



# Synchronized Skater Follows Her Dreams

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**LaDan Nemati holding the American flag in Croatia after winning a gold medal.**

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## Doing What Other School Systems Can't

Increased student diversity yields more, not less, success.

BY BONNIE HOBBS  
THE CONNECTION

It's budget time in the City of Fairfax, and the various department heads have been presenting their FY '18 requests to the City Council. Among them is City Schools Superintendent Peter Noonan.

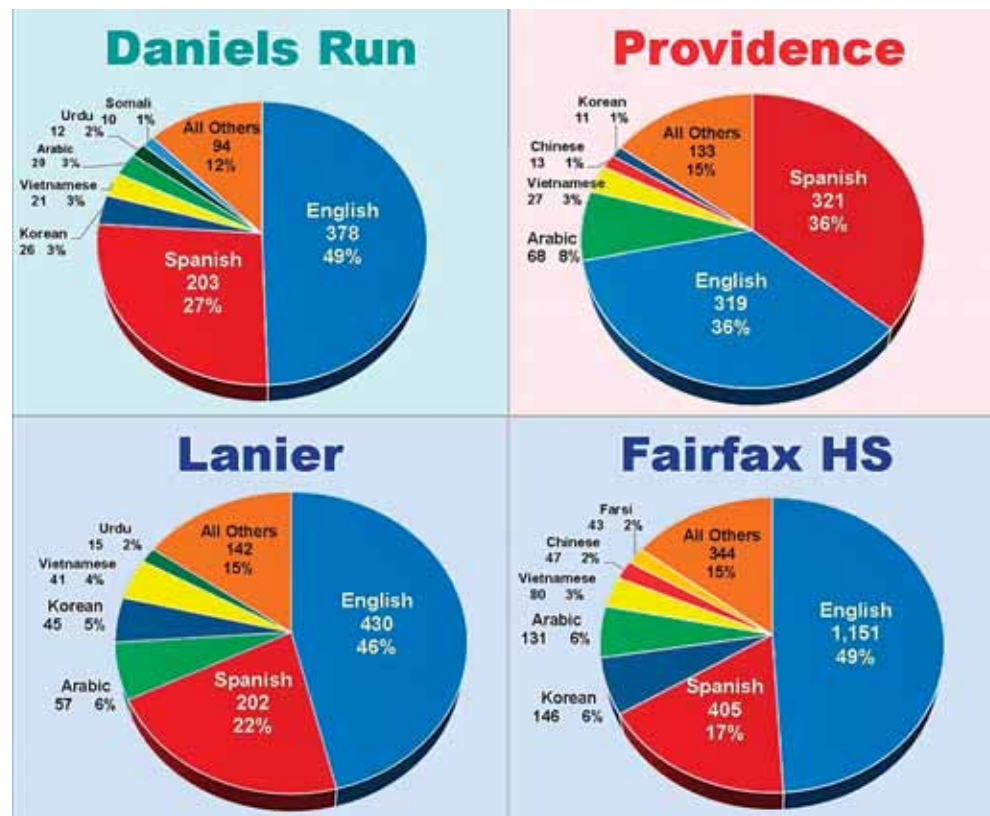
"We're only asking for a .0003-percent transfer increase over last year," he said during a March 7 Council work session. He attributed this fact to the refinancing of the school bond and an increase in state revenues.

Although FCPS operating costs have gone up, the population in the City's schools has held steady this year with an average daily membership of about 3,100 students. However, said Noonan, "We anticipate our school population will grow, depending upon [residential-development] decisions the Council makes in the future."

The City's school-tuition contract with Fairfax County Public Schools is \$48.6 million. Total spending on education is expected to be \$55.6 million. The FY '18 School Board adopted budget proposes \$15,000 more this year for professional services. "We're getting 30 of our teachers to get their National Board Certification," said Noonan.

He also noted the diversity in the City schools. Daniels Run Elementary, for example, has the highest percentage of City of Fairfax residents, and 49 percent of them speak English, while 27 percent speak Spanish. But that hasn't hindered student achievement.

"With the diversity of students we're working with and have to provide services



### Home Languages

#### City Students:

→ 50.5% – English-speaking homes;

→ 26.7% – Spanish-speaking homes

→ 22.8% – Language other than English or Spanish

COURTESY OF PETER NOONAN

for, they're more likely to be in poverty and need ESOL classes," said Noonan. "And as we've grown in less English-speaking students, one might expect them to be low-performing. But their school success and outcomes have increased, due to the teachers, administrators and the incredible support of our City. We're able to do what other school systems in the U.S. can't, and we're very proud of that."

Councilwoman Ellie Schmidt asked about student enrollment numbers by school, and Noonan said only Daniels Run experienced growth. Councilman Michael DeMarco asked if employee compensation and retirement costs will continue to increase, and Noonan replied that benefit costs will, but not retirement. He said it's necessary to "remain competitive regarding teachers' salaries to bring in good people."

Last year, the City spent an average of \$14,561 per pupil, and Councilman Dan Drummond told Noonan, "Your per-student costs are pretty amazing, considering all the great work you're doing. Any estimates on the [City's school population], three to five years from now?" Noonan replied that the actual number would be "predicated on how many new housing units are approved in the City."

The Council members also requested further information from him. Schmidt wanted to know how many City vs. how many Fairfax County students are in each of the City's schools. And Councilman Jeff Greenfield asked for the percentage of students receiving free- and reduced-price meals at school this year vs. last year.

Councilwoman Janice Miller wanted a trend line for the growth in kindergarten

students. She also asked if the local monetary contribution to the City schools includes debt service, and Noonan said it does.

Mayor David Meyer asked if FCPS is planning to build a new elementary school west of the City, since that's where most non-City Providence Elementary students come from currently. Noonan said, "They're now calling it an Oakton-area elementary school, which would call for sweeping, school-boundary adjustments."

Remarking how good schools help attract residents to a City, Meyer said, "There's a direct correlation between the performance of our schools and property values, and vice versa. And the fact that our [high-diversity] schools run counter to the national trend is a testament to our teachers and administrators."

## Schools Superintendent Peter Noonan Resigns

On May 15, becomes the superintendent of Falls Church City Public Schools.

City of Fairfax Schools Superintendent Peter Noonan announced Monday that he's leaving his post here to become the superintendent of Falls Church City Public Schools. He will begin work there on May 15.

"Over the course of the past five years, I have enjoyed the fortune to work with outstanding people, a supportive board and world-class educators," said Noonan. "I look forward to taking all I have learned in the City of Fairfax and putting those qualities of excellence to work in a different school system. The challenges will come, to be

sure, but the excitement of growing professionally and personally in a different system is also exciting."

During Noonan's tenure, he oversaw the boundary adjustment for Fairfax High and Lanier Middle schools, developed a path for advanced academic programs in all four City schools and created equal athletic facilities for girls at Fairfax High School, in addition to many other initiatives.

"Dr. Noonan has been a strong advocate for the City of Fairfax students," said City of Fairfax School Board Chairman Jon Buttram, "And while we are very sorry to



Peter Noonan

"... while we are very sorry to see him go, we are grateful for his leadership for the past five years."

— Jon Buttram, City of Fairfax School Board Chairman

see him go, we are grateful for his leadership for the past five years. We are committed to continue his dedicated service to the City of Fairfax schools as we search for a new leader."

Buttram and the School Board will name an interim superintendent in the coming

weeks to ensure a seamless transition and will have a detailed timeline of the search process for a permanent replacement.

Information about the selection of a new superintendent is at [cityoffairfaxschools.org/school-board/superintendent-search/](http://cityoffairfaxschools.org/school-board/superintendent-search/). The School Board welcomes community comments and suggestions as it moves forward with the search process.



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## News



PHOTOS CONTRIBUTED

**Bulova with City of Fairfax Mayor David Meyer, and members of the George Mason University Democrats.**

## David Bulova Announces Re-Election Bid

At a kick-off event this past Sunday, April 2, David Bulova announced his plan to seek reelection to represent the 37th District in the Virginia House of Delegates for a seventh term. The event was held at Brion's Grille where Bulova was joined by his family, local and state elected officials, and more than 100 supporters. The 37th District encompasses the City of Fairfax and parts of Fairfax County including George Mason University, neighborhoods surrounding the Government Center, and portions of Centreville.

"There has been no greater honor than to represent the community where I grew up. I've been proud to work on legislation to strengthen public education, reduce traffic congestion, restore the Chesapeake Bay, and protect people from identity theft. I particularly enjoy representing one of Virginia's most diverse districts. Nothing makes me happier than to engage my constituents in their state government."

This past session, Bulova introduced successful legislation to promote career and technical education opportunities and to establish a process for protecting the Chesapeake Bay while allowing for new economic development. In response to a recent investigation, he also passed legislation to strengthen the process for revoking a teaching license for sexual misconduct and related offenses.

State Sen. Dave Marsden (D-37), in his introductory remarks said, "David Bulova is successful in passing significant legislation because of the trust and confidence legislators on both sides of the aisle have in his technical expertise, diligence, and communication skills that he brings to bear in the legislative process. David's constituents and all Virginians can rely on the knowledge, skills, and abilities he brings to the job."

Bulova serves on the General Laws, Education and Agriculture, Chesapeake and Natural Resources committees in the General Assembly. In addition, he's a member of the Chesapeake Bay Commission, State Water Commission, Joint Commission on Health Care, Housing Commission, Standards of Learning Innovation Committee, and Virginia War Memorial Board. Visit [www.davidbulova.com](http://www.davidbulova.com).



**David Bulova**



**Del. Eileen Filler-Corn (D-41), and Sean and Allison Perryman attended Bulova's kick-off event.**



## News



PHOTO CONTRIBUTED

### A Day of Giving

Fair Lakes Jersey Mike's donated 100 percent of earnings to Fellowship Christian Athletes (FCA), totaling \$6,189. On Wednesday, March 29, Jersey Mike's Subs across the country had a Day of Giving. It was promoted on TV, especially in ads during the March Madness Basketball games. Jersey Mike's Fair Lakes owner Lori Kollar presents a check for FCA sports camp scholarships to Todd Burger, NOVA FCA baseball director.

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# OPINION

## Another Step to Police Transparency

### Opening up records of “unattended deaths” to families.

**T**he first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

#### EDITORIAL

As a result, many police departments around the Commonwealth, including Alexandria, Arlington and Fairfax, have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should. Police chiefs and prosecutors from across the commonwealth have spoken out against any effort to undermine their broad power of exemption.

To its credit, the Fairfax County Police Department has committed to “release police re-

ports with redactions rather than creating a summary document,” and the new policy is in progress.

During the 2017 session of the General Assembly, state Sen. Scott Surovell’s bill, SB1102, passed both the House and Senate without any votes in opposition. The bill would require police to release the records of investigations of deaths by suicide to the closest family member.

The bill summary: “Virginia Freedom of Information Act; completed unattended death investigations; mandatory disclosure. Requires that records of completed unattended death investigations be released to the parent or spouse of the decedent or, if there is no living parent or spouse, to the most immediate family member of the decedent.”

Gov. Terry McAuliffe proposes to gut the bill by amending it to only require the police to provide a summary of the report.

Families deserve to have access to completed police reports about the death of a loved one. (This is also an issue for murder victims and other situations, but is not addressed by this bill.)

The General Assembly meets for its veto session Wednesday, April 5, and we urge every member who voted in favor of Surovell’s bill

### Tune into Budget Hearings This Week

❖ Tuesday, April 4, 4 p.m., Public Hearing before Fairfax County Board of Supervisors; School Board presents budget to Board. Fairfax County Government Center, Boardroom, 12000 Government Center Pkwy., Fairfax.

❖ Wednesday, April 5, 1 p.m., Public Hearing before Fairfax County Board of Supervisors.

❖ Thursday, April 6, 1 p.m., Public Hearing before Fairfax County Board of Supervisors. All meetings streamed live online and available to view on demand.

Residents can listen to any meeting live in the Board of Supervisors boardroom by calling 703-324-7700.

to vote to block the amendment.

We note that police departments do not have to withhold these reports; nothing in the current law prohibits their release. Police departments could choose the compassionate and transparent approach by releasing reports, redacting the names of witnesses and other information as reasonably necessary. This is what the FCPD is working towards.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Bidding Farewell to Circus ‘Big Top’

### Last chance to see it in Northern Virginia.

BY MICHAEL MCMORROW  
THE CONNECTION

**R**ingling Brothers and Barnum & Bailey Circus will close early next month and become a page in history. A few troupes will continue, some with specialties like Cirque du Soleil and others that are true circuses but small like Circus Flora. But the “Big Top” will be gone.

Attending the final few performances, nobody would guess that the end is drawing near. Performers, at the peak of their profession in “The Greatest Show on Earth,” are not about to ease up their routines or disappoint the audiences.

A blur of countless colors, music pouring from carefully positioned speakers, costumes alight with spangles and crystals, lions and tigers caged with a man and a whip, lights scanning the crowd and reaching high above the ring, horses with bareback riders, people climbing to and hanging from the rafters, everything one expects in a circus envelops each guest, young or old. Everything, that is, except the elephants that are retired to a conservation center in Florida.

Circuses can be measured by the members of clown alley, and Ringling always has some of the best. While facing disappointment as the company closes, the clowns have lost none of their energy and joy performing. In fact, they



Joan Fernandez Cabrera



Victor Rossi

PHOTOS BY MICHAEL MCMORROW

display optimism alongside professional pride.

Joan Fernandez Cabrera said he is happy to work with Ringling, but when it ends he will visit his family in Cuba and then journey to Europe with confidence of finding work. “There is always room for a good clown,” he said.

The story is much the same with Victor Rossi, originally from France and of a family with many generations in the circus.

Ringling has brought laughs and gasps to

countless millions during its 146 years crisscrossing the country. It could hold its own with moving pictures, but not with the hundreds of television channels in high definition and color.

Over the next few days, a man with a tall hat and wearing a military cut jacket of many colors will step into the spotlight and cry out “Ladies and gentlemen and children of all ages, you are about to see the most extraordinary performers and exotic animals one last time at The Greatest Show on Earth.” Older listeners will recall memories of years past, and the young will file away a memory to be recalled in years yet to come.

The bad news is that the circus is passing away. The good news is that it also is passing through Northern Virginia for a final time, right now.

### Details

#### Ringling Brothers and Barnum & Bailey Circus

Friday, April 7 through Sunday, April 16  
EagleBank Arena (formerly Patriot Center)  
George Mason University Campus, Fairfax  
See [www.ringling.com](http://www.ringling.com)

## Fairfax CONNECTION

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From left: Diana Jones, First Vice Regent, Fairfax County Chapter DAR; Judi Blaine-Stewart, Honorary Regent; Janet Ramos, Second Vice Regent; Gretchen Bulova, Chair, Fairfax County 275<sup>th</sup> Anniversary Committee; Mary Lipsey, Anniversary Committee; and Amy Cartwright, Regent, Fairfax County Chapter DAR.

## Supporting County's 275th Anniversary Celebration

On a clear, cold, blustery morning members of the Fairfax County Chapter of the National Society Daughters of the American Revolution (NSDAR) met with Gretchen Bulova, Fairfax County 275<sup>th</sup> Anniversary chairman, and Mary Lipsey, Fairfax County Cemetery Preservation Association, Inc., on the lawn of the Historic Fairfax County

Courthouse. Fairfax County DAR Chapter Regent, Amy Cartwright, presented a \$1,000 donation to Bulova for the Fairfax County 275<sup>th</sup> Committees efforts to move and update the monument stone currently on the site in time for the signature celebration taking place there on June 17, 2017.



PHOTO BY KIMBERLY NEEDLES

## Fairfax Resident to Compete for Miss Virginia

Fairfax resident Caroline Weinroth, pictured here being crowned "Miss Mountain Laurel," in a Miss America preliminary pageant, will be competing in the Miss Virginia pageant from June 22-24 in Roanoke. Her talent is singing, so her community service platform is "Music Empowerment," a movement to create civic change through music education, with an emphasis on encouraging girls in music. She's a graduate of George Mason University, where she earned a degree in Theater Performance and Sound Engineering. At GMU, she became part of the rock band Cinema Hearts, where she plays guitar, and is a singer-songwriter.



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# Synchronized Skater Follows her Dreams

**LaDan Nemati wins gold medal with Team USA.**

BY BONNIE HOBBS  
THE CONNECTION

**E**ver since Fairfax resident LaDan Nemati was a little girl, she wanted to do synchronized skating for a top-level team and represent Team USA in international competitions. Now 17, she's already reached that goal — and with flying colors.

She's been skating 10 years; prior to 2016, she skated competitively with Team Ashburn for three years and then with Team Delaware for two years. Then in March 2016, she decided to try out for the Skyliners team in New York.

"I wanted to compete internationally, and the only two teams doing that on the East Coast are the Skyliners and one in Massachusetts — which is too far away," said Nemati. "New York is still far, but manageable. A hundred girls tried out for 20 spots, so I wasn't expecting anything. But when I got on the ice, the coach saw the potential in me and I was accepted."

Pre-season practice began that April, once every two weeks in Stamford, Conn., so her parents drove her back and forth until practice ended in June. After a July break, the team held a one-week boot camp in August at Lake Placid, where the girls skated all day.

"I wasn't used to these coaches' coaching styles, and they expected us to pick up new choreography immediately and be able to skate on a world-class level already, which was stressful for me," said Nemati. "It took me a while to adjust, but it made me into a much stronger skater, physically and emotionally. I'm able to take criticism better and my skill levels improved."

**BEFORE BEING ON THE SKYLINERS,** she said, "I didn't have a chance to skate on such a high-level team where so much is expected of you. So overall, it was a good experience for me."

Nemati is a senior at Bishop O'Connell High and, once school began in September, she practiced with her team Fridays for 2-1/2 hours, Saturdays, five hours and Sundays, six hours. Competitions started in November and ran through the end of February.

"It was really difficult balancing school and skating," she said. "But my school scheduled all my AP classes in the morning — with electives and easier classes in the afternoon — because on Fridays, I had to leave early to catch a train to Connecticut for practice. During the week, I'd do a lot of my homework in the library at lunch; and on Fridays, I did some more during the six-hour train ride."

After Friday practices in Connecticut, the



**The Skyliners and LaDan Nemati (third from the right in front row) skating the pivoting block element in Croatia.**

teams practiced Saturdays in Monsey, N.Y., about an hour away, returning Sundays to Connecticut to practice until 8:30 or 9 p.m. Then Nemati took the train home, arriving around 3:30 a.m. and waking up at 6 a.m. to go to school.

As if all that weren't enough, she also teaches group ice-skating classes Monday afternoons at Reston SkateQuest. Tuesday, Wednesday and Thursday, she practices solo there; and twice weekly, she takes ice-dancing lessons with her private coach. "Ice dancing is an important part of synchronized skating because it deals with edges, knee bends and posture, which you use on the ice," explained Nemati.

The 20-member Skyliners vied in five competitions this year. One of them, the end of January, was in Salzburg, Austria. "It was called the Mozart Cup," said Nemati. "We competed against a lot of tough teams — including Finland and another U.S. team, which was our main competition. They were college girls from Miami of Ohio University. The Skyliners are ages 15 through 24, with our average age 17-18."

The 10 teams participating did both short and long programs. The short one is just 3 minutes but, said Nemati, "It's jam-packed with five skating elements, so you have to work hard to get them all in, in a short amount of time. And our music was Sia's version of 'California Dreamin' from the movie, 'San Andreas,' so it was very intense. Our coach choreographed it so we'd show a lot of power and passionate interpretation of the song."

The long program is about 4-1/2 minutes, so it contains more elements. "But it's easier because you have more time to complete them and really express yourself," said Nemati. "You can show blocks, circles and lines, plus extensions of your arms and legs. We did an upbeat medley of Whitney Houston songs that were really fun and got the



**LaDan Nemati (in front) skating with her team in Austria.**

audience on their feet."

She said they'd been preparing and were ready. "But we were a bit nervous, so we held back a little and got third place, behind Finland and the other U.S. team," said Nemati. "But it was good motivation for our

next international competition in Zagreb, Croatia."

The week-long event in mid-February saw 10 teams vying for the Zagreb Snowflakes

SEE NEMATI, PAGE 9



# Local Skaters Win National Championship, Set New Records

**F**ourteen members of the Potomac Speedskating Club competed at the 2016-17 U.S. Short Track Age Group Nationals in Midland, Mich. March 17-19, bringing home the National Club Championship title.

Based in the suburbs of Washington, D.C., the team practices at Wheaton Ice Arena and Cabin John Ice Rink; both are in Montgomery County, Md. Potomac previously won the national club championship title in 2012 and was runner-up last year. The title is awarded to the club whose skaters earn the most points at Age Group Nationals.

Returning national champion Hailey Choi, of Oakton, broke national records in all four distances in the Junior D Ladies division, for 11- and 12-year-old skaters: 333 meter, 500 meter, 777 meter and 1000 meter. She earned first place overall in the division. Altogether, Choi has won the overall national title for her age division three times for short track and four times for long track, including last month at the U.S. Long Track Age Group Nationals in Lake Placid, N.Y. In addition to the four short track national records, Choi currently holds three U.S. outdoor long track records.

Returning national champion Brandon Kim, of Fairfax, broke his own national record in the 500 meter in the Junior C Men's division, for 13- and 14-year-old skaters. He now holds national records in all four distances in the division: 500 meter, 777 meter, 1000 meter and 1500 meter. Last December, Kim won first place overall among men at the 2016-17 U.S. Short Track Junior Championships in Kearns, Utah. Kim also competed at the World Junior Short



PHOTO BY JACKIE CHOY

**Potomac Speedskating Short Track Team**

Track Championships in Innsbruck, Austria, in January, 2017, where he won a bronze medal in the 3000 meter relay, setting a new U.S. junior record.

Together, Choi and Kim set five of the seven new national records made at the U.S. Short Track Age Group Nationals, which took place at Midland Civic Arena.

The team was led by Head Coach Simon Cho, who joined Potomac in May 2016, following a long career as a successful short track speedskater. Cho won a bronze medal in the 5000 meter relay in the 2010 Winter Olympics and was the 2011 World Champion in the 500 meter.

*The Potomac Speedskating Club welcome skaters of all ages and abilities. The club offers a free trial session as well as a discounted rate for a learn-to-speedskate package. For more information about the club, please visit [www.potomacspeedskating.org](http://www.potomacspeedskating.org) or email [info@potomacspeedskating.org](mailto:info@potomacspeedskating.org).*

## Nemati to Focus on Solo Dancing

FROM PAGE 8

trophy. Germany and Hungary were the main competitors, and the teams performed the same programs they had all season.

"We improved our scores a lot and felt more confident," said Nemati. "We skated our best and ending up winning. It was by only half a point, but we still ended up on top and it was an amazing experience. We each won gold medals, and the team won a trophy. Germany was second and Hungary, third. It was one of the best experiences of my life."

**AT THE START**, she said, "When the announcer says, 'Representing the United States of America' over the loudspeaker, I knew I had a huge job to do. But I was motivated to go out and do my best and show the judges why we were there and why we were Team USA. Then, at the medal ceremony, they put up the flags of the top three teams and played the winner's national anthem. Hearing that

on an international stage was really fulfilling and gave me a huge amount of satisfaction."

That ended the international-competition season, so the girls returned home. But after a day-and-a-half, they flew to Rockford, Ill., for the 2017 Nationals. The Skyliners came in third, but beat the other U.S. team that they wanted to beat in Austria. "It was only by one-tenth of a point, but it was a huge accomplishment," said Nemati.

Now, she's focused on finishing up the school year, graduating and attending UVA in the fall to possibly major in economics or business. On March 18-19, she tried out for the team again — and made it — but then decided not to accept. Instead, she'll concentrate on her solo ice dancing.

Although it was tough going to practices on weekends while her friends were out having fun, Nemati has no regrets because it was her choice. "I also like serving as a role model for younger girls who'd like to follow in my footsteps, but don't think it's possible. I want to show them they can follow their dreams and achieve them."

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**"The Bride," from Hub Theatre's "The Late Wedding" at the John Swayze Theatre, New School of Northern Virginia, Fairfax.**



**Kathryn Chase Bryer, director, Hub Theatre's "The Late Wedding."**

## Inventive Storytelling

**Hub Theatre presents "The Late Wedding," about Love and Longing.**

BY DAVID SIEGEL  
THE CONNECTION

**"C**ome ready for an adventure and buckle up" is how Hub Theatre's artistic director, Helen Pafumi, is inviting audiences to "The Late Wedding." The play is an exploration of human nature by the inventive, international award-winning playwright Christopher Chen.

Chen is noted for fabricating plays that combine the absurd with the more realistic. "The Late Wedding" delves into love, the human condition, acceptance of others, and it tops it all off with a big dose of humor and some very bold theatrical choices," said Pafumi. "This will not be a typical theatrical experience. The play takes you to imagined tribes with different marital customs, into a spy thriller, through a revolution and even into space."

Directed by Kathryn Chase Bryer, "The Late Wedding" centers on the mysteries and surprises of love and longing. "It challenges us to look at ordinary moments between people in extraordinary ways," said Bryer. "How many plays do you know where you can go

from a scene between two people discussing their marriage and be instantly catapulted into a spy thriller? And yet, it is not confusing, but instead is comical and eye opening.

"I love plays that turn life on its head and ask us to examine ourselves and the human condition in new and surprising ways, asking the audience to bring their own experience, their own imaginations and fill in the blanks a bit in order to bring their own meaning to the play," added Bryer.

"I think that it is very empowering for the audience to take ownership of the play in this way and allows for a deeper more personal theatre experience."

"The Late Wedding" has a six-member cast with local theatrical veterans Tamioka Chavis, Nick DePinto, Gwen Grastorf, Carolyn Kashner, Matthew Pauli and Jacob Yeh.

"I wanted actors who were funny, grounded, diverse and smart. I looked for a company of people who would complement each other in energy and looks and bring many talents to the table," said Bryer. "The actors for this show are well trained, bring years

of experience, can sing, play instruments, dance and even juggle! "

Hub's Pafumi added, "I want to engage the community in something we all share and that can offer, at its core, hope. With 'The Late Wedding,' love, and the longing for it, does that." All as the ac-

tors, characters and audience explore one another in remarkable ways.

### Where & When

Hub Theatre presents "The Late Wedding" at the John Swayze Theatre, New School of Northern Virginia, 9431 Silver King Ct, Fairfax. Performances: April 14 to May 7, 2017. Fridays at 8 p.m., Saturdays at 2p.m. and 8 p.m., and Sundays at 2 p.m. Tickets \$30 adults, \$20 for seniors (65+) and students. Call 1-800-494-8497 or visit [www.thehubtheatre.org](http://www.thehubtheatre.org).

### CALENDAR

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

#### ONGOING

##### Easter Bunny in Springfield.

Through April 15, Monday through Saturday: 10 a.m.-9 p.m., Sunday: 11 a.m.-6 p.m. at Springfield Town Center, Lower Level, Grand Court, 6500 Springfield Mall, Springfield. Visit the Easter Bunny in the Mad Hatter Garden. Visit [springfieldtowncenter.com/](http://springfieldtowncenter.com/) for more.

**Easter Bunny in Fairfax.** Through April 15, Monday through Saturday, 10 a.m.-8:30 p.m., Sunday: 11 a.m.-6 p.m. at Fair Oaks, 11750 Fair Oaks, Fairfax. Adventures in Bunnyville and photos with the Easter Bunny at Fair Oaks. Visit [www.shopfairoaksmall.com/](http://www.shopfairoaksmall.com/) for more.

**Storytime in the Park.** Tuesdays through May 30, 10:30 a.m. at Old Town Square, Fairfax. Visit [fairfaxva.gov/parksrec](http://fairfaxva.gov/parksrec) or call 703-385-7858.

**Adventures in Learning.** Each Wednesday through May 10, 9:15 a.m.-1 p.m. at United Baptist Church, 7100 Columbia Pike, Annandale. Each Wednesday starts with gentle seated yoga at 9:15. Lectures from healthcare experts from 10:45-11:45. Discussion group 12-1 p.m. \$35 for all six weeks or \$10 each. Call SCAS 703-941-1419 or visit at [shepherdscenter-annandale.org](http://shepherdscenter-annandale.org) for more.

**Senior Line Dancing** 1-2 p.m. Little River Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. [barbriba@hotmail.com](mailto:barbriba@hotmail.com) 703-524-3739

**Fairfax Pets on Wheels New Volunteer Orientation** First Wednesday of each month. 7:30-9 p.m. 3001 Vaden Drive, Fairfax. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit [www.fpow.org](http://www.fpow.org) for each month's location. Prior to attending, please complete the online application found at [www.fpow.org/volunteer](http://www.fpow.org/volunteer). Please do NOT bring pets to this orientation. Also, see weather policy for possible cancellations. [www.fpow.org](http://www.fpow.org), 703-324-5424 or [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

**Carolina Shag.** Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise** Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**Exercise Program** Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for

more information.  
**Cafe Ivrit (Hebrew Cafe).** Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

**Smoke Free Bingo.** 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). [www.fairfaxva.com](http://www.fairfaxva.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

**Stories From Strawberry Park** 10-11 a.m. Tuesdays in Mosaic, Strawberry Park, 2910 District Ave., Fairfax. Enjoy a live interactive performance each week. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Visit [www.fxva.com/listing/mosaic-district/2326/](http://www.fxva.com/listing/mosaic-district/2326/).

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts)

#### APRIL 5-30

##### "Cherry Blossom Kimonos."

Various times at the Workhouse Arts Center, Building 9, 9518 Workhouse Way, Lorton. The kimonos show is part of a campus-wide celebration of cherry blossom events in the region, titled "Late Bloomers." The artists will be on hand to talk about their work at the gallery reception in the Arches Gallery in building W9 on Saturday April 8, 6-9 p.m. featuring light appetizers. The reception is free and open to the public. Visit [www.workhousearts.org/event/exhibit-late-bloomers/](http://www.workhousearts.org/event/exhibit-late-bloomers/) for more.

#### THURSDAY/APRIL 6

**EGG-STREME Night Egg Hunt.** 7 p.m. at the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Bring a flashlight and a bag/basket to collect eggs. Visit with the Easter Bunny beginning at 7 p.m. Visit [fairfaxva.gov/parksrec](http://fairfaxva.gov/parksrec) or call 703-385-7858.

#### FRIDAY/APRIL 7

**Bingo.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxva.com](http://www.fairfaxva.com) or call 703-273-3638.

#### SATURDAY/APRIL 8

**Easter Egg Hunt.** 9 a.m.-noon at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Email [markarenin@verizon.net](mailto:markarenin@verizon.net) for more.

**Write in Cursive.** 10:30 a.m.-1:30

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# ENTERTAINMENT



## Model Train Show

**On Sunday, April 9, the Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.**

p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. "Hands-on" workshop that helps children ages 8 to 12 learn to write in cursive. Free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) or call 703-293-6227, ext. 6.

**Unneeded Items Auction.** 6-9 p.m. at Knights of Columbus Hall, (behind St. Leo the Great Church), 3700 Old Lee Highway, Fairfax. Proceeds to fraternal and charity fund-raising organization that supports Alzheimer's, Cooley's Anemia, and Cancer research. Email [Joe.lamarca@italianheritagelodge.org](mailto:Joe.lamarca@italianheritagelodge.org) or call 703-475-6962 for more.

### APRIL 8-9

**7 Fingers of the Hand.** Saturday, April 8 at 2 p.m. and 8 p.m. and on Sunday, April 9 at 4 p.m. in the George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Production of Cuisine & Confessions. Visit [cfa.gmu.edu/](http://cfa.gmu.edu/) for more.

### SUNDAY/APRIL 9

**Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**NPR Author.** 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. National Public Radio News correspondent and author Tom Gjelton will discuss his book, "Nation of Nations: A Great American Immigration Story," a study of several immigrant families in Fairfax County and the challenges and upheavals the new arrivals and their communities faced. Call 703-385-8414 for more.

### WEDNESDAY/APRIL 12

**Springfield Christian Women's Connection Luncheon.** 11:30 a.m.-1:30 p.m. at Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Annual charitable fundraiser with a cake auction. Reservations call 703-922-6438 or e-mail [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com).

### SATURDAY/APRIL 15

**Pancakes and Egg Hunt.** 8:30 a.m. at St George's United Methodist Church, 4910 Ox Road, Fairfax. There will be children activities to go along with the breakfast and egg hunt. Free. Call 571-218-9972 for more.

**Holy Saturday Silent Retreat.** 9 a.m.-3 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Free. Spend a day in noble silence, meditating and creating a space to be still and listen. Our day will be spent alternating between sitting and walking meditation with some periods of stretching. Only a small fraction of meditation practices will be guided. Call 703-281-1767 or register online at [unitysilentretreat.eventbrite.com](http://unitysilentretreat.eventbrite.com).

### APRIL 18-JUNE 10

**Spring Art Lessons for Youth Classes.** 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor for children 8 and older. Visit [www.czartlessions.com](http://www.czartlessions.com) or call 703-250-6930 for more.

**Spring Drawing Plus Color Class.** 6:15-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor for children 5-8 years. Visit [www.czartlessions.com](http://www.czartlessions.com) or call 703-250-6930 for more.

### WEDNESDAY/APRIL 19

**Civil War Forum.** 7:30 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax. Bernard Kempinski, writer of articles and books on railroading, will present the Civil War Forum, "Introduction to the Railroads of the Civil War." Visit [www.fairfax-station.org](http://www.fairfax-station.org) for more.

### THURSDAY/APRIL 20

**Quilt Restoration.** 10:15 a.m. at the Fairfax Antique Arts Association, Green Acre Senior Center, 4401 Sideburn Road, Fairfax. Presentation and samples provided by Clara Sue Ashley and Chris Young of the Quilt Shop of Mclean on the varying processes that can be used with extraordinary results. Members are encouraged to bring in family pieces. Call 703-273-6090 for more.

### APRIL 21-MAY 9

**Spotlight on the Arts Festival.** Various times at Old Town Hall, 3999 University Drive, Fairfax. The 32nd Annual Fairfax Spotlight on the Arts Festival starts on April 21st with a glittering evening at Old Town Hall celebrating three decades of arts in the City of Fairfax. Opening Gala, is 7 p.m., Saturday, April 29. Visit [www.fairfaxspotlight.org](http://www.fairfaxspotlight.org) for more.

### FRIDAY/APRIL 21

**Wild Horse and Burro Adoption.** noon-5 p.m. at Meadowood Special Recreation Area, 10406 Gunston Road, Lorton. Preview animals and submit applications. Animals will be available for \$125 to approved adopters on a first-come, first-served basis. Visit [BLM.gov](http://BLM.gov) or call 866-468-7826 for more.

### SATURDAY/APRIL 22

**Wild Horse and Burro Adoption.** 8 a.m.-4 p.m. at Meadowood Special Recreation Area, 10406 Gunston Road, Lorton. Preview animals and submit applications. Animals will be available for \$125 to approved adopters on a first-come, first-served basis. Visit [BLM.gov](http://BLM.gov) or call 866-468-7826 for more.

**ECHO Yard Sale.** 8 a.m.-noon at St. Bernadette Catholic Church Gymnasium, 7600 Old Keene Mill Road, Springfield. Collectibles, accessories and housewares to benefit Ecumenical Community Helping Others (ECHO). Call 703-239-1678 for more.

wagon rides, youth activities, and barbecue. \$5/adults; \$3/youth, 12

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—Evelyn Samuel, DMD

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From left, Braddock District FCPS school board representative Megan McLaughlin, Frost Middle School history teacher Evan Kalinkos, Veterans of Foreign Wars Post 8469 Commander Aaron Coffin, W.T. Woodson High School teacher Joshua McNabb and Laurel Ridge Elementary School teacher Theresa Early at the VFW's Teach of the Year awards on April 3.



PHOTOS BY TIM PETERSON/THE CONNECTION

From left, Veterans of Foreign Wars Post 8469 Commander Aaron Coffin, W.T. Woodson High School teacher Joshua McNabb and Woodson principal Scott Poole.

# Helping Students Navigate the Past

## Veterans of Foreign Wars recognize Teachers of the Year.

BY TIM PETERSON  
THE CONNECTION

Fairfax Station resident Steve Hunt said as an old navigator for the U.S. Navy, where you come from and how you got there are just as important as where you're going. That's why, he said, he and the other members of the Veterans of Foreign Wars Post 8469 in Fairfax Station were happy to recognize three teachers of the year from Fairfax County making extra efforts in teaching history.

"For molding fresh minds," Hunt said, "the history of America, of patriotism, is so critical."

Members of the post selected one elementary school, middle and high school teacher to receive recognition and a \$200 award. The awards were presented April 3 at the post headquarters (built circa 1890).

From Laurel Ridge Elementary School in Fairfax, the VFW was impressed by teacher Theresa Early creating a fourth grade color guard to accompany the school's daily pledge of allegiance to the American flag.

Early said she also uses old pieces from her grandfather's military uniform to inspire her students.

"They need to see and hold things" she said, "to help learn and remember. I teach by doing, using objects."

Early was also selected as the the VFW District 10 Elementary School Teacher of the Year.

Evan Kalinkos teaches seventh grade history at Robert Frost Middle School in Fairfax. He's hosted online history debates,



**Fairfax Station resident Steve Hunt said as an old navigator for the U.S. Navy, where you come from and how you got there are just as important as where you're going. That's why, he said, he and the other members of the Veterans of Foreign Wars Post 8469 in Fairfax Station were happy to recognize three teachers of the year from Fairfax County making extra efforts in teaching history.**

and also brings in military members to speak with the students.

Joe Momorella connected with Kalinkos during the dinner that preceded the awards, with food donated by Dolce Vita Cucina Italiana in Fairfax. Kalinkos once had Momorella's sister Maryanne as a business teacher at Palisades High School in Pennsylvania.



**Left, Veterans of Foreign Wars Post 8469 Commander Aaron Coffin presents Laurel Ridge Elementary School teacher Theresa Early with the first of three Teacher of the Year awards on April 3.**

"Teachers are the foundation, connecting the older part with the younger part," said Momorella, who was on the selection committee for the VFW teacher awards. "We want history to stay. Think about what's not being taught."

The final awardee, Joshua McNabb, teaches U.S. History and U.S. Government at W.T. Woodson High School in Fairfax. He has students complete an historic site visit as well as organizes a special recognition for veterans of Vietnam on Veterans Day.

"It's great to be rewarded for challenging kids," McNabb said, "challenging them to be Americans, to answer the question of



**Left, Veterans of Foreign Wars Post 8469 Commander Aaron Coffin presents Frost Middle School history teacher Evan Kalinkos with a Teacher of the Year award.**

what it means to be American."

Fairfax County School Board member Megan McLaughlin attended the ceremony — coincidentally all three awardees came from schools in her Braddock district.

McLaughlin said she was pleased the VFW was honoring teachers, who have chosen "a very challenging career, with long, long hours."

Being the daughter of a history teacher and veteran, and a history major herself, married to a history major, McLaughlin said made the event "really special."

For more information about the VFW Lorton Post 8469, visit [www.vfwpost8469.org](http://www.vfwpost8469.org).

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## 21 Announcements

Pursuant to Section 50-33, 50-35 and 50-36 of the Code of the City of Fairfax, the City of Fairfax Police Department will be disposing of the below listed unclaimed property, by public auction conducted by an independent auction service, converted to department use or generally disposed of. Any person who feels they have a legal claim, with reasonable proof of ownership, should contact MPO Lynn Coulter of the City of Fairfax Police Department at 703-385-7829 between the hours of 9:00 a.m. and 4:00 p.m. weekdays until close of business Friday, April 28, 2017.

Below is a summary list of all items. For a complete list, please go to the City of Fairfax website: <http://www.fairfaxva.gov/unclaimedproperty>  
27 - Assorted Cell Phones  
20 - Assorted Electronics  
30 - Miscellaneous items  
24 - Bicycles

## 21 Announcements

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According to the Lease by and between James Mott Community Assistance (of unit 1057) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: computers, tables, chairs, ladder, ect. Items will be sold or otherwise disposed of on Friday April 21, 2017 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Michael Jordan (of unit 2069) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: beds, furniture, books, clothes, ect. Items will be sold or otherwise disposed of on Friday April 21, 2017 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Lina Chovil (of unit 4075) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: luggage, boxes, tubs, ect. Items will be sold or otherwise disposed of on Friday April 21, 2017 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

## 21 Announcements

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## NEWS



PHOTOS BY TIM PETERSON/THE CONNECTION

Arun Nair of Springfield, left, has worked with Sergei Sivolobov, Kelly Radford and Eric Ramlow — all brain injury survivors he refers to as “my boys.” Together, they go out for coffee, food and just spend time together.



Del. David Bulova (D-37) announced outgoing BIS executive director Karen Brown as the 2017 Alan Mayer award recipient, saying that she's well-respected and trusted by leaders of many kinds and levels of government, while building BIS into a special organization.

## All the Essential Pieces

BY TIM PETERSON  
THE CONNECTION

Sergei Sivolobov of Arlington said it's hard to describe how isolating living with the effects of a traumatic brain injury is. Sivolobov said he was just out riding his bike to lunch when he was sandwiched between two cars and suffered the injury. That was three years ago, before he was referred to Springfield-based Brain Injury Services.

BIS is a non-profit assisting young people and adults from around Northern Virginia with finding recovery and rehabilitation resources from brain injury, stroke and concussion, as well as managing the effects of the injuries and getting back into their communities.

In Sivolobov's case, BIS was able to send people to help cook for him, and connected him with Arun Nair of Springfield. Nair has worked with Sivolobov, Kelly Radford and Eric Ramlow — all brain injury survivors he refers to as “my boys.” Together, they go out for coffee, food and just spend time together.

“Thanks to this program,” Sivolobov said, he has a “new lease of life.”

“It gives us some reflection,” he said. “To stop giving up on yourself. Getting referred to Brain Injury Services and meeting Nair,” Sivolobov continued, “changed my life.”

Nair, his boys and dozens of not only brain injury survivors, but also those who have gone back into their communities to volunteer and work, were recognized Wednesday evening, March 29 at the Brain Injury

Services Annual Reception. The event took place at the Waterford Hall in Springfield.

**NAIR AND COMPANY** were recognized as part of the PALS partnering program, along with 27 other matches from the program. He said the three men teach him that hard things will happen to you in life, and that you have to take on all those new challenges.

“They teach me every day is a new day,” Nair said.

The first recognition of the night was the Alan Mayer service award, given in honor of a former BIS executive director and representative to the Virginia General Assembly, where he established a The Virginia Disabilities Commission.

Del. David Bulova (D-37), who has sat on the BIS board for two decades, called Mayer “a fierce advocate for the brain injury community.”

Bulova announced outgoing BIS executive director Karen Brown of Alexandria as the 2017 Alan Mayer award recipient, saying that she's well-respected and trusted by leaders of many kinds and levels of government, while building BIS into a special organization.

“She's empowered and inspired people around her to do great things,” Bulova said.

Brown, on accepting the award, thanked all the volunteers, saying retiring this year it would be “difficult to walk away from all of you.”

Donnie Garner of Manassas represented the BIS person-centered volunteer program

## Springfield-based Brain Injury Services honors volunteers, survivors.

along with his volunteer Amanda Hall. Garner was an accomplished musician, his wife Marilyn said, before he suffered a stroke in 2013.

“It changed the course of his life plans,” she said. But when BIS connected her husband with Hall, it got him “back on track, pursuing the music he loves so much.”

With Hall standing beside him, Garner slowly but surely strummed and sang through “Amazing Grace,” and drew a standing ovation from the audience.

**BRAIN INJURY SERVICES** also recognized the professional partners supporting its work and the individuals receiving services — also known as the BIS Supported Employee Program.

Tim Spadafore, chief financial officer for Dominion Consulting in Reston, said they didn't think twice about bringing back a young developer who suffered a brain injury.

Spadafore said, however, it's important when hiring someone with an injury to be patient and not force someone into a role.

Every company has different needs, he said, and it's important to “find the right fit” with the employee. Spadafore then recognized the employee as he entered the Waterford, assuring him he's part of the family, and that he does belong.

For more information about Brain Injury Services, visit [braininjurysvcs.org](http://braininjurysvcs.org).

### BULLETIN BOARD

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

#### APRIL

**Coffee for Campers.** April is the Month of the Military Child, and to honor our nation's littlest heroes, the National Military Family Association is asking if you'll give up your coffee shop coffee and donate that extra \$5 a day to send a military kid to Operation Purple Camp. Visit [www.militaryfamily.org/get-involved/donate/coffee-for-campers.html](http://www.militaryfamily.org/get-involved/donate/coffee-for-campers.html) for more.

#### THURSDAY/APRIL 6

**Saving for College.** 6:30 p.m. at Richard Byrd Library, 7250 Commerce St., Springfield.

Starting to think about how to pay for a child's college education? Join an interactive workshop on college savings choices with the Virginia529 programs as the focus. Free pizza dinner at 6:30 p.m. with the program starting at 7. See you at the Richard Byrd Library, 7250 Commerce Street, Springfield. Call 703-451-8055 for more.

#### WEDNESDAY/APRIL 12

**NARFE Chapter Meeting.** 12:30-3 p.m. at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway. National Active and Retired Federal

Employees Association Coach Ed Linz will be the speaker at the Springfield Chapter 893 meeting. Call 571-422-0451 for more.

#### THURSDAY/APRIL 20

**Public Hearing.** 7 p.m. at Key Middle School Cafeteria, 6402 Franconia Road, Springfield. The Fairfax County Department of Transportation and Department of Public Works and Environmental Services are conducting a design public hearing for the Springfield CBC Commuter Parking Garage. Visit [www.fairfaxcounty.gov/fcdot/](http://www.fairfaxcounty.gov/fcdot/)





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## Senior Living

### Medicare Workshops, Medicare 101

Medicare experts from the Virginia Insurance Counseling and Assistance Program (VICAP) will discuss what you need to know about Medicare plan options in 2017.

**Wednesday/April 12,** 2-3:30 p.m.  
Reston Community Center 2310 Colts Neck Road, Reston Contact Karen Brutsché: 703-390-6157

**Tuesday/May 9,** 7-8:30 p.m.  
Sherwood Regional Library 2501 Sherwood Hall Ln., Alexandria Contact VICAP: 703-324-5851

**Wednesday/May 10,** 7-8:30 p.m.  
Thomas Jefferson Library 7415 Arlington Blvd., Falls Church Contact

VICAP: 703-324-5851

**Tuesday/May 16,** 7-8:30 p.m.  
Centreville Regional Library 14200 Saint Germain Dr., Centreville Contact VICAP: 703-324-5851

**Wednesday/June 21,** 10-11:30 a.m.  
Reston Community Center 2310 Colts Neck Road, Reston Contact Karen Brutsché: 703-390-6157

For one-on-one advice regarding Medicare, please call Fairfax County's VICAP at 703-324-5851. Visit them at [www.fairfaxcounty.gov/DFS/OlderAdultsServices/vicap.htm](http://www.fairfaxcounty.gov/DFS/OlderAdultsServices/vicap.htm).

Another good way to learn options is to listen to a podcast with

Medicare expert William Vaughan. Go to [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on the 50+ Podcast.

#### MORE CALENDAR

**Saturdays.** Widow/Widower Group.

The death of a spouse can be devastating. This free six-week support group will help you learn ways to cope with this difficult experience. Haven of Northern Virginia Inc., 4606 Ravensworth Road, Annandale. Registration required. For information and times call 703-941-7000.

**Thursday/April 13,** 7-8:30 p.m.  
Garden Maintenance-Spring: Gearing Up! Master Gardeners teach you the basics of planning, planting and maintaining your new garden. Get fresh ideas and great advice. Free.

Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

**Tuesday/April 18,** 1-3 p.m. Exploring the FamilySearch Website. Learn how to effectively search the world's largest family history website, [www.familysearch.org](http://www.familysearch.org), from expert Carol Kostakos Petranek. Free. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call 703-768-4101 or visit [www.mvgenalogy.org](http://www.mvgenalogy.org).

**Wednesday/April 19,** 9:30-11 a.m.  
Mary B. Gallagher author of "My Life with Jackie Kennedy" discusses her life during the time she served as secretary for Jackie Kennedy. Free/Public invited. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call 703-360-4979.

**Wednesday/April 19,** 1-3 p.m.

Fairfax Area Commission on Aging meets at the McLean Government Center, 1437 Balls Hill Road, McLean. 703-324-5403.

**Wednesday/April 19,** 7:30-8:30 p.m.  
Preserve Your Heirloom Photographs and Documents. Photographs, letters, ledgers and more! Learn about the Virginia Room's historical collections and discover preservation techniques. Free. George Mason Regional Library, 7001 Little River Tnpk., Annandale. 703-256-3800.

**Sunday/April 23,** 8 a.m. Birding for Beginners. Interested in birding? Learn about the park's birds and some basic identification skills. Program begins with an indoor discussion. \$10/\$12. Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. To register, call 703-222-4664.

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GH

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We're a mission-driven, nonprofit organization known for our two communities in Alexandria and Bailey's Crossroads, both of which feature modern amenities and updated apartments. We also offer Goodwin House at Home, an innovative option for active, healthy adults ages 55 and older that provides you with coverage to protect your hard-earned savings. We work with you one-on-one to explore your future options, whether it's staying in your home, moving to a community, or both. To learn more, call us today at 703.824.1238.



Goodwin House at Home is an exciting program for healthy, active, older adults who want to remain in their home as they age with access to just the right amount of support throughout all stages of life. Once you join the program, your personal Member Services Facilitator can assist you with scheduling home maintenance and repairs, such as lawn care and housekeeping. They'll also be there when the unexpected happens, such as a fall or more serious medical condition, to orchestrate your care and in-home needs based upon a plan you'll create together. Our flexible financial plans help remove the fear of the unknown as it relates to both long-term care needs and protecting your financial future. Peace of mind and high-quality care has never been more accessible, or affordable.

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### Senior Centers Without Walls

The Fairfax County Center Without Walls program is a public/private partnership that brings local government together with residents, businesses and houses of worship to provide all the benefits in programming and activities for older adults in communities where a senior center facility is not located. The Center Without Walls program currently serves older adults in the Burke/West Springfield and Great Falls communities.

#### Burke/West Springfield Center Without Walls

Programming focuses primarily on exercise and fitness for older adults, including Tai Chi and Zumba classes.

For information about registration and programming, please contact the Pinn Community Center at 703-250-9181, TTY 711 or email [burkewestspringfieldcwow@fairfaxcounty.gov](mailto:burkewestspringfieldcwow@fairfaxcounty.gov).

For activity details and schedules, visit the community-based website at [www.scwow.org](http://www.scwow.org).

#### Great Falls Senior Center Without Walls

Programming focuses primarily on social gatherings and continuing education for older adults, including technology workshops, trips, current events discussions and guest speakers/lecturers on a variety of topics.

For information about registration and programming, please contact the Human Services Region 3 Office at 703-787-4962, TTY 711.

For activity details and schedules, visit the community-based website at [www.gfseniors.org](http://www.gfseniors.org).



# Senior Living

## Elaborating a Log Cabin

Retirees find special satisfactions in pair of art studios, and front porch with view.

BY JOHN BYRD

**B**lissful retirement often validates of the old homily: “Busy hands mean happy hearts.”

On this point, it is hard to imagine a more fruitful environment than the home of Kirby and Helen Thornton, two 70-something retirees who recently completed focused renovations to a log cabin style home in Lorton they have occupied for more than 20 years.

The changes were all about tweaking to even higher relevance aspects of the home that had gradually become a source of distinctively personal satisfaction to both seniors.

Kirby Thornton, a former electrical engineer, has been exploring his passion for woodworking for many years. Helen Thornton, a one time research analyst, revels in creating shimmering objets d’arte from fused glass. When not pursuing their hobbies, the couple might otherwise be found taking in the scenery from the wide, rustic-style front porch that now graces the home’s front elevation.

For all the quiet simplicity that abounds in every direction though, the Thorntons’ lifestyle accommodation has been decades in the making, beginning with purchasing the 2,900 sq foot house and garage in the late 1990s.

“We were attracted to the relaxed ambience of a log home,” Kirby Thornton said. “There were changes we wanted to make from the first, but since we were both busy, modifications would have to occur in phases.”

The first step was acquiring more storage space.

As Kirby Thornton tells it, the couple hired Foster Remodeling Solutions of Lorton to remove an unneeded balcony, add a floor above the open garage and apportion the space for storage and other uses to be determined.

Soon Kirby Thornton decided that the windowless garage loft would work fine as a place to take up woodworking. He had actually purchased a lathe from the home’s previous owner. Helen Thornton, seeing the loft’s potentials as a studio, acquired a kiln and began fusing glass.

The pursuit of one’s muse being all-absorbing, the pair spent little time worrying about the fact that the workspace provided zero natural light, or that it was hard to stand erect under the four foot high ceiling that dominated much of the floorspace.

About the only change to the physical



PHOTOS BY LARRY COLFER

**Rough-hewn timbers — the handiwork of Foster master carpenter Mike Borman — is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding provides sympathetic color accents.**

space in this interval was the introduction of a partition designed to keep wood dust on Kirby Thornton’s side of the studio.

Even so, as full retirement dawned, both saw there was now time to reconsider the larger “wish list” of remodeling preferences.

“We knew we would have to change the studio roof line to get the head room and natural light we wanted,” Kirby Thornton said. “About this time, Helen was looking into front porch ideas in log home magazines. We sketched out several designs of what we thought we wanted. That’s when we called Foster Remodeling back in.”

But the first surprise inspired another pause: Turned out the front porch seen as spanning the entire front elevation couldn’t be built because of its proximity to a part of the home’s septic system.

“The symmetry, the curb appeal, was important to us,” Helen Thornton said. “We wanted a balanced facade on both the house and the garage. We were kind of at a loss.” Fortunately, Foster’s team led by Chris Arnold came up with an innovative solution.

Foster’s architectural concept call for a faux peak on the main house at exactly the same pitch as the one above the garage which is, in turn, reinforced by the peak of a front-facing archway that defines the ground-level entrance to the porch.

A porch swing occupying the far corner now fleshes-out the portrait of a restful care-free idyll amidst flowers and trees. For an expanded view, there’s a large Velux skylight overhead.

Underfoot, a flagstone patio lends color and texture, a natural tonal complement to the dark-stained log siding. Kirby Thornton says the couple selected the color palettes

at a nearby stone yard over several days, and played with combinations until they found what they wanted.

Rough-hewn timbers, the handiwork of Foster master carpenter Mike Borman, is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding, meanwhile, provide sympathetic color accents.

To fashion studio space useful to all, Foster found a way to elevate the headroom to fully six feet, freeing up all 770 square feet of floorspace. A front-facing dormer featuring a pair of double hung windows invites generous southerly light. Kirby’s wood shop — equipped with a lathe, a drill press and table saw — is tucked snugly behind a new partition. Helen Thornton uses two kilns to produce her work.

Matching the logs needed to “pop up” the second level also entailed a close examination of existing details.

“We spent quite a while researching options with various vendors, which is a challenge when you’re working with a 30-year-old exterior,” said project manager Chris Arnold.

Summarizing the well-planned lifestyle shift, Kirby Thornton says the couple are frequently in the studio at the same time.

A window in the interior partition allows each spouse to witness the other’s progress, if so inclined. It’s a working environment, but also a place of interaction and play.

The distinctive by-products of the Thorntons’ labors are mostly donated to friends, children and grandchildren. Kirby Thornton is keen on picture frames and book cases; Helen Thornton recently completed a glass bird bath.

“This is a very sweet place to be spend-



**Underfoot, a flagstone patio lends setting-appropriate color and texture. The Velux skylight allows needed available light.**

ing this time in our lives,” Kirby Thornton said. “Perfect in fact.”

Foster Remodeling Solutions will be holding an open house in its expanded design and selection center Saturday, April 22 from 10 a.m. to 5 p.m. There will be three seminars. A workshop on Aging-In-Place will be held at 1 p.m. The design center is located at 7211-H Telegraph Square Drive, Lorton, VA 22079. To RSVP call: 703/550-1371, or contact us at [www.fosterremodeling.com](http://www.fosterremodeling.com)

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





## Thinking about Remodeling?

Now is a great time...Please Join us for an

# OPEN HOUSE



### Please Join Us - Saturday April 22nd, 2017

Have you been thinking about updating a kitchen, bath or another space in your home? Now we be the perfect time to meet with us.

Please join Foster Remodeling Solutions at our Grand Re-Opening Open House for our newly remodeled and expanded Design and Selection Showroom.

We now feature custom vignettes. You'll see full kitchens and bathrooms on display as well as an inspiring outdoor area featuring a patio with a deck, windows, siding and roofing. We also have plenty of the latest materials and products for your home.

Guests will have the opportunity to browse through our showroom, attend seminars and talk to the industry experts.

## Call Foster Remodeling 703.672.2249

### Seminars

We will be providing 3 free educational seminars throughout the day. Our Design Consultants will give you tips and guidelines about remodeling.



**11:00am**  
Sean will be providing you with information and tips for Kitchen and Bathroom Remodeling.



**1:00pm**  
Plan for every stage of life, Dory will discuss Aging-in-Place Remodeling.



**3:00pm**  
Are you thinking about remodeling but don't know where to start? Do you need lending options? Come to Chris's seminar on how to Plan the Perfect Remodel.

Come see our newly remodeled and expanded Design and Selection Showroom. Enjoy some snacks, attend a seminar and win some great raffle prizes.

**Saturday April 22nd, 2017**  
Foster Remodeling Solutions  
7211-H Telegraph Square Drive  
Lorton, VA 22079

Please RSVP to 703.672.2249 or sign up at [FosterRemodeling.com](http://FosterRemodeling.com)

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THE CONNECTION  
NEWSPAPERS

# Senior Living

## CALENDAR

### MONDAY/APRIL 17

#### Strategies for Difficult

**Conversations.** 7-8:30 p.m. at the City of Fairfax Regional Library, Meeting Room A/B, 10360 North Street, Fairfax. "Improving Family Conversations About Aging Issues." Discussions with older family members and with siblings about driving, help at home and finances can trigger anxiety. Learn how to start the conversation and keep it going in a positive direction. Presented by the Fairfax Area Agency on Aging. Adults. Visit [www.fairfaxcounty.gov/library/events/](http://www.fairfaxcounty.gov/library/events/).

### SATURDAY/APRIL 29

#### Caregiver Bootcamp: Dementia

**101.** 9 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Insight offers the free Caregiver Bootcamp on essential caregiving topics. Learn from experts in their fields, and gain knowledge on the basics needed as a caregiver. Topics include a dementia overview, financial concerns, legal considerations, and community resources. Contact Christi Clark, Christi.Clark@InsightMCC.org, 703-204-4664 or visit [InsightMCC.org](http://InsightMCC.org).

**Gilbert and Sullivan.** 10 a.m.-5:30 p.m. (forum), 8 p.m. start (performance) at the George Mason University Fairfax Campus. Forum participants will meet in the Fenwick Library Main Reading Room, Room 2001. Performances, exhibitions, and a forum as part of a year-long celebration of the work of Gilbert and Sullivan. Email [cdevlin6@gmu.edu](mailto:cdevlin6@gmu.edu)

**Civil War Author.** 10 a.m.-5 p.m. at Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. "Fairfax Civil War Day" – living history programs, infantry and cannon firings, scholarly talks, music by the 2nd South Carolina String Band, military drills, historic house tours, wagon rides, youth activities, and barbecue. Admission: \$5/adults; \$3/youth, 12 and under. Visit 703-591-0560.

### ONGOING

**Senior Line Dancing** 1-2 p.m. Little River Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. [barbriba@hotmail.com](mailto:barbriba@hotmail.com) 703-524-3739

**Smoke Free Bingo.** 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call Dora Lockwood at 401-864-4778.

**NARFE Monthly Meeting** Every Second Tuesday 11:30 a.m. American Legion Post 177 located at 3939 Oak Street, Fairfax. NARFE Fairfax 737 monthly luncheon meeting. Cost: \$11 Speaker/Program-12:45PM. [rrharney2@cox.net](mailto:rrharney2@cox.net) 703-501-0020

**Fairfax-based non-profit Britepaths offers free Financial Education Classes** Sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required. <https://britepaths.org/news/get-financially->

fit-new-year

**Volunteers Needed.** PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email [lpadgett@prsinc.org](mailto:lpadgett@prsinc.org).

**Reminder Crime Prevention** – Please contact the Fairfax County Police Department at 703-691-2131 (non-emergency) to report ANY suspicious activity, no matter how small or insignificant it may seem at the time. It is better if police reports can be called in while the suspicious activity is in progress to the extent possible.

**Volunteers Needed as Drivers & Office Workers** Drivers are needed for trips Monday - Friday to medical appointments and Companion Shopping within the Fairfax/Burke area. Shepherd's Center of Fairfax-Burke serves those 50+ and who no longer drive. Office Workers are needed to answer phones in the SCFB office (Monday - Friday) of individuals requesting rides and match an available driver for each request. If you can volunteer your time, please contact the SCFB office at 703-323-4788.

**Burke Lake Seniors Golf League** seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/lombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/lombudsman/)

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov)

**The Wakefield Senior Center in Annandale** needs **Front Desk Volunteers** on Monday, Tuesday, Wednesday and Friday, 9:45 a.m.-1:45 p.m. and Fitness Instructors. Volunteer instructor positions could lead to part-time employment. Call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Volunteer Fairfax** seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call 703-246-3460.

**Singers Wanted for the Celebration Singers.** The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. at the Burke United Methodist Church, 6300 Burke Center Parkway. Contact either Barbara Male ([barbmale@yahoo.com](mailto:barbmale@yahoo.com)) or Gayle Parsons ([gparsons3@cox.net](mailto:gparsons3@cox.net))



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## Senior Living

### It Takes a Village: Supporting Seniors

#### What Is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbor helping neighbor. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

#### How Does It Work?

Village organizers, who are typically ages 50 and older, create volunteer programs for seniors in their communities as well as vet and negotiate with service providers to assist older adults in their homes. A broad range of services may be available, including rides to medical appointments, discounts at local theaters, reliable home repair services, and home health care. Many Villages also offer social activities and informational seminars for their members.

#### What Is the Cost for Services?

Some Villages may charge a membership fee, which varies from Village to Village. In some cases, there are no fees and instead the Village establishes volunteer programs. Some utilize volunteer time exchanges called "time banks." The cost for professional services, such as for home repairs, will vary. Visit [www.fairfaxcounty.gov/hd/ltccc/villages.htm](http://www.fairfaxcounty.gov/hd/ltccc/villages.htm).

#### LTCCC

The Long Term Care Coordinating Council (LTCCC) is promoting the Village concept in the Fairfax community and helping interested volunteers set up Villages in their neighborhoods by providing them with guidance. The LTCCC Services for Seniors committee created a sub-committee so Fairfax area villages can exchange information and learn from each other. County staff who support the LTCCC provide technical assistance to citizens interested in developing Villages in their communities. Visit [www.fairfaxcounty.gov/hd/ltccc/](http://www.fairfaxcounty.gov/hd/ltccc/).

#### Local Village Organizations

- ❖ Braddock District Council Aging in Place Program — email [wallbdc@gmail.com](mailto:wallbdc@gmail.com)
- ❖ Herndon Village Network (HVN) — [www.herndonvillagenetwork.org](http://www.herndonvillagenetwork.org)
- ❖ Lake Barcroft Village — [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)
- ❖ McLean Community: A Village for All Ages (MCVA) — [www.McLeanCVA.org](http://www.McLeanCVA.org) or email [info@McLeanCVA.org](mailto:info@McLeanCVA.org)
- ❖ Mosby Woods Village — email [mosbywoodsvillage@gmail.com](mailto:mosbywoodsvillage@gmail.com)
- ❖ Mount Vernon at Home Village — [www.mountvernonathome.org](http://www.mountvernonathome.org)
- ❖ Reston for a Lifetime — [www.restonforalifetime.org](http://www.restonforalifetime.org)
- ❖ Reston Useful Services Exchange — [www.restonuse.org](http://www.restonuse.org)

## Bridge Sharpens Mental Skills

BY SHIRLEY RUHE  
THE CONNECTION

Dark clouds and heavy rain didn't deter the 9 1/2 tables of duplicate bridge players from showing up at Madison Senior Center in Arlington on Friday, March 31. Complete silence envelops the room as furrowed brows concentrate on the cards in their hands. An occasional "both of the kings are off" or "I knew I should have stayed home" penetrates the silence.

Mike Zane, coordinator of the group and an American Contract Bridge League (ACBL) certified director said, "we've been going ... well, it's got to be at least 10 years." Zane said that bridge was big in the 1930s-60s. "If you watch any old film, even a war film, you'd see a bridge game. Even Ian Fleming played the Earl of Sandwich in a James Bond film. But," he continued, "it's lost its flavor."

Zane said it used to be that in the military academies the two required extracurricular classes were ballroom dancing and bridge, two important social skills.

Zane looks around the room and pulls out a long computer sheet of names. "The players at the tables go up (clockwise) and the board goes down (counter-clockwise)." He explains each player has 13 cards and you play with a partner against the other two players at your table. The highest card wins. Each table will rotate and play the same set of cards. The object is 24 hands or 24 problems to solve. "It's the easiest game in the



**Duplicate bridge players concentrate on their next move at the regular ACBL-sanctioned games held Friday mornings at Madison Senior Center.**

world." Zane says he started playing bridge because his mother, father, and sister played. "Bridge takes four people."

In European high schools every student is required to take bridge according to Zane. "I am interested in getting bridge into schools in America. That's the only way it will survive."



## The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation  
with Laxman Bahroo, MD and  
Angela Onyekanne, DPT, GCS, CEEAA  
Sunday, April 9, 2017 ♦ 2:00pm-4:00pm

at The Kensington Falls Church  
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868  
or to [kakers@kensingtonsl.com](mailto:kakers@kensingtonsl.com)

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. **Please RSVP to join us.**



**Dr. Laxman Bahroo** is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



**Angela Onyekanne, DPT, GCS, CEEAA** has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.

PHOTO BY SHIRLEY RUHE  
THE CONNECTION



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# Senior Living

## Fit for the Golden Years

Exercises for strength, endurance, balance and aerobics are key.

BY MARILYN CAMPBELL  
THE CONNECTION

At 7 a.m. each weekday, a group of Del Ray seniors meet at Starbucks to embark on a brisk, 45-minute walk. The women return to their starting point for coffee and conversation. Their goal is to stay active and socially engaged.

"Even those of us who've never exercised and aren't necessarily fit enjoy our walks," said Joyce Herrington, one of the group members. "It's mostly social and we enjoy it. The fact that we're getting some exercise is a bonus."

Late last month, representatives from Go4Life, a program created by the National Institute on Aging (NIA), held a pilot workshop in Potomac, Md., that was designed to test methods for motivating older adults to increase their physical activity. Workshop participants were from Potomac Community Village, one of several Go4Life partner organizations of seniors who are helping to design strategies to engage seniors in exercise programs.

Sheila Moldover, Potomac Community Village Communications Chair believes that local seniors can benefit from Go4Life.

"We're going to include some easy and simple flexibility, balance and strength exercises at each of our Potomac Community Village meetings, and distribute Go4Life materials to our members, including to those who are already exercising," she said. "We want to encourage everyone to pay attention to their balance, flexibility and strength as well as to endurance. We see that as enabling us to age in place, to thrive in place, and be healthy and active."

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIA) at the National Institutes of Health (NIH), is designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

"We want people to know that it's never too late to start an exercise program, and we focus on four types of exercise: strength, endurance, balance and flexibility," said



**Members of the Potomac Community Village attend a workshop on the Go4Life program, which was designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.**

### For More

Learn more about Go4Life at [go4life.nia.nih.gov](http://go4life.nia.nih.gov).

PHOTO BY SHEILA MOLDOVER

**"The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue."**

— Susan P Thompson, Ph.D., Northern Virginia Community College.

Stephanie Dailey of the Go4Life program at the NIA. "It's important that they're doing all four components. Older adults can gain a lot from exercising. In fact, people have a lot more to lose by not exercising than by starting exercising."

**WHEN BEGINNING** an exercise program, Dailey recommends guidelines established by the Centers for Disease Control and Prevention.

"About 150 minutes per week of moderate activity is recommended for adults," she said. "If you are going to start a fitness program, see your doctor first."

For older adults exercise is important for maintaining function, physical strength and fitness, managing and preventing diseases, improving your mood and giving you more energy.

In spite of a popular misconception, older adults can gain strength and improve their

muscles with these exercises, says personal trainer Christian Elliot, CEO, Founder TRUE Health and Wholeness in Arlington, Va. "I work with people who are in their 60s, 70s, 80s and 90s and I've never met a person who couldn't improve their fitness," he said. "We're not going to stop aging, but you can certainly slow it."

Elliot recalls a client who was in her late 50s who didn't have a history of physical fitness, but wanted to get in shape. "She has hit some of the most phenomenal milestones, like being able to hold a 12-minute plank, do 50 push-ups and five push-ups on one arm," he said.

**FOR THOSE WHO** are new to fitness, there is good news. "There's a lot of evidence that middle age is a great time to get fit," said Julie Ries, Ph.D, professor of physical therapy at Marymount University. "You want to be active and healthy in your middle

age so that will keep dementia at bay in your old age. Exercise is not only for your physical health, but also your cognitive health."

A well-rounded exercise program should include exercises that focus on aerobic exercise, flexibility, muscular strength and muscular endurance, and balance, says Susan P Thompson, Ph.D., assistant dean, Health Physical Education at Northern Virginia Community College.

"Cardiovascular exercises should be done most days of the week for a minimum of 20-30 minutes," she said. "Walking, swimming, cycling, dancing, hiking and any activity that uses your large muscles in a continuous movement will increase your heart rate and improve circulation."

Stretching and moving your joints through their range of motion will keep the joints lubricated and less stiff. "Stretching will also help decrease pain and stiffness in the back, neck, hip and feet," said Thompson. "For the sportsman it will increase your power and ability to improve your follow through motion. For the hiker, it will let you lift your arms and legs higher. You can stretch daily. Yoga and dance are activities

SEE FIT, PAGE 7

## Women in Retirement? Busier than Ever

BY EDEN BROWN  
THE CONNECTION

More than a half-dozen local women recently answered the question: What can you say about retirement? Jamie Usrey, who was a teacher in the Arlington County Public School system for 20 years, is hardly letting a lot of grass grow under her feet.

She said, "I feel a little embarrassed when I say I am retired when I look at people who are still working hard ... like Hillary Clinton. I am enjoying being able to be outside more — biking, playing tennis, working in the yard, going for walks with friends and tak-

ing more trips to see national parks where we can hike through the beauty of nature. I have more time to exercise ... love those zumba classes ... and read. ... I do want to find a way to be more helpful in making our government work better ... next week."

Jan Heininger says she is "happier than ever with even more travel, near daily long bike rides, daily mile swims in the summer, and far more time for reading ... I also get to spend far more time at our beach house where I can more easily avoid politics."

Ruth Neikirk said: "Retire? I never did retire. I stay busy. It's good to stay busy."

Karen Smagala said: "I'm busier than I ever have been since retirement, and I'm enjoying life so much more. My blood pres-

sure went down when I stopped working. I do the Master Gardener program and I work at the library in the tool shed."

Sheridan Collins said: "Busier than ever! Docenting at the Textile Museum provides continuing education for the brain, tennis and gym keep me fit, and this year more time on politicking helps maintain a healthy attitude. And then there's grandmothering requiring lots of travel. All good!"

Mary Lanaras said: "Retirement is like: everyday is a snow day!" Lanaras worked to home school her children until middle school and helped her husband, Charles, with his real estate business.

Joanna Cameron said: "Retirement is just a word signifying that your priorities have

shifted to ones that are all about enjoying what you love, getting outside more and relishing the things that make you happy. Staying in motion above all."

And then there are people like Flo Broussard, 88, an Arlington resident from 1960 until she moved to Goodwin House a few years ago: she responded by saying: "Retirement? I'm a lifelong volunteer. I have volunteered for WETA, The White House, Alexandria Hospital, and several other organizations. Then when I 'retired' to Goodwin House, I still volunteer, doing plantings and making crafts for sale to benefit local charities."

And there she was on April 2 at the Rehydration Salts project at Temple Beth El.



# Senior Living Fitness

FROM PAGE 6

which focus on stretching.”

Improved muscular strength and endurance will allow you to do everyday tasks with less energy with less chance of injury, advises Thompson. “Leg strength will enable you to walk faster, get up and down from chairs with more ease,” she said. “For resistance, [you can use] hand weights, resistance bands, weight machines, water walking and exercise or your own body weight. Resistance training should be done two-three times a week working the major muscles. Pilates and other floor work focus on the core muscles.”

Balance training is important to prevent falls. “Although muscular strength, muscular endurance, flexibility and cardiovascular exercises contribute to better balance, specific balance training is focused on body awareness, controlling your center of gravity, being able to navigate your environment and react quickly,” said Thompson. “The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue.

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# Senior Living

## Mid-Century Classic for Artful One-level Living

In 1950s, Hollin Hills was a mecca for cutting-edge housing design; 60 years later, mid-century modern is a resurgent style ripe for nuanced improvements.

BY JOHN BYRD

**T**wo years ago, Jeff and Jenny Herre, both retired, were living in a five-level townhouse in Old Town Alexandria with a view of the river. Long-term residents, they were satisfied with all the house had to offer. They collected art and fine furniture and their periodic renovations over several years had extended all the way to the attic.

As they approached their 70s, however, they questioned how much effort they wanted to expend getting from room to room.

"We were wondering aloud whether we'd still want to be climbing five flights of stairs in 10 years," Jeff Herre said. "That's when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level."

As the research got under way, Jeff Herre saw that cost would inevitably play a role in their choices. One-level structures in and around Old Town were appreciably beyond the family budget. Looking further out of town, the options boiled down to: a) purchase a ready-to-occupy home which would come at a higher price; or b) find an older home with renovation potential that could be shaped into a place brimming with personal style.

The latter course would entail finding a creative design/build team with whom one could collaborate closely.

After assessing available northern Virginia properties for several months, a Realtor in-



**At slightly over 900 square feet, the primary living area the Herres' remodeled home in Hollin Hills is comparatively small. But designer Jon Benson's wall elevations employ texture and color that make the space feel expansive.**

PHOTOS BY GREG HADLEY

roduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles — even listed in the historic record as one of the first communities in the U.S. to feature modern architecture exclusively, mid-century modern in particular.

"In the 1950s, most progressive modern homes were owner-commissioned," said Roger Lataille, a design consultant at Sun Design Remodeling. "But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II."

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though lots are seldom more than one acre, it's difficult for your neighbor to see you from their house, and vice versa.

"We loved the wooded setting right away," said Jeff Herre. "The problem was, the house itself didn't look like anything we'd want to live in."

For starters, there were the obstructed sight lines starting from the front entrance. Walking in, one looked left at interior drywall that defined the parameters of a 10-foot-by-10-foot galley kitchen. To the immediate right, a floor-to-

ceiling exposed brick hearth with a masonry niche designed for firewood. To the left, a floor-to-ceiling bookcase and an odd chandelier. Straight ahead, an open stairwell descending to ground level.

Further back, a door leading to the master suite, which included the original 70-square-foot tile-clad bathroom. Two closets less than two feet deep provided the only wardrobe accommodation.

While floor-to-ceiling windows dominating the eastern and western wall elevations boasted a dramatic view of surrounding woodland, the Herres also soon learned that much of the glazing was single pane.

Herre's question for Lataille from the start was right to the point: "Can you make the changes we want within our budget?"

Topping Herre's wish-list: an open plan with places for art display that will work well for entertaining; design that allows the couple to mainly live on one level; a master bath with a walk-in shower and a new powder room; additional storage; a visually compelling interior design; replacement of single pane windows with insulated double-ply thermal glass.

"There have been significant developments in open floor plan design in recent years," Lataille said. "Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction."

A kitchen-centric floorplan a popular option for a home's primary living space, and offered a practical solution for amateur chef Jenny Herre, who enjoys regaling guests with her original dishes while otherwise fully engaging in the party all around her.

"We thought an open kitchen would really work in this house," Jeff Herre said, "but we needed to see well-developed ideas

before moving forward with the purchase."

Enter Jon Benson, Sun Design's lead designer, master craftsman with several published books on woodworking to his credit.

"When you're removing kitchen walls, the goal is to develop a space plan that meets all functional requirements, yet really supports the room aesthetically," Benson said. "That's why it's important to design elevations that present an appropriate combination of color, texture and tone."

On this score, Benson designed a cook top island and dining counter perfectly positioned between the dining room and the seating area around the fireplace.

Light maple Shaker-style cabinet facings combined with quartz Caesarstone counter surfaces present clean lines and reinforce the light, accessible ambiance of a room surrounded by windows.

Collectibles from India, Lebanon and Brazil are now on view in Benson-designed display spaces.

"This really feels like our home now," said Jeff Herre. "We've made the transition we wanted, and are pleased with it."

*Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, the Sun Design also maintains an office in McLean. Sun Design will be sponsoring an open house in a recently remodeled home on April 29 and 30 from 11 a.m. to 5 p.m. daily. For more information: [www.SunDesignInc.com](http://www.SunDesignInc.com)*

*John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement for 30 years.*



**Light maple Shaker-style cabinets combined with quartz Caesarstone counter surfaces reinforce the ambiance of a light-filled room.**