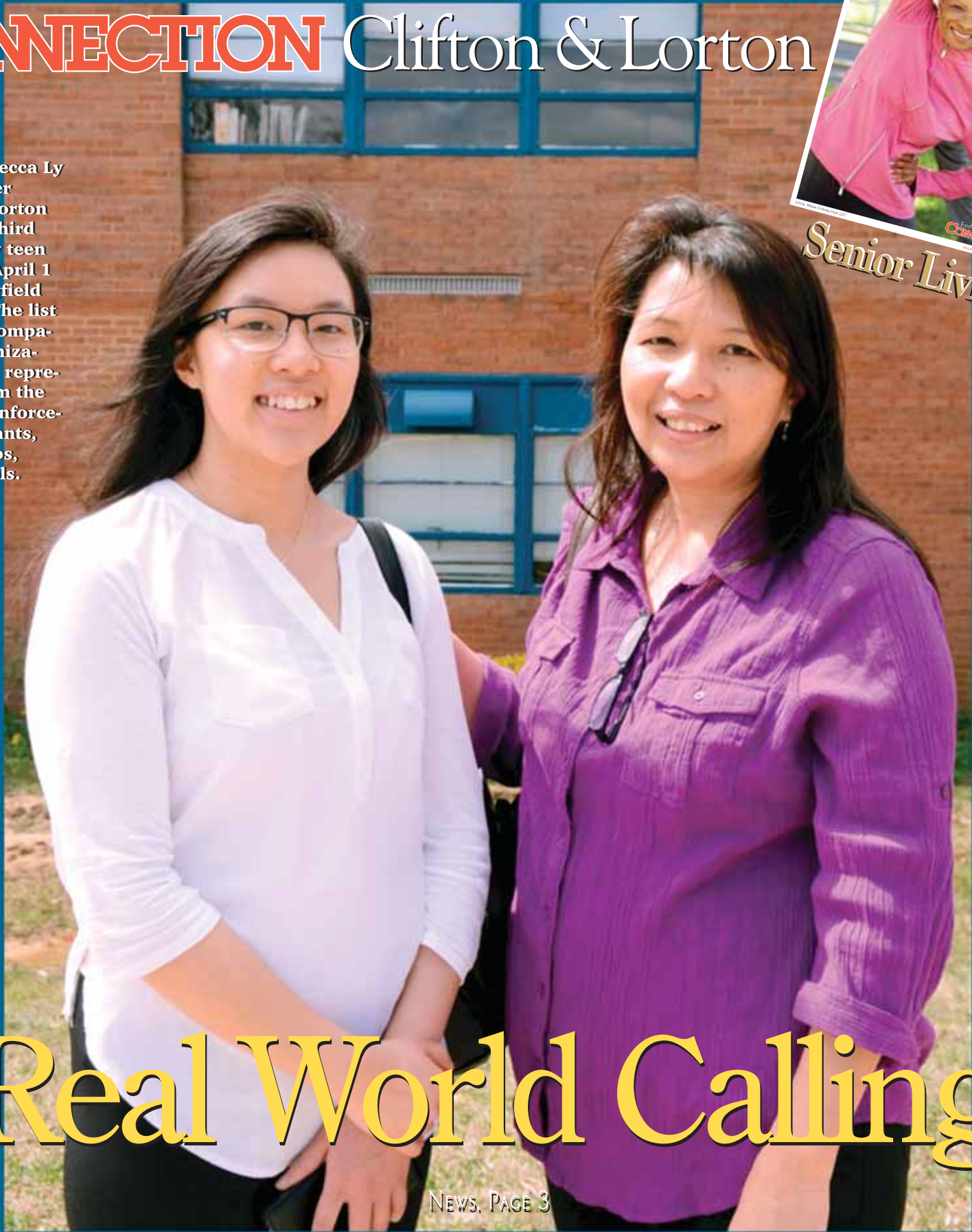




Fairfax Station CONNECTION Clifton & Lorton

From left, Rebecca Ly and her mother Catherine of Lorton attended the third Fairfax County teen job fair, held April 1 at West Springfield High School. The list of dozens of companies and organizations included representatives from the military, law enforcement, restaurants, political groups, parks and pools.



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Real World Calling

Immigration Enforcement Is Feds' Responsibility

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Albo Announces Retirement

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From left, West Springfield sophomore Hanna Bjarnason learns about the Fairfax County Police Department Explorers program for hands-on law enforcement experience from her classmate and lacrosse teammate Roxanne Rogers.



PHOTO BY TIM PETERSON/THE CONNECTION

From left, Rokan Ahamed of Burke and his son Yusuf, Supervisor Pat Herrity (R-Springfield) and Colleen Burger of West Springfield at the third teen job fair, held April 1 at West Springfield High School.

Real World Calling

Teens and parents browse West Springfield teen job fair.

BY TIM PETERSON
THE CONNECTION

Catherine Ly of Lorton remembers by the time she went off to college, she didn't have much work experience and was overwhelmed with her first job.

For her daughter Rebecca, a junior at South County High School, she thinks of getting real life experience and preparation through a first job: "The earlier, the better."

The two women attended the third Fairfax County teen job fair, this one held April 1 at West Springfield High School. The list of dozens of companies and organizations included representatives from the military, law enforcement, restaurants, political groups, parks and pools.

Rebecca is interested in pursuing some type of medical internship, but is also looking at lifeguarding as a stepping stone in that direction.

But looking for work opportunities on the vast internet was too open-ended, they both said. "We didn't know what to look for," Catherine said.

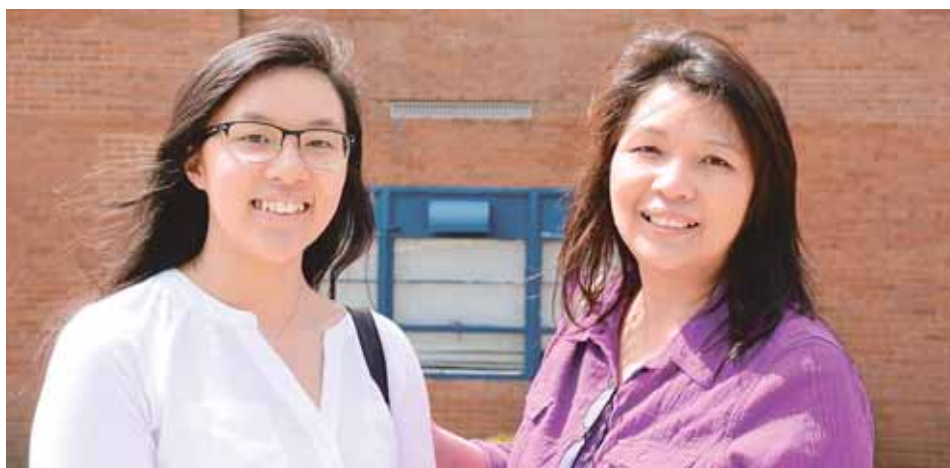
They heard about the job fair and decided to check it out. Catherine said she was impressed with the variety of opportunities and vendors at the fair, that they were all laid out well and easy to navigate.

Hanna Bjarnason, a West Springfield sophomore, was also at the fair searching for first-time employment: summer work, a small job to get experience.

"It's good to talk with prospective employers," Bjarnason said. "Maybe something at a restaurant, in the service industry."

Her mother Mary Frances Bjarnason walked around the fair with her daughter, keeping a safe enough distance so Hanna could interact on her own, but also able to observe.

"The employers have been great with this age group," she said. "They've been calm, patient, helping them with what questions



From left, Rebecca Ly and her mother Catherine of Lorton attended the third Fairfax County teen job fair, held April 1 at West Springfield High School. The list of dozens of companies and organizations included representatives from the military, law enforcement, restaurants, political groups, parks and pools.



From left, West Springfield student Zachary Korff learns about the internship program offered by Fairfax Democrats, represented by Mary Kringer of Burke, Terry Matlaga Bell of Clifton and Tiffany Pryce of Alexandria.

to ask, how to act — I'm very pleased."

Pat Malone of Alexandria helped hatch the concept for the teen job fair with supervisor Pat Herrity (R-Springfield). This is the third year a fair has been held at West Springfield.

Malone said parents have appreciated being able to browse prospective employers along with their children.

"They watch, see where their child could work," he said, "and see if they think they're going into a good situation."

Herrity said he was pleased with the turnout, which he estimated to be around 500 for the day. As the event continues to grow and evolve, the supervisor said he hopes to include more employers from the tech field, though he concedes it's more difficult to find companies looking to hire in this age group.

Herrity also said he'd like to see more opportunities for 13- and 14-year-olds. While they can't work professionally, he'd like to include more volunteer and service opportunities to bring them into the fair and get experience in the social-semi-professional environment.

At 13, Porter Wallington of Centreville attended the job fair looking for volunteering and service opportunities. He said he was interested in the Fairfax Democrats, but was "open to anything."

Though he couldn't walk away an employed young man, he said he did gain confidence. "I know how to talk to people now," Wallington said, "what to ask."

For more information and to register either as a student or a business for the next teen job fair, visit www.fairfaxcounty.gov/springfield/teenjobfair.htm.

The final fair is scheduled for Saturday, April 29, 11 a.m. to 1 p.m., at South County High School, 8501 Silverbrook Road in Lorton. Co-sponsored by Supervisor Dan Storck, South Fairfax Chamber of Commerce, South County Federation, and South County High School.

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News

Del. Albo Announces Retirement

Del. David Albo (R-42) has announced his retire-ment after 24 years in the House of Delegates.

“After much thought, I have decided not to seek reelection to the House of Delegates this coming November. While I still enjoy the job and love the public service, I can no longer afford to take 80+ days a year off work to serve in the General Assembly. In addition, I don’t have a monopoly on all the good ideas — there are lots of very capable public servants living in my district who can do a great job. It’s not ‘my seat, it is the people of our neighborhoods’ seat, and I am sure there is someone out there who would like to serve,” Albo said in a statement issued Wednesday afternoon.

“Next to marrying Rita and adopting Ben, serving the people of West Springfield, Fairfax Station, South County, Mason Neck, and Mount Vernon has been the greatest honor of my life. I grew up here and did what I could for 24 years to keep our neighborhoods the best place to live, work, and raise a family,” Albo said.

He added:

“Many do not realize that I hold George Washington’s and George Mason’s seat in the Virginia House of Delegates. Wow — I got to do the same job as these Founding Fathers! I started out as an intern in 1986. I



Del. David Albo (R-42)

was first elected in 1993, and have had the honor of serving as Chairman of the House Courts of Justice Committee for the past 12 years. This has enabled me to do lots of great things to help people ... Again, it has been one of the greatest privileges to serve our neighborhood, and I am so grateful to have had this opportunity.”



Clifton Road Closure This Weekend, Detour in Place

Clifton Road (Route 645) between Colt Drive and Cedar Ridge Drive will be closed from 9 p.m. Friday, April 7 to 9 p.m. Sunday, April 9 for stormwater pipe replacement, according to the Virginia Department of Transportation. Traffic will be detoured via Newman Road, Colchester Road (Route 612) and Popes Head Road (Route 654) back to Clifton Road. All work is weather permitting.

FAITH

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

The Immanuel Bible Church MOPS group meets on Mondays at 7 p.m. at Immanuel Bible Church, 6911 Braddock Road, Springfield. MOPS is for pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or www.MOPS.org.

First Baptist Church of Springfield, 7300 Gary St., Springfield, has traditional and contemporary Sunday services at 10:30 a.m., Sunday school at 9:15 a.m. Special worldwide services offered at special times throughout the year in English, Spanish and Ethiopian. The pastors are Jim Weaver and Jason Mitchell. 703-451-1500 or www.fbcspringfield.org.

The following is a list of events at **Mount Calvary Baptist Church**, 4325 Chain Bridge Road, Fairfax:

♦Adult Bible Study every Wednesday starting at 7 p.m., Youth Bible Study at 7:15 p.m.

♦Full Praise and Baptism Service at 7 p.m., the last Wednesday of every month

♦Sunday School at 9 a.m.

♦Sunday morning service at 10 a.m., the 4th Sunday of every month

♦Men's Ministry Bible Class, the Saturday before the 4th Sunday of every month

♦Commonwealth Care Center ministry every first and third Thursday night. 703-273-1455.

Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria, has

services on Fridays, 7:30 p.m. with a pre-service wine and cheese social at 6:30 p.m., and Saturdays, 10:30 a.m. with a pre-service Torah study at 9 a.m. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year. Tot Shabbat is on the first and third Saturdays at 11 a.m. Kolot Shabbat, a musical service, is the first Friday of the month at 7:30 p.m. 703-370-9400 or www.bethelhebrew.org.

The Cranford United Methodist Church, located at 9912 Old Colchester Road, Lorton, hosts prayer and healing services on the first Thursday of each month at 6:30 p.m. Worship service is at 11 a.m., and fellowship is at 12:30 p.m.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

Grace Presbyterian Church offers Sunday school for all ages at 9:15, and a blended worship service 10:30 a.m. every Sunday morning. Coffee and fellowship follows worship. Nursery care is provided from 9:00-11:45. 7434 Bath Street, Springfield. 703-451-2900 or www.gracepresby.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30

SEE FAITH NOTES, PAGE 7

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OPINION

Another Step to Police Transparency

Opening up records of “unattended deaths” to families.

The 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

Ringling 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

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PHOTO CONTRIBUTED

High school students from Chantilly and Thomas Jefferson were recognized on April 4 for their winning projects in the Fairfax County assistive technology for seniors 'Shark Tank' challenge.

Senior 'Shark Tank' Technology Challenge Winners Recognized

When Chantilly High School sophomore Alex Hargett went to visit family in Minnesota over Thanksgiving break, he observed his grandmother having difficulty taking the stairs, needing to move sideways to manage them. Together with classmates Khai Nguyen and Ken Catubig, they developed the Assistive Stability Bar: an apparatus with guide strings and clothesline tighteners to help senior citizens use stairs more safely and effectively.

"A large part of our community is seniors," Hargett said. "It's important to help make their last stages of life more enjoyable, comfortable. To help with independence."

The students' project was one of two that received the "Outstanding Maker" award from the Fairfax County high school student assistive technology "Shark Tank" challenge.

The other was the team of Arad Maghouli, Jareth McAlister, Omer Duale and Joshua Steffen, also from Chantilly, who produced a Motorized Walker mobility table.

The technology challenge is in its second year as an initiative out of the Fairfax County 50+ community Action Plan's technology committee.

Supervisor Pat Herrity (R-Springfield), who chairs the county's 50+ committee, said the challenge is a space "where our high school students use their STEM skills to cre-

ate products and technology to help our older generation, and win advice on their products and cash prizes."

The winning teams received \$1,500 from professional services firm Integrity One Partners, and advice and coaching from both Integrity and Refraction, a multidisciplinary co-working community in Reston Town Center.

Cathy Cole of the 50+ technology committee and Fairfax County commission on aging said they received 50 project proposal submissions from five schools back in December 2016. Final projects were due Feb. 7 of this year. Twenty-seven projects materialized out of the initial 50 and nine made it to the "Shark Tank" judging, which took place March 24.

Two other winning projects for Excellence in Software Development were Kane and KaneAid, developed by Thomas Jefferson High School for Science and Technology student Ishaandeep Lubana, and CarePear App, developed by Chantilly students Kaitlyn Cheng, Meriel Chang, Kartik Chugh and Pradith Santapur.

All the winning project team members were recognized at the Fairfax County Government Center on April 4 with a reception and proclamation.

— TIM PETERSON

FAITH NOTES

FROM PAGE 5

a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.


The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit www.guhyasamaja.org.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at

5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:50 and 10:50 a.m. 703-323-9500 or www.Lordoflifeva.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., Latin mass at 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. Additional mass offered Monday-Friday at 6:30 a.m. (except on Federal holidays) and 8:45 a.m. 703-817-1770 or www.st-andrew.org.



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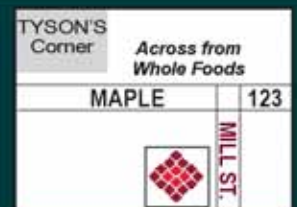


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PHOTOS BY TIM PETERSON/THE CONNECTION

FCPS board chairman Sandy Evans said the school system's budget reflects two main priorities of addressing employee compensation and classroom resources, as well as several cost drivers out of the board's control including increased enrollment, retirement contribution rate increases and employee health insurance increases.

'The Best with What We Have'

**FCPS budget presentation
kicks off FY2018 public
hearings.**

BY TIM PETERSON
THE CONNECTION

We will do the best we can with what we have." That was Fairfax County Board of Supervisors chairman Sharon Bulova's response to the public school system board chair Sandy Evans' final presentation of their \$2.8 billion FY2018 budget before a public hearing on April 4.

Evans opened the first of three days of public hearings on the full county budget for FY2018. Forty-seven speakers had signed up to address the board following Evans, who was joined in the main Fairfax County Government Center auditorium by several other members of the school board, FCPS staff, teachers, principals and interim superintendent Steven Lockard.

The FCPS chairman reiterated what the school system's board has advertised as the need for a 5.9 percent increase over the county's transfer for

Armando Peri is president of the Fairfax Association of Elementary School Principals and principal himself of Pine Spring Elementary School in Falls Church. He enumerated some of the teacher losses to nearby school systems due to salary differences, and said there have been more than 9,000 requests for substitute teachers already this school year.



FY2017. That's a 5.1 percent increase, or \$135.1 million, over the previous school system operating budget.

Based on the county budget advertised by county executive Ed Long, their proposed transfer for FY2018 would fall short of the FCPS request by nearly \$50 million.

Evans said the budget reflects two main priorities of addressing employee compensation and classroom resources, as well as several cost drivers out of the board's control including increased enrollment (the system has 188,000 students), retirement contribution rate increases, and employee health insurance

SEE PUBLIC HEARING, PAGE 9

COMMUNITIES OF WORSHIP



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Messiah United Methodist Church
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703-569-9862 www.messiahumc.org

Holy Week and Easter Schedule

April 9 - worship at 8:15, 9:30, and 11:00 am
April 13 - Holy Thursday service at 7:30 pm
April 14 - Good Friday service at 7:30 pm
April 15 - Easter Egg Hunt at 10 am
April 16 - Easter Sunday worship at 8:00, 9:30, and 11 am
Servicio de Alabanza y Resurrección a las 11 am

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Public Hearing on the Budget

FROM PAGE 8
increases.

"It's clear, whatever we do, will only moderate this increase," Evans said. "It won't eliminate it."

Evans said the transfer increase of \$51 million proposed by Long doesn't cover the required budget increases of \$55.9 million.

"There's a gap," she said, "even before we consider pay increases of any kind, any teacher scale adjustments."

TEACHER SALARIES in FCPS, the school board has repeated, have fallen short of surrounding school systems, which they say has lured away many experienced, trained teachers as well as strong candidates for new ones.

FCPS began the 2016-2017 school year with more than 170 vacancies, Evans said, particularly in math, science, ESOL and special education. Overcoming obstacles including and stemming from what she said is disproportionate from the state and federal government relative to the rest of Virginia, as well as the growing number of high needs students in FCPS, can "only be solved by mak-

FCPS parent George Becerra of Burke

brought up other counties around the country that impose a child investment tax after asking, "What do you do to get more revenue?" He also said there should be more representation at the county level of people of color, which he said would be more equitable based on the growth of non-white populations in Fairfax County.



ing necessary investments in our education system."

Bulova acknowledged that "any member of this board will tell you education is our number one priority." The chairman lamented that the proposed Meals Tax referendum did not pass last fall, and that work to change the impact of the Virginia Retirement System "just didn't happen as well."

But Bulova praised the budget

work being done jointly between the two boards. "Never before have we had a closer working relationship to try to achieve our mutual goals," she said.

Two individual speakers, Joe Connor of Fairfax and James Parmelee of Centreville, each suggested the supervisors and school system could do a better job managing taxpayer money. Connor was critical of the FCPS pension program ensuring county employees are "multi-millionaires at retirement" and that with the threat of cutting services to students, FCPS is "allowed to confiscate income from the private sector."

Parmelee held up a sign from the fall 2016 election cycle encouraging residents to vote "no" for the proposed tax on prepared foods, or meals tax.

"People had a choice," he said, "more taxes for what the majority claimed are necessary expenditures. People overwhelmingly voted against the tax a majority of you wanted."

Parmelee said the supervisors should keep that in mind, perhaps alluding to the real estate tax increase passed in the previous bud-



PHOTOS BY TIM PETERSON

From left, Fairfax Education Association president Kevin Hickerson, Christal Tanks with FEA education support professionals and FEA vice president Carla Okouchi said the FCPS budget is a "statement of our community's priorities" and that problems such as the more than 170 teacher vacancies at the beginning of the school year "only compound if we turn a blind eye to them."

get cycle to help fully fund the FCPS budget.

"You all touched the hot stove, got burned a little bit," he said of the meals tax. "I hope you're a little wiser for it. Please don't forget it."

Two more days of public hearings on the FY2018 budget were scheduled for April 5 and 6.

THE COUNTY BUDGET COMMITTEE will meet April 21 for a pre-markup, before the full

markup on April 25. The supervisors are scheduled to adopt the FY2018 budget May 2, followed by FCPS adopting an approved budget May 11.

More information from Fairfax County about its advertised FY2018 budget is available online at www.fairfaxcounty.gov/dmb/fy2018/advertised/overview.htm.

More information on the FCPS FY2018 advertised budget is available online at www.fcps.edu/about-fcps/budget/FY2018.

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ENTERTAINMENT

Send notes to the Connection at 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/ 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/ for more.

Storytime in the Park. Tuesdays through May 30, 10:30 a.m. at Old Town Square. Fairfax. Visit 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 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 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 for each month's location. Prior to attending, please complete the online application found at www.fpow.org/volunteer. Please do NOT bring pets to this orientation. Also, see weather policy for possible cancellations. www.fpow.org, 703-324-5424 or 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.

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 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@jcnv.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.fairfaxvd.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

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/.

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

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/ 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 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.fairfaxvfd.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 for more.

Write in Cursive. 10:30 a.m.–1:30 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 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 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/ 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 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.

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.

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.czartlessns.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.czartlessns.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 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.

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 or call 703-425-9225.

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 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 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 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.

APRIL 22-JUNE 10

Spring Art Classes. 9:30-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin watercolor and Chinese brush painting. Visit www.czartlessns.com or call 703-250-6930 for more.

Spring Art Lessons for Youth Classes. 9:30-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor for 8 years and older. Visit www.czartlessns.com or call 703-250-6930 for more.



Holocaust survivor Michele Margosis accepts the Proclamation declaring April 24, 2017 as Holocaust Remembrance Day in Fairfax County.



Members of the Herndon-Reston Indivisible group came to the Board of Supervisors meeting to learn what stance the county would officially take on immigration enforcement by county personnel.

Immigration Enforcement Is Feds' Responsibility

Clarifying county's stance on immigration sparks sharp exchange among supervisors.

BY ANDREA WORKER
THE CONNECTION

The Fairfax County Board of Supervisors usually presents a fairly united front at the open-to-the-public general board meetings. The supervisors may ask for clarification from staff on a particular item under consideration or express a less than enthusiastic response to a motion, but more often than not, "Approved Unanimously," or "the motion carries without exception" are the words that are entered into the record.

At the meeting on April 4, with a packed agenda and 47 speakers registered to provide testimony on the Advertised FY 2018 Budget, it was the chairman's resolution on "Diversity and Inclusion" in the county that sparked some polite but pointed debate on the dais.

For Chairman Sharon Bulova, the resolution was something that the residents of the county needed to hear from their leadership.

"Fairfax County is a welcoming and accepting community ... we are a safe, diverse and caring community, and if that harmony is threatened, I believe we have a duty to speak out and clearly articulate our values," the chairman stated before reading her proposed resolution.

BULOVA was alluding, in part, to an incident in February, when agents of the U.S. Immigration and Customs Enforcement (ICE) detained a group of homeless men as they were leaving a church-run hypothermia shelter in Alexandria. This action, and a surge in ICE raids and sweeps, has caused a wave of fear in the immigrant community, an outpouring of concern from social service providers and law enforcement personnel, and anger from social justice organizations like the members of Herndon-Reston Indivisible who attended the meeting, waiting to hear the county's official line.

"Whereas, Fairfax County Police successfully engage in community policing, which requires the trust of residents who are not



The Board of Supervisors issues a Proclamation that April is Child Abuse Prevention Month and it was a challenge to get all involved in this cause to fit into a photo.

afraid to call law enforcement if their safety is at risk, or to report information that may help solve a crime," reads one segment in the resolution, acknowledging fear and the anxiety that has accompanied the see-saw of Trump administration proposed travel bans, the rise in hate crimes, threats against ethnic groups and religions, and incidents of vandalism, particularly at Jewish cemeteries and Muslim mosques.

Supervisor Pat Herrity (R-Springfield) didn't disagree with the sentiments of inclusion that framed the resolution, but he said it seems like "a statement done for political reasons." In Herrity's view, the resolution fails to address the "real issues in front of us," citing the impact on the public school system, other services, and the recent increase in gang violence.

Supervisor Jeff McKay (D-Lee District) was quick to respond, saying that he resented the attitude that blame for gang violence should be directed only at the immigrant community, insisting that the resolution was the "antithesis of a political statement ... it's our moral imperative ... to tell our community where Fairfax County stands."

McKay later added that if this resolution was indeed political, then it represents a political stance he was proud to be associated with.

The waters around the resolution were further muddled when Supervisor Cathy Hudgins (D-Hunter Mill) suggested the resolution should be more specific and asked that language be included to clearly oppose any immigrant registry. This request opened another round of exchange among several of the supervisors. Bulova did not see the value in having the county engage in a series of "what if" scenarios and develop hypothetical responses. At one point, Hudgins made the remark that she felt she was "being placated" by the response to her request, one which she sees as showing the real leadership qualities of the county.

Supervisor Dan Storck (D-Mount Vernon) finally summed up the resolution as being a "place to start ... a great foundation," painting the motion as more of a "high-concept" statement than a procedural piece, or a response to deeper issues being raised by other supervisors.

The motion did carry, but not before Supervisor John Cook (R-Braddock District)

made it clear and for the record that the resolution was not declaring the county a so-called "sanctuary jurisdiction." "It does not say that, and people shouldn't think that it does."

Nevertheless, the Herndon-Indivisible supporters and others in the crowd applauded the outcome that does make clear that Fairfax County police are "not asked to assume the responsibilities of federal immigration officials ... it is the responsibility of our officers to ensure the safety of Fairfax County residents through community policing rather than through immigration enforcement."

UNANIMOUS APPROVAL was afforded several other matters before the board, including two proclamations offered by Cook; one declaring April as Sexual Assault Awareness Month, and another adding Child Abuse Prevention as a focus for the month. There was also no dissension on the proclamation marking April 24 as Holocaust Remembrance Day in Fairfax County. Holocaust survivor Michele Margosis accepted the document from Bulova.

Later in the session, the board voted to approve a "Sewer Ordinance Amendment" which will raise rates for water consumption by 7 cents per 1,000 gallons, raise the quarterly Base Charges, and other related fees, while reducing the daily flow per unit from 300 gallons to 280 gallons per day. The rate increases were applauded by speaker Reba Elliott, who is the executive director of Faith Alliance for Climate Solutions.

Elliott thinks more funds are needed to keep water supplies safe in the area. "Go storm water treatment!" Elliott called out as she left the speaker's podium.

"Thank you," replied Bulova. "I honestly think that's a first for us."

Fairfax County Board of Supervisors general and committee meetings are streamed live via the county's website, and can be found after the event in the video archive. Agenda items and materials are also available on the site. See www.fairfaxcounty.gov.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Newly appointed HomeAid Northern Virginia executive director Kristyn Burr welcomes the participants to the organization's annual Housing Forum for housing and homeless services providers.



Attendees at the Housing Forum divided into round table groups to tackle some of the issues they all face, like "Landlord Engagement," and "Resource Gaps and Needs."

Ending Homelessness: 'It Can Be Done'

Housing and homeless services providers discuss "Complex needs and promising solutions."

BY ANDREA WORKER
THE CONNECTION

HomeAid Northern Virginia (HANV) brought together about 100 housing and homeless service providers from a variety of public, nonprofit and faith-based organizations at its annual Housing Forum on March 30, giving them the opportunity to share their challenges and best practices with their peers, while learning about some of the latest trends in the fight to end homelessness.

Newly appointed HANV executive director Kristyn Burr opened the event before turning the program over to moderator Karen Cleveland of the Cleveland Group.

Samantha Batko, director of the Homeless Research Institute, National Alliance to End Homelessness, was the program's keynote speaker and started her section with positives, noting that Virginia was the first state to functionally end homelessness among veterans. "On Tuesday," she added, "Bergen County, New Jersey announced that they were the first to end chronic homelessness. We know it can be done."

How were these successes achieved? "Through 'Rapid Rehousing,' the value of data, and a determined community-based partnership," said Batko.

The switch to a focus on the Rapid Rehousing model was a major topic at last year's forum and the cause for considerable concern among some of the providers. The strategy represents a paradigm shift in previous methodologies to end a person's or family's homeless situation by pulling out all the stops to first find suitable housing for the client(s) and then wrapping any services they may need — financial assistance, help finding employment, overcoming past credit problems, mental health treatments,

etc. — around them once they have been placed in a stable housing environment.

THE TRADITIONAL APPROACH to helping the homeless in the past has been to take them into shelters and then work with them to resolve issues and obstacles before placing them in an independent living situation. While this strategy can make finding them suitable housing less challenging, the process could take months, sometimes years. Remaining in shelter for that long creates a different set of problems, from overcrowding or impossible waiting lists for shelter placement, to potentially exacerbating the anxiety of the homeless, particularly children and youth, who find it difficult to adjust and face the stigma of their situation at school or during other social activities.

Rapid Rehousing also put further pressure on service providers. It's easier to provide services and to monitor progress when the clients are grouped in shelter facilities and have the benefit of supervision and readily-accessible support. Monitoring hundreds of people scattered around the region in a variety of housing situations can be a challenge.

But the housing and homeless service providers have, for the most part, risen to the challenges. The official statistics for the homeless population for 2016 are not yet available, but the anecdotal evidence shared by the attendees indicate a positive result to the shift in strategy.

"Trust and a good relationship with landlords is essential," said one attendee. When trying to place clients who are still working through obstacles, or who have credit problems, who have been evicted — possibly more than once — who have served prison terms, or who may be registered sex offenders, requires getting out into the rental com-



PHOTOS BY ANDREA WORKER/THE CONNECTION
Shelter House chief operating officer Jamie Ergas presents the summary from the round table discussion on "Implementing Coordinated Entry" while program moderator Karen Cleveland captures the key points on the flip chart.

munity and honestly addressing the landlord's concerns and responding swiftly and appropriately when there are problems.

Batko also commented on the current political climate, highlighting several topics of much discussion by groups like the National Alliance to End Homelessness. According to Batko, although federal dollars allocated toward homeless prevention and remediation make up the smallest percentage of the federal budget at approximately \$2.5 billion, predictions for the FY2018 budget call for the lowest level of financial support since 1962.

Potential cuts to the agencies that help provide services to the homeless or those who are only a step away from that condition, changes in health care laws and in other social safety net programs could greatly increase the numbers of people that suddenly find themselves without a place to live.

Batko stressed two main points before

concluding her remarks. First, she noted, "Efficiency. Agencies have to use the data, work together, re-think strategies" to decrease the length of time that people spend homeless, she said, and the organizations must be prepared to validate the outcomes of their efforts.

Secondly, Batko called upon the attendees to learn how to advocate. Many nonprofits operate under the misconception that they risk their exempt status if they take, and voice, a position on politically controversial issues. There are rules and limitations, but Batko urged the attendees to speak out and find ways to magnify their voices. "You are the experts," she said, and should be able to offer that expertise to the lawmakers.

Batko suggested developing stronger relationships with local elected officials to inform them and to ask for their support, and the support of faith-based communities, in advocacy efforts. "Call now," she said, to ask Virginia lawmakers to pass the extension of Medicaid in the state. Start efforts now to protect funding and to resist "block grants" as funding solutions, since they are often seen as "funding cuts." In their take-home packets, the attendees received a primer on how to avoid any pitfalls when publically addressing policy issues.

BEFORE THE PANEL DISCUSSION got underway, there was a reminder that as of June 30, organizations seeking HUD funds will have to have adopted the standards of practice set forth by the National Alliance to End Homelessness — a requirement of which not everyone in the audience seemed to have been aware. The Alliance has toolkits for implementation and measurement available on their website at www.endhomelessness.org.

4

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TUESDAY NOON

21 Announcements

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

26 Antiques

26 Antiques

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21 Announcements

21 Announcements

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.

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21 Announcements

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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.

BULLETIN BOARD

Send notes to the Connection at 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 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/



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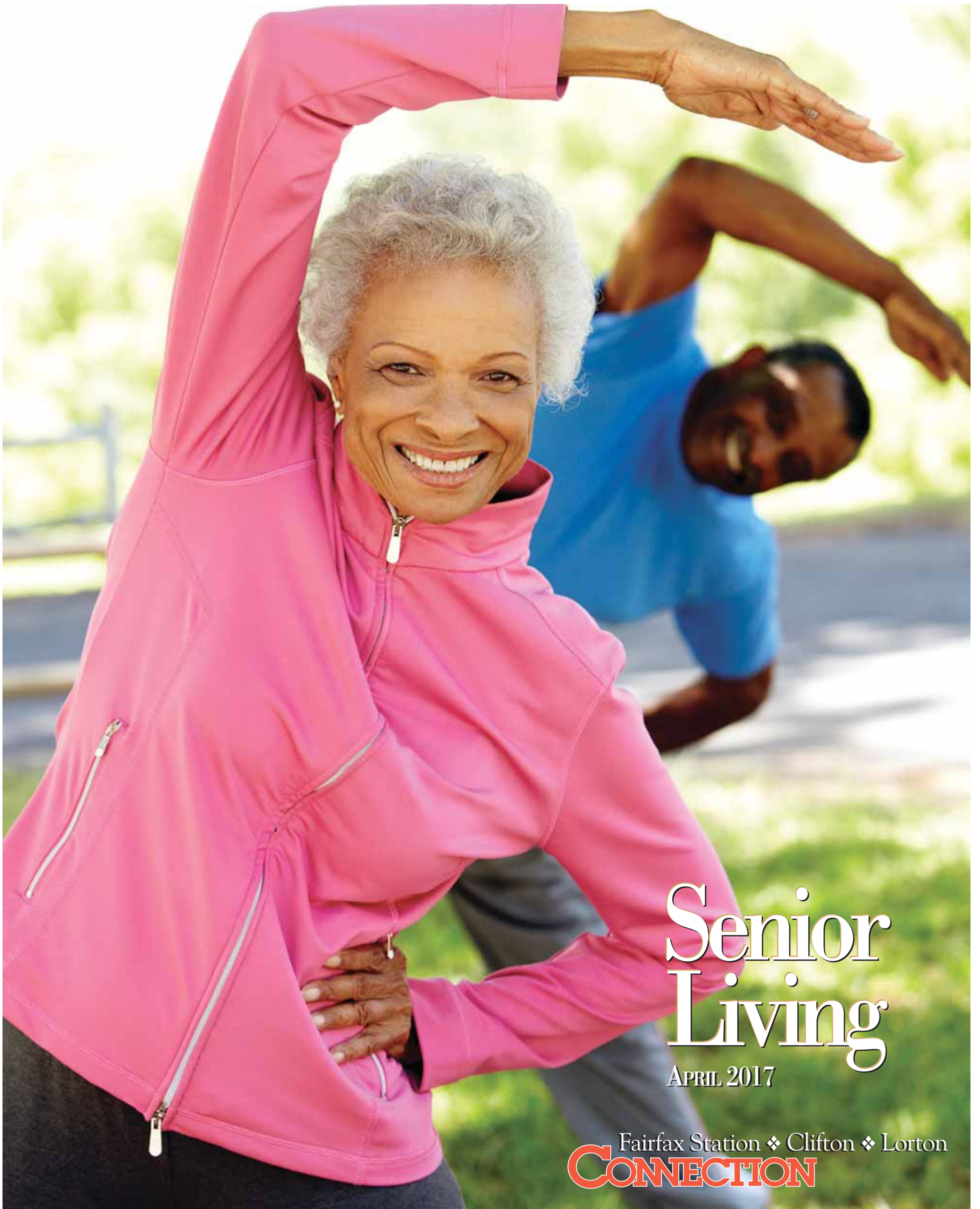


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CONNECTION

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.

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

Medicare expert William Vaughan. Go to 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, from expert Carol Kostakos Petranek. Free. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call 703-768-4101 or visit 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.

For activity details and schedules, visit the community-based website at 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.

Senior Living

Elaborating a Log Cabin

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

BY JOHN BYRD

Blissful 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 sources 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 Thornton’s 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 Thornton’s 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

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

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.

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/.

Local Village Organizations

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



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

OPEN HOUSE



Please Join Us - Saturday April 22nd, 2017

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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

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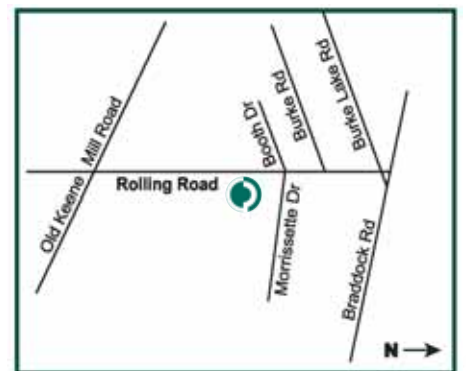
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

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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/.

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.

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

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 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. 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 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 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.

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. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/

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

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 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 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) or Gayle Parsons, gparsons3@cox.net



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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.

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

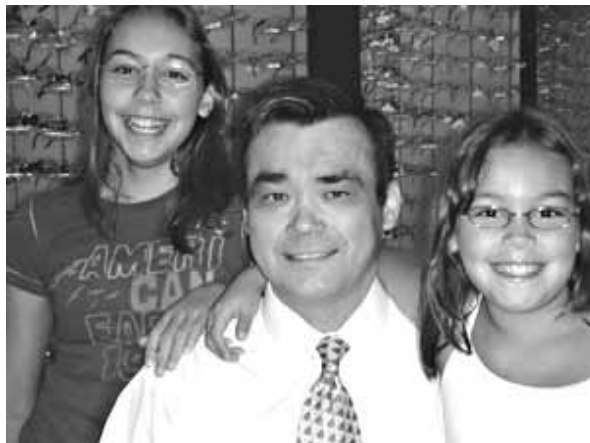
FROM PAGE 6

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

Two 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

John Byrd (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.