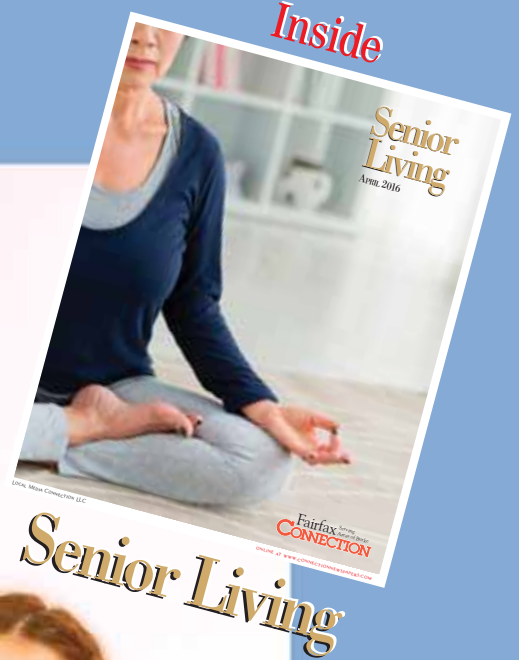


(From left) Hajera Hayat, Iman Khan and Sahar Marufkhail collected items for the animal shelter. More than two dozen students from Lanier Middle School, plus some Fairfax High School freshmen, are vying this Saturday in a statewide competition.



Lanier Students Head To State Competition

NEWS, PAGE 8

Fashions, Music and A Silent Auction

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Robinson Girls' Lax Dominating Opponents

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PHOTO BY BONNIE HOBBS/THE CONNECTION

New Bike Lanes Proposed for 7 Braddock District Roadways

New bicycle lanes are being proposed for Ravensworth Road, Coffey Woods Road, Burke Road, Patriot Drive, Guinea Road, Queensberry Avenue and Heritage Drive in Braddock District. The improvements would come as part of the Virginia Department of Transportation 2016 summer road repaving program.

The Fairfax County Department of Transportation has scheduled community meeting to explain the projects on April 12, from 6:30-8:30 p.m. at Canterbury Woods Elementary School. The school is located at 4910 Willet Drive in Annandale.

Jeff Anderson of Vienna, board president of the Fairfax Alliance

for Better Bicycling, said Lawyers Road in Vienna is a successful example of a similar paving project that resulted in bike lanes going both directions and a general drop in vehicle accidents.

"It's not just about bike lanes, it's about reducing accidents, speed, making the community more livable and safer," said Anderson. "If the road is currently unsafe, there's a reason there's no cyclists on it."

For additional information and links to maps of the proposed projects, visit www.fairfaxcounty.gov/fcdot/bike/braddockdistrictbikelanes.htm.

—TIM PETERSON

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BEFORE

Sanderson Honored for 25 Years of Civic Service in the Arts

Douglas J. Sanderson, a principal in the law firm of McCandlish & Lillard, P.C., was honored at the 2016 Fairfax County Federation of Citizens' annual awards banquet with a Citation of Merit recognizing his 25 years of "pro-bono legal service, tremendous passion, and tireless dedication to the arts in Fairfax County." Sanderson,



PHOTO CONTRIBUTED
Douglas J. Sanderson

who currently serves as legal counsel to the board of directors of the Arts Council of Fairfax County, has supported the Arts Council in its mission to support, empower, and provide access to the arts in the County since 1991.

Visit <http://www.fairfaxfederation.org> for more information.

AREA ROUNDUPS

Reporting Potholes

Report potholes to the Virginia Department of Transportation by going to <https://my.vdot.virginia.gov/>.

If you see a pothole, report the problem to VDOT online or by calling 1-800-FOR-ROAD (1-800-367-7623). VDOT will investigate each report and will schedule repairs as soon as possible.

Potholes occur when pavement is weakened by seeping moisture which freezes and expands, causing the road to crack. Traffic driving over the roads loosens the pavement further, and it eventually crumbles, causing a pothole.

FAITH NOTES

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

For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Jubilee Christian Center of Fairfax is restarting its "Living Free" support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss and Grief." There will also be support groups meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road,

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

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


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 Kings Park Library
 9000 Burke Lake Rd. • Burke, VA

An online survey will be available soon.
www.fairfaxcounty.gov/library



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County of Fairfax, Virginia

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.



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. Vivian Watts (D-39) has been working on prison reforms including facilitating increased literacy and job training.



Gay Gardner with Interfaith Action for Human Rights said her organization has received numerous complaints about treatment of people with mental disabilities and people in solitary confinement at Red Onion State Prison.



Del. Mark Sickles (D-43) said only 24,000 families in Virginia currently receive benefits from the Temporary Assistance to Needy Families (TANF) Block Grant



Ann Solomon asked State Sen. George Barker (D-39) how people who are uncomfortable with concealed firearms in the room should respond to Virginia's gun-carrying in public legislation.

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



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.

cases," he said.

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



Dr. Gerald Poje, vice chairman of the Fairfax County Human Services Council, said he's concerned about addressing what he believes is an affordable housing crisis.

forth to work legally," Boysko continued. "It makes a good amount of sense."

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."



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



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.



PHOTO BY JOAN BRADY

Women's freshman 8, flight 1, was a nail-biter for second and third place with Woodson and Fairfax neck and neck. Woodson finally pulled ahead to win by 7.3 seconds. Bethesda Chevy Chase took first with a time of 3:50.9

Regional Regatta Held at Occoquan

The Regional Park Regatta on April 2 started out cold and rainy but by afternoon was a lovely day to be on the water at Sandy Run along the Occoquan Reser-

voir in Fairfax Station. For a complete listing of winners, check out Virginia Scholastic Rowing Association Regattas at <http://www.vasra.org/>.

- ATTENTION -

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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 south@connectionnewspapers.com.

EDITORIAL

LETTERS TO THE EDITOR

Help Prevent Child Abuse

To the Editor:

If you see a blue pinwheel dotting the landscape in April, we hope you will pause and think about what it represents—National Child Abuse Prevention Month. We then hope you will ask yourself: what can I do to prevent child abuse and deal with its aftermath?

We are fortunate in Fairfax County to have multidisciplinary teams of law enforcement, child protective services (which averages 2,500 cases per year), prosecutors and other professionals who work together to investigate child abuse and related issues.

We are fortunate to have the SafeSpot Children’s Advocacy Center of Fairfax County where forensic interviews can happen in a coordinated fashion in a child-friendly environment that does not re-traumatize the child. It’s also a place where trauma-informed



PHOTO CONTRIBUTED

What can you do to prevent child abuse and deal with its aftermath?

therapy is provided so the child can hopefully go on to lead a happy, healthy life.

We are not so fortunate, however, because child abuse affects every socio-economic group, even in our affluent area. We have scores of children and families who need help.

You can do your part by being vigilant with your own family and acquaintances, or to a child or a family that may need help. You can help raise funds for SafeSpot so it can expand its hours and services.

We’ve seen the difference for

children and families when they have resources to deal with the horror they’ve encountered. It takes time and loving support but it is possible.

So in April, remember pinwheels only turn if we use our collective breath. Think about children under three who don’t have words to express their pain or ask for help. Think about the lives that are lost if therapy isn’t provided.

Then say thanks to the teams who work tirelessly and cooperatively to support children and families, and think about how you can help. More information on how to get involved is available from www.safespotfairfax.org.

Michele Thames, executive director
SafeSpot Children’s Advocacy Center of Fairfax County

Limiting Health Care Choices

To the Editor:

Recently it was announced that

Aetna-Humana and Anthem-Cigna are planning to merge, which would severely limit the choices residents of the Commonwealth have when picking their healthcare provider. In addition, we would likely see substantial premium increases. It goes against common sense to reduce competition in the market and allow the costs to hardworking families to go up.

The State Corporation Commission, whose job is to ensure that mergers are in the public interest, needs to involve the citizens who would be affected. It’s crucial that the people across Virginia have the chance to participate in public hearings on these mergers.

All of us here in Virginia need to hold these companies accountable. I have no reason to believe the commission won’t do its job, but my family and neighbors should have a chance to let our policymakers know what the public interest really is.

Kim Smith
Fairfax

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Fashions, Music And a Silent Auction

Fundraiser for Fairfax Salvation Army set for the Waterford.

BY BONNIE HOBBS
THE CONNECTION

The hot looks for spring, live entertainment, a luncheon and a silent auction are all in store for attendees of the 36th annual fashion show benefiting the Fairfax Salvation Army. It will be held Friday, April 15, from 10:30 a.m.-1 p.m., at the Waterford in Fair Oaks (off the ring road across from Fair Oaks Mall).

Sponsoring the event is the Fairfax Salvation Army Women's Auxiliary, and the fashion show – with both male and female models – will feature clothing from Lord & Taylor. Tickets are \$50/person and lunch is included. For reservations, call Angela Ganey at 703-250-5809.

"The socializing, entertainment, luncheon, silent auction, fashion show and jewelry counter all make for a wonderful time in support of a great cause," said the Auxiliary's Meg McLane, co-president of the Women's Auxiliary with Sylvia Laiti. "It's fun to sit with friends and see the new fashions, as well as catch up and network with other charitable organizations."

McLane is also in charge of the models, scheduling their fittings and coordinating with Lord & Taylor. Co-chairing the fashion show are Barbara Stoetzer and Ganey. The social hour and silent auction will begin the day's activities; also planned are makeup demonstrations by Chanel.

Chris Poleto, Lord & Taylor's general manager, will narrate the fashion show. His daughter Ella will sing the National Anthem and "O Del Mio Dolce Ardor." And the Salvation Army's Major Kim Finehauer will play the baroque recorder, clarinet, French horn, flugelhorn and alto horn. He and his wife Roxanne direct the Salvation Army's compassionate work in Fairfax County.

Modeling will be Carolina Hurtado, Liz Foltin, Randy Jennings, Jeanette Crutchfield, Lynn Falk, Jeena Ingraham, Barry Bateman, Bridget Sampson, Christina O'Connell, Paul Meade and Mary Lou Glover. Except for Sampson, who now lives in upstate New York, all the models live in either Fairfax, Vienna, Oakton or Fairfax Station.

The luncheon menu will feature chicken teriyaki, Waterford salad, jasmine rice and red velvet cake. And the table centerpieces will be sold at the event's end.

A wide variety of silent-auction items will be up for bid. They include an overnight stay for two at the Red Fox Inn in Middleburg, gift cards for Ruth's Chris Steakhouse and other restaurants, a bread



PHOTO CONTRIBUTED

Model Carolina Hurtado models a springtime dress.

basket from Great Harvest Bread, a Murano glass necklace and a Tiffany bowl. All funds raised go toward the Salvation Army's many charitable causes. Some 1.2 million people call Fairfax County home. Yet, although the median income is more than \$100,000, deep pockets of poverty exist, along with great need. Last year, the Salvation Army Fairfax Corps served about 12,000 people in the National Capital region.

Thousands came for food, clothing and help paying heating bills during the harsh winter, plus back-to-school supplies and Angel tree gifts as the holidays rolled around. Living in poverty is a constant battle, so the Salvation Army tries to do what it can to help. Throughout the school year, 50 children are picked up from school twice a week and brought to the Corps for free youth programs. Children work on their homework, read in the library or simply have fun in an all-purpose area. In addition, aspiring young musicians receive free instruction from professionals who volunteer their time through the Gospel Arts Music Program. The Salvation Army also supports a mission in Mexico and sends underprivileged children to summer camp. That is why, said McLane, attending the annual fashion show/luncheon is so important. "It's a wonderful contribution to such a noble organization to help the causes it supports," she said. "It's also an enjoyable, uplifting day; and the sense of satisfaction we have, knowing we've made a difference, is worth all the hard work."

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REEM NADEEM/THE CONNECTION

Former owner Jeff Stahle and current owner Syed Ahmed pose in the emptied out store, where they both once made livelihoods and memories.

Farewell Party at Baskin Robbins

Owner searches for a new location.

BY REEM NADEEM
THE CONNECTION

Built in 1962, Baskin Robbins off of Fairfax Boulevard has served the final scoops in its historic location. Current owner Syed Ahmed is being forced to close the store because of eminent domain.

Ahmed, who purchased the store from Jeff Stahle in 2001, is still searching for another location to reopen. However, letting go of the memories that have accumulated in such a historic spot is proving to be difficult.

"We have many memories left here, since like 2001. We used to have 31 scoop night, thousands of people coming, line would go all the way to the parking lot. Many people came from 50 years old and came with their grandchildren and then told me, 'I came here when I was a kid, now I'm bringing my grandchildren,' so I'm proud of it, you know it's like part of me," Ahmed said.

Father to two daughters and two sons, Ahmed will have to miss on the most profitable season for ice cream and is still awaiting government compensation.

"If you were going to close an ice cream store, you'd never close April 1 so it's certainly not something he wanted to do," Stahle said.

Not only will the store be closing just in time for summer business, but Ahmed said he won't

have time to recover from the lack of winter business.

"At this time, I'm closing my business. Winter time, I lost money, every month, like \$5-6000, I paid from my pocket. And this is the time I'm making money, they shut it down. I don't think they're going to tear down another 6 months, this building. At least they could give us [time] to run the business, I could make some money to feed my family," Ahmed said.

The search for a new location - one that is appropriately sized and is not surrounded by other ice cream stores - is also proving to be more difficult than anticipated. According to Stahle, this location, off of Fairfax Boulevard, benefitted from great visibility and convenient parking.

"It's convenient to pull in, get something, get right back where you're going. And you can get out both ways with the traffic lights, stuff like that. So that's sort of going to be the biggest issue," Stahle said.

The project which has caused Baskin Robbins and surrounding stores to close or relocate, aims to widen the road, as well as control persistent flooding in the area. Both Stahle and Ahmed dealt with flooding in their times as store owners, though they said it was never dangerous or damaging to the store.

Stahle said, "I think there's a lot of things going on, I mean they are widening the two roads. So it makes sense that when you're doing all that, that you should probably do this - Stahle said.



(From left) Miranda Cespedes and Tiffany Nguyen created a breakfast item.



(From left) Jacob Major and Spencer Gulich entered the FCCLA's national projects online.



Michela Donohue holds the teddy bears she made.

Lanier Students Head to State Competition

They also must raise money to go to nationals.

BY BONNIE HOBBS
THE CONNECTION

More than two dozen students from Lanier Middle School, plus some Fairfax High School freshmen, are vying this Saturday in a statewide competition. On Thursday, April 7, they head to the Virginia Beach Conference Center for the Family, Career and Community Leaders of America (FCCLA) State Leadership Conference.

"I'm overwhelmed with the dedication these kids put in - coming to meetings, giving up their weekends to do fundraising and then working on their projects," said their adviser, Susan von Schaack, who also teaches FACS (Family and Consumer Sciences). "After 26 years, I've grown to enjoy my job even more because of them and their enthusiasm and determination to do their best."

The students will be in the STAR (Students Taking Action for Recognition) portion of the competition for seventh-, eighth- and ninth-graders. Altogether, more than 825 students from 125 schools will participate at states. And to make the trip, not only did the Lanier team's projects have to qualify, but the students had to raise \$3,000 for their travel expenses.

The team will compete April 8 in five categories. Seventh-graders Sahar Marufkhalil, Hajera Hayat and Iman Khan did The Pawject, under the auspices of National Programs in Action. "Some 4,000-5,000 animals a year go into shelters throughout Fairfax County," said Sahar. "So we collected needed items on the county Animal Shelter's Website."

THE GIRLS made announce-



(From left) Christian Heiche, Chloe Kim and Laura Stravach did the Promote and Publicize category.

ments in school to remind other students to bring in things such as leashes, collars, harnesses, batteries, paper towels, Ziploc bags, Dawn dishwashing soap, plus toys for the animals. Over two weeks, they collected 60 items and then delivered them to the shelter. "We even made homemade dog treats," said Sahar.

"We all have a love for animals and are already good friends, so it was easy for us to work together," she added. "It was fun and it felt good to do something for the animals. The people at the shelter work really hard, and it was good to see the smiles on their faces because they needed people to donate these items."

At states, the girls' display board will explain what they did, including their concerns, goal, plan and follow-up. "I feel pretty confident because the speech we'll give is like a conversation," said Sahar. "And we got first in our division in the National Programs in Action."

Eighth-graders Christian Heiche and Chloe Kim, plus Fairfax High School freshman Laura Stravach did the Promote and Publicize category. "We had an FCCLA week, Feb. 22-26," said Christian. "We

are competing against yourself for a higher score. At states, it's competing against other schools to get there, and I think all our projects can make it to nationals."

In FCCLA, said Laura, "You really learn lifelong skills and make friends you might never have crossed paths with. And all these competitions teach you how to research things, be a leader, set goals and reach out to companies for mentors or help with your project. You also learn planning and organization, the oral skills needed to present a project, plus how to put together the presentation to make it appealing to the judges."

Nora Farid, Jules Welch and Sami Saghir did a community service project, collecting nearly 650 pairs of socks for the homeless and donating them to the Katherine Hanley Family Shelter. And Fairfax High freshmen Jacob Major and Spencer Gulich entered information online about the FCCLA's national events.

Spencer submitted details about The Pawject, while Jacob entered a summary of a dinner the club made and served to the school staff at Christmas time. The students also created the invitations, designed the menu and ordered the food, thereby learning about working in both the front and back of a restaurant.

Meanwhile, Lanier eighth-grader Michela Donohue did a project for the Recycle and Redesign category. She made teddy bears out of old T-shirts, tucking pillow stuffing in side them and using buttons and shells for their faces. Each bear took about five hours to make.

"I love teddy bears and, as a kid, I liked wearing my dad's old T-shirts while painting," she said. "So I figured they'd be a good fabric for the bears. There's a lot of trash in the world, but much of it can be used for something else, instead of throwing it out - and lots of clothing can be reused. I think I'll do great at the state competition, and I've never been to Virginia Beach,

so I'm excited about it."

SEVENTH-GRADERS Tiffany Nguyen and Miranda Cespedes are in the Food Innovations category. They created a breakfast item that would appeal to middle- and high-school students. It had to include an ancient grain, and they chose quinoa in developing a breakfast casserole similar to a mini-quiche. "It was soft and had lots of vegetables to make it healthy," said Miranda. "It also had eggs and sausage and was baked in an oven," added Tiffany.

The girls made three prototypes and tested them on the FCCLA members, who listed what they liked and didn't like about them. "They had to answer questions about the texture, taste and appearance," said Miranda. "Then we took pictures and made a display board for states."

Tiffany's favorite part was the cooking, and Miranda was surprised everyone liked their creation, even though it contained vegetables. "Many teenagers don't have time to make breakfast or don't eat it at all," said Miranda. "So we called this On the Go Casserole."

"It takes 12 minutes to make and about 10 minutes to put together," said Tiffany. "And I learned to eat healthier."

Although the FCCLA will be busy at states this weekend, they are already eyeing the National Leadership Conference, July 2-7, in San Diego. But they need to raise the money for it in the next month.

"It'll cost at least \$1,800 per student for travel, registration and lodging, and we could really use some financial support from the community," said von Schaack. "We're looking for businesses and organizations to sponsor us." To contribute, email her at SEVonSchaack@fcps.edu or send a check payable to Lanier FCCLA to: Lanier Middle School, 3801 Jermantown Road, Fairfax, VA 22030.

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Jensen Jacobs, lead actress in Northern Virginia International Film Festival feature film "TRI."



PHOTO COURTESY OF RED ZEPPELIN PRODUCTIONS

Film Festival Returns to Fairfax, Bigger and Bolder

Northern Virginia International Film Festival to be held at Angelika Film Center April 21-30.

BY DAVID SIEGEL
THE CONNECTION

Returning for its second year, the Northern Virginia International Film Festival will continue to "create a slice of Hollywood in Northern Virginia; this year is even bigger and bolder" than its inaugural season at the Angelika Film Center in the Mosaic District, said Fernando Mico, founder and director.

Northern Virginia is a special place with its own cosmopolitan population. "The Northern Virginia International Film Festival aims to have its own personality befitting its strategic location near the nation's capital location," added Mico. "Northern Virginia has an international population, many visitors, and countless filmmakers who make their home here. And, of course, sophisticated filmmakers who want to see the latest and best films.

About 100 films will be screened during the Festival. The films are every size, genre and budget from filmmakers from Northern Virginia, the U.S. and around the globe. There will also be workshops, panels and forums on issues such as screenwriting, funding/distribution, entertainment law, filmmaking and, of course, acting.

An award-winning filmmaker, Mico, of Alexan-

Where and When

Northern Virginia International Film Festival at the Angelika Film Center and Café at the Mosaic, 2911 District Ave., Fairfax. Festival runs April 21-30, 2016. Ticket starts at \$11 with additional ticket packages available. Film Festival music event at State Theatre, 220 N. Washington Street, Falls Church, Friday, April 22, 2016. For detailed information and tickets call 703-960-1970 or visit www.novafilmfest.com.

dria, made clear in an interview that he wants to assure that filmmakers have their work screened for audiences who would not normally have the opportunity to do so without the Festival.

"From last year's success, we know that bringing a usually unseen piece of Hollywood and the international arts and entertainment to Northern Virginia was well received." This year's Festival include a second venue for a one-day music event at the Falls Church State Theater. Also a number of local Mosaic District merchants are Festival sponsors, opening their venues for celebratory events associated with the Festival.

One Northern Virginia filmmaker who will have a film showcased is Jai Jamison. He is the director of "TRI," feature length film about a journey of triathletes overcoming their own personal obstacles and the challenges of competing in a triathlon. The film was produced by Springfield's Red Zeppelin Productions.

This year's Northern Virginia International Film Festival will include late afternoon pre-performance events and evening gatherings at locations and shops throughout the Mosaic District. There will be a high energy, closing night Awards Ceremony at the Angelika Film Center on Saturday, April 30, 2016.



Jai Jamison, director, Northern Virginia International Film Festival feature film "TRI."

PHOTO COURTESY OF RED ZEPPELIN PRODUCTIONS



PHOTO COURTESY OF EILEEN CURREN

(From left) Caleigh Davis plays Harriet and Abby Rozmajzl plays Emma in Paul VI's "Emma, a Pop Musical," playing April 8-10 at Paul VI Catholic High School.

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

ONGOING

"Disembodied." 5 p.m.-midnight. April 16-June 11. Epicure Cafe, 11104 Lee Highway, Fairfax. Epicure's spring exhibit invites artists to explore the concept of disembodiment. epicurecafe.org/.

"After the Holocaust." April 5-May 19. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Exhibit. 703-323-0880. jccnv.org.

Cell Phones for Soldiers. March 1-April 18. Liberty Tax, 5622-G Ox Road, Fairfax Station. Donate unwanted cell phones to help active duty military and vets call loved ones. 703-323-5580.

Palingenesis. Feb. 19-April 9. Epicure Cafe, 11104 Lee Highway, Fairfax. New art exhibition. Curated by Mojdeh Rezaei and Hannah Son, Palingenesis brings together an eclectic group of local and D.C. artists working in a variety of media. 571-212-7227. epicurecafe.cart@gmail.com.

After the Holocaust. April 5-May 19. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The Bodzin Art Gallery presents an art exhibit observing the 70th anniversary of the conclusion of the Nuremberg Trials. Watercolors by Alexandra Rozenman, a political refugee from Moscow, and sculptures by Paula Stern. Free. www.jccnv.org. 703-537-3000.

Celebrating our Children's Creativity. May 19-June 20. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The J's Early Childhood Learning Center presents "A Reggio Exhibit," which showcases the philosophy of teaching art under the guidance of Sarah Vejvoda. Free. www.jccnv.org. 703-537-3000.

Spotlight on the Arts Festival. April 15-May 9. Various locations. Celebrates three decades of arts in the City of Fairfax. fairfaxspotlight.org.

"Reflections of the Spirit" Art Exhibition. April 3-May 1. Workhouse Arts Center, 9601 Ox Road, Lorton. Exhibit by artist, Kathy Strauss. workhousearts.org. 703-492-8215.

"Who's Afraid of Virginia Woolf." April 22-May 8. Old Town Hall, 3999 University Drive, Fairfax. Edward Albee's "Who's Afraid of Virginia Woolf" won the 1963 Tony Award for Best Play and is considered one of the masterworks of American drama, with its dazzling language and unforgettable characters. fairfaxcitytheatre.org.

Skating Equipment Collection. Mondays, 7-9 p.m., through May 9. Fairfax Ice Arena, 3779 Pickett Road, Fairfax. Gently used skating

equipment needed for Kids on Ice. For information, contact dondes@cox.net.

WEDNESDAY/APRIL 6-SUNDAY/APRIL 17

Circus XTREME. Eagle Bank Arena, 4400 University Drive, Fairfax. Last chance for local residents to see the treasured Asian elephants before they are moved to their permanent home at the Ringling Bros. Center for Elephant Conservation in Florida. ticketmaster.com. Ringling.com.

THURSDAY/APRIL 7-SUNDAY/APRIL 17

Northern Virginia Jewish Film Festival. Angelika Film Center and Cafe at Mosaic, 2911 District Ave., Fairfax. Festival will screen 14 contemporary Jewish-themed and/or Israeli-made feature films that explore identity and place in the world. \$10-\$70. For schedule and showtimes, go to jccnvarts.org.

FRIDAY/APRIL 8

Bonita Lestina Performance Series. 8 p.m. Sherwood Center, 3740 Old Lee Highway, Fairfax. Windz Woodwind Ensemble. "Music for a Spring Night." Free. fairfaxarts.org.

Italian Heritage Lodge. 6:30-8:30 p.m. St. Leo's Knights of Columbus Hall, 3700 Old Lee Highway, Fairfax. Join a fun filled group that meets monthly and participates in entertaining evenings and events. Call 703-818-7656 for details.

FRIDAY-SUNDAY/APRIL 8-10

Spring Book Sale. Friday, 10 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday, 1-3 p.m. Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently read books in all categories including art and architecture, history, military, cooking, gardening, spirituality, reference, classic and popular fiction. Big selection of DVDs, CDs, and audiobooks. 703-644-4870.

"Emma, a Pop Musical." Friday-Saturday, 7:30 p.m. Sunday, 2 p.m. Paul VI Catholic High School, 10675 Fairfax Blvd., Fairfax. Modern and musical take on Jane Austen's "Emma." \$8-\$15. Email PVIProducers@yahoo.com.

SATURDAY/APRIL 9

City of Fairfax Yardsale. 8 a.m.-1 p.m. Green Acres, 4401 Sideburn Road, Fairfax. Proceeds benefit the 2016 City of Fairfax Independence Day Celebration. Donated items may

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

Fairfax Station Artist Part of “After the Holocaust” Exhibit

Fairfax Station artist, Lynn Goldstein, was selected to participate in the exhibition, “After the Holocaust,” which will be on view at the Jewish Community Center of Northern Virginia (JCCNV) April 5 until May 19.

Goldstein states, “This was an opportunity to make a piece that invites viewers to interact with the work in ways that have not been possible with the paintings that I have made in the past.”

The piece, “Diaspora,” entices viewers to interact directly with the artwork by the use of everyday objects — books. Goldstein states, “This work is meant to evoke a more uplifting view of an aspect of Jewish history.” “Diaspora” is a piece of art made to explore Jewish immigration to the U.S. The imagery is symbolic and, in some cases, personal. In fact, many of the photographs utilized in the artwork are of Goldstein’s family members, who hoped for a better life for themselves and their families upon arriving in the United States from eastern Europe.

More of Lynn Goldstein’s art



PHOTO CONTRIBUTED

“Diaspora” by Fairfax Station artist Lynn Goldstein will be on Display at the Jewish Community Center of Northern Virginia from April 5 to May 19.

can be viewed at her studio at Workhouse Arts Center in Lorton. To see her work visit www.lynngoldstein.com

JCCNV is located at 8900 Little River Turnpike, Fairfax. For more information, call 703-323-0880 or go to jccnv.org.

CALENDAR

FROM PAGE 10

be dropped off at Green Acres on Friday, April 8 between 5-8 p.m. Do not price items. No adult clothing or books. Free. 703-485-7858.

Opening Reception. 6-9 p.m. W-9, Workhouse Arts Center, 9601 Ox Road, Lorton. Artist Kathy Strauss will be present for her exhibit “Reflections of the Spirit.” workhousearts.org.

Pre-Women’s Day Gospel Concert. 4:30 p.m. Greater Little Zion Baptist Church, 101085 Zion Drive, Fairfax. Featured special guests include The Gospel Pearls of Washington, DC and the Daughters of Thunder and Lightning of Northern Virginia. 703-764-9111.

SUNDAY/APRIL 10

T-TRAK Scale Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Free/\$2/\$4. fairfax-station.org. 703-425-9225.

Pohick Church EYC Coffeehouse Event. 6-8 p.m. Pohick Church, 9301 Richmond Highway, Lorton. Episcopal Youth Community (EYC) will present an evening of entertainment, snacks, coffee and hot chocolate. Free but donations accepted. 703-339-6572.

“Private John S. Mosby, First Cavalry.” 2 p.m. The Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Historian and author Gregory P. Wilson will lead a discussion of his biography of the Confederate leader, who as a private in 1861, spent his time picketing in Fairfax County. Free. 703-385-8414.

At Your Service Mr. President! 2-3:30 p.m. Jewish Community Center of Northern Virginia, 8900 Little

River Turnpike, Fairfax. Former White House butler Alan DeValerio will give behind-the-scenes details about the preparations involved in White House entertaining. \$15/\$18. jccnv.org. 703-323-0880.

SATURDAY/APRIL 16, 23

Charity Yard Sale. 8 a.m.-noon. The Historic Sydenstricker Schoolhouse, 8511 Hooes Road, Springfield. Proceeds benefit the Historic Sydenstricker Schoolhouse. sydenstrickerschoolhouse.org.

SATURDAY/APRIL 16

Off the Wall. 5-8 p.m. Art and Design Building, George Mason University, 4400 University Drive, Fairfax. Benefit to support student scholarships and visiting artists’ fund for Computer Game Design Program, Film and Video Studies Program and School of Art. \$25/\$60. Offthewall.gmu.edu.

Opening Reception. 8 p.m.-midnight. Epicure Cafe, 11104 Lee Highway, Fairfax. Live music performance will be provided by Trash Mammals, an arts collective from Fairfax. epicurecafe.org.

“Don’t Touch This Book!” 11 a.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Story time. Coloring and activities to follow. 703-278-8527.

Country Western Benefit. 6:30-10 p.m. Accotink Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a benefit dance to raise funds for the Fisher House Foundation. Bring your own refreshments and a dish to share. \$20. nvewda.org. 703-860-4941.

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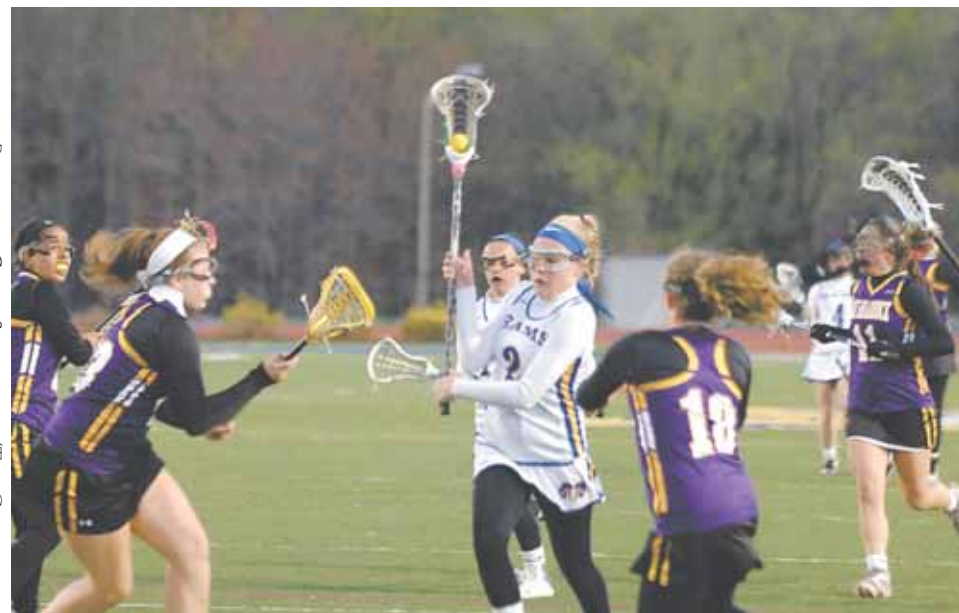
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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Robinson junior Katie Checkosky finished with six goals and two assists against Lake Braddock on Tuesday.****Robinson senior Taylor Caskey had five goals and three assists in the Rams' 19-1 win over Lake Braddock on Tuesday.**

Robinson Girls' Lax Dominating Opponents

Rams beat Lake Braddock 19-1.

BY JON ROETMAN
THE CONNECTION

Katie Checkosky scored Robinson's first goal less than four minutes into Tuesday's home game against Lake Braddock. One minute later, Ellie Kluegel found the back of the net. Taylor Caskey then added back-to-back goals, leading to a Bruins timeout with 18:58 on the clock.

It would only get worse for Lake Braddock.

In less than 10 minutes, Kluegel had a hat trick and three different Rams had scored multiple goals.

In less than 15 minutes, Robinson had built a 10-0 lead.

When the game ended, Robinson had won, 19-1.

THE DEFENDING STATE CHAMPION Robinson girls' lacrosse team has been no stranger to blowouts early in the 2016 season. The Rams are 8-0, winning each game by at least 10 goals. They have outscored their opponents 151-27, including a 79-11 margin against public school foes.

The toughest competition Robinson has faced came during the "Spring Fling" tournament on April 2 at St. Stephen's & St. Agnes School. Playing in back-to-back games against private school opponents, the Rams defeated St. Anne's-Belfield, 18-8, and Collegiate, 21-7.

"Playing the private schools, that was a shock," said Kluegel, a junior midfielder. "It was close at the beginning, but I think we're a team, when we really get in the groove of it, we just keep going and we don't let off the gas. I think a lot of our scores have reflected that so far."

Robinson finished 21-1 last season, winning Conference 5, 6A North region and state championships. The Rams' only loss came against Georgetown Visitation, a pri-

**Robinson junior Elli Kluegel totaled six goals and two assists against Lake Braddock on Tuesday.**

ate school. Robinson returned the majority of its roster and has continued piling up victories.

So how do the Rams stay motivated?

"[Head] coach [Liz] Case keeps us motivated in practice a lot," said Kluegel, who was a US Lacrosse All-American as a sophomore. "She tells us before every game that the team we're about to play has nothing to lose and she stresses to us we have everything to lose — everyone's gunning for the state champions and it's our job to defend that and defend our school and defend our title."

The desire to repeat is also a driving force.

"A lot of us have experienced the amazing feeling of what it feels like to win a state championship," said Checkosky, a junior attacker/midfielder, "and we want to do whatever we can to have the same feeling and be able to experience the same stuff that we did last year."

Robinson certainly has the talent to get the job done.

Kluegel, a Loyola University Maryland commit, and Checkosky, a JMU commit,

each scored six goals and had two assists on Tuesday night. Caskey, a senior midfielder and one of three team captains, finished with five goals and three assists. Senior attacker/midfielder Kaitlin Luccarelli, a Longwood University commit, had two goals and three assists.

"We all just want to shoot a lot and get

our goals and everyone wants to get their own goals, but we never go in there, like, "We want to score 20 goals,"" said Caskey, who will attend Virginia Tech but is uncertain about her lacrosse future. "We want everyone to score."

With all the talent on the Rams roster, Case said practices get quite competitive. The Robinson defense includes senior goalie and captain Danielle Valenti, and senior defender and captain Emily Skrzypczak, who will play at Ohio State.

"The coolest thing is our practice, because of our offense against our defense, it's pretty intense, the level of play," Case said. "They're constantly being challenged every day in practice by each other. They don't stop just because it's practice. You go 100 percent."

Next up for Robinson is a home game against Westfield at 7:30 p.m. on Tuesday, April 12.

ON FRIDAY, April 15, the Rams will travel to face a Woodson team that is currently undefeated against public school competition.

"We're going for the [championship] again, but this year we want to go totally undefeated," Luccarelli said. "Last year, we only had one loss, so there's not much more we can do than win the second state title."

Marshall High School to Host All-Star Game Sunday

The DMVStream.com Nova Challenge will be held Sunday at Marshall High School.

There will be two all-star games, a 3-point contest and a dunk contest.

At 2 p.m., the Fairfax South team will face the Prince William all-stars. The 3-point contest and dunk contest will start at 4 p.m. At 5 p.m., the Fairfax North team will face the Loudoun all-stars.

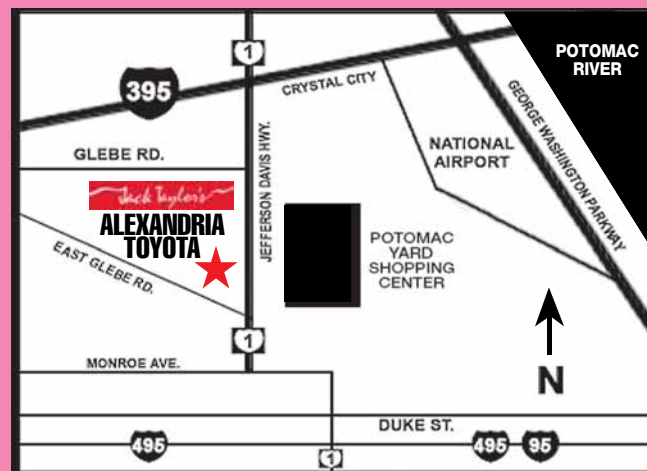
The Fairfax South roster includes: Spencer Askew (West Springfield), Matt Ayoub (Woodson), James Butler (Lake Braddock), Lewis Djonkam (West Springfield), Seamus Maloney (Woodson), Romaine Oakley (Hayfield), Avi Silberman (Robinson) and Kendall Thompson (Lee).

**West Springfield senior Spencer Askew will participate in the DMVStream.com Nova Challenge on April 10.**

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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Includes: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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ABC LICENSE
Caboose 3, LLC trading as Caboose Brewing Company, 11389 Reston Station Blvd, Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR A Brewrey < 500 BBL + retail on/off license to sell or manufacture alcoholic beverages. Matthew Greer, managing member

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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Zone 5: The Potomac Almanac

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The McLean Connection
The Great Falls Connection

THURSDAY/APRIL 7
Jared Meyer. 7 p.m. The Hub VIP 2, George Mason University, 4400 University Drive, Fairfax. Economist talk titled "How DC is Betraying Millennials." Sponsored by College Republicans. For information contact taylor@enlightenedwomen.org.

Annual Housing Forum. 8:30 a.m.-1 p.m. Brookfield Residential, 3201 Jermantown Road, Fairfax. Meet and learn from shelter partner colleagues, share best practices, and gather take-away strategies from community leaders in the field. Free. Registration required. <http://www.homeaidnova.org/news-events/housingforum/>.

SATURDAY/APRIL 9
"Bullying in Plain Sight." 2 p.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Discussion and signing with author Dr. Dan Chandler. 703-278-8527.

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. fairfaxcounty.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. fairfaxcounty.gov/library. 703-324-8319.

SHARE Program. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Recently receive a dementia diagnosis? Learn about how the SHARE Program can help you and your partner with communication, building a support network, and making more informed decisions about care. Free. RSVP at 703-204-4664 or go to InsightMCC.org.

SATURDAY/APRIL 16
Living Well, Aging Well Summit. 9 a.m.-3 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. 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.

TUESDAY/APRIL 19
Autism and Safety. 7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Room 100, Dunn Loring. Learn Safety risks for individuals with special needs, proactive steps to reduce the risk of potential dangers, resources available in the community for emergency preparedness, safety guidelines and more. Register at 703-204-3941 or <http://www.fcps.edu/dss/osp/prc/resources/events/documents/AutismSafety.pdf>.

WEDNESDAY/APRIL 20
Prepare to Care. 1 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn about how to form your team, make a plan, find support, and still care for yourself. Free. RSVP at 703-204-4664 or go to InsightMCC.org.

TUESDAY/APRIL 26
Virginia Colorectal Cancer Roundtable. 9 a.m.-3:15 p.m. Inova Center for Personalized Health, 3225 Gallows Road, Fairfax. Discussion on the nationwide initiative to reach an 80 percent colorectal cancer screening rate by 2018. Free. Advanced registration required, <http://tinyurl.com/vacrct>.



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APRIL 2016

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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. 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. This 1-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.

- ❖ 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.

* Keynote Speaker, Dr. Lindsay: Richard W. Lindsay, M.D., is Professor Emeritus of Internal Medicine and Family Medicine at the University of Virginia Health Sciences Center, and is founder and former Head of the University's Division of Geriatric Medicine.

50+ Employment Expo April 18

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.

Free admission and parking. Registration is not necessary—just show up.

This event is made possible in part by funding from the Morris and Gwendolyn Cafritz Foundation and supports the Fairfax 50+ Community Action Plan.

Senior Slow-Pitch Softball

Join Northern Virginia Senior Softball for fun, fitness, and friendship, (men age 50 and over, women age 40 and over). The average age of players is 66. Games are played Tuesday and Thursday mornings, April-July and September-October. Placement on one of 26 teams in three skill leagues is by ability assessment, not a tryout. Everyone present bats and 11 play defense. To get the ball rolling, go to www.nvss.org or call Dave at 703-524-5576.

Mobility Fair

Accessible and affordable transportation is a critical need for older adults and people with disabilities in Fairfax County and the cities of Fairfax and Falls Church.

The county was awarded a Mobility Management grant. The new Mobility Manager, Susan Shaw, is working with a coalition of community leaders to expand transportation options for older adults and persons with disabilities.

Come to the Mobility Fair at the Living Well, Aging Well Summit on Saturday, April 16. Representatives from NV Rides, an accessible taxicab company, and volunteer groups that offer rides also will be there. Find out about current services that could benefit you.

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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



PHOTO CREDIT

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.



Photo by Ed Knepley

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Senior Living

Taking the Long View

BY JOHN BYRD
THE CONNECTION

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.



PHOTOS COURTESY OF HOME FRONTS NEWS

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.

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 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.

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.

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.

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