

Vienna and Oakton CONNECTION

Even Abram Lydecker – who built his store on Church Street just before the Civil War broke out - unearthed his grave to make it to HVI's book sale. Jon Vrana, aka Abram Lydecker, is a student of Civil War history and a "regular" re-enactor with Historic Vienna, Inc.



Vienna Hosts Two Book Sales

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Lawmakers Wrap-up Richmond Session

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Oakton's Nest of Eagles

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VIENNA CRIME REPORTS

Notable incidents from the Town of Vienna Police Department from March 25-31.

Incidents

Fraud - 900 Block Fairway Drive NE. Between Feb. 4 at 8 a.m. and Feb. 7 at noon. A resident reported that she discovered charges were made to

Petit Larceny - County Transmission, 320 Dominion Road NE. Between March 17 at 2 p.m. and March 24 at 3:30 p.m. An employee noticed the license plates had been removed from one of the vehicles that had been left in their lot for service.

Open Door - Westwood Country Club, 800 Maple Ave. East. March 21, 8:38 p.m. While responding to an alarm at the Country Club Sgt. Sheeran found a door that was unsecured. After checking the building and finding noth

SEE CRIME, PAGE 7

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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."

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Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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NEWS



PHOTOS BY BC WILL BAILEY/COURTESY OF FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT

Firefighters fight the fire from the outside after deteriorating conditions forced them to abandon an interior attack.

Fire Ravages Oakton House Oil-soaked rags caused fire said investigators.

A fire caused approximately \$652,500 in damages to a house on Windsong Drive in Oakton on Tuesday, March 30 at 1:45 p.m.

Some 60 firefighters waged an interior approach to the fire but conditions forced them to move outside to contain it.

According to investigators, improperly discarded rags soaked with linseed oil was the cause of the fire. The fire was deemed accidental. No one was in the house, which had working smoke alarms, at the time.

Three firefighters were taken to the hospital for minor injuries.



Firefighters encounter smoke and fire from the garage and attic upon arrival to the house on Windsong Drive in Oakton on Tuesday, March 30.

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:

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Or to mail photo prints, send to:
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BEFORE

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Kings Park Library
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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

Vienna & Oakton
CONNECTION

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CRIME

FROM PAGE 2

ing that appeared to have been disturbed, an officer secured the door.

Arrest – Driving While Intoxicated - Lawyers Road at Church Street NW. March 25, 2:42 a.m. An officer observed a driver commit a series of traffic violations and initiated a traffic stop. Upon his interaction with the driver he determined that he may have been impaired. After failing a series of sobriety tests he arrested the 29-year-old man from Callie Furnace Court in Manassas, Va. for Driving While Intoxicated. He was transported to the Vienna Police Station where he was given the opportunity to provide a sample of his breath for analysis. After the analysis he was transported to the Fairfax County Adult Detention Center where he was charged with Driving While Intoxicated.

Grand Larceny - 100 Block Sanoey Circle SE. March 25 between 7:55 a.m. and 9 a.m. A resident reported U.S. currency and jewelry missing from his home. Because he believes it was taken by a relative who has been staying at the house he does not wish to pursue the case.

Grand Larceny - Freedom Bank, 502 Maple Ave. West. March 25 between 5:30 p.m. and 6 p.m. A citizen found blank business checks laying in the roadway on Nutley Street, SW and brought them to the Vienna

Police Station. An officer contacted the checks' owner and found they were stolen from his vehicle a short time earlier. The owner stated he left the checkbook in his unlocked vehicle in the parking lot while he conducted business in the bank. He was not aware the checkbook had been removed from the vehicle until he was notified by the officer.

Vandalism - 300 Locust St. SE. March 26 between noon and 4:51 p.m. A resident reported that his vehicle was keyed while it was legally parked at his residence.

Welfare Check - 100 Block Patrick St. SE. March 26, 11:30 p.m. Officers responded to the residence to check on a female who was not feeling well and was home alone. Fairfax County Rescue also responded to assess the female and found she was not in need of further medical treatment. A family member was contacted and came to the residence to take care of the female.

Welfare Check - 900 Block Hillcrest Drive SW. March 27, 9:52 a.m. A citizen requested officers check on the welfare of his wife. The wife had made statements on the phone that made him believe she may be in distress. Officers searched the house, but were unable to locate the woman. A short time later, officers found the woman walking her dog in the area. She stated she was fine and did not need any further assistance.

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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, Ammad 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: lianaformccboard@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

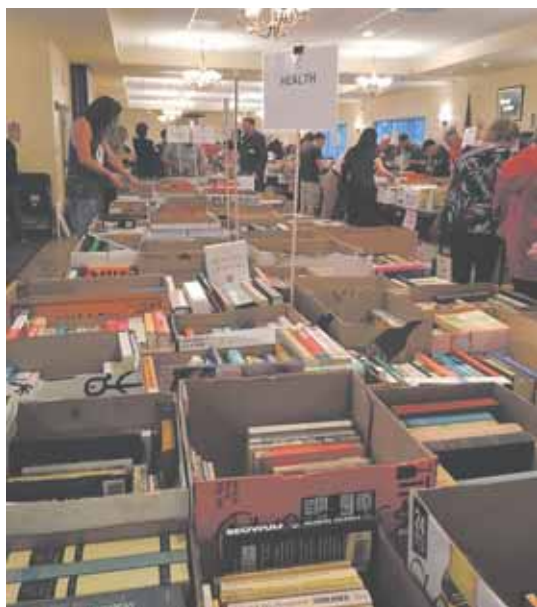


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McLean, VA 22101

703-790-0123/TTY: 711

www.mcleancenter.org





Historic Vienna, Inc. offered 30,000 used books for sale over the weekend in its annual used-book mega-sale. The sale moved to American Legion hall this year while the Community Center closed for renovation.



Students from local middle schools volunteered at the used-book sale sponsored by Friends of Patrick Henry Library to fulfill their schools' community service requirement.

PHOTOS BY DONNA MANZ/THE CONNECTION

Vienna Hosts Two Book Sales

Historic Vienna, Inc. and Friends of Patrick Henry Library offered more than 30,000 used books over April's first weekend.

It was a big weekend over April 2 and 3 for Vienna-area book fairs. Both Historic Vienna, Inc. and Friends of Patrick Henry Library opened their doors to hundreds of residents and book dealers and offered thousands of inexpensive used books. Both book sales were fundraisers for their respective sponsoring bodies, supported by books donated by community supporters.

HVI moved its annual 2 1/2-day used book sale to a new location this year, as the Vienna Community Center is closed for renovation. To the rescue was American Legion Post 180 offering its hall space for rental. More than 25,000 used books – including some treasures – went on the market Friday evening for the members-only sale. As typical for HVI's annual mega-sale, lines had already formed long before the doors opened at Legion hall on opening on April 1, 2, and 3.

Boy Scout troop 152, based at Vienna Presbyterian Church, the history honor society at Madison High School, and 6-8 middle school and high schoolers from various schools moved and sorted books for HVI and assisted buyers at the sale. Profit from the book sale raises funds for HVI's program-



A line formed outside American Legion Post 180 with people hoping to get first dibs on the inexpensively priced books for sale by Historic Vienna, Inc. The book sale is popular with book dealers from across the region.

ming, from exhibits at Freeman House to community special events. Although on a smaller scale, the used-book sale operated by Friends of Patrick Henry Library was so swamped with buyers at times that browsers were squeezed in — that is how popular this semi-annual book sale is. Sponsored and hosted by Friends of Patrick Henry Library, proceeds fund programming not supported by

Fairfax County, from special events to regular activities. Friend estimates they offered approximately 3,000-plus used books.

On hand to help out Friends of Patrick Henry Library sorting and assisting buyers were middle-schoolers from area schools fulfilling their community service commitment.

—DONNA MANZ



PHOTOS BY ELANA ORBACH

Secretary Brian Moran, Chairman Pat Hynes of the Fairfax County School Board and Supervisor John Foust (D-Dranesville) discuss climate change initiatives.

Climate Solutions Summit Held in Oakton

Faith Alliance for Climate Solutions, a Northern Virginia nonprofit that helps faith communities respond to climate change, hosted a summit in Oakton to bring faith leaders and local officials together.

Secretary Brian Moran, Virginia's chief resilience officer, was joined by Chairman Pat Hynes of the Fairfax County School Board and Supervisor John Foust (D-Dranesville). Leaders from congregations as diverse as Unitarian Universalist Congregation of Fairfax, St. Dunstan's Episcopal Church in McLean, Temple Rodef Shalom in Falls Church, and the All Dulles Area Muslim Society in Sterling encouraged officials to commit to robust action on climate change.

Secretary Moran shared details

on the Commonwealth's Clean Power Plan, which is Virginia's response to the first-ever national standard on carbon pollution. Chairman Hynes released results on Fairfax County Schools' exploration of solar power and announced an upcoming "Get to Green" dashboard. Supervisor Foust announced the launch of Fairfax County's first energy use website, which reveals how much energy county facilities use and empowers citizens to advocate for efficiency. Interfaith Power and Light of D.C., Maryland, and Northern Virginia shared important context on how Northern Virginia's sustainability policies relate to those of the region as a whole. Secretary Moran will share area faith leaders' messages on climate change with Gov. McAuliffe.



Attendees discuss how to more effectively engage with elected officials.

CALENDAR

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

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.



Ellis Paul performs at Jammin' Java on Saturday, April 9.

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, SEE CALENDAR, PAGE 13

FAITH NOTES

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

The **Church of the Holy Comforter in Vienna**, 543 Beulah Road, is offering the course "Your Faith, Your Life: An Invitation to the Episcopal Church." Classes will be April 17; May 1, 15, 22; June 5 from 12:30-1:30 p.m. Light lunch and childcare provided. Visit <https://tsu.me/1tg> to sign up for a book and

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.

Vienna Presbyterian Church, 124 Park St., NE, Vienna, offers Passages DivorceCare. If you are experiencing the pain of separation and divorce, this program offers a path toward healing. Fourteen-week series held Tuesdays from 7 to 9 p.m. beginning Feb. 23. \$20. Scholarships available. For registration or information call 703-938-9050 or go to www.viennapres.org, or email Passages@ViennaPres.org. (Editor's note: Delete entry after April 11).

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9:00 a.m. Holy Eucharist, Rite II
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Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
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CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM

To Highlight Your Faith Community,
call Karen at 703-917-6468



McLean
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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

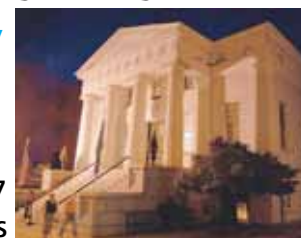


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Neo-Futurists
**"Too Much
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the Baby
Go Blind"**
30 Plays in 60 minutes (T.M.L.M.T.B.G.B.)
**Saturday,
April 16, 8 p.m.** \$25/\$15 MCC
district residents

**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



1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711





Oakton's Stephanie Palmucci scored two goals against Madison on April 2.



Goalie Elyssa Goldberg and the Oakton girls' lacrosse team limited Madison to eight goals despite losing 11 of 18 draws.

Defense Leads Oakton Girls' Lax to Win Over Madison

Palmucci scores two goals for Cougars.

BY JON ROETMAN
THE CONNECTION

The Oakton girls' lacrosse team lost seven of 10 draws in the first half and 11 of 18 throughout Saturday's game against Madison, but a determined defensive effort helped the Cougars beat their Vienna rival.

Oakton totaled seven caused turnovers and held off a late Madison rally to win 10-8 on April 2 at Madison High School.

A goal by Rachel Pionke gave Oakton a 10-6 lead with 8:08 remaining in the second half. The Cougars received a red card with 5:25 on the clock and surrendered a pair of man-down goals in the next 30 seconds, but managed to maintain their lead.

Oakton had some breathing room thanks to a strong first-half defensive effort. Despite losing 70 percent of the draws, the Cougars entered halftime with a 7-2 lead.

"It definitely takes a lot of mental [strength] because, obviously, [losing



Madison head coach Adam Norton said goalie Ellie Socher is off to a "ridiculous start" this season.

draws] gets you down," Oakton junior attack Stephanie Palmucci said. "Lately, we've had a couple games [where] we haven't been on for draws, so I think we've just learned, OK, this isn't our thing, that just means we have to work 10 times harder on defense."

Along with contributing to Oakton's stingy defensive effort, Palmucci, a UConn commit, scored a pair of goals, including one with less than a second remaining in the opening half.

"Stephanie is [an] all-around [player]," Oakton head coach Jean Counts said. "You

just can't go wrong with her on the low end, the midfield, the offensive end. She's too unselfish and that's something that we're working on. She just needs to kind of take control because that's the kind of player she is. She's somebody who we rely on greatly because she'll catch whatever comes her way. If the draw is anywhere near her, she's got that implanted magnet into her stick."

Counts said some of Oakton's most experienced players, including senior Christin Butters and junior Maddie Rouse, are returning defenders, making defense a strength for the Cougars. Senior goalie Elyssa Goldberg and junior Paige Townshend, who suffered a torn ACL early last season, are also key contributors on defense.

Senior Layne Stikeleather and junior Amanda Sabatella each scored two goals for Oakton. Freshmen Alex Burtnett and Evelyn Pickett, junior Taylor Houston and Pionke each had one.

Carly Rogers led Madison with three goals. Caroline Turner finished with two goals, and Anya Saponja, Olivia Choutka and Diana Lowther each had one.

Madison head coach Adam Norton said senior goalkeeper Ellie Socher has had a strong start to the season.

"She's our little giant," Norton said. "She has had a ridiculous start. Her first game as a varsity starter, she had a legit shutout against W-L. [She had] six or seven saves but they weren't gumballs — they were legit stops — and we won [16-0 on March 17]. Down in Hilton Head (S.C.) she played lights out, as well."

The win improved Oakton's record to 3-1. The Cougars were scheduled to play Woodgrove on Tuesday, after The Connection's deadline. Oakton will host West Springfield at 7:30 p.m. on Wednesday, April 6.

Madison dropped to 3-1. The Warhawks were scheduled to face Fairfax on Tuesday, after The Connection's deadline. Madison will travel to face South Lakes at 7:30 p.m. on Thursday, April 7.



Madison Baseball Beats Oakton, Improves to 8-2

Members of the Madison baseball team celebrate during their 12-4 win over Oakton on Saturday. The victory improved the Warhawks' record to 8-2. Madison will host Langley at 6:30 p.m. on Friday, April 8.

CALENDAR



PHOTO CONTRIBUTED

Oakton Elementary Family 5K will be on Sunday, April 24. Register before April 8 to get discounted rates.

FROM PAGE 11

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 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.

SUNDAY/APRIL 17

Young Soloists Recital. 3 p.m. The Alden, 1234 Ingleside Ave., McLean. This free classical music series, now in its 41st season, features professional musicians who have won international recognition for their artistry. Free. mcleancenter.org.

Voce Chamber Singers. 4 p.m. Church of the Holy Comforter, 543 Beulah Road, Vienna. American choral classics featuring the world premiere of a new Voce commission by DC-area composer, Stephen Caracciolo. \$25. voce.org/tickets. 703-277-7772.

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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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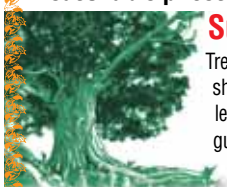
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Cellco Partnership and its controlled affiliates doing business as Verizon Wireless is proposing to install an antenna on the rooftop of an existing 23' tall building at 6404 Williamsburg Boulevard, Arlington, Arlington County, VA, 22213. Existing antennas extend the maximum height of the building to 44'. Public comments regarding potential effects from this site on historic properties may be submitted within 30-days from the date of this publication to Virginia Janssen, Principal Archaeologist, Dynamic Environmental Associates, Inc., 3850 Lake Street, Suite C, Macon, GA 31204, (877) 968-4787, Sec106@DynamicEnvironmental.com. Re: 21602003.

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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

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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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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 prek-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.

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The Great Falls Connection

COMMUNITY

Top 3 Overall Women and Men in Sunday's 5K Fun Run/Walk:

(Times are Average Per Mile and Finals)

- ❖ Overall Women
 1. Julia Ghiselli of Annandale- 6:16 19:27
 2. Debbie Rudisell of Vienna - 6:33 20:20
 3. Stacey Kroetch of Chantilly - 6:40 20:41
- ❖ Overall Men
 1. Donovan Foley of South Riding - 5:37 17:27
 2. Tanner Baldwin of Vienna - 6:18 19:35
 3. Philip Goff of Vienna - 6:21 19:43

From left — Cynthia Bertolini and son Pier Carlo of Vienna, 5; Victoria Noyes, Scott Allison, Vienna Mayor Laurie DiRocco, who fired the starter pistol; Becky Allison and Thoreau Middle School teacher Karen Freck participated in James Madison High School's 11th annual 5K Fun Run/Walk to support the school's Track and Field program.



PHOTOS BY VICTORIA ROSS

Craig Chasse, Madison's head coach for Cross Country, Track and Field and the school's Health and Physical Education chair, gave the crowd some instructions and a pep talk before the race began.

Up and Running!

Runners of all ages brave gusty winds and freezing temps to support James Madison High School's Track & Field 5K Fun Run.

Go Red. Go Black. Go Mad. The popular slogan for James Madison High School in Vienna was particularly fitting Sunday morning, as hundreds of Mad Men - and women - braved raucous winds and bone-chilling cold to run, walk and jog in the 11th annual 5K Fun Run/Walk to benefit the Track and Field program.

"We owe a great deal of thanks to our many supporters and organizers, who helped make today a great fundraiser for our school," said Craig Chasse, Madison's head coach for Cross Country, Track and Field and the school's Health and Physical Education Chair. "Considering the weather, we had a decent turnout."

Chasse said the fundraiser will clear more than \$2,000 for the Track and Field program, after paying for the police coverage, t-shirts, and other expenses.

Vienna Mayor Laurie DiRocco, a longtime runner and fitness enthusiast, was invited to launch the event by firing the starter pistol at 9 a.m. sharp.

"This is one of my favorite events," DiRocco said. "Coach Chasse runs a fantastic program for any student who wants to par-

ticipate, and the Madison community really rallies around that."

Participants ran, walked and jogged their way around the gently rolling 3.1 mile course, approximately two loops around the school. The event ended with an Awards Ceremony held near the school's stadium.

Chasse presented "Overall Awards" to the top three women and men in the 5K during the awards ceremony, as well as awards to the top three finishers in various age categories. Everyone who completed the race received a blue ribbon. For a complete list of race results, go to www.warhawkssports.org on the Outdoor Track and Field Team Page.

Felicia Faragasso of Vienna, whose son, Joseph Faragasso, received a first-place finish in his 13-14 age group with a time of 22:21, said she had just started running and competing in 5K races. "Madison has a great program with a lot of community support. If I can run this race, I think anyone can do it," she said. "So if you didn't run this year, definitely do it next year!"

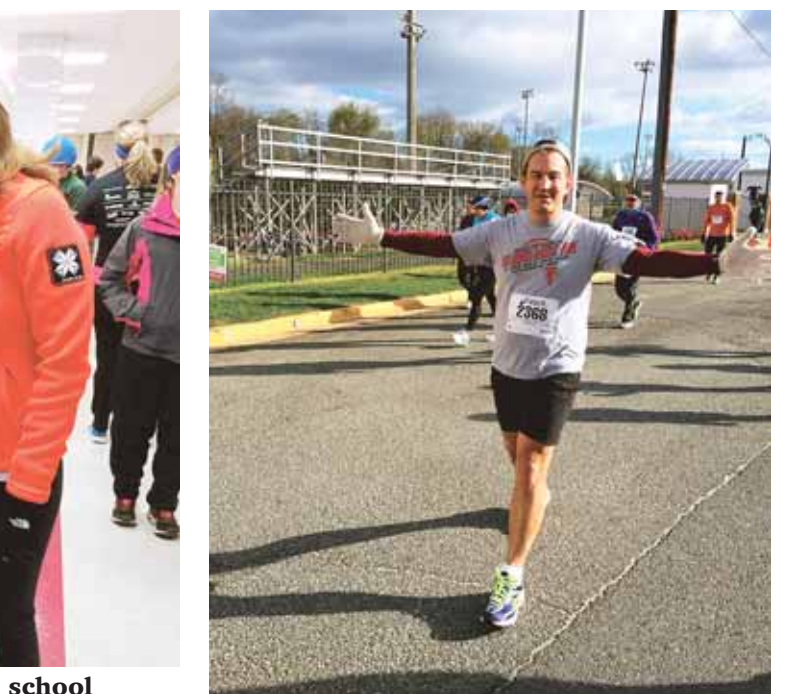
After the event, Chasse said he wants to acknowledge several parents and boosters who made the



Runners gathered in the high school cafeteria before the race started, to socialize and stay warm. Felicia Faragasso (left), whose son is a Madison freshman, chatted with Vienna Mayor Laurie DiRocco, who was the official starter for the race.

Fun Run/Walk a success.

"I'd like to give a big thank you to Lea Ann Stone for helping with sponsors/packet pickup and race day registration just to name a few things she did! Perry Shoemaker did a great job of getting many of



State Sen. Chap Petersen (D-34), a frequent participant in community races, embraced the challenge of James Madison High School's annual 5K Fun Run to benefit the school's Track and Field program.

the local businesses to donate prizes for the age group winners or donate money. Wayne Wu ran in the race and donated to the team and Cindy Wu gathered several sponsors.

Sheila Murphy also donated and

she placed in the most competitive age group in the 5K. And thank you to the many other parents who helped make this a great fundraiser for us!"

—VICTORIA ROSS

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Senior Living

APRIL 2016



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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 living 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



Kelley Proxmire designed plush interior for a retired couple who downsized from a larger home into a luxury condominium.

"In the next three to five years, luxury condominiums are going to be extremely popular with ... those who feel the colonial home is too big and they want the freedom of locking and leaving their home."

— Debbie Miller, 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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Photo by Ed Knepley

Senior Living

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 Counsel-

ing and Assistance Program. Get the most out of Medicare. There will be time afterwards for questions.

❖ 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. One-hour interactive workshop tests balance and offers simple ways for improvement.

❖ 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.



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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



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.

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 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 station for the new elevated 16-by-16-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 days at 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.

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