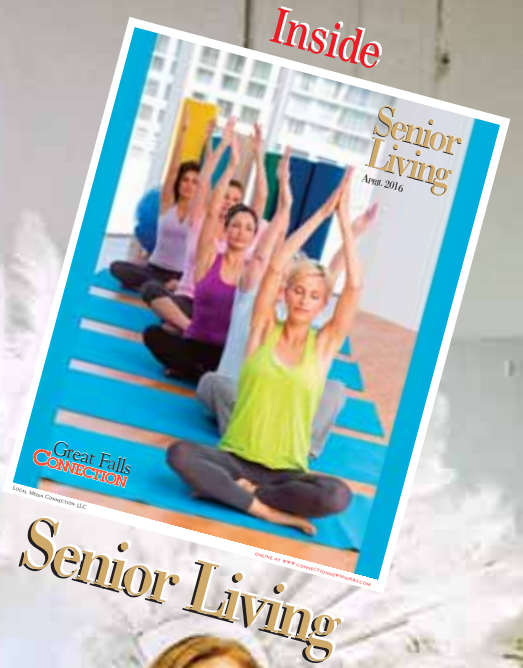


Great Falls CONNECTION

Langley's theater students found out Friday, on April Fools' Day, that construction on the school's new auditorium was finished in time for them to perform Chicago at the school.



Senior Living

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 14 ♦ SPORTS, PAGE 16 ♦ CLASSIFIEDS, PAGE 18

PHOTO BY KEN MOORE/THE CONNECTION

Langley Showcases New Stage

ENTERTAINMENT, PAGE 14

'Ready for All Emergencies'

NEWS, PAGE 3

Strong First Quarter in McLean and Great Falls

REAL ESTATE, PAGE 4

The Adeler Jewelers Great Falls Optimist Club

32nd Annual Children's Spring Festival

Although the festival was cancelled due to bad weather, the 8000 eggs were donated to 5 local Children's Hospitals, a donation of \$1500 was made to the Optimist Club and our mission to make Kids smile was successfully fulfilled thanks to all of our amazing sponsors!!!
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From left, Chief of Fairfax County Police Edwin Roessler Jr. presents Second Lieutenant Nicholas Depippa, Police Officer First Class Federick R. Yap, Police Officer First Class Peter T. Liu, Police Officer First Class Paul J. Blasko, Jr. and Officer Jesse B. Katzman with the Silver Medal of Valor for responding to a shooting in the middle of the night and saving the victim's life.



PHOTOS BY TIM PETERSON/THE CONNECTION

Fairfax County Fire and Rescue Chief Richard Bowers, Jr. (left) presents the Silver Medal of Valor to members of the USA-1/Virginia Task Force 1 Urban Search and Rescue Team that was deployed to Nepal after the April 25, 2015 earthquake.

'Ready for All Emergencies'

BY TIM PETERSON
THE CONNECTION

Technician Ryland Chapman and Lieutenant Lawrence Mullin with the Fairfax County Fire and Rescue Department were preparing to return home from a deployment with Virginia Task Force 1 to earthquake-rocked Kathmandu, Nepal when another quake sent them back out for duty.

Task Force 1 is an international urban search and rescue outfit sponsored by Fairfax County Fire and Rescue. Chapman and Mullin were part of a team assisting in Nepal in May 2015.

Because most of their equipment had already been loaded for transport, they were only able to bring minimal tools for a 72-hour mission, including small axes and sledgehammers. A helicopter took Chapman and Mullin to search for survivors that might be trapped in collapsed buildings. In one structure, they found a woman who was wedged on the ground floor with another part of the building collapsed on top of her.

After more than three hours of the rescue operation, Chapman and Mullin were able to free the woman and save themselves from continuing aftershocks and landslides.

"It was an extraordinary effort in a disastrous situation," said Fairfax County Fire and Rescue Chief Richard Bowers Jr. "It was one of the most dangerous situations I've ever seen in my 40 years of experience. They could've been crushed at any minute."

For their efforts, Chapman and Mullin were recognized with the Gold Medal of Honor at the 38th annual Valor Awards held March 30 at the Westfields Marriott in Chantilly.

Officers, deputies and other first responders from the Fairfax County Police Department, Sheriff's Office, Fire and Rescue Department, as well as Police Departments of the Towns of Vienna and Herndon, received the Lifesaving Certificate, Certificate of Valor and Bronze, Silver and Gold Medals of Valor.

In many cases, the responders were cited for acting "without regard to their personal safety under extremely hazard-



Second Lieutenant Dana L. Robinson (center) of the Fairfax County Police Department receives the Lifesaving Certificate.



Fairfax County Fire and Rescue Department Chief Richard Bowers, Jr. presents the Certificate of Valor to Lieutenant Scott F. Primrose.

ous conditions."

"In a situation where they have to save a life," Bowers said, "that means the motivation to do anything to maintain and preserve that life."

For Chapman, a Fairfax resident based at Fire Station 29 in Tysons Corner, he didn't see his actions in Kathmandu as anything out of the ordinary.

"We just have to be ready for all emergencies," he said. "I just did what's within my job description, what was expected of me to do."

Chapman's wife Taylor said the communication to families from Nepal was good, but not great, and that it was "intense" waiting for updates. What's more, with the



From left: Fairfax County Fire and Rescue Chief Richard Bowers, Jr. presents the Gold Medal of Valor to Technician Ryland W. Chapman and Lieutenant Lawrence G. Mullin, who were redeployed as part of Virginia Task Force 1 Urban Search and Rescue Team to search collapsed structures for survivors after an earthquake in the region of Kathmandu, Nepal.



Fairfax County Sheriff Stacy Kincaid (center) presents the Lifesaving Certificate to Sergeant Leslie Sheehan (left).

extra mission Chapman was called on, he nearly missed the couple's wedding.

Going from being a community firefighter to launching into collapsed buildings on the other side of the planet was "strange," Chapman said, but despite being far away, still gave him "good feeling" of helping people in emergency situations.

Leon Harris, News Anchor for ABC7/WJLA-TV and emcee for the awards, thanked all the first responders present for being the ones who are always there on the ground level for the various emergencies

First responders honored at 38th annual Valor Awards.



Taylor and Fairfax County Fire and Rescue Department Technician Ryland W. Chapman of Fairfax nearly missed their wedding while Ryland was deployed in Nepal as part of the Virginia Task Force 1 Urban Search and Rescue Team.



Certificate of Valor recipient Master Police Officer Damien E. Cichocki (left) of the Fairfax County Police Department presents his canine partner Enzo with the Meritorious Award.

he reports on the news.

"You're there to make sure every one of those has a possibility of a happy ending," Harris said.

REAL ESTATE

Strong First Quarter in McLean and Great Falls

BY KAREN BRISCOE

First quarter 2016 real estate market did not disappoint in McLean and Great Falls. The numbers are up over 12 percent year over year. Further the levels are what was seen ten years ago in the robust 2006 market. This is excellent news for the market area as we enter into the more traditional spring selling season. It indicates an environment for the potential for price appreciation, provided demand remains strong relative to supply.

The best performing segment for these zip codes was the upper brackets, considered to be over \$1.25 million. Most of the price points experienced greater sales year over year and higher than at 2006 levels as well.

The price points below \$1.25 million held its own in the first quarter 2016 over 2015 and close yet not quite at 2006 levels. This market niche according to economists is made up of predominately the Millennial Generation now entering the market to



PHOTO CONTRIBUTED

purchase their first home. Quite a few are still weighed down with student loan debt which challenges their ability to qualify for a mortgage and save for a down payment. Further as prices recover and begin to appreciate, many are being priced out of the market.

The best performing price point was the \$1.25 to \$2 million price range. Delving deeper into the data it is due to the considerable number of in-fill new home builders tearing down an older existing home for the land value. Many lots are being purchased off market which could be skewing the numbers for the lower price points. There is very little available land remaining for development in McLean and Great Falls, so hard to know how long the trend will last. As builders compete for lots, there is less available for end-user owners that would buy the homes to live in. Although this scenario can be a healthy sign of recovery these situations can make it challenging for a first time home buyer to purchase.

McLean & Great Falls 1st Quarter Market Analysis of Home Sales (Based on Final Closed Price):

1 st Qtr 2016 compared to 1 st Qtr 2015 and 2006					
1 st Qtr 2016 Sales: 186					
	>\$3 Mil.	\$2-3 Mil.	\$1.25-2 Mil	\$750k-\$1.25 Mil	<\$750k
1 st Qtr 2016					
22101	5	6	19	36	16
22102	2	2	10	15	41
22066	1	2	8	18	5
	Total: 8	Total: 10	Total: 37	Total: 69	Total: 62
	Combined Total Upper Brackets: 55			Combined Total Lower Brackets: 131	
1 st Qtr 2015 Sales: 166					
1 st Qtr 2015					
22101	1	6	13	39	10
22102	0	3	7	13	45
22066	0	3	7	23	6
	Total: 1	Total: 12	Total: 17	Total: 75	Total: 61
	Combined Total Upper Brackets: 30			Combined Total Lower Brackets: 136	

1 st Qtr 2006 Sales: 183					
	>\$3 Mil.	\$2-3 Mil.	\$1.25-2 Mil	\$750k-\$1.25 Mil	<\$750k
1 st Qtr 2006					
22101	3	4	16	36	33
22102	3	3	7	8	40
22066	1	1	9	17	2
	Total: 7	Total: 8	Total: 32	Total: 61	Total: 75
	Combined Total Upper Brackets: 47			Combined Total Lower Brackets: 136	

The current market represents “best of times” for many home sellers in McLean and Great Falls. Homes priced correctly for the current market and in top condition sell quickly for strong prices. These are all excellent indicators for the balance of 2016 market conditions.

Karen Briscoe and Lizzy Conroy and their team HBC Group at Keller Williams are active and experienced Realtors in the Northern Virginia, suburban Maryland and Washington, D.C. market place. Contact: www.HBCRealtyGroup.com, 703-734-0192, Homes@HBCRealtyGroup.com.



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Betty Nalls Swartz answers all the many questions that students from the Forestville Elementary School first-grade class have on the subject of dairy farming.



Ms. Pappas, first-grade teacher and Ms. Moran, first-grade teachers' assistant with Betty Nalls Swartz, pose during a Great Falls Historical Society's Educational Outreach program.

PHOTOS BY TR COOK

Local Children Meet Dairy Farming Past

Betty Nalls Swartz explains cow-milking to Forestville first-graders.

BY KATHLEEN MURPHY, PRESIDENT
GREAT FALLS HISTORICAL SOCIETY

Betty Swartz and Greg Haymans visited the Forestville Elementary School's kindergarten last Wednesday, and first grade last Thursday to share how Great Falls used to be the most productive dairy farming com-

munity in Fairfax County. Swartz and Haymans answered the enthusiastic questions all of the students had on the subject.

Dairy is a food product that touches a child's life almost daily. However, it was clear from the questioning that the children were unaware of what milk was, where it came from, how cows eat and digest, what was involved in getting milk from the cow

into the carton, etc. Swartz helped them understand how our food is connected to the fields, the grass, fresh air, and healthy animals.


The children showed their appreciation and amazement for Swartz's way of life that is a rarity in a modern community.

The Great Falls Historical Society is honoring Betty Nalls Swartz as the 2016 recipi-

ent of the Jean Tibbetts History Award on April 21 at the Great Falls Grange Hall.

To participate and attend email gfhsva22066@outlook.com or call Jan Schar at 703-759-3940.

The Great Falls Historical Society was formed in 1977 to bring the past into the present through education programs, research, oral histories, and more.





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Share your opinion about what library services are needed in your community at one of our public forums:

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April 14, 7:30-9 p.m.
Kings Park Library
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An online survey will be available soon.
www.fairfaxcounty.gov/library

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/20/2016..... A+ Camps & Schools

4/27/2016..... A+ Camps & Schools Pullout

4/27/2016..... Mother's Day Celebrations, Dining & Gifts I

4/27/2016..... Spring Outlook 2016

MAY

5/4/2016..... McLean Day Pullout

5/4/2016..... Mother's Day Dining & Gifts II

5/4/2016..... Wellbeing

Mother's Day is May 8

5/11/2016..... HomeLifeStyle

5/18/2016..... A+ Camps & Schools, Proms, Summer Planning

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- Centre View
- McLean Connection
- Springfield Connection
- Chantilly Connection
- Mount Vernon Gazette
- Vienna/Oakton Connection

WEEK IN GREAT FALLS

Great Falls Farmers Market Returns to the Village Centre Parking Lot

With the arrival of spring, the Great Falls Farmers Market has returned to the Village Centre parking lot (778 Walker Road). In case of weather surprises, visit GreatFallsFarmersMarket.org or facebook.com/GreatFallsCommunityFarmersMarket for up-to-the-minute news.

CAREGIVING

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, April 12, 7-8 p.m.** Learn techniques for effective communication and holding family meetings that will help keep communication open and more productive. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Caregiver Support. Call **703-324-5484**, TTY 711.

Fairfax County and partners are sponsoring the **Living Well, Aging Well Summit** on **Saturday, April 16, 9 a.m.-3 p.m.** at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This free event explores multiple ways to age well and features a transportation/mobility expo, technology fair, volunteer opportunities, a CarFit program, health screenings, presentations and more. Register at www.livingwellfairfax.org or call **703-324-7647**, TTY 711. Call 703-324-5219, TTY 711 for ADA requests.

Meet dozens of job recruiters at the **50+ Employment Expo** on **Monday, April 18, 10 a.m.-2 p.m.** Attend seminars on changing careers, online job searching, continuing education, starting your own business, job training, and job interviewing. Chief Meteorologist Doug Hill from ABC 7/WJLA-TV News is the keynote speaker. This free event is sponsored by Fairfax

County, Jewish Council for the Aging of Greater Washington, D.C. and partners. It takes place at Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. Find out more at www.accessjca.org/50plusjobexpos or call Micki Gordon at **301-255-4209**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, April 20 at noon** at the Burke Regional Library, 5935 Freds Oak Road, Burke. A public comment period begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Fairfax County is offering the following **Free Seminars for Family Caregivers of Older Adults**:

Making Life Easier: Gadgets, Gizmos and Home Modifications, Tuesday, April 5, 7-8:30 p.m. Learn about technology, home modifications, and inexpensive devices that can help you or your loved one maintain independence at home.

George Mason Regional Library, 7001 Little River Turnpike, Annandale. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

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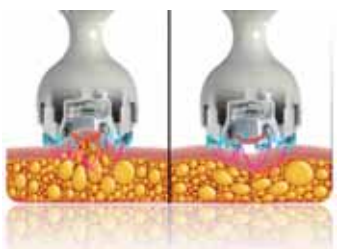
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OPINION

Move Forward with Independent Oversight

While FCPD has embraced many critical changes, supervisors need to move forward with oversight.

Last week, the Fairfax County Police Department posted a list and progress report of 202 recommendations made by the Ad Hoc Police Practices Review Commission, each currently labeled as one of: implemented, in progress or under review.

Recommendations that are under review “require more review or approval from the Board of Supervisors,” according to the update.

Two landmark recommendations on independent oversight await further review and approval. One is the establishment of the Office of the Independent Auditor to review investigations of death or serious injury cases involving the FCPD; the other is to establish a Civilian Review Panel to review complaints concerning alleged FCPD misconduct.

The delay in moving forward with these two recommendations is a missed opportunity as the trial date for Adam Torres in the murder of John Geer approaches later this month, as the county will be under public scrutiny during coverage of the trial.

Chairman Sharon Bulova established the police commission in response to public outcry over the shooting death of Geer by a Fairfax

County police officer, later revealed to be Torres, and the delay and stonewalling in release of any information about the incident. Geer was killed in August 2013. It took 17 months, much agitation and a court order in response to a lawsuit on behalf of Geer’s family before the most basic information was released. In August 2015, Torres was charged with murder and ordered held without bond.

The Public Safety Committee for the Board of Supervisors will meet in July to discuss all recommendations related to independent oversight. The next meeting of the Public Safety Committee is May 10 when they will take up commission recommendations related to use of force.

Strategically, the establishment of Office of the Independent Auditor should have been one of the first actions as a result of the recommendations. The Civilian Review Panel should also be an early priority. Contact Bulova, Supervisor John Cook who is chairman of the Public Safety Committee, and your own supervisor, and ask them to move forward.

Several pieces of good news: Fairfax County police leadership have embraced significant changes as a result of the commission recommendations and an independent report on use

of force, changes that have already had major benefits in how police respond in crisis situations. Diversion First, a plan to provide treatment rather than jail for certain people in mental health crisis who come into contact with law enforcement is up and running, a remarkable achievement. Money has been allocated in the current budget to implement changes.

The progress report is available here: <http://www.fairfaxcounty.gov/policecommission/progressreport.htm>

Send in Mother’s Day Photos

Mother’s Day is May 8 this year and as usual every year at this time, this newspaper calls for submissions to our Mother’s Day photo gallery.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to north@connectionnewspapers.com.

EDITORIAL

LETTERS TO THE EDITOR

Cooper Middle Students Learn Coding

BY CHRISTY GAO
COOPER MIDDLE SCHOOL
STUDENT

As the use of technology rises across the globe, so does the use for computer programming. However, as evidenced by the lack of young programmers, this fundamental skill is not being taught to the people who need it the most: students. In the 2016 State of the Union, President Obama said, “In the coming years, we should build on that progress, by providing Pre-K for all and offering every student the hands-on computer science and math classes that make them job-ready on day one.” In the spring of 2015, Cooper Middle School announced that they will have an Intro to Coding course available as an elective for the 2015-2016 school year. As expected, the new elective gained lots of popularity and many students



Coding class at Cooper Middle.

PHOTO CONTRIBUTED

chose it as their elective. The course, taught by teacher Lisa Walsh, is currently the first and only coding class offered to FCPS middle-schoolers. As one student taking the class said, “You learn how to code games that can help you in life for other opportunities.” Another student in the new class said, “You can creatively express yourself through the programs you make.” These are just a few of the

many things that Cooper students have said about the first FCPS middle school computer programming class. The actions of Cooper Middle School and teacher Lisa Walsh show that FCPS is taking initiative in order to solve the lack of student programmers in the United States by giving middle schoolers to opportunity to learn a valuable skill: coding.

Inappropriate Use of FEMA Relief Funds

To the Editor

Your recent article “Fairfax County Schools to Apply for FEMA Relief Funds” is another example of attempting to exploit the American taxpayers.

I visualize the typical American taxpayer as a middle class couple living in the heartland of our country. They have two children. They go to church every week. They don’t smoke, don’t use illegal drugs, and use alcohol in moderation. Their children go to school each school day. They vote in every election. They must struggle financially even when the economy is strong, but they pay their bills, and they pay their taxes. They pay for their children’s education, and they save for their retirement.

I don’t feel that it is appropriate for the Federal government, which consists of millions of such middle class families, to pay for the removal of snow at Fairfax County Public Schools.

Dave Elmore
Great Falls

Great Falls CONNECTION

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LETTER

Required Reading

To the Editor:
Tom Grubisich's account of the origins of Reston ("How You get from Carnegie Hall to Reston," Connection, March 30-April 5, 2016) was a wonderfully written, lively piece of work that should be required reading for anyone hoping to enter journalism.

It was a delight from beginning to end. Thank you for giving it the amount of space you did in your March 30 edition. Such richness is rarely indulged in local news reporting. We plan to keep this bit of history to enjoy again.

Lynn and Robert Mobley
Great Falls

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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PHOTO GALLERY!

"Me and My Mom"

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

Or to mail photo prints, send to:
The Great Falls Connection, "Me and My Mom Photo Gallery," 1606 King St., Alexandria, VA 22314
Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

McLean Community Center 2016 Governing Board Election

The Governing Board and Staff of the McLean Community Center strongly encourage all qualified residents to vote for members of the McLean Community Center 2016-2017 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

When & Where:

Vote between the hours of 10:30 a.m. and 5 p.m. at the McLean Day 2016 festival on Saturday, May 21, at Lewinsville Park, 1659 Chain Bridge Road.

Meet The Candidates (In Alphabetical Order)

Adult Candidates—Three Positions Open



Nadia Ayoubi-Ahluwalia

Nadia Ayoubi-Ahluwalia has over 15 years' experience in business and executive management. She is an immigrant of Afghan decent; fluent in English, Urdu, Hindi, Dari and conversational Punjabi. Nadia and her husband Puneet have resided and raised their children, Anya, Ahammad and Anika in McLean for 10 years. The whole family supports the community at every turn. Citizenship is her priority as she is involved in both political activities and volunteerism. Having founded numerous retail businesses in the DMV, Nadia is most focused on HummingBirds Consulting, an international IT business that is currently expanding into the Classified Government Contracting arena. E-mail: nayoubi09@gmail.com



Kat Kehoe

Someone once described McLean as a large town that feels like a small town. I grew up in a small town and appreciate the sense of community a small town has. No place represents our community better than the McLean Community Center where we gather to enjoy cultural and educational programs, and provide meeting space for local organizations. I applaud the MCC Board for keeping the upcoming new addition within reserve funds and I will stay within budget. My background: MS and MA, GWU; Former Senior Project Manager, Fannie Mae; Realtor, L&F McLean; Board Member, Fairfax County Community Services Board. E-mail: katkehoe@gmail.com



Lauren Kivlighan

I want to be able to lend my abilities to help the McLean Community Center. I am a business owner, a parishioner of St. Luke's Catholic Church and a longtime resident of McLean. I am a huge supporter of the McLean Community Center. E-mail: lauren@dcareahomes.com



Paul Kohlenberger

I'm delighted to seek reelection to the Governing Board. As current Board Chair and past member of the Finance and Capital Facilities committees, I have worked to strengthen the Center's financial position and achieve progress on our renovation project. As an MCC patron since childhood, McLean Historical Society president and a McLean Citizens Association director, I understand and value the center's legacy. I've been honored to serve on the Governing Board. With your support, I can continue providing dedicated, responsive, and conscientious service to you, our fellow citizens, and our shared civic and cultural center. Thank you for your vote. E-mail: paulkohl@msn.com Website: www.facebook.com/VotePaulKohlenberger



Shahnaz Maguire

I was graduated from George Mason University and have lived in Northern Virginia for four decades. My husband and I have owned our home, worked, paid taxes and enjoyed life in McLean since 1994. I'm vice president of a small consulting firm. I've been serving as chief or assistant chief election officer in McLean for many years. I believe MCC should be a welcome addition to the lives of all members of the community, within an affordable budget. If elected to the Board, I hope to bring fresh ideas for the continued improvement in MCC's services to the McLean community. E-mail: shahnazmaguire@aol.com



Jill Roth

There's nothing more important to me than my family. McLean offers amazing opportunities for my two sons, ages 3 and 8 months, and I'd like to see these opportunities grow. As a member of the MCC Board, I can have a direct impact on programs, camps and events in our community. I'd offer a different insight and fresh feel to the board. As a small business owner, I know what it takes to have a vision and make it reality. I'll communicate with residents to hear the concerns and desires of the center in order to deliver results that matter. E-mail: jroth0522@gmail.com Websites: http://www.votejillroth.com https://www.facebook.com/VoteJillRoth



Gerri Swarm

I have worked for a national association for 35 years as an administrator and certified meeting professional; overseeing a \$3 million annual budget. I bring my strengths to this Governing Board and know it will be a beneficial match. My husband and I have lived in McLean for 22 years and have four children. I served on the PTA board, actively involved in our children's activities through high school, including scouting and sports in McLean. I ask for your vote and thank you for your support. E-mail: gerriswarm@gmail.com



Vickie Trunnell

As the recipient of the 2015 Fairfax County volunteer award, I am proud of my service to the McLean community. Whether it's an usher at Alden Theatre, coaching youth basketball, serving on the MYB board, being a class parent or team mom, I have been active in our town for 20 years. Together with this service and a full-time management position, I have demonstrated that I am a strong organizer, have a strong community view and have the ability to work with all types of people. Now is the time for me to use these skills to benefit the MCC. E-mail: trunnell11@gmail.com



Desi Woltman

As a candidate for MCC's Governing Board, I am committed to MCC's role of community building through civic engagement. MCC is vital to the unique, small town character of McLean. When our family moved here 11 years ago, its diverse programs, activities and services made us feel welcome, and allowed us to quickly become part of the community fabric. I want to preserve MCC's legacy and optimize its value to all residents through fiscally responsible stewardship of its program and facilities. My experience and insight will ensure that MCC continues to be responsive to the needs of the community. E-mail: desi.woltman@gmail.com

Qualifications to Vote:

1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
2. You must be at least 18 years old to vote for an adult candidate.
3. You must be 15 through 17 years old to vote for youth candidates. Youth voters may vote for one candidate from each of the two high school boundary areas: McLean or Langley high schools. You must live within a boundary area but need not attend the school.
4. You must bring identification and proof of residency, such as a driver's license or student ID. If you do not have identification, you may sign a sworn statement.

Youth Candidates—Two Positions Open

Langley High School Area



Alexander Camus

I am a 16-year-old sophomore at Langley High School, where I play saxophone in Langley's Wind Ensemble and run on the cross country and track teams. I also serve on mission trips and as a camp counselor through my church. For six years, I have participated in McLean Soccer, gone to classes at the center and seen several shows at the Alden Theatre. I have gone to many community events as well, and if I am elected, I will make sure that MCC programs are maintained and improved because they hold a great value to our community as a whole. E-mail: alexforgoverningboard@gmail.com



Liana Keesing

My name is Liana Keesing, and I'm excited to be running for the position of Langley student representative to the MCC Governing Board! Previously, I've been a Virginia Senate Page, President of my student government and an appointed member of the TJHSST Homecoming Committee. I bring enthusiasm, initiative and creativity to everything I do. As a cellist, I will work to create more opportunities for local students to showcase their abilities in the arts. I also want to promote environmentally friendly practices to ensure that the town I love remains a sustainable, diverse and vibrant community for years to come. E-mail: lianaformcboard@outlook.com



Quentin Levin

I run not merely to take office, but to make MCC a better organization. Serving at MCC for the past year, I've developed an understanding—community makes us who we are. I vow to continue spreading MCC's explorative spirit and goodwill by championing innovative programs for every age/interest. As class president, debate team leader and journalist, I know how to listen and fight. I believe life must be lived to its fullest. I'll apply this principle to every community endeavor as we open the arts to new eyes, have fun and explore our deepest passions. McLean's future is our future! E-mail: quentin.levin@mcleancenter.org



Priyanka Susarla

I'm a junior at Langley High and I'm fortunate to have grown up in McLean's supporting environment. Serving and giving back to the community has been my top priority. I coach McLean Youth basketball, tutor at my local elementary school and have volunteered at the library. I hold leadership positions, such as being an ambassador in Virginia Girls Summit, an organization serving to empower girls. I strive to be a role model for youth. Given the opportunity, I'll be thrilled to serve the community I love and will do my best to give youth a voice in the MCC board. E-mail: priyankasusarla@gmail.com

McLean High School Area



Sam Gollob

I am so fortunate to have lived in McLean all my life and it is very important to me to give back. I have been the president of my McLean High School class of 2018 for the last two years. I try to be a leader and role model on my club; high school and summer swim teams. Also, I volunteer coach for a Special Olympics swim team. As your leader, I hope to act as a voice for the youth of McLean to make our community an even better place. E-mail: samtg2018@gmail.com



Riya Master

My name is Riya Master and I am a sophomore at McLean HS. I am interested in being a doctor, and I thoroughly enjoy math. I serve on the Teen Advisory Board for the public libraries. Last summer, I worked as a volunteer at Children's National, providing great job experience. Additionally, my resume includes the JV field hockey and soccer teams, debate, Model United Nations and DECA. Multiple national/local competition experiences have given me a strong insight on policy and working effectively in a committee or team. I believe I can make a difference and benefit the governing board. E-mail: riyamaster@gmail.com



Mariana Patterson

I enjoy taking other people's ideas and thoughts into account when making decisions, especially if I'm working together with them to achieve a common goal. Being bilingual in both English and Spanish aids me in this trait. My organizational skills are another strong characteristic of mine as I consider them to be both my greatest weakness and strength because I often make lists in order to structure a plan that I want to obtain, no matter the size. However, I feel uneasy if I proceed to do a task without a formulated strategy. E-mail: patterson.mariana@gmail.com

Meet the Candidates

A forum sponsored by the
Friends of McLean
Community Center
Sunday, May 1, 2–4 P.M.
at the Center

Absentee Voting

Want to vote, but can't make it to the McLean Day festival on May 21? Vote by absentee ballot! Call the Center at 703-790-0123, TTY: 711, or send a request by e-mail to: elections@mcleancenter.org to have a ballot package sent to your home. Or, stop by the Center or the Old

Firehouse (1440 Chain Bridge Rd., McLean, VA 22101) and pick up an absentee ballot package, which will be available beginning Monday, April 11. Completed absentee ballot applications and ballots must be received by 5 p.m. on Wednesday, May 18, to be counted.

The McLean Community Center



1234 Ingleside Avenue,
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www.mcleancenter.org



Lawmakers Wrap-up Richmond Legislative Session

Unspent TANF grant money, prisoner rights among social issues discussed.

By TIM PETERSON
THE CONNECTION

On average, low-income families in Virginia who are eligible and sign up for funds from the Temporary Assistance to Needy Families (TANF) Block Grant receive \$269 monthly and are cut off after five years. But lawmakers say there's a lot more unexpended money available in the federal grant that, if it remains unused, could one day be taken back.

Expanding funding for TANF programs including child support, workforce training, foster care and apprenticeships was among the social issues discussed at the Social Action Linking Together Richmond Legislative Wrap-up forum held April 3 at Virginia International University in Fairfax.

A mostly Democratic panel of state senators and delegates from around Fairfax County, Alexandria and Arlington also touched on immigration, raising the minimum wage, gun control, redistricting, ending homelessness and human trafficking.

Del. Paul Krizek (D-44) from Mount Vernon said the 2.5 percent increase in TANF program funding that was achieved this year in the General Assembly is "still not enough." His strategy was to "go big" and ask for a ten percent increase over the next three years. TANF, Krizek said, is a "Hand up, not a hand out."

State Sen. Barbara Favola (D-31) from Arlington said she called for a comprehensive review of TANF and put forth a bill that would study how the unspent TANF money could best be spent.

One reason lawmakers would be concerned about spending all the extra grant money at once, Del. Mark Sickles (D-43) said, is in case economic growth slows down and there's a sudden increase in families who are eligible and apply for TANF benefits.

John Horejsi of Social Action Linking Together praised Del. Alfonso Lopez (D-49) for vociferously championing the apprenticeships program as the General Assembly was considering increasing TANF-related funding.

"You hit the ball out of the park when you testified," Horejsi said.

Lopez said it is good for individuals, as well as the Virginia economy. "It's getting an education as well as a paycheck," he said. "That's the key thing."

Prisons, jails and treatment of inmates were another topic of discussion, as State Sen. Adam Ebbin (D-30) and Del. Patrick Hope (D-47) talked about reducing high rates for phone use. Family contact by phone



John Horejsi of Social Action Linking Together introduces some of the social issues to be discussed at the April 3 Richmond Legislative Wrap-up.



State senators Barbara Favola (D-31) (center) and State Sen. George Barker (D-39) (left) discuss how to better use unexpended and available funds from the Temporary Assistance to Needy Families (TANF) Block Grant.



Del. Jennifer Boysko (D-86) explains her three bills with regards to expanding who can get a driver's license in Virginia.

is critical for prisoners, Ebbin said, because "family unification is the number one predictor of success on re-entry." Ebbin and Hope have also been tackling solitary confinement, they said.

Del. Sickles also spoke about his parole bill that facilitates re-examining cases of inmates before 1995, when there was an understanding that an individual wouldn't spend 20 years in prison for a 20 year sentence. "It's outrageous it's not the priority of the state to look at each one of these cases," he said.



Del. David Bulova (D-37) (right) welcomes members of the Social Action Linking Together to the Richmond Legislative Wrap-up Social Issues Forum at the Virginia International University campus in Fairfax, located in his district, on Sunday, April 3.



Del. Kathleen Murphy (D-34) (left) discusses a scholarship she's proposed.



Del. Ken Plum (D-36) explains his bills that would have made the Earned Income Tax Credit refundable and also raised the minimum wage.

PHOTOS BY TIM PETERSON/THE CONNECTION



State Sen. Chap Petersen (D-34) said the 2016 General Assembly Session did not see much progress in terms of redistricting, but that it was a "real breakthrough year" for firearms control.

First-time delegate Jennifer Boysko (D-86) of Herndon had her bills that would've expanded who can get a driver's license in Virginia tabled, though she's hopeful to carry the same content next year.

Her bills, she said, "Would've impacted 6,000 people, with no fiscal impact, and be ready to be implemented by July this summer."

"This would help people get back and forth to work legally," Boysko continued. "It makes a good amount of sense."



Del. Mark Keam (D-35) said five of his bills were passed by Gov. Terry McAuliffe (D), including a provision that if a school violates the class size requirement as set in the Virginia Code, school systems now have a mechanism to do something about it.

Del. Mark Levine (D-45) spoke to the social need for more transparency in government and plugged the Virginia Transparency Caucus he helped form in Richmond. Members of the caucus (the current 12 are nearly bi-partisan) agree to having the committees for each one of their bills filmed and then published to YouTube.

"We're hoping to set a standard," Levine said. "You don't have to pass a bill to do this."

FAITH

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

Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls, will host annual yard sale/flea market on Saturday, May 7, 2016 from 7 a.m.-2 p.m. You can now reserve a 10x10' space (\$25) to sell your own treasures or donate items to the church (they would pick up). Come shop, donate and/or sell your own things. 703-582-1640.

McLean Bible Church Fitness Class at Body and Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.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.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

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ENTERTAINMENT

The ladies of the cell block tango.



Langley Showcases New Stage

Langley's production of the musical "Chicago" debuts the recently finished renovation of the school auditorium.

BY KEN MOORE
THE CONNECTION

McLean's Jamie Goodson has performed on a lot of stages. But starting on Thursday, April 14, Goodson's grandparents and parents finally get to see their Langley High School junior perform on her school's stage.

Langley's theater students learned Friday, April 1, no joke, that they will showcase the musical "Chicago" on the newly constructed Langley High School stage, part of the overall \$68 million renovation of the school.

"We all lost it. Tears of joy, we were so happy," said Goodson. "Just to open the new theater with this awesome show is going to be so much fun. We couldn't be happier; the stage is huge, we can fit this show."

More students and people from the community will get to see the show, said junior Camila Maric, than if it was performed at The Langley School, a private school nearby, which had accommodated Langley's performances during the renovations.

"You don't know how many times people have come up to me and said, 'I was going to see the show but Langley doesn't have an auditorium. Where is it going to be?'" Said Maric.



Richie Follin, of Great Falls, stars in Langley High School's production of "Chicago," starting April 14 in Langley's newly renovated auditorium.

Great Falls resident Richie Follin, a senior, started performing with the theater department at Langley his junior year.

"We thought we were going to perform at 'Little Langley' again," said Follin. "It's really exciting because we get to be the first to use

VIEWPOINTS

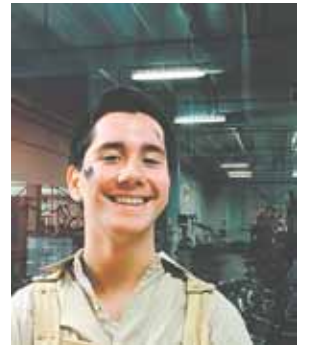
Brittany Lund, senior

"She goes through waves of emotions throughout the whole production. She starts out as this innocent sweet girl who is kind of in over her head when she ends up murdering someone and she doesn't understand the repercussions of it. And then she transforms into this girl who is so self-obsessed and obsessed with getting attention. It's been difficult to play that, especially since it's my first production, but it's been interesting to explore her as a person and as a character."



Mark Bosset, freshman

"Everyone kind of walks all over him and it's interesting to see how that interaction takes place. I think like he would think, so I put myself in a position where I have no power over anybody else and just conform to how other people would treat me. ... I just love acting. I love putting myself in a place where I would think exactly like a completely different person and take on situations like that person. I find that interesting."



Richie Follin, senior

"The whole show is all about how with publicity, fame and a pretty smile, you can get away with anything you want because people just want to watch you for entertainment not for how good a person you are."

"It's going to show off everyone really well. It's something a lot of us are passionate about at Langley, the arts departments are all huge."



Camila Maric, junior

"We've got an amazing cast. Everybody in the show definitely deserves to be here. I think everybody should come see it because of the talent, there's a lot in this show."



the new auditorium."

Mark Bosset is in his first year at Langley, but he still felt the excitement of his friends in the theater department who have performed productions the last few years at The Langley School and McLean Bible Church while rehearsing everywhere from the choir classroom at school, the McLean Community Center, Adrenaline Studio and more.

"It's awesome that we're going to be the very first show on the stage. It's fantastic," said Bosset. "It's going to be a great stage, we're going to have a huge audience, huge, lots of seats, and overall, it's going to be a better experience."

IT'S HER LAST SEMESTER, and Brittany Lund auditioned on "a whim."

"I didn't realize how kind of complicated acting was. I have always been into singing and I've always been into dancing but acting is a whole different thing that I'm having to explore. I now watch movies in a new way," said Lund.

And she tried out for one of the lead roles, of Roxie.

"I was like, 'Oh, maybe I'll do, it's my last year,' and I tried out on a whim, and I lucked out," said Lund. "I still think it's kind of a fluke, I'm so surprised I got it."

SEE LANGLEY, PAGE 17

CALENDAR

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

ONGOING

"Slice of Life" and The National Gallery of Art Copyists Exhibits. Tuesdays-Saturdays, 10 a.m.-4 p.m. May 3-28. Vienna Art Center, 115 Pleasant St., NW, Vienna. Two exhibits by the Vienna Arts Society. Free. viennaartssociety.org.

Driven to Abstraction. April 1-30. Great Falls Library, 9830 Georgetown Pike, Great Falls. Features over 20 works. 703-757-8560.

Six Artists: What Matters Most. April 2-May 14. The Frame Factory Gallery, 212 Dominion Road NE, Vienna. An exhibition and sale of artwork by local artists. Open Monday-Saturday, 10 a.m.-5:30 p.m. theframefactory1.com. 703-281-2350.

April Artist Showcase. April 1-27. Broadway Gallery, 1025-J Seneca Road, Great Falls. Great Falls Gallery will feature the paintings of Australian artist Ken Strong. broadwaygalleries.net. 703-450-8005.

"Proof." March 31-May 8. 1st Stage, 1524 Spring Hill Road, Tysons. Pulitzer Prize-winning play. \$30/\$26/\$15. 1ststageTysons.org. 703-854-1856.

Spring Delights. Tuesday-Saturday, 10 a.m.-4 p.m. April 4-May 2. Vienna Art Center, 115 Pleasant St. NW, Vienna. Exhibition of Vienna Arts Society members. viennaartssociety.org. 703-319-3971.

Time Traveler Tuesdays. 4:30 p.m. March 29-June 7. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. This weekly series will take participants on an interactive journey through time, focusing on a different period in Virginia history each week. Register at <http://www.fairfaxcounty.gov/parks/colvinrunmill/events.htm>.

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

Gentle Yoga. Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's



PHOTO CONTRIBUTED

New York Neo-Futurists brings its "theatre for people who want to be part of the action" on Saturday, April 16 at McLean Community Center's The Alden.

Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

THURSDAY-SATURDAY/APRIL 7-9

Spring Book Sale. Thursday, 1-8 p.m. Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.-3 p.m. Oakton Community Library, 10304 Lynnhaven Place, Oakton. cdowd2000@verizon.net.

FRIDAY/APRIL 8

Fairfax Volunteer Awards. 8 a.m. The Waterford, 6715 Commerce St., Springfield. Join Volunteer Fairfax, Chairman Sharon Bulova and the Fairfax County Board of Supervisors, and other community leaders to celebrate the work of volunteers. Purchase tickets by April 4. \$50. For information and tickets go to www.volunteerfairfax.org.

FRIDAY-SATURDAY/APRIL 8-9

Used Book Sale. Friday, 9 a.m.-9 p.m. Saturday, 9 a.m.-4 p.m. Falls Church Community Center, 223 Little Falls St., Falls Church. More than 40,000 books for browsing and buying. Huge selection. Most books priced at \$3 or less. Profits benefit scholarships and grants for women and girls. Buy a book, send a girl to college. Sponsored by the Falls Church AAUW. 703-941-5643.

"In Living Sound." 8 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St., S, Vienna. An evening of food, fun and theatre. Entertaining radio shows from the 1940s: "Adventures of the Thin Man: The Case of the Goofy Groom" and "The Big Story: Manhunt in Manhattan." \$25/\$30 includes dinner, drinks, dessert. www.viennatheatrecompany.org.

SATURDAY/APRIL 9

Ellis Paul. 6:30 p.m. Jammin Java, 227 Maple Ave., East, Vienna. Folksinger, storyteller. \$20/\$22. jamminjava.com.

Opening Reception Six Artists: What Matters Most. 2-7 p.m. The Frame Factory Gallery, 212 Dominion Road NE, Vienna. Reception for exhibiting artists. theframefactory1.com/. 703-281-2350.

Paint In. 12:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Artists will paint for 15 minutes, in their own style, on a common large square canvas. The finished work will be auctioned, the proceeds going to the Arts of Great Falls School and the Friends of the Library. frank@barnako.com.

McLean Little League Parade and Opening. 7:30-9:30 a.m. McLean High School, 1633 Davidson Road, McLean. Officials and dignitaries present. mcleanll.com.

SUNDAY/APRIL 10

Wolftrap Elementary 5K. 8-10 a.m. Wolftrap Elementary School, 1903 Beulah Road, Vienna.

Jazz Celebration Concert. 3:30-5:30 p.m. Vienna Presbyterian, 124 Park St., NE, Vienna. The Cathedral Brass of Vienna Presbyterian Church, will perform a free concert of jazz favorites with guest artists Robert Wyatt and Graham Breedlove. cathedralbrass.org. 703-851-4709.

Camellia Society Plant Sale. Noon-4 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Sponsored by the Camellia Society of the Potomac Valley (CSPV). Members will be on hand with tips on growing camellias. 703-356-6878.

Calidore String Quartet. 4 p.m. Saint Francis Episcopal Church, 9220

SEE CALENDAR, PAGE 17



McLean
Community
Center
The Center of It All



Here's What's Happening at MCC

**OFTC Friday Field Trips
Bazooka Ball Sports**
Friday, April 8, 3:30-10 p.m.
\$40/\$30 OFTC members

**Old Firehouse Teen Center
Glow Party**
Friday, April 15, 7-9 p.m.
\$25 OFTC Members/\$35 All others

**Sign Up to Sell!
Spring
Community
Garage Sale**
Saturday, April 16,
9 a.m.-1 p.m. • Free admission



Onstage @ The Alden



New York
Neo-Futurists
**"Too Much
Light Makes
the Baby
Go Blind"**

30 Plays in 60 minutes (T.M.L.M.T.B.G.B.)
**Saturday,
April 16, 8 p.m.** \$25/\$15 MCC
district residents

Take a Day Away

**Petersburg,
Virginia**
**Wednesday,
April 20**

\$142 per person/\$137
MCC district residents



OFTC Teacher Workday Trip Crofton Go Karting

Friday, April 22, 8 a.m.-6 p.m.
\$50/\$40 MCC district residents

**Mermaid Theatre of Nova Scotia's
"Goodnight Moon and
Runaway Bunny"**

Saturday, April 23, 2 p.m.
\$15/\$10 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



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McLean pitcher Jon Clines threw a complete game and earned the win against Langley on April 1.



McLean shortstop Conor Grammes drove in the winning run against Langley on April 1 with a walk-off single in the bottom of the seventh inning.

McLean Pitcher Clines Strikes Out 10 in Win Over Langley

Grammes drives in winning run with walk-off single.

BY JON ROETMAN
THE CONNECTION

McLean pitcher Jon Clines shut out rival Langley for six innings on April 1, limiting the Saxons to just one hit. After the senior left-hander ran into trouble in the top of the seventh inning, the Highlander lineup came through in the bottom half, assuring Clines' performance resulted in a win.

Senior shortstop Conor Grammes delivered a walk-off RBI single in the bottom of the seventh and the McLean baseball team defeated Langley 2-1 on Friday at McLean High School.

With the score tied at 1, McLean pinch hitter Jack Slade led off the bottom of seventh with a single. Trevor Schleppenbach re-entered as a baserunner, stole second and advanced to third on a wild pitch. After two intentional walks loaded the bases with no outs, Grammes, who play college baseball at Xavier, hit a fly ball to deep left that fell for a hit and drove in the winning run.

"Conor's our 3 hitter for a reason," McLean head coach John Dowling said. "Conor has an exceptional ability to put the barrel of the bat on the ball. If you give me him up with the winning run at third base, I've got a good feeling about him putting the barrel on it somewhere and doing the job."

CLINES, who will play at VMI, threw a complete game and earned the win. He allowed one earned run and two hits while walking two and striking out 10.

After surrendering just one hit and no walks through six innings, Clines allowed a leadoff single to Langley catcher Danny Hosley and walked two Saxons during the

Langley pitcher Jake Trautwein suffered a tough-luck loss against McLean on April 1.

PHOTOS BY
CRAIG STERBUTZEL
THE CONNECTION



top of the seventh. With the bases loaded and one out, designated hitter Josh McQuaig hit a ground ball to third that turned into a fielder's choice and an RBI, but nearly resulted in a game-ending 5-3 double play.

Clines avoided further damage with his 10th strikeout of the evening.

"Jon pitched his tail off," Dowling said. "We believe that he gives us a chance to win every night out and he did a very, very good job for us tonight. I can't say one bad thing. I think he's had days where he's had better stuff, but he did not allow that to impact his confidence to go out and execute

a pitch."

How does a pitcher get the job done when he doesn't have his best stuff?

"Competing — that's a word that we use every minute of every day," Dowling said. "Jon has been on varsity for three years, playing serious, serious innings for three years and has taken that to heart and he competed for seven innings today."

Clines said he needs to do a better job of incorporating his legs when he pitches.

"That game, for some reason, I just felt like my top half was just working the whole game," Clines said. "By the time I got to the seventh inning, the top half was dead. I've

just got to get more lower half in there so I can breeze through the seven innings that I get each game."

Clines drove in McLean's first run with a fielder's choice in the bottom of the first. He went 1-for-3 at the plate.

Third baseman Tom Shue and designated hitter Will French each had a hit for McLean.

Dowling praised catcher Grant Williams for his performance behind the plate. Williams saved a run in the top of the second by retrieving a wild pitch and throwing out a Langley runner trying to score from third.

Langley starting pitcher Jake Trautwein suffered the tough-luck loss. The senior right-hander threw a complete game, allowing two earned runs and five hits in 6-plus innings. He hit two batters, walked five — two intentional — and struck out four.

"Jake pitched his tail off," Langley head coach Kevin Healy said. "He did it for us at South Lakes (on March 16) when we got that win. He did it on spring break and we kind of kicked a few balls around. We told him after the game, all you can do is what you can do and he's doing a great job."

THE VICTORY was McLean's third in a row and improved its record to 6-3 overall and 3-1 in Conference 6.

"I think we're starting to finally figure out who we are as a team, starting to figure out what works for us, what doesn't work," Grammes said, "and I'm just really excited to see what we have in store for us in the future." McLean was scheduled to face Yorktown on Tuesday, after The Connection's deadline. The Highlanders will travel to take on Fairfax at 6:30 p.m. on Friday, April 8. After the loss to McLean, which dropped Langley's conference record to 2-2, the Saxons played two games on Saturday. Langley lost to Grove City (Ohio) 15-10 and beat George Mason 13-2, moving its record to 4-5.

The Saxons were scheduled to face Fairfax on Tuesday, after The Connection's deadline. Langley will travel to face Madison at 6:30 p.m. on Friday, April 8.

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

Senior Brittany Lund said she tried out on a whim.



PHOTO BY
KEN MOORE/
THE CONNECTION

Langley to Present 'Chicago'

FROM PAGE 14

Now she says she's excited that she "got the chance to be involved."

Follin understands; he first performed at Langley his junior year.

"I've been a choir student all four years and I've always loved being on stage and performing, but that was always more the music aspect," said Follin.

"I have some friends in the theater department and I always saw them acting," he said. "I've been to a few of their shows, and I thought, 'That looks like a lot of fun. So junior year, I tried it and loved it, and I was like, 'Man, I got involved too late.'"

Follin will attend Virginia Commonwealth University next year to study acting.

THIS SPRING, the cast of "Chicago" has rehearsed in the Langley Choir room, the McLean Community Center, the Adrenaline Dance Studios.

Often times, they have to change

locations day to day.

They've had to design and build sets in parking lots.

"Having a place that's devoted for rehearsals makes a big difference," said Follin. "We're here rehearsing in a dance studio so we actually haven't rehearsed on stage at all so we have no idea what's it going to be like. We just have to get on stage and adapt."

Maric said it is the first time they will perform with a full pit orchestra.

During renovations, performances have been with a sound track; in rehearsals this year, they've even brought in a karaoke machine.

"You have more freedom of expression with your songs because you're working with people so you can make each piece more of your own," said Maric. "When you're working with a pre-recorded track you have to work with what they give you."

"It's a lot more authentic, and it frees up a lot of what you can do with the music," said Follin, "In-

stead of having to adjust the way you're singing and dancing to a set time, you can work with a conductor and they'll watch you and you can do things live that you wouldn't be able to do with a recording."

Theron Masters, a senior, plans to attend the University of Michigan to study piano performance. He will play the piano during the show.

"I like this kind of stuff," he said. "Getting the notes down by myself is easy, but putting it together with other people is the challenge."

He has two conductors, the pit conductor and the actors on stage. "As a musician, our job is to help the performers on stage sound good."

Goodson likes the enormity of the production of "Chicago."

"I think I'm more of a musical girl, I really like to sing and dance," she said. "Literally, the whole theater department is involved in this show."

The duet featuring her and Lund



PHOTO CONTRIBUTED

Elisabetta Cantatore, of Great Falls, competes for Miss Teen title.

Great Falls Teen Competes for The Miss Teen Title

Elisabetta Cantatore, of Great Falls, was selected to participate in the 2016 Miss Teen pageant competition.

The winner of the Miss Teen competition will represent Great Falls and the surrounding communities in the National Competition in Orlando, Fla., where over \$30,000 in prizes and awards will be presented.

Cantatore is sponsored by Dante Ristorante, Office Express and Illusions of Georgetown, among others. Any business, organization, or private individual who may be interested in becoming a sponsor may contact the Miss Teen pageant coordinator 1-877-403-6678.

is just one highlight of the show.

"She has such an amazing voice and she's so talented that it's intimidating. But she's been helping me a lot and encouraging me to do my best," said Lund.

Goodson gave credit to her teachers.

"They handed us the golden egg here and paved the way for us to have a good show," she said. "I think it has a really awesome mes-

sage with what is going on with politics right now."

The show is set in Chicago during the 1920s.

"This show is a little raunchy, so it's going to be interesting when my grandparents come to see it," she said. "When my friends come to see it, it's going to be really really, really fun just to see their faces."

CALENDAR

FROM PAGE 15

Georgetown Pike, Great Falls. Music of Mendelssohn, Beethoven and Debussy. \$30. Free to 17 and under. amadeusconcerts.com.

Native Wildflower Walks. 2-3 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Take a guided walk in search of native wildflowers. Adults and children age 6+. \$2.50-\$5. Register at NOVAparks.com.

TUESDAY/APRIL 12

NARFE Meeting. 1 p.m. American Legion Post, 330 North Center St., Vienna. Guest speakers Linda Colbert, Pasha Majdi, Ray Baldwin, Craig Burns, Doug Noble—candidates for Vienna Town Council. Free. 703-938-9757.

THURSDAY/APRIL 14

Spanish Storytime with CommuniKids. 11 a.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Give your child the love of language at a fun, engaging Storytime in Spanish. Join us as we welcome the animated teachers from CommuniKids Preschool for a fun-filled Storytime. <http://stores.barnesandnoble.com/store/2238>.

FRIDAY/APRIL 15

Steve Case. 5 p.m. Barnes and Noble Tysons, 7851 L. Tysons Corner Center, McLean. Internet entrepreneur Case will speak, take questions and sign copies of "The Third Wave." <http://stores.barnesandnoble.com/store/2238>.

Glow Party. 7-9 p.m. The Old

Firehouse, 1440 Chain Bridge Road, McLean. A disc jockey keeps the fun alive with great music while the game room is open for ping-pong, pool and other arcade games. The event will be supervised by Old Firehouse staffers. A parent or guardian (age 18 or older) must pick up his or her child by 9 p.m. \$25/\$35. mcleancenter.org.

Preschool Nature Nuts. 10:30-11:15 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Preschoolers will learn about the fish that live in the Visitor Center and in our lakes. \$5. Register at NOVAparks.com.

SATURDAY/APRIL 16

Model Trains and Thomas at Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains

plus Thomas and some of his friends. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Free. Donations accepted. www.nvmr.org. 703-938-5157.

Bluebells at the Bend. 10 a.m.-2 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Celebrate the Virginia Bluebells as they blanket the banks of the Potomac River. Bring the whole family for fun including games, music, wildflower walks, wagon rides, and more. Registration not required. <http://www.fairfaxcounty.gov/parks/riverbend-park/>.

Flower Show. 10 a.m.-4 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Small Standard Flower Show presented by The Great Falls Garden Club. A competitive exhibition of floral designs and horticulture, affiliated with National Garden Clubs, Inc. 703-759-3130.

Awards Reception. 4-6 p.m. Vienna Art Center, 115 Pleasant St. NW, Vienna. For Spring Delights exhibit judged by Christine Lashley. Free. viennaartsociety.org. 703-319-3971.

Spring Community Garage Sale. 9 a.m.-1 p.m. 1420 Beverly Road, McLean. Vendor spaces are available on a first-come, first-served basis for \$45. No spaces will be sold on the day of the sale. Residents selling used household items are welcome. Limited commercial vendors or flea market dealers are also welcome. Advanced registration is required. mcleancenter.org.

New York Neo-Futurists. 8 p.m. The Alden, 1234 Ingleside Ave., McLean. Theatre for people who want to be part of the action, love a rush of adrenaline, take a little of everything from the buffet and are, well... a little strange. \$25/\$15. mcleancenter.org.

Categorical



By KENNETH B. LOURIE

Although I am often left to my own devices (not a continuation of last week's column), I am rarely left to my own thoughts. Five indoor cats will do that, and much more. More importantly though, I know they are here, always. Wherever I go in our house, I'm likely to find a cat. And in so doing, there's always a conversation to be had, and/or a gesture to be made. And even though the conversations are a bit one-sided, typically, there is ample vocalization on their part to reward my initiative.

As "Hawkeye" Pierce advised Cpl. Radar O'Reilly on a long-ago M*A*S*H episode: "Loneliness is everything it's cracked up to be." And though the context had to do with Radar's widowed mother dating again, not her spending time alone after receiving a cancer diagnosis, the impact and benefits are likely the same: being able to live, work and play; at home or on the road, with some kind of companionship. Moreover, not being stuck/focused on yourself/your condition all the time also helps fend off - or at least redirect, some of the inevitable demons.

And if cancer is responsible for anything, other than tumors, it's responsible for demons. Not that one can quantify or qualify the psychological effect three words: "You have cancer" can have. Suffice it to say, exponential comes to mind. The damage is usually widespread. Every part of your life - and routine, is impacted. What was, will likely never be again, and what you had hoped might be is now located somewhere between a wing and a prayer. A definite maybe might be the best you can expect.

But the longer one survives, the more one starts to believe - in possibilities again, and reasons as well for that survival. Not that I have the keys to the kingdom or any sort of path of least resistance to follow, but I will attribute some of my unexpected survival to a positive attitude, a good sense of humor and constant companionship. Companionship which in itself prevents me from ever being stuck - too much, in my own head dealing with my cancer. Because of the nature of cat care and of coexisting with FIVE indoor cats, there is always some kind of diversion; be it food, water, litter, playing, scratching, petting, snuggling, cuddling, chastising, to consider. As a result, there's always a non-cancer driven behavior/task that forces me to think of someone other than myself. And since a diagnosis of "terminal" stage IV lung cancer will probably ("probably?") cause you to think very much about yourself, having an external force (the cats) who require you to not think about yourself, seems to balance the pile a little bit (a dog would provide the same diversion/benefit, absolutely; at present, we're between dogs, however).

As a semi example: Right now, I have one cat, "Chino" lying on my desk along the top of my writing pad, purring, staring at me while I'm writing. I have another cat, "Twinkle," playing in the next room, tossing her toy mouse around and scratching at my office door wanting in - or else. The other three cats are sleeping: in the den, the living room and in an upstairs bedroom; all in plain sight, all keenly aware of the time somehow, waiting for five o'clock dinner. And because I'm aware of all this activity/routine, I am not thinking that I have cancer. I am thinking instead that I have five cats and dinner will be soon enough and that in the interim, I probably ("probably?") need to clean their litter box, and that I only have enough wet food for breakfast tomorrow and that the black cats: "Andrew" and "Sloane," are due at the veterinarian for miscellaneous shots and that "Biscuit," "Chino's" brother has been eating everybody's leftover food lately, so much so that I'm wondering if we'll need to segregate him/them somehow, and on and on and on.

No cancer talk. No Kenny or can't he deal with his disease. Just plain, everyday, garden variety stuff. In fact, the stuff from which dreams are made, especially if you're a cancer patient. Apparently, when it's not about me, ultimately, it's me who seems to benefit.

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

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THE CONNECTION NEWSPAPERS



BASIS.ed high school graduates pictured with BASIS Independent McLean head of school, Sean Aiken (top right corner). From left — Joyce Cao, 2014 graduate, attends Cornell University; Yorick Oden-Plants, 2015 graduate, attends College of William & Mary; Charles Huang, 2015 graduate, attends Duke University; Sophie Sandweiss, 2015 graduate, attends Brown University; Sydney Dorman, 2015 graduate, attends Haverford College; Tristan Schrader, 2014 graduate, attending Princeton University; Sydney Hecht, 2015 graduate, attends College of William & Mary; Will Kelly, 2015 graduate, attends Princeton University; Anthony DeFilippis, 2014 graduate, attends Virginia Tech; Anne Zlatow, 2014 graduate, attends Yale University.

BASIS.ed Alumni Reunite at Tysons Sheraton Premiere

Alumni of BASIS.ed reunited last week at Tysons Sheraton Premiere to meet and greet potential students of Tysons Corner's first pre-k-12th grade school, BASIS Independent McLean. BASIS.ed alumni students came from Yale University, Princeton University, Cornell University, Brown University, Duke University and more. For more information, go to <http://mclean.basisindependent.com> or call 703-854-1253. School registration is underway for Tysons Corner's new school, BASIS Independent McLean. The school will be located at 8000 Jones Branch Drive in McLean. "It was exciting to see so many of our graduates, and hear about their successful experiences at college," said Sean Aiken, head of school of BASIS Independent McLean.

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.

WEDNESDAY/APRIL 6
Advisory Committee for Students with Disabilities. 7:30 p.m. Gatehouse Administrative Center Room 1600, 8115 Gatehouse Road, Falls Church. Guests are welcome to observe and/or provide public comment at any meeting. 703-204-3941 or TTY 703-204-3956. fcps.edu/dss/ACSD.

THURSDAY/APRIL 7
ESL Registration. 7-8 p.m. St. Mark Catholic Church, Christian Formation Center, 9972 Vale Road Vienna. \$25 for classes, \$10 for conversation. Cash only. Classes from April 12-June 9, Tuesdays and Thursdays from 8-9:30 p.m. 703-502-9433.

SATURDAY/APRIL 9
Bereavement Volunteer Training. 9 a.m.-3 p.m. St. Mark Catholic Church, 9770 Vale Road, Vienna. Education regarding childhood grief, and prepares volunteers to take part in our camp programs. Comfort Zone Camp is a nonprofit organization that provides free therapeutic grief programs for young people ages 5-25 who have experienced the death of a parent, guardian, or sibling. www.comfortzonecamp.org. jtensley@comfortzonecamp.org.

Open House, Brinker Toastmasters. 9:15-11 a.m. 8601 Wolftrap Road, Vienna. Introduction of speech, communications and leadership Toastmasters club, an established group of beginner to advanced level speakers. Mock meeting with Q&A session. Food and refreshments. Free. brinker.wordpress.com. 703-282-1450.

TUESDAY/APRIL 12
Library Forum. 7-8:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Help plan the libraries' future by sharing your input. fairfaxcountynv.gov/library. 703-324-8319.

Post-Secondary Education and Employment Workshops. 7-9 p.m. Woodson High School Cafeteria, 9525 Main St., Fairfax. For students with IEPs and their parents. Register at 703-204-3941.

THURSDAY/APRIL 14
Library Forum. 7:30-9 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan the libraries' future by sharing your input. fairfaxcountynv.gov/library. 703-324-8319.

26 Antiques **26 Antiques** **21 Announcements** **21 Announcements**

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21 Announcements **21 Announcements**

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 Eugenia, LLC trading as Our Mom Eugenia, 1025 Seneca Rd, Ste H, Great Falls, VA 22066. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises & Mixed Beverage Restaurant on Premises License to sell or manufacture alcoholic beverages. Philip Hobson, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

ABC LICENSE
 Robienna, LLC trading as Enjera Restaurant, 549 23rd St S, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises & Mixed Beverage Restaurant License to sell or manufacture alcoholic beverages. Robi Mengstab, Manager. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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 Pancho Villa XIII Inc., trading as Pancho Villa Mexican Cuisine, 1850 Fort Meyer Dr., Arlington, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises & Mixed Beverage License to sell or manufacture alcoholic beverages. Eladio Pacheco, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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ABC LICENSE
 Stephen Katrivanos trading as Metropole Distribution Company, 2709 S. Oakland St, Arlington, VA 22206. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wholesale Beer License to sell or manufacture alcoholic beverages. Stephen Katrivanos, owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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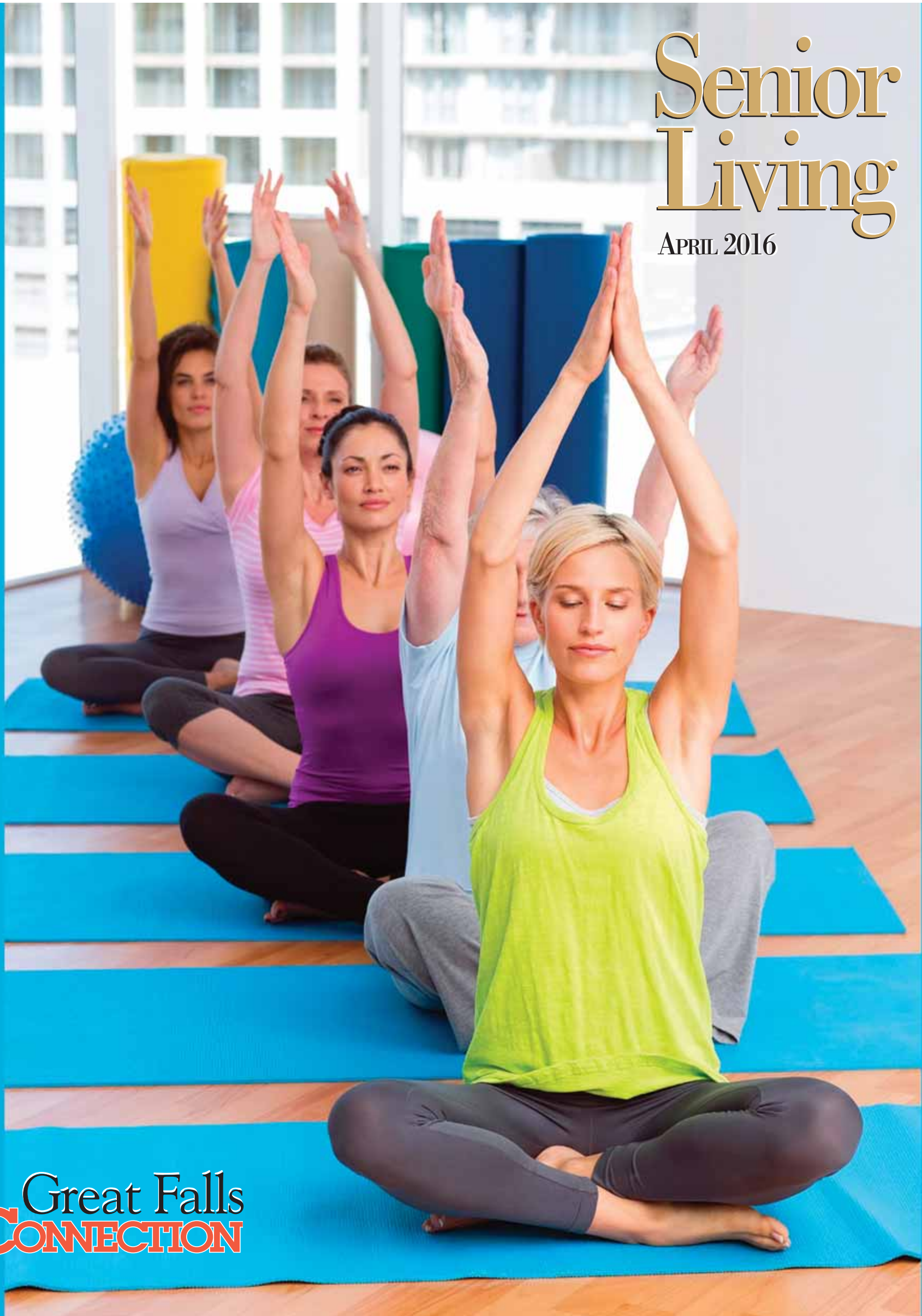
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Senior Living

APRIL 2016



Great Falls
CONNECTION

Luxury Condos are a Growth Market for Seniors

Active retirees seek options for independent living, including condos in Alexandria, Arlington, Tysons, Reston, McLean, Bethesda and Chevy Chase, among others.

BY MARILYN CAMPBELL
THE CONNECTION

When Joyce and Don Lipman decided to move out of their Potomac, Md. home, they opted for a high-end townhouse instead of a retirement community. They gained a cosmopolitan environment and lost the burdensome maintenance of a large home.

“My husband always hated taking care of the grounds and he didn’t want to pay someone to do it, and we weren’t ready for a retirement community,” said Joyce Lipman, who is 71. “Now I can walk to the shopping center and to my doctor’s office. I couldn’t believe it the first time I was able to go without my car. It was like a new lease on life.”

When another active retired couple decided to downsize and move out of their home, they opted for a high-end condominium instead of moving to a retirement community. They enjoy traveling and own a beach home where they often spend time. When it came time to design their new liv-



PHOTO CREDIT

Some seniors are choosing luxury condominiums like this one in Reston over retirement communities..

ing space, they sought the help of Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

The couple wanted “a pretty, yet practical home and also a

place they could lock and leave on a moment’s notice,” said Proxmire.

Condominiums and townhouses are growing in popularity for midlife couples because unlike large homes, they don’t require a lot of maintenance, and they offer opportunities for living independently.

“In the next three to five years, luxury condominiums are going to be extremely popular with that age group, those who feel the colonial home is too big and they don’t want the ... mentality of retirement communities,” said Debbie Miller, an Arlington-based associate broker with McEneaney Associates Inc. who specializes in the 55 and over real estate market. “Luxury condominiums provide a great option.”

Miller says that in addition to proximity to shopping, dining and public transportation, amenities such as a 24-hour concierge service that can handle requests such as meal delivery and grocery shopping make high-end buildings sought after among well-

heeled retirees.

The buyers Miller works with are looking for condos “that provide a ‘lock-and-leave’ advantage for residents who ... like to travel or who spend six months here and six months elsewhere.”

Such condominiums are prized and often hard to obtain.

“There are some that are very exclusive and [others that] don’t come on the market very often,” she said. “I sold a unit in the Rotonda [in McLean] a year ago and had multiple offers that were all cash.”

ONE REASON THAT retirees opt for condominiums over retirement communities is freedom without restrictions, such as the frequency or length of stay for overnight guests. “In a retirement community, your grandchildren might only be able to visit for two weeks. Condos provide more of an independent feel,” said Miller. “Owning a condo allows them the opportunity to pay the condo fee and come and go as they please and someone else takes care of the maintenance.”

Another reason is proximity, with a condominium community more likely than a retirement community to be in an urban environment like Arlington, Reston or Tysons.

Among the most favored luxury condominium properties in Northern Virginia, says Miller, are The Palladium of McLean, Midtown at Reston, the Porto Vecchio in Old Town Alexandria, and the Turnberry Tower in Arlington.

“There are many other high-rises that appeal to the 55 and older crowd due to convenience and lots of amenities and that are walkable,” she said.

Gerontology experts offer perspective for retirees who are looking to buy a new home. “The main thing is to consider safety,” said Beverly Middle, DNP, RN, Assistant Professor of the College of Health and Human Services in the School of Nursing at George Mason University. “Communities where there are other older adults tend to have services in place to support them.”

Middle recommends using evidence-based design when creating dwellings suitable for seniors. “It’s a new science that’s geared toward older adults and is very specific to their needs,” she said.

Addressing retirees’ desire to live a vibrant and active life that takes freedom and safety into consideration, some retirement communities are working to broaden their appeal to a wider group of seniors. For example, Sunrise Senior Living, based in McLean, created a Live With Purpose program which offers residents structured programs that include activities for volunteering and learning.

“No matter your age, each of us has interests, desires and activities that make us feel whole and help contribute to a meaningful, healthy life,” said Rita Altman, senior vice president of Memory Care & Program Services for Sunrise.

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Senior Living

Golden Notes

Fairfax County's Living Well, Aging Well Summit, April 16

Living Well, Aging Well Summit hosted by Fairfax County and partners is scheduled for Saturday, April 16, 9 a.m.-3 p.m., at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.

This free event will feature a transportation and mobility expo, a technology fair, a volunteer fair, a CarFit program, health screenings, exhibits, seminars, presentations and more.

Physician, professor and geriatric medicine pioneer, Richard W. Lindsay will deliver the keynote presentation.

The summit "will offer multiple approaches to aging well and living well with a disability," said Summit Planning Chairwoman Melanie Rochon Bush, DPT, PT. She said the summit will provide abundant information on health and wellness, county services and volunteer opportunities.

Dr. Bush, director of Fairfax Rehab, Inc./Select Senior Options, is a member of the county's Long Term Care Coordinating Council, a group of local and private agencies that promote caring, inclusive and supportive communities. The council is the lead organizer of the event.

Parking is free and plentiful. Register at www.livingwellfairfax.org or call 703-324-7647. For ADA requests, call 703-324-5421.

Seminars include:

- ❖ Navigating the Medicaid Maze: Waivers, Eligibility and Documentation. Joan Irwin, Long-Term Care Self-Sufficiency Team, Department of Family Services. Learn about Medicaid's eligibility criteria, screening process, required documentation and how Medicaid funds home-based and nursing home care.

- ❖ Understanding Medicare Parts A, B, C and D. Bill Vaughan, counselor, Virginia Insurance Counseling and Assistance Program. Get the most out of Medicare.

- ❖ Healthy Habits for a Healthier You. Ana Nelson, vice president of Programs and Services, Alzheimer's Association National Capital Area Chapter. Find out how to optimize your physical and cognitive health as you age.

- ❖ Staying Active: Move, Learn, Create Margot Greenlee, director, BodyWise Dance. This dance class encourages increased mobility, social engagement and rhythmic accuracy.

- ❖ Balance, Balance and More Balance Woody McMahon, Founder, Sequoia Health and Fitness, Inc. This 1-hour interactive workshop tests your balance

and offers simple ways for improvement.

- ❖ Five Questions to Consider About Paying for Long-Term Care. Thomas C. West, CLU, ChFC, AIF, financial advisor, Signature Estate & Investment Advisors, LLC. Learn how to use your resources wisely and avoid common money mistakes.

- ❖ Fairfax County's Community Resources to Help You Live Well and Age Well. Sharon Lynn, director, Fairfax Area Agency on Aging; Bob MacMurdo and Carlos Estrada, Fairfax-Falls Church Community Services Board. Learn about county services for older adults and for people with mental health, substance abuse disorders and intellectual disability.

- ❖ Social Media and Older Adults. Emily Rasowsky, Director of Marketing Strategy Social Driver. Learn about Twitter, Instagram, LinkedIn, Skype, FaceTime and the top apps for older adults.

- ❖ Aging Well in the Community. Barbara Sullivan, executive director, Mount Vernon At Home; Michelle Scott, executive director, Shepherd's Center of Oakton-Vienna; Matthew Barkley, director, Disability Services Planning and Development. Panelists will discuss transportation, social programs, accessibility and home safety, community engagement and the Fairfax 50+ Neighbor to Neighbor Initiative.

- ❖ Fun on the Horizon. Evan Braff, regional manager, Department of Neighborhood and Community Services; Jennifer Disano, executive director of the Osher Lifelong Learning Institute at GMU. Learn the benefits of participating in leisure activities that support mental and physical health.

- ❖ Connected Health: A Healthier You Through Technology. Telehealth, sometimes called Telemedicine, improves health by connecting the patient at one location with the provider at another site. Learn about telehealth in addressing diabetes and heart disease.

50+ Employment Expo

Dozens of job recruiters will be present at the 50+ Employment Expo on Monday April 18, 10 a.m.-2 p.m. The day features seminars on changing careers, online job searching, continuing education and resume help.

Recruiters include nonprofits, government agencies, healthcare, retail, technology and more.

The Expo takes place at the Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. This site is accessible via Metro. Use the Silver Line's Spring Hill stop.

Registration is not necessary— just show up.

For more information, go to www.accessjca.org/50plusjobexpos. To get the ball rolling, go to www.nvss.org or call Dave at 703-524-5576.



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Senior Living

Taking the Long View

BY JOHN BYRD
THE CONNECTION

Budgeted, incremental improvements are the key to effective planning, aging in place.

When they decided not to move-on after retirement, seniors Mike and Sandy Nusbaum slowly began enlarging their long-term residence with several goals in mind.

Ten years and four improvements later, the couple's Alexandria home is ideal for extended visits with children and grandchildren—and all sorts of everyday pleasures.

Home improvements can come in many sizes: life-changing or simply necessary; comprehensive, or something to please the grandkids.

The real problem is practical: how to conveniently and affordably implement a list of desired improvements—especially when experience tells you that securing a satisfactory outcome for even a basic household repair can be challenging.

In this context, it's heartening to talk with Mike and Sandy Nusbaum, retired empty-nesters who have executed mid- to large-scale renovations to their thirty-year-old south Alexandria residence in phases, about once every two years and for more than a decade.

Plainly, the Nusbaums like their house, a circa-1980s Colonial-style home where they raised three children. While somewhat space-constrained at its original 2,100 square feet, the structure's location adjacent to woodland and minutes from historic Old Town made it hard to beat.

As retirement neared, however, the couple began cautiously reassessing their home's basic assets, even briefly considering a move to a bigger place.

"You have to ask yourself whether the next house will actually improve your quality of life," Sandy Nusbaum says, recounting her thoughts of twelve years back. "When we looked at the alternatives ... we realized there were only a few things about our house that we didn't like."

AND SO IT BEGAN. Plans for incremental changes. Kitchen and screened porch. New family room and deck. Lower level. Enlarged Garage ... Facilitated by a new relationship, with 30-year veteran remodeler David Foster, principal of Foster Remodeling Solutions.

"We met some homeowners at a local home show who raved about David," Sandy recalls. "David has a low-key style, and a strong service orientation that helps us make informed decisions."

Looking back, while the remodeler's fresh design ideas were critical, the couple also appreciated his clearly-stated, always-reliable cost projections.

"WE WERE ON THE CUSP of retirement and didn't want debt," Mike Nusbaum says. "Our first thought was to make targeted improvements to the kitchen while keeping our options open for the larger family entertainment suite we might undertake as



Mike and Sandy Nusbaum have enlarged their home four times in the past ten years. Each phase has improved the home's overall functionality, which has transformed it into a preferred gathering place for children, grandchildren and extended family. The garage and storage units have resulted in a dramatic improvement in available space and eliminated clutter.



Only 150 square feet was added to the family room, but the four-window course with "eyebrows" creates a visual continuum that makes the room feel significantly larger.



The first phase of a 10 year remodeling plans entailed replacing the kitchen/living room divider wall with a dining counter/serving station. The revisions allowed light from three directions. Maple cabinets and Silestone quartz surfaces provide a tonal and textural contrast.

we assessed the budget issue."

Foster was not only supportive of such thinking, but, as the Nusbaums learned, considers "phased remodeling" an integral part of his company's service.

"I grew up in Fairfax County and have learned my business by helping homeowners find a process that will work for them as they think ahead," he says.

Once work began, the Nusbaums particularly noted the foresight Foster brought to each improvement.

"Ten years ago, we wanted the rooms extending from the kitchen to function better as a place for entertainment. We had a small dining room that wasn't being used much. The back rooms were too dark," Sandy Nusbaum recalls.

In short order, the wall between the kitchen and dining room disappeared, replaced by a three-stool Silestone counter that has become the couple's primary kitchen gathering area. That counter surface was also positioned as a serving sta-

tion for the new elevated 16-by16-foot screened porch that is now a much-used fair-weather dining spot.

A new window over the kitchen sink adds natural light and a lovely view of the backyard. "When you walk from the kitchen to the screen porch, it feels like you're walking in the air through the trees," Sandy says. "This gave us a wonderful re-discovery of our own backyard."

From there, it wasn't long before the Nusbaums began planning an extension of the rear family room, an open-air grilling deck and a pathway that permits children, grandchildren and guests to circulate freely through a wide-ranging suite of rooms used for social gatherings.

"It was at this point that we started having holiday gatherings for up to thirty," Sandy says. "Such fun!"

WHICH LED TO THE THIRD PHASE: Transform the 800-square-foot lower level into an exercise room that doubles as a guest

suite. Here a comfortable Murphy bed folds out of a discrete closet. There's a full bath, and built-in serving station with refrigerator and microwave. The Nusbaums refer to it as "the family suite." On holidays, it can be occupied for two or three days a stretch.

Then, just last year, Foster created a second bay for the garage by building a wing off the side elevation. The new construction is supplemented by a garden shed accessed from the yard. The contents, pruning tools, mower, freed up floor space in the garage, which now (for the first time) has room for something special: two cars.

"What we really appreciate about David Foster is there are no bad surprises, and frequently there are good ones," Mike Nusbaum said. "Last year, for instance, he repaired a window that was out of warranty and didn't charge us. That kind of service encourages you to think ahead."

John Byrd (byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about home improvement for 30 years.