"ECLECTIC ESSENTIALS" includes five one-acts, under the individual direction of Adriana Hardy, Jessie Roberts, Laura Fargotstein, Jeff Mikoni and Leta Hall, and Melissa Sim and Haley Murphy. "I, as a director, have to bring everything to each rehearsal. That's part of the reason why the plays have to be very simple," said Laura Fargotstein. "The one-acts idea fits well with this simplicity," she said. Although the plays are all very different, these short pieces will explore the human condition – through friendships both old and new, warm satire, and clever wit. From absurd comedies to a new play from Singapore that takes on current events in a wacky way, "Eclectic Essentials" enhances these "low-key, simple



Three friends Charlie, Frank and Joe — played by Patrick David, Michael Schwartz and Kevin Comer — enjoy their lunch hour on a girder 50 stories over the street. Joe's character is keeping his attention on the reality embedded in the pages of his newspaper.

concepts" with a punch.

The Vienna Theatre Company will be performing at the Vienna Baptist Church this fall and has other places like the Vienna firehouse in mind for future performances.

When and Where

The Vienna Theatre Company presents "Eclectic Essentials" on Oct. 30-31, and Nov. 6-7. The show will be at the The Vienna Baptist Church, 541 Marshall Road, SW Vienna. Tickets will be available at the door for \$14 or to reserve tickets, email vtcshows@yahoo.com.

For more information, visit www.viennatheatrecompany.org

Despite the changes and displacement, "We are going to have to stay active and keep a presence in Vienna," Fargotstein said.

ACTORS AND DIRECTORS

come from all over, but the heart of the company resides in Vienna. The company, founded in the early 1970s by Norman Chaudet, is now sponsored by the Town of Vienna through the Department of Parks and Recreation, and was incorporated in 1985. At its beginning, the company used the old gym at the Vienna Community Center for its rehearsal and performance space. Today, the search for viable performance locations continues. "Each director has to find a rehearsal space," said Fargotstein. Although finding spaces large enough to rehearse has proved to be a challenge, the company improvises with what they have. Fargotstein held her last rehearsal at her home.

"We are trying to be very positive and look at this as an opportunity to bring different things to the company," Fargotstein said. "We are even more active than we are ordinarily – and that's ironic!"

News

Bulova Welcomes Leadership Fairfax's Class of 2016

Leadership Fairfax's 10-month LFI Signature Program started off the year with two inspiring opening days at Reston Association on Sept. 25 and 26. The kick-off included an in-depth overview of Fairfax County and a welcome message from Sharon Bulova, chairman of the Board of Supervisors. Chairman Bulova expressed her admiration of the program stating, "I very much appreciate LFI for what it does in the community and this will be an exciting year. I look forward to your involvement in some key issues facing Fairfax County."

The class of 2016 unites high performing leaders from across the Northern Virginia area to establish pathways for civic engagement and expand students' knowledge of community issues.

Students are tasked with identifying issues within the community and educating their fellow classmates. Through LFI's professional development program, they learn about leadership styles, strengths and competencies, connect with leaders across all three sectors and understand the importance of visionary leadership.

"We look forward to partnering with these talented and capable leaders as they dive into community issues and engage with one another in meaningful ways," said Karen Cleveland, president and CEO of Leadership Fairfax.

Leadership Fairfax has been developing community leaders since 1998. Their graduates, numbering



Sharon Bulova

Photo contributed

over 1,400, connect the Fairfax community across all sectors – public, private and nonprofit. To enroll or learn more, visit www.leadershipfairfax.org. Leadership Fairfax headquarters are located at 8230 Old Courthouse Road, Suite 350, Vienna, VA 22182. Visit www.leadershipfairfax.org or call 703-752-7555.

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Great Falls Basketball is a non-profit educational organization

News

The school celebrated its achievement with a school-wide announcement and by inviting students to the gym for ice cream and a thanksgiving prayer service.



Photo contributed

St. Mark Catholic School Receives Blue Ribbon Award

St. Mark Catholic School, in Vienna, has been selected by the U.S. Department of Education to receive the Blue Ribbon School of Excellence Award.

Each year the Blue Ribbon Schools Program honors public and private elementary, middle and high schools that are either academically superior or demonstrate dramatic gains in student achievement. St. Mark Catholic School now officially ranks, nationally, in the top 10 percent of private and religious elementary schools based on nationally standardized testing in math and reading.

"The formation of our young people in faith, knowledge and service is the most important thing we do at St. Mark Catholic School," said St. Mark pastor Fr. Patrick Holroyd. "It is a tremendous honor for our parish school, which is so faithfully supported by our parishioners, to be recognized for its achievement in

its short history."

St. Mark Catholic School, founded in 2003, was initially led by principal Helen Brewer and a small group of faculty with about 250 students. Today, the school boasts enrollment nearly at capacity, with Darcie Girmus, an original faculty member, at the helm as principal.

"We are proud to have built a foundation of excellence for the first generation of students and their families," said Girmus. "This recognition validates the work of our faculty, students, and families for the past 12 years and provides a standard of excellence for continuing our work well into the future," she added.

The school celebrated its achievement with a school-wide announcement and by inviting students to the gym for ice cream and a thanksgiving prayer service.

Faith Notes

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

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

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service

in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

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Savannah, Ga. For St. Patrick's Celebration • March 15 – 18.....\$1086
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Azalea Festival In Norfolk • April 21 – 24.....\$650
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HEALING LOVE - NEVER OUT OF REACH



In this one-hour talk, national speaker Jill Grimes discusses how God's love dissolves the glue that tries to attach us to guilt, disease, or age.

Sunday, October 18 at 2pm
Sherwood Community Center
3740 Old Lee Hwy
Fairfax, VA 22030

❖ Free Parking

❖ Child Care Available

Grimes' Christian Science decades-long practice has included healings of broken bones, addictions, diseases and depression. Now a member of the Christian Science Board of Lectureship, Grimes travels throughout the country sharing her spiritual discoveries.

Sponsored by

The First Church of Christ, Scientist, Fairfax, Virginia.

Questions? Call 571-442-1580.

Visit ThinkDifferentlyFairfax.com

Community Open House

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Sunday, October 18, 2015, 12:30–4:00

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- Realtor and FSBO Open Houses 1–4 p.m. (Independent of Community Open House)

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Photo by Ed Knepley

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.

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 identification 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

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

♦ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035

Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m. Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

♦ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

♦ **McLean Governmental Center** - 1437 Balls Hill Road, Community Room, McLean, 22101

♦ **North County Governmental Center** - 1801 Cameron Glen Drive, Community Rooms, Reston, 20190

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.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

Editorial

Not Up to the Challenge

By Kenneth R. "Ken" Plum
State Delegate (D-36)



Commentary

It is not easy to admit that you are not up to a challenge that hundreds of your constituents face each day, but that's what happened to me last week. ProgressVA sponsored the "Live the Wage Challenge" asking elected officials, community leaders, advocates and everyday citizens to walk in the shoes of a minimum wage worker by living on a minimum wage budget for one week. The point of the activity was to help others understand what life is like for low-wage workers and why raising the wage is important to working families and to the economy.

Directions for the simulation provided each participant with a weekly budget of \$77 which represents the weekly wages of a full-time worker making the federal minimum wage of \$7.25 per hour minus average taxes and average housing expenses. Even that budget is generous for the Northern Virginia region where

housing expenses alone would wipe out the entire paycheck. For the activity, I needed only to figure out how to pay for my meals, groceries, transportation and recreational spending. The rules were very generous in not requiring me to cover the expenses of family members or work travel. The rules however did require me to eat only those items of groceries or eating out paid for within the budget. I was required to record my expenses to see how I made it through the week.

The fact of the matter is that I did not make it through the first day. It was clear to me from the beginning that I was not going to be able to make ends meet. Yet, people in my community and throughout Virginia have to face these challenges every day. The simulation included a day when a child in your household gets sick. What do you do? You cannot stay home for you need to work every day to get the income. You cannot afford a babysitter or a visit to a

medical clinic.

I have been conscious of the plight of low-income people, but this activity brought home to me once again how tough life is for some people. Several years ago I was paired with a woman living in subsidized housing with her young daughter who had multiple handicaps, and I tried to live on a budget of public assistance that she had. I failed that challenge as well. And I grew up in a home with limited income. I admire the resourcefulness of persons in these situations and their ability to live without many of the things we consider basic.

Last legislative session I introduced a bill to raise the minimum wage in Virginia. It was supported by interfaith, religious and labor groups. It was unfortunately opposed by business groups including the Virginia Chamber of Commerce and much to my disappointment the Fairfax and Reston Chambers of Commerce. I will introduce the bill again in 2016. For those who have opposed the bill in the past, I hope you will go to #LiveTheWageVA and tell me and others how you would meet the challenge!

Vienna & Oakton
CONNECTION

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People

Local Singer Goes International

Herndon native, Oakton High graduate Elizabeth Dean rocking European radio.

By Ashley Claire Simpson
The Connection

Herndon native and Washington, D.C. resident Elizabeth Dean's voice has been rocking European radio. She sings on German producer Florian Pauly's Electronic Dance Music song, "You Got It (featuring Lizzie D)," which was released on SoundCloud, iTunes and Spotify in early August of this year. The song, which is a cover and redo of Roy Orbison's 1989 hit "You Got It," is currently playing on major German radio stations and in clubs all over the world.



Photo contributed

Elizabeth Dean starred in musicals and a cappella concerts at Oakton High School.

While Dean hopes this is just the start of her professional music career, she got her start in the halls of Fairfax County's very own Oakton High School, where she starred in musicals and a cappella concerts.

"I took the musical theater in high school and sang in various groups, including the Fairfax Chorale Society. I also always sang and danced."

She said she continued musical theater at Christopher Newport University, where she graduated from college in 2012. She said until her once-in-a-lifetime opportunity with Pauly, college was the last time she performed.

"I haven't really done anything since college except singing in the car, in the shower and just around my apartment," Dean said. "I guess that's a good thing, because that's how my roommate knew that I could sing."

DEAN'S ROOMMATE was the one who connected her with Pauly, who happened to be looking for a singer for his cover of "You Got It." Pauly had already worked with sound engineers to arrange the song.

"By chance I met Lizzie in Washington, D.C.," Pauly, who goes by Florian, said. "Lizzie sang to me and two days later we had a recording. What I love about how it turned out is that both young and old people love the song."

Dean said this was the first time she had been in a recording studio, and that it was simultaneously a terrifying and dream-like experience. Since Florian was abroad at the time Dean recorded, there was no

official plan for how she would execute the song. All she had were lyrics to work with.

"It was really scary for me," Dean explained. "I had no track, no accompaniment. Once I got in the studio (District Sound Lab in Bethesda), they just built the song around my vocals. I thought it was a bust. I was really disappointed when I left the studio."

Despite Dean's assumptions, Florian was pleased with her recording. Two days later, Dean was listening to the first cut of the song.

She did a final recording in Chicago, which she said was "a dream come true."

"It sounds so cool what they did with it," Dean said. "I feel so blessed to have had this opportunity."

Florian's rendition of "You Got It," is his second song, and will be released on his debut album. He expects to finish the album within the year, as releasing one song per month is his current plan.

In the meantime, Florian said he will be traveling all over the world, including across the U.S., to promote the song and develop more tracks. So, Dean's voice may soon be making waves beyond Europe.

THE GERMAN entrepreneur and producer said he absolutely plans to have Dean featured in future tracks. He said he also expects Dean will have opportunities working with other artists and producers.

"Florian has opened a lot of doors for me," Dean said. "It's a matter of figuring out how to take the next steps. I want to pursue music, and I like the electronic music scene. I would love to perform live, record more songs and even do a tour."

Bulletin Board

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

TUESDAY/OCT. 13

Money Matters Book Discussion. 7-8:30 p.m. Oakton Library, 20304 Lynnhaven Place, Oakton. "How Money Affects Our Lives" (multi books). 703-242-4020. Free.

NARFE (National Association of Active and Retired Federal Employees) Meeting. 1 p.m. American Legion Post 180, 220 North Center Street, Vienna. The guest speaker will be Gayle Nelson from Blue Cross Blue Shield. All members and their guests are invited to attend. 203-938-8757.

SUNDAY/OCT. 18

Healing Love Never Out of Reach. 2 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. In this free talk by Jill Grimes, practitioner of

Christian Science healing, hear examples of how God's love dissolves the 'glue' that would stick us to guilt, disease, or age. 703-571-442-1580 or visit www.thinkdifferentlyfairfax.com

SATURDAY/OCT. 24

Community Shredding Day. 9 a.m. - 12 p.m. Long and Foster parking lot, 1355 Beverly Road, McLean. Here's your opportunity to clear your office of dated papers. Bring your friends as well, if they have papers that need shredding in preparation for a move, or just want to shred old documents to make more space in an office.

TUESDAY/NOV. 10


Red Cross Blood Donation. 8:30 a.m. - 2 p.m. Long and Foster

Realtors, 1355 Beverly Road, McLean. McLean is holding a blood drive. Please sign up today at www.redcrossblood.org and search by Sponsor Code: LONGANDFOSTERMCLEAN or call 1-800-REDCROSS to schedule your appointment.



Fire Station Open House. 10 a.m. - 4 p.m. Great Falls Volunteer Fire Station, 9916 Georgetown Pike, Great Falls. Firefighter demonstrations, station tours and fun instructional activities will be available for children and adults alike. Come learn about fire safety and why it's so important.

See Bulletin, Page 7


REMODELED HOME & ART TOUR
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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/21/2015.....A+ Camps & Schools
Halloween is October 31

10/28/2015.....Election Preview

NOVEMBER

11/4/2015.....Wellbeing

11/11/2015.....HomeLifeStyle

11/18/2015.....A+ Camps & Schools

11/19/2015.....Holiday Entertainment & Gift Guide I
Thanksgiving is November 26

11/25/2015.....Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015.....Wellbeing

12/9/2015.....Holiday Entertainment & Gift Guide II

12/9/2015.....HomeLifeStyle; Home for the Holidays

12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue - Safe for the Holidays

12/30/2015.....Children's Connection

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Burgermeister Greg Bernhard (left) with winners of the costume contest: Brian Bailey, Nicole LaFever and Blane Dahl.



(From left) Bruce and Sarah Biggs, Diana Marquez and Scott Witt enjoy beer in the beer garden.

Photos by Steve Hibbard/The Connection



Sexton's German Band performs Oktoberfest music for the crowd.



Oktoberfest featured marketplace vendors like these.

www.ConnectionNewspapers.com



Photo contributed

From left — Del. Mark L. Keam (D-35) with Paul Kuchler, chef and owner of Maplewood Grill.



In spite of the rain, the Vienna Oktoberfest had a good-sized crowd.



Emily and Aidan Linegang of Vienna.

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The Reston Chorale is supported in part by:
Arts Council of Fairfax County, Virginia Commission for the Arts, National Endowment for the Arts, ARTWORKS.

Special thanks to:
THE CONNECTION NEWSPAPERS

Joe Shirley and Lois Peters of Springfield in traditional costumes.



5th Annual Golf



"FORE" the Kids Golf Tournament Benefiting the Boys and Girls Clubs of Fairfax County

Dear Members of BCGW Fairfax Board:

In an effort to provide an awesome golf event we have elected to cancel our tournament scheduled for this Monday due to the dire weather forecast for our area. We have rescheduled the event for **Monday, October 26th**. All other details are exactly the same. Your support of our kids is greatly appreciated and we look forward to seeing you on October 26th.
Fairfax Region - Boys & Girls Club of Greater Washington, Golf Outing Team

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New Fall Hours: Monday – Saturday 8 am – 7 pm, Sunday 9 am – 6 pm
merrifieldgardencenter.com

Calendar

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

THURSDAY/OCT. 8

Vienna Arts Society Monthly Meeting. 7:30-9:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. VAS Monthly Meeting will feature Anabela Ferguson, who will discuss her process for restoring paintings to their original state. Ferguson, is a jack of all trades—she paints, she restores, she frames, and she teaches.

2nd Annual NOVA Pride Multifaith Worship Service - The Faithful Road; A Shared Journey of Gratitude and Commitment. 7:30-8:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join with people of faith to gather in gratitude for gains in LGBT civil rights, the opening of doors of a growing number of faith communities, and to celebrate the 2nd Annual Northern Virginia Pride Festival. www.unityoffairfax.org. Elizabethf@pofev-nova.com.

Claude Moore Colonial Farm Cajun Barbecue and Silent Auction Fundraiser. 6-9 p.m. Pavilions of Turkey Run, 6310 Colonial Farm Road, McLean. The menu features dry rubbed, slow cooked pork barbecue, grilled marinated chicken, farm to fork vegetables including zucchini, squash and broccoli, coleslaw and tossed salad, and warm peach cobbler. Event also features a silent auction, live music, 18th century dancing and beer tasting. Tickets: \$25-\$35. www.1771.org/fundraiser.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen Volunteers available to read to or with beginning readers. Ages 3-9.

DaVinci Drone Coders Network. 6:30 p.m. Learn about building, maintaining, customizing and coding drones. All levels welcome. Ages 8 and up.

FRIDAY/OCT. 9

Nutcracker Classical Ballet Theatre. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Boys and girls will delight in this 30 minute performing arts enrichment program. Ages 4-7.

FRIDAY-SATURDAY/OCT. 9-10

Wolf Trap Campout. 10 a.m. Wolf Trap, 1635 Trap Road, Vienna. Campers will learn to be comfortable with the outdoors, have fun, make new friends, and build confidence, all while not venturing too far from home. <http://fowt.info/campers/>. Registration fee is \$30.

SATURDAY/OCT. 10

Oktoberfest Bazaar and Craft Fair. 10 a.m. to 3 p.m. The Hunger Church, Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Handcrafted jewelry, silk floral arrangements, baked goods and loads of crafts. Free crafting and activities for children while you shop.

Community Sale. 9 a.m.-12 p.m. Historic Pleasant Grove, 8641 Lewinsville Road, McLean. The sale will feature antiques and vintage items, housewares and more, as well as homemade baked goods. www.HistoricPleasantGrove.org.

Dance for Everyone. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Dancing to the TMD Band. TMD is a group of 11 R&B'ers that have kept their fans in Washington, Baltimore, and

See Calendar, Page 11

www.ConnectionNewspapers.com

Calendar

From Page 10

Annapolis partying since 1992. Pre-dance lesson in East Coast swing from 7-8 p.m. \$20.

McLean Symphony Orchestra. 7:30-9:30 p.m. McLean Community Center, Alden Theater, 1234 Ingleside Avenue, McLean. Variations and Fugue on a Theme of Mozart, and R. Rodgers - Sound of Music Symphonic Highlights. Tickets: \$15-\$20. <http://www.mclean-symphony.org>.

A Musical Journey Through Latin America. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Guitar Duo David Grimes and Michael Anthony Nigro to perform at the Great Falls Library. The program will feature solos and duos from Greece to Latin America by composers Mario Castelnuovo-Tedesco, Gerardo Tamez, Julio César Oliva, Jorge Cardoso, Manos Hatzidakis and many others.

SUNDAY/OCT. 11

Cars for the Cure. 9 a.m.-2 p.m. Great Falls Village, Great Falls. Annual drive to end diabetes. There will be over 100 classic, antique, exotic cars trucks and motorcycles on hand. The Wells Fargo Stage Coach will be there giving rides to kids, there will be live music, giveaways, and lots of other stuff going on. www.carsfortheureusa.com.

WEDNESDAY/OCT. 14

Great Falls Historical Society's Oktoberfest Potluck Dinner. 6 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls.

FRIDAY/OCT. 16

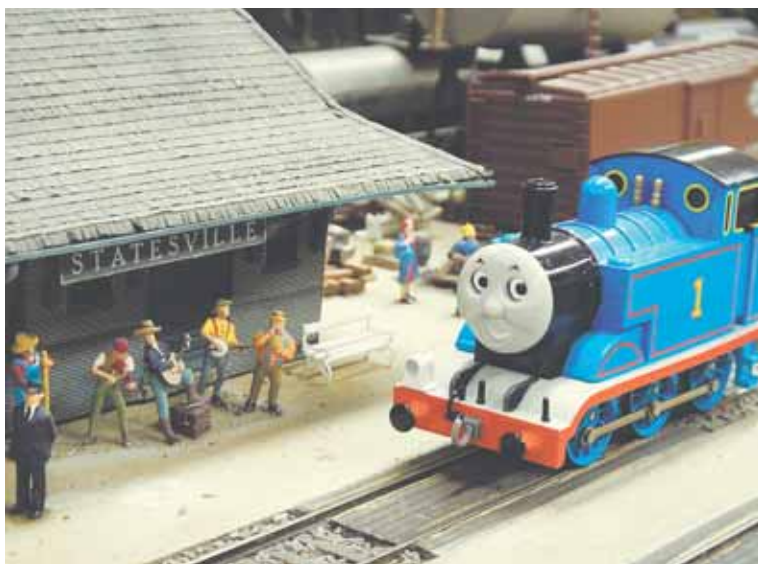
Family Force 5. Jammin' Java, 227 Maple Avenue East, Vienna. <http://www.familyforce5.com/>

FRIDAY-SUNDAY/OCT. 16-18

Great Falls Studios 2015 Art Tour. Travel the back roads and main streets of the village to individual and group studios. Meet more than 40 GFS member artists - quilters, painters, potters, sculptors, jewelers, photographers and more - in their natural environment. Demonstrations, exhibits and hands on activities in creative spaces. Exceptional art for sale. www.GreatFallsStudios.com.

SATURDAY/OCT. 17

Family Halloween Party. 11 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Come join the fall family fun at the Town of Vienna Halloween On The Green event. Activities include a costume parade,



See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose on Oct. 17 from 1-5 p.m. at 231 Dominion Road NE, Vienna.

Ongoing

"Figuratively Speaking." Friday-Sunday through Oct. 11 at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Portraits and figures in watercolor and mixed media by Deborah Conn. Tickets: \$15-\$30. www.1ststagetysons.org.

spooky crafts, games & prizes, storytelling, moonbounces and more. **Model Trains and Thomas at Open House.** 1-5 p.m. 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose. 703-938-5157. www.nvmr.org.

Vale Fall Fair. 11 a.m. - 3 p.m. Vale Schoolhouse, 3124 Fox Mill Road, Oakton. The historic Vale Fall Fair has been held since 1934. Pie eating contest, balloons, bake sale, toy and book sale, crafts, music, barbecue, Oakton Eagle Presentation, instrument petting zoo, haunted forest. Kids, bring your Halloween costumes for the parade.

Julie Fowles in Concert. 8 p.m. The Alden, 1234 Ingleside Avenue, McLean. Born and raised on the remote island of North Uist, Fowles has won "Gaelic Singer of the Year" and "Album of the Year" honors and is one of Scotland's true contemporary treasures. \$35/\$20 MCC district residents. www.mcleancenter.org.

SATURDAY-SUNDAY/OCT. 17-18

Tysons Fall Harvest Festival. 12-5 p.m. Lerner Town Square at Tysons II, 8025 Galleria Drive. Arts and crafts, petting zoo, moon bounce, great craft beers, 10 of Virginia's best wineries, and more tastes of fall.

Claude Moore Colonial Farm 1771 Market Fair. 11 a.m.-4:30 p.m. 6310 Georgetown Pike, McLean. Warm yourself by the fires and enjoy the splendor of autumn with crisp local apples, warm savory meat pies and hearty breads, or let Market Fair entertainers, tradesmen and the militia amuse and educate you. Visit www.1771.org.

SATURDAY/OCT. 17-24

Ronald Dahl Double Feature. 2 & 7 p.m. Marshall High School, 7731 Leesburg Pike, Falls Church. George C. Marshall's drama department will open the 2015-2016 Season with a Ronald Dahl Double Feature including "The Twits" and "Danny, the Champion of the World." Tickets \$5-\$15. <http://statesmentheatre.org>. 703-714-5400.

SUNDAY/OCT. 18

Teen Sex Trafficking: Hiding in our Neighborhood. 2-4 p.m. The Church of the Holy Comforter, 543 Beulah Road NE, Vienna. The program will feature experts involved in the fight against scouting, manipulation and recruitment of teenagers, and there will be displays from several area organizations with information on how you can help.

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Sports

Madison Volleyball Extends Win Streak to Four

The Madison volleyball team defeated Marshall in five sets on Oct. 1, improving its record to 10-3 while extending its win streak to four.

The Warhawks will open Conference 6 play at home against Washington-Lee at 7:15 p.m. on Wednesday, Oct. 7.

Madison is the defending Conference 6 and 6A North region champion.

Madison Field Hockey Improves to 12-1

The Madison field hockey team won its sixth straight game and improved to 12-1 with a 2-0 victory over defending region champion Fairfax on Monday.

The Warhawks, whose lone loss of the season came against Westfield on Sept. 15, improved to 3-0 on Conference 6 play.

Madison will travel to face Langley at 7:30 p.m. on Wednesday, Oct. 7.

Oakton Volleyball Loses to South Lakes

The Oakton volleyball team suffered its first loss in a five-set match on Sept. 29, falling to South Lakes 3-0 on Sept. 29. The defeat dropped the Cougars' record to 14-3.

Oakton had the rest of the week off before facing West Springfield on Tuesday, after The Connection's deadline. The Cougars will travel to face Paul VI at 4 p.m. on Friday, Oct. 9, before starting Conference 5 play with a home match against Centreville at 7:15 p.m. on Tuesday, Oct. 13.

Madison Football Wins Fourth Straight

The Madison football team extended its win streak to four games with a 47-21 victory over Yorktown on Friday in Arlington.

After losing to Oakton in the season opener, the Warhawks have defeated Stone Bridge, McLean, Langley and Yorktown, improve their record to 4-1 overall, and 3-0 in Conference 6.

Madison will host Marshall at 7 p.m. on Friday, Oct. 9.

Oakton Football Falls to Westfield

The Oakton football team suffered its third straight loss on Oct. 1, falling to Westfield 38-7 at Oakton High School.

The defeat dropped the Cougars' record to 2-3, including 0-2 in Conference 5.

Oakton will host Centreville at 7 p.m. on



Katie Sissler, left, Jessica Donaldson, center, Elena Shklyar and the Langley volleyball team will open Conference 6 play at home against Yorktown on Thursday, Oct. 8.

Friday, Oct. 9.

Langley Volleyball Drops 3 of 4

After a 9-1 start, the Langley volleyball team dropped three of four matches to fall to 10-4.

The Saxons lost at Potomac Falls 3-1 on Oct. 1. Langley dropped a five-set match at Chantilly on Sept. 28, and was swept by Battlefield on Sept. 19.

Langley faced Westfield on Tuesday, after The Connection's deadline. The Saxons open Conference 6 play with a home match against Yorktown at 7 p.m. on Thursday, Oct. 8.

Langley Football Earns First Victory

The Langley football team earned its first win of the season on Oct. 1, blanking Fairfax 36-0 at Langley High School.

The victory improved the Saxons' record to 1-4, including 1-1 in Conference 6 play.

Langley will host Washington-Lee at 7 p.m. on Friday, Oct. 9.

Langley Field Hockey Beats South Lakes

The Langley field hockey team defeated South Lakes 2-1 on Monday to improve to 8-4 overall, and 2-2 in Conference 6.



Jane Hoyt, seen earlier this season, and the Madison volleyball team beat Marshall on Oct. 1 for its fourth consecutive victory.

The Saxons will host Madison at 7:30 p.m. on Wednesday, Oct. 7.

McLean Volleyball Wins 8 of 9

The McLean volleyball team has won

eight of its last nine matches, including a 3-0 victory against Wakefield on Oct. 1.

The Highlanders (15-4) will host Hayfield at 7:15 p.m. on Wednesday, Oct. 7.

McLean Football Searching for First Win

The McLean football team dropped to 0-5 with a 43-28 loss to Hayfield on Oct. 1.

The Highlanders return to action at 7 p.m. on Friday, Oct. 9 with a road game against Chantilly.

South Lakes Football to Host Rival Herndon

The South Lakes football team will host rival Herndon at 7 p.m. on Friday, Oct. 9.

Herndon dropped to 2-3 with a 70-28 loss at Tuscarora on Oct. 1. The following night, South Lakes traveled to Arlington and beat Washington-Lee 28-2, improving its record to 4-1.

Herndon crushed South Lakes 49-0 last season. South Lakes won the 2013 meeting, 10-7.

Herndon Field Hockey Drops Conference Opener

The Herndon field hockey team had its eight-game win streak snapped by Centreville on Sept. 30. The Hornets lost their Conference 5 opener 1-0.

Herndon faced Chantilly on Tuesday, after The Connection's deadline. The Hornets will host Marshall at 4:30 p.m. on Friday, Oct. 9.

South Lakes Girls' XC Places Third, Boys Sixth

The South Lakes girls' cross country team placed third at the Hagan Stone Cross Country Classic on Oct. 3 in Kernersville,

N.C.

Emily McGrath was the Seahawks' top finisher, placing 10th with a time of 21:23.21. Katie Bidwell finished 11th (21:33.59) and Anna Prater was 15th (21:47.48).

The South Lakes boys' team took sixth, led by John LeBerre, who finished 19th (18:04.08).

Week in Vienna

Candidate Forum to Be Held at Madison High

A Meet and Greet for the candidates for Fairfax County Chairman, Board of Supervisors and At-Large School Board Members will be held on Tuesday, Oct. 13, 7 – 9:30 p.m. at James Madison High School, 2500 James Madison Drive, Vienna. The candidates for Chairman, Board of Supervisors, are Sharon S. Bulova (D)*, Arthur G. Purves (R), and Glenda Gail Parker (I). The At-Large School Board candidates are: Robert E. "Bob" Copeland, Omar M. Fateh, Jeanette M. Hough, Manar A. Jean-Jacques, Peter M. Marchetti, Ryan L. McElveen*, Ilryong Moon*, Burnette G. Scarboro, and Theodore J. "Ted" Velkoff*. (The asterisk indicates incumbent.) All certified candidates campaigning for office in their respective districts have been invited. A question-and-answer session will allow interaction with the candidates.

For more information, go to: www.lwv-fairfax.org. Questions? Email: league@lwv-fairfax.org.

This event is sponsored by: the League of Women Voters of the Fairfax Area, the American Association of University Women of Virginia, the Fairfax County Council of Parent Teacher Associations, the Voice of Vietnamese Americans, and the Zeta Phi Beta Sorority, Inc.

Vienna Church to Host Teen Sex Trafficking Program

Join the churches of Region V of the Episcopal Diocese of Virginia for Teen Sex Trafficking: Hiding in our Neighborhood, on Sunday, Oct. 18, from 2 until 4 p.m. at the The Church of the Holy Comforter, 543 Beulah Road NE, Vienna.

The program will feature experts involved in the fight against scouting, manipulation, and recruitment of teenagers, and there will be displays from several area organizations with information on how you can help. The program is open to high school ages and up.

Guest speakers and panelists include: Beth Saunders, Moderator and panelist, Executive Director, Just Ask Prevention Project; Gail Hambelton, Speaker and panelist, National Director, Safe Haven Campaign; Detective Bill Woolf, Speaker and Panelist, FCPD Human Trafficking Unit/Northern Virginia Human Trafficking Task Force; Barbara Amaya, panelist, author of "Nobody's Girl" and trafficking survivor; Rebecca Howery, panelist, Education Specialist in Health and Physical Education, FCPS; Meghan Huebner, panelist, Director of Residential Services, Alternative House; Meredith McKeen, panelist, Director of Intervention Services, Northern Virginia Family Service.

Bulletin Board

From Page 7

ONGOING

The Shepherd's Center of Oakton-Vienna has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

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

Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Senior Fall Prevention Classes. 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. 703-819-1690.

Virginia Sheriff's Institute Scholarship Program. Those enrolled in a Virginia college or university who are pursuing a degree in the field of criminal justice are eligible for the

Virginia Sheriff's Institute Scholarship Program; recommendation letter needed. 703-246-3251, shf-pio@fairfaxcounty.gov or <http://vasherriffsinstitute.org/scholarship/>.

Everest College Free GED Test Preparation. Tysons Corner, Vienna. Free GED test preparation and credential completion program, GED Advantage, open to the public. 1-888-201-6547.

Weekly TIPS Lunch. 12:15-1:30 p.m., at Shula's, 8028 Leesburg Pike, Vienna. Tyson's Regional Chamber of Commerce does lunch. 703-862-4895.

New Neighbors League Club of Northern Virginia. For women, the club includes Bridge, mah jong, gardening, quilting and many other activities. www.newneighborsvirginia.com.

Volunteers for Change. A program for adults which offers more than 50 weekend and evening volunteer opportunities per month. www.volunteerfairfax.org.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

The Advisory Board of the Northwest Center for Mental Health Services. 7-9 p.m. Looking for volunteers who are dedicated to improving mental health services. 703-435-0868.

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

Pauline Shirley Toastmasters Club Meeting. 6:45 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Develop better speaking and presentation skills, learn to think quickly and clearly on your feet. 703-893-5506 or paulineshirley.freetoasthost.info.

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., N.E., Vienna. A group for anyone with multiple sclerosis, their family and friends. 703-768-4841.

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW; meetings are the second Wednesday of each month. 703-532-4892.

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"One Less Thing"

By KENNETH B. LOURIE



Forrest Gump knew. Although not having to worry about money anymore because Lt. Dan invested their Bubba Gump Shrimp money into "some kind of fruit company" (Apple) is hardly akin to having cancer and awaiting the results of one's brain MRI, still: worry is worry. And the less of it, and the fewer reasons for it, the better. And a cancer patient, yours truly in fact, receiving an e-mail from his oncologist, saying succinctly: "brain MRI looked good" means I have less to worry about - for now.

Not that I feel (not usually, anyway) as if my life is hanging in the balance. I don't, really, but it's hanging somewhere, and that somewhere is rarely in any kind of balance. More of a cycle. The reason being: your life (at least mine) is a series of lab visits/lab work, urine collections, chemotherapy infusions/targeted treatments, diagnostic scans, face-to-face and/or phone appointments with your oncologist; phase 1, 2 or 3 Study and/or Clinical Trial considerations, and on and on and on; and none of that has anything to do with the many remedies I employ at home. As a consequence, cancer becomes the dominant and recurring theme in your life. You'd rather it wasn't, but a diagnosis of stage IV cancer has a tendency to focus and preoccupy your mind. A mind that, six and half years post-diagnosis, is still finding its way through the cancer labyrinth, and a mind which is not being wasted and one that, at least until my first PET Scan in six and a half years in two weeks, is semi at ease.

It is these intervals that you cherish; when you can sort of sit back and relax, and pretend that all is right with your world and that cancer is not a part of it. But then you wake up and realize that it was only a dream. Still, any dream though, day or night; or moment in time, when you can delude yourself, manipulate your circumstances, alter your ego and/or find respite from the daily grind, is a day to treasure. And it is these post-scan and pre-scan days/weeks when results have indicated (confirmed is a bit too presumptuous; I never want to poke the bear) that for the moment one's status is quo; more specifically, one's brain and/or in my case, lungs, have not succumbed to the resident evil that is cancer, that are my favorites.

So life goes on. Thank God! And thank modern medicine and my oncologist as well; thank Rebecca Nenner, my Certified Holistic Health and Fitness Coach; thanks to friends and family and readers for all their support and encouragement; thank my DNA/genetic code for tolerating and responding to all the various treatments, supplements, alternatives, etc., which have been a part of my survival for these past six and half years, and thank my lucky stars for everything. It's not the most fun I've ever had, but I have to admit, beating the odds and being called a "miracle" by one's oncologist is pretty damn satisfying; and one more "thing" for which I can be extremely grateful.

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

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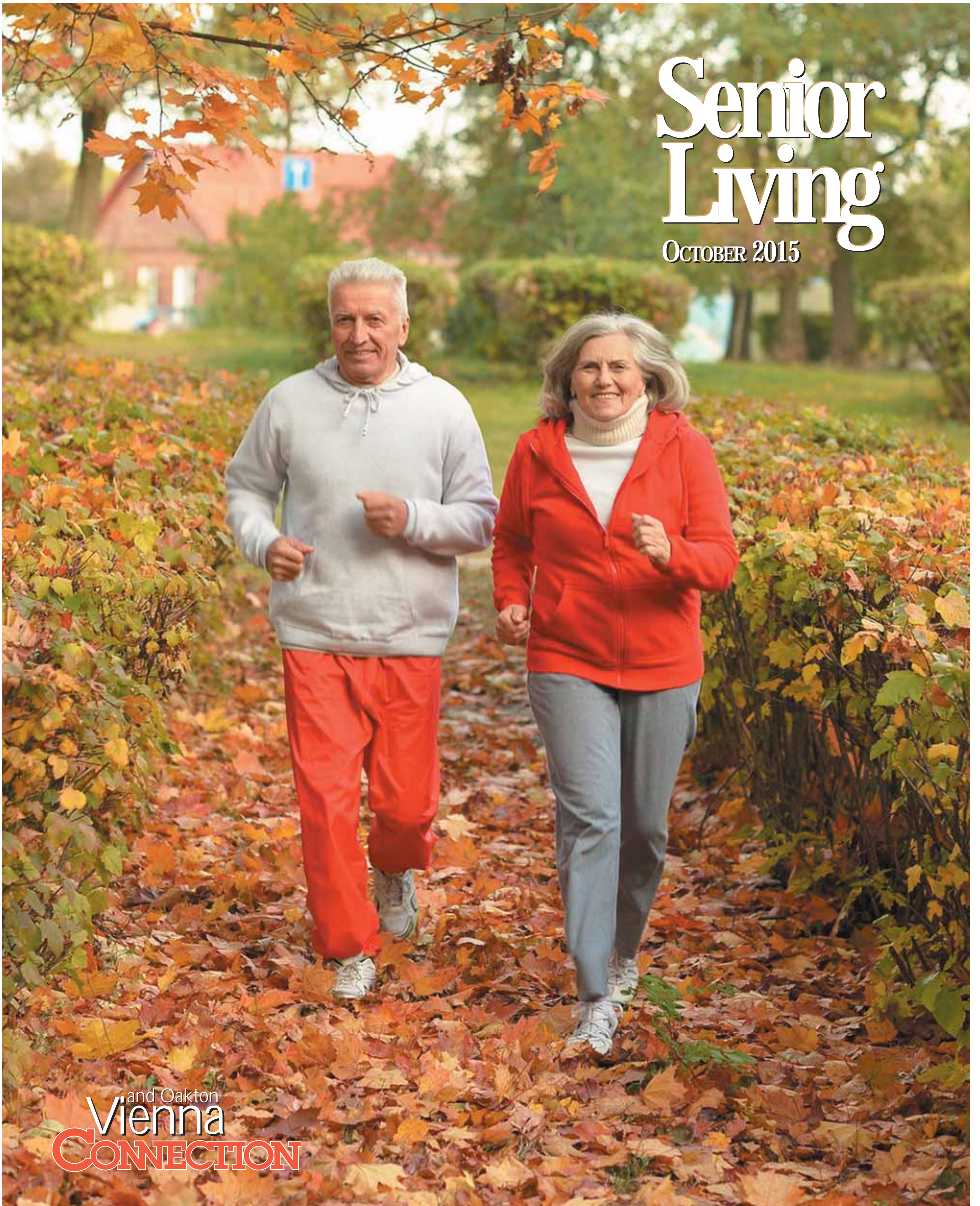
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Senior Living: Senior Olympics Results

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 Wever, 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, Sheila Gildea; (men), 50-59, 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, Edwin 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, Centreville, 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, An

See Results, Page 3

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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

drew Levy, Crofton, Erik Johnson, Arlington, Paul White, Centreville, 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 Yousseffi, Gainesville, 75-79, Carlos

Rodriguez, 80-84, Elmer Primo, Arlington, 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 Brooks, 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, 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, Spring-

field. **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, Spring-

field.

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-

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.

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in

"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

setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liason

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



Local officials and volunteers cut the ribbon for the new McLean Senior Source help desk at McLean Community Center on May 15, 2013.



Social interaction is key. Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon.

PHOTO COURTESY OF AT HOME IN ALEXANDRIA

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.

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."

Contact McLean Senior Source

Three ways to reach McLean Senior Source (MSS) include: 1) Phone: 703-300-1751 2) Email: McLeanSeniorSource@gmail.com 3) Visit: the McLean Community Center lobby during operating hours, Tues, Wed, Thurs from 10 a.m. to 2 p.m.

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 Potomac Community Village is hosting a theater party at the Round House Theater in Bethesda, Maryland.

"Our social events are a great way to stay engaged and active because it's easy to get out if we've already made arrangements for you," said Garrett. "All you have to do is sign on. You don't have to find an activity or someone to go with."

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, Virginia, 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

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Senior Living

NVSO Gold Medalists

RESULTS From Page 3

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 Bochiccho, 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, Gertruida DeRosa, Springfield; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 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) 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.

For more results, see
www.connectionnewspapers.com

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Senior Living Condo Living Ideal for Recent Retirees

Photos Courtesy of HomeFrontsNews

A pair of luxury baths add comfort and charm to 30-year old unit.

By John Byrd

One of the challenges of modern retirement is creating a space that will serve for the long term; another is stretching the budget.

Approaching retirement, Kathleen David explored both of these considerations recently with husband when they decided to sell their multi-level townhouse and find a suitable one-level living option. The goal was a condominium that could be obtained at a favorable price and upgraded within a budget.

Accustomed to urban living, the couple mainly wanted freedom from stairs, available parking, and a spot for a favorite China cabinet.

"We were quite satisfied with our choice," Kathleen says of the 1,300-square-foot-unit in an 11-story, 30 year old Crystal City complex. "But after we had been in residence for about a year, we started looking for contractors to help us upgrade the master bath, which was terribly dated."

What came as a surprise as interviews got under way was how few contractors were willing or able to work in a condominium.

"There are lots of restrictions," Kathleen recalls. They learned that remodeling a room in a condo can take 20-to-30 percent longer than it takes to a complete a comparable project in a single family home. "Several well-known firms wouldn't even meet with us," she said.

As such, Sarah Wolf at Foster Remodeling Solutions headquartered in Lorton was a breath of fresh air.

"We hit it off right away," Kathleen says. "She understood condo remodeling challenges completely."

So much so, in fact, that the single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.

"Condos have always been interesting to me—partly because they require very precise space plans," Wolf says. "In a tight footprint, inches make all the difference and the design effects that add to that crucial sense of spaciousness must be expertly executed. Professionally, it's exhilarating to design out of the picture the apparent limitations in a room, so that only thing an owner is aware of is how attractive the space is, and how well it works."

Beginning with a "style preferences" slide show narrated by Kathleen (who had stockpiled ideas for close to a year), Wolf began by grappling with an unyieldingly compact 220 square feet that could not be enlarged in any direction.

Removing a wall between the vanity and tub in the master bathroom, for instance, added just two inches of floor space, yet the half-wall and frameless glass space di-



The black and white art deco-style ceramic basket-weave pattern for the shower prevents slipping. As an aging-in-place consideration, Wolf, of Foster Remodeling, found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.



A blue-grey-black Cambria quartz counter top has been color-coordinated with vanity cabinet facings lacquered in a black-brush-applied mushroom gray stain.



Recognizing that inches count in a tight footprint that can't be expanded, Sarah Wolf at Foster Remodeling Solutions gained just two inches of floor space by removing a wall between the vanity and the tub (left); the half-wall and frameless glass space divider that now surrounds the newly installed walk-in shower (right) invites line of sight that previously didn't exist.

The single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.

MORE: Foster Design offers occasional free remodeling and design seminars at their Lorton facility. Call 703-550-1371.

vider that now surrounds the newly installed walk-in shower invites a visual continuum that previously didn't exist.

More to the point, Wolf's softly textured interior design scheme provides the eye with something to enjoy, and narrow spaces now seem much wider.

"Alternation and balance are important when working with small spaces," says Wolf. "In effect, you have a three dimensional canvas formed by walls, floors, ceiling, and each side is a critical part of the whole."

When the design statement is well-made, the finished space feels peaceful, pleasant, a room you want to spend time in. Size becomes unimportant."

That said, Wolf applied considerable engineering skill in designing built-ins to satisfy precisely-measured storage requirements."

"There was nothing but an open cabinet under the vanity before," Kathleen says. "Sarah designed appropriately-sized drawers, shelves and recessed a storage spaces

for everything. The new sense of order has been wonderful."

As an aging-in-place consideration, Wolf found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.

"Everything has been carefully tailored to our needs," says Kathleen. "We feel fortunate to have gotten such a winning result."

John Byrd has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.

Senior Living

Preparing for Retirement

This fall, McLean Community Center (MCC) has put together a five-part series called "Are You Ready for the Rest of Your Life?" Each presentation will cover key topics that are valuable to anyone looking toward or enjoying the retired life. Attendees can choose to enroll in one, two or all five courses. The cost is \$7 per session, \$5 for MCC tax district residents. The center is located at 1234 Ingleside Avenue.

The courses include:

- Are You Ready for the Rest of Your Life? — Wednesday, Oct. 7, 10:30 a.m.-noon. As you begin to plan for or move into retirement, what information is important to share with your loved ones and how do you start the conversation? How do you make sure your loved ones know your wishes? Which papers should you keep and which can you toss and how should you toss them? Presented by Kay Bransford, best-selling author of "MemoryBanc: Your Workbook for Organizing Life."

- Practically Speaking: A Real-World Approach to Estate Planning — Wednesday, Oct. 14, 10:30 a.m.-noon. Learn the basics of es-

tate planning and discover which documents everyone should have as part of their overall plan. This session will also cover key questions to ask yourself before planning your estate and introduce the people you need to name in your estate plan (trustee, agent, executor), their importance and the key functions of their roles. The session will cover practical approaches to planning and understanding what you should discuss with these individuals and what could happen if you fail to. Presented by Lauren Keenan Rote, Estate Planning Attorney.

- Addressing Your Biggest Worry: Will My Money Last? — Wednesday, Oct. 21, 10:30 a.m.-noon. This course will focus on the leading worry of most adults and offer some strategies on how to prepare for unforeseen events that can impact your retirement plans. How does a family prepare for and manage the decline in physical and executive functioning? How does one plan for a tax efficient and streamlined transfer of an estate? Other topics to be addressed include managing rising medical expenses and the planning considerations for long-term care insur-

ance. Presented by Mark Friese and Chase Phillips, Senior Financial Advisors.

- Options for Living Out Your Senior Years — Wednesday, Oct. 28, 10:30 a.m.-noon. Learn the options from right-sizing and aging-in-place to other types of communities available for consideration. How will you remain independent in your later years? In this session you will learn: senior housing types and how they differ, home care types and what you need to know and general costs and considerations for each option. Presented by Heidi Garvis, Certified Senior Advisor, Senior Housing and Care Consultant.

- When the Time Comes Will Your Family Be Prepared? — Wednesday, Nov. 4, 10:30 a.m.-noon. Will your family know what to do and what you want when you die? Learn how you can get the funeral/burial that you want, what you can do in advance to ease the burden on others and how to plan for the costs. Presented by Jim Zalewski, Funeral Planning Professional.

For more, call the Center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.



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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 Great Falls Celebrates One-Year Anniversary

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 (who decided to remain nameless) 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 visi-



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.

tors. Even her great grandchildren are well 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



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

as their home, but for enriching the lives of 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.