

# Herndon Celebrates 33rd Festival

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From left, Zoe Bailey, 8, and Ally French, 8, ride on a slide at the Herndon Festival.



## Two Killed in Taxicab Collision

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PHOTO BY ALEX McVEIGH/THE CONNECTION



The entire cast prepares to take a bow at curtain call (from left): Steven Koskulitz, Megan Overton, Molly Nuss, Maria Coulouris, Bella Jurdi, Paul Morgan, Chris Hrozencik, Hunter Robinson, Jean Jeon, Jacob Snellbaker, Cassie Szymczyk, Veronica McGrath, Lauren Gabriel and Cameron Copeland.



PHOTOS BY RYAN DUNN/THE CONNECTION

Herndon Theatre Director Zoe Dillard.

# Herndon High Drama Presents 'The Tempest'

BY RYAN DUNN  
THE CONNECTION

The Herndon High School drama team put on a production of William Shakespeare's last play, "The Tempest" on Friday, May 31 and Saturday, June 1. The last production of the season, this play will be the final work on the Herndon High stage for some of these students. "I love that the kids still love Shakespeare," said Herndon High School Theatre Director Zoe Dillard. "Shakespeare gives you a chance to focus on the activity and the moment."

The play was full of activity and tension. Prospero, played by Paul Moran, plots to restore his daughter Miranda, played by Lauren Gabriel, to her rightful place using illusion and skillful manipulation. Prospero is aided in his work by the spirit Ariel, who is performed by four students, Megan Overton, Molly Nuss, Maria Coulouris and Bella Jurdi.

The production of "The Tempest" had less scenic and stage elements than in the previous April show of "Cheaper By The Dozen." In this production, the characters of Caliban (Steven Koskulitz) and Ariel had their makeup done by freshman student

Annie Taylor and Aziz. "They really worked hard on the makeup and they deserve a lot of credit," said Dillard.

The production was from the Folger edition but then slightly edited to be more accessible to a modern audience. The actors and crew did justice in the interpretation, encompassing elements and references from other Shakespeare pieces, yet still keeping it entertaining. It is to the actors' credit that they performed this piece of great literature before an audience with only one stage rehearsal. All the memorization and practice took place at home or in Herndon High's Drama Room 175.

"We just did what we could with the spaces that we had," said Morgan. "The Tempest' is my favorite Shakespeare play. He has some amazing beautiful lines, and I just really wanted the opportunity to play him." Morgan will be graduating this June and going to study at Ithaca College in New York. "It [Herndon High School Theatre] has been the best thing that has happened in my life. These people, Ms. Dillard, and all the parents, they turned me into what I am and who I am going to be."

To learn more about the Herndon High Drama team, visit <http://www.herndonhighschooltheatre.org>.

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**Virginia Attorney General Ken Cuccinelli, Republican candidate for governor, speaks with Herndon Festival-goers Saturday afternoon about his Economic Growth & Virginia Jobs Plan.**



PHOTO BY ALEX McVEIGH/THE CONNECTION

**The Ben Phelps Project performs on the Depot Stage Saturday, June 2 at the Herndon Festival.**

# Herndon Celebrates 33rd Festival

**Annual festival brings live music, entertainment to downtown Herndon.**

BY ALEX McVEIGH  
THE CONNECTION

**B**y the time it gets to Saturday, the third day of the three-day annual Herndon Festival, Jimmy Schwein of Herndon knows exactly what he wants to do. Having grown up coming to the festival, he's used to coming at least three of the four days.

"My parents used to take me on the weekends, and when I was in high school I would definitely come Thursday, and maybe Friday and Saturday, so I know the best strategies to see the most," he said. "Thursday is the day to see the fireworks, because not a lot of people come, so you can get a good spot. Friday nights are fun because they usually have the best music. Saturdays are good until around 4 or 5 p.m., but then the real crowds come in. I try to be gone by the fireworks. And Sundays are usually really crowded, big lines on all the rides."

This year's festival was the 33rd annual edition of one of the area's largest outdoor festivals. The streets of downtown Herndon were turned into blocks of vendors selling food, art, wine, crafts and other items, while open spaces were turned into stages and live exhibitions.

"My favorite part of the festival is running into the acts that walk around, because they just sort of turn up, and all of a sudden there's a mini show going on," said Mike Weiss of Sterling. "We were all walking by some of the art displays when we saw this costumed lady on a unicycle. And she was just sort of riding around inconspicuously, but sure enough, she started a performance."

Weiss and his family had come across the Unicycle Lady, who slowly pedaled around the event engaging visitors. Elsewhere was Rich Potter, a.k.a. Bert the Nerd, who wore a plaid suit and large framed glasses while performing a variety of tricks.

Also present was Spiny Johnson, a former member of the Harlem Globetrotters, who would start



PHOTO BY ALEX McVEIGH/THE CONNECTION

**Charlie Norris, 3, sings karaoke at the children's art tent section of the Herndon Festival Saturday, June 2.**

spinning a basketball on the tip of a pen, then try to pass it along to someone.

"I thought it would be fun to try and hold the pen with the basketball, but once he got it going, and it's this huge ball spinning really fast on top of a Sharpie, I got really nervous," said Jenny Salazar of Herndon. "I sort of freaked out when he passed it to me, I definitely screamed, but I kept it going for a few seconds, long enough for my friend to snap a picture."

The municipal parking lot between Center Street and Station Street was filled with carnival rides for those who wanted to get spun, dropped, turned upside down or just rammed into on the bumper cars.

"I can spend a full day at the carnival section, I usually do that early on in the festival, then I come back later for the music and other games," said Emily Johnson of Herndon. "If I'm not too busy during the festival, I can usually spend a whole day just watching the live acts, first at the Depot Stage, then the bigger acts start at night on the Town Green."



PHOTO BY ALEX McVEIGH/THE CONNECTION

**Rich Potter, otherwise known as Bert the Nerd, performs his act at the Herndon Festival Saturday, June 2.**



PHOTOS COURTESY OF VIRGINIA STATE POLICE

The nose of the plane came to rest on the living room floor of a third-story apartment.

## Plane Lands in Herndon Living Room

**Pilot and passenger survive the crash.**

Virginia State Police were called to an apartment complex on the 2200 block of Astoria Circle in Herndon at 12:17 a.m. Friday, May 31. A two-seat, single-engine Cessna had crash landed into the top floor of a three-story apartment building. The nose of the plane came to rest on the living room floor of a third-story apartment.

There were four adults and two children asleep in the apartment at the time of the crash. One of the adults, a 33-year-old female, was transported to Inova Fairfax Hospital for treatment of non-life threatening injuries. No one else in the apartment was injured, nor any others in the apartment building. However, there was significant exterior damage to the apartment building and state police evacu-

ated all occupants. The Red Cross is assisting those residents.

The pilot of the plane, William Larson, 61, of Vienna, was transported to Inova Fairfax Hospital for treatment of serious, but non-life threatening injuries. The plane's only passenger, Tache L. Alejandro of Orlando, Fla., suffered only minor injuries and was treated at the scene.

Larson and Alejandro work for an aerial photography company and had been in the air taking infrared photographs, when the plane experienced electrical problems and the engine cut off. Because the plane was also running low on fuel, Larson had contacted Dulles Airport to re-route its destination. Originally the plane was to land at the Manassas Regional Airport. The plane had departed from Northeast Philadelphia Airport.

The NTSB and FAA have been notified and are investigating the incident.

## Two Killed in Taxicab Collision

**Norbert Sebok, 29, and Jozsef Szathmari, 24, killed morning of June 1.**

BY ALEX McVEIGH  
THE CONNECTION

Norbert Sebok, 29, and Jozsef Szathmari, 24, of Sterling were killed in a car crash in the early morning hours of Saturday, June 1. According to the investigation by Fairfax County Police, Manuel Alejandro Jimenez Benitez, 24, of Herndon drove his 2004 Chevrolet Trailblazer south on Fairfax County Parkway when he suddenly went into the northbound lanes near the intersection of Sugarland Valley Drive.

The taxi driver, an unidentified 49-year-old male from Herndon, swerved slightly to avoid Benitez, but collided head on with the Trailblazer. Sebok and Szathmari, who police determined were not wearing seatbelts, died at the scene.

The taxi driver is currently at Inova Fairfax Hospital, where police say he is in "serious, life-threatening condition."

The two victims were recent immigrants from Hungary, who moved to Virginia approximately three months ago, and were in the process of obtaining work visas. They had rented a home on Youngs Cliff Road in Sterling.

Benitez remains in non-life threatening condition at Inova Fairfax Hospital. Police have charged him with two counts of aggravated involuntary manslaughter, and say he will be transported to the Adult Detention Center in Fairfax following his release from the hospital.

According to police, crash reconstruction detectives believe both alcohol and excessive speed on the part of Benitez were contributing factors to the crash.

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# PEOPLE

## Natasha Parnian And Andrew Farms Engaged

Natasha Parnian, of Reston, and Andrew Farms, of Chantilly, are engaged and plan to wed Saturday, June 15. Parnian is the daughter of Cheryl Parnian and Pete and Dorothy Parnian and a graduate of South Lakes High School. She is in pursuit of a Master's degree in history and geology and is the managing artistic director of Dark Horse Theatre Company in Northern Virginia. Farms is the son of Alan and Sharon Farms and Peter and Darcy Justen and was raised in Loudoun County. He graduated from Westfield High School in Chantilly, attended Radford University and has done extensive training and work in the telecommunications field. He is currently employed as a telecommunications technician in Northern Virginia. The two plan to wed at Southview Community Church in Herndon and to reside in Reston.



**Natasha Parnian, of Reston, and Andrew Farms, of Chantilly, are engaged and plan to wed June 15 and reside in Reston.**

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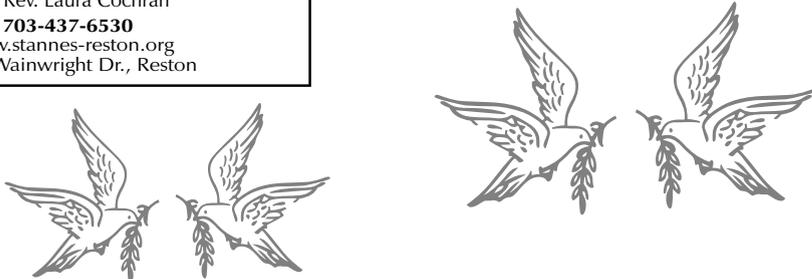
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# OPINION

## Respecting Parents' Roles

### Parental notice is key to school discipline reform.

BY CAROLINE G. HEMENWAY  
FAIRFAX ZERO TOLERANCE REFORM

**M**ost Fairfax County parents assume that they will be called before their child is questioned for something that could ruin their academic career, just as they are when their kid is sick or injured. That is not the case.

On June 6, at its 7 p.m. meeting, the school board is taking up several measures that would improve the school system's disciplinary process, among them an amendment that would require school administrators to contact parents before their child is interrogated or told to make or sign statements for behavior that could lead to a suspension or expulsion. There are clear exceptions for cases of immediate danger and schools would remain safe and secure.

Parental primacy — our right to determine the fate of our own children — is on the docket and it is up to us to claim it.

Today, children across the county are pulled into administrator's offices or school police offices and questioned, sometimes for hours, for incidents they're implicated in or witness to. Large authority figures loom over them, they report, and they are told things will go better for them if they cooperate, especially if they spill the beans on schoolmates. They are supposed to know they can leave or refuse to answer, but all their lives, they've been told if they leave the school building without permission they will be punished. All their lives they've been told to trust these school authority figures. Children comply. They say what they feel they must just to get out of that intimidating situation, sometimes providing false confessions, as history shows.

One year ago, after years of community advocacy and two student suicides, the school board addressed appeals to reform our disci-

pline process to be less punitive and more humane and effective. It formed a special community committee of 40 members, about half FCPS staff, and many others with expertise in child behavior and development. The board thus acknowledged that discipline and its effects on our kids and their families was of keen interest to their constituents.

The committee met weekly for five months beginning last October, held five community forums, and sought input from experts, spending hundreds of hours of work. In March, it delivered 52 solid recommendations for change, agreed to unanimously or by large majorities. The final report and recommendation are located here: <http://www.fcps.edu/dss/ips/srr/committee/index.shtml>.

#### COMMENTARY

The code of student behavior (Student Rights and Responsibilities) only requires that "the principal will make a reasonable effort to notify parents or guardians at the earliest opportunity regarding student disciplinary actions." Too often, this happens only after school officials have gathered enough so-called evidence to "convict" students of incidents as minor as classroom disruption or "defiance." Meantime, there is nobody there to advocate for the child, tell her she has a right to remain silent, or otherwise have her back. Worse, a shamefully disproportionate number of black, Latino, poor, and disabled students are suspended or recommended for expulsion.

A critical committee recommendation asks the board to make it policy that parents be notified before questioning to make sure they are part of the process from the very start. While schools act "in loco parentis," this only applies when parents are not there. By delaying notification, administrators deliberately interfere with parents' rights to raise and protect their own children.

Principals are the main opponents of parent notification. For the last year, many have told their staff and PTAs that schools would become imperiled if parents were notified. They claim parents would make their children lie. That stolen property would never be recovered if

they didn't jump on the kids to confess. That children would collude on false stories.

They claim "justice" would be delayed because we give them bad contact information, but the school nurse typically is able to reach parents using information from the emergency contact form we carefully fill out each fall. A form like this can be used for discipline issues.

They argue parents should just trust principals to have their kids' best interests at heart. Where, in all this, do principals trust parents?

The cases keep rolling into us: Kids who witnessed a fight now being charged with involvement and suspended for as many as 10 days. Kids caught under the influence of marijuana now being recommended for expulsion and out of school for months. Children as young as 10 being charged with sexual assault for saying something about underwear. Children with Down Syndrome being coerced into signing things they don't understand.

After the committee presented its recommendations to the board at a March 20 work session, staff delivered their version. Many items were similar, but key ones were omitted or opposed, like parent notification. Many principals then fanned out to their schools arguing against it. They also lobbied against a recommendation to institute a proven intervention program called Second Chance for first-time drug users like the successful one in Arlington County. (The majority of discipline hearings cases that keep kids out of school for weeks are for first-time pot use.) The board is officially taking up the staff recommendations at the June 6 meeting.

School Board members Sandy Evans (Mason) and Elizabeth Schultz (Springfield) have amendments supporting the committee's parent notification recommendations. If we care about being partners with schools, we must make sure they get our support.

We must contact all our elected school board members (at the [www.FCPS.edu](http://www.FCPS.edu) website) or show up on June 6 to remind them just for whom they work. Us. Parents and guardians. Not principals. Us. The people most important to the lives of our own children.

#### LETTERS TO THE EDITOR

### Reema Samaha Remembered

To the Editor:

I would like to invite your readers to attend our annual Remembrance Cabaret for Reema, held in memory of Reema Samaha, one of the 32 killed at Virginia Tech on April 16, 2007. This is a night to celebrate the arts, as young people gather from all over the United States to perform dance, music and skits. Both young people who knew Reema, and others who did not, welcome the opportunity to get up on Westfield High School's stage to sing Broadway tunes, classical, folk and modern songs, play the piano, drums and guitar, dance

ballet, salsa, Chinese and American contemporary and mock themselves in comedic skits. Readers can watch our video, <http://vimeo.com/65766863>, to get an idea of why our artists and performers participate in the cabaret.

Artists donate beautiful paintings, drawings and photographs, some of which reflect Reema's love of ballet while others capture the beauty of nature. The Silent Auction gives community members the opportunity to give, ranging from gift certificates from local businesses and restaurants to baskets of food and bath soaps. We are delighted by the Redskins football signed by the Redskins donated by Westfield's Evan Royster, a Nationals baseball signed by

Drew Storen, eight Nationals tickets for the Phillies game in the Diamond Club section and a round of golf for four at Evergreen Country Club. Also donated is an 8-person tour of the Airbus A380 at Dulles International Airport, a day with Senator Chap Petersen in Richmond, along with a tour of the capitol, and a session with coach Marvin Powell for coaching and personal development. We will also have jewelry, notecards, kitchen appliances and a Sonicare donated by Bruce Hutchison, DDS.

The event, being held this year on Saturday, June 15 at Westfield High School, 4700 Stonecroft Boulevard, Chantilly, at 7 p.m., is free but donations are welcome. All donations will support Angel Fund

and the Reema J. Samaha Memorial Scholarships given to seniors at Westfield and Herndon High Schools. Angel Fund, [www.angelfundva.org](http://www.angelfundva.org), focuses on the mental health issues that have impacted our community: suicide, depression, anxiety, drug and/or alcohol addiction, through advocacy, education and programs.

Doors will open at 6 p.m. for the Bake Sale and Silent Auction, to the accompaniment of young people who will be the next generation of Cabaret performers. We hope all will join us!

**Lu Ann Maciulla McNabb**  
President, Board of Directors,  
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**The Herndon High School Step Team Saturday, May 25, after winning the 2013 Youth Step USA National Championship.**



PHOTOS CONTRIBUTED

## Step Team Crowned National Champs

**Herndon High School Step Team wins second national championship in three years.**

BY ALEX McVEIGH  
THE CONNECTION

**T**he Herndon High School Step Team stood onstage holding hands, waiting anxiously for the results in the 2013 Youth Step USA National Championships Saturday, May 25. As the names of the top five finishers started coming in, coach Gary Bushrod started hearing every name but theirs.

"As they counted down the top five teams, they kept reading the names of the teams we knew we were fighting for the number one spot," he said. "I knew we had either won or done very poorly."

The former turned out to be true, as the Herndon High team won its second national championship with a score of 394 out of a possible 400. Kelly Winningham, the team's sponsor and a counselor at Herndon High School remembers the moment when Herndon was announced as champion.

"I was so nervous for them, just watching their faces," she said. "And when the announcement was made, I just started crying. I felt so happy for them, because I had seen how hard they worked all year for this."

It was the second championship in three years for the team, who won in 2011 and came in second in 2012, losing by a single point.

"Last year's second place finish definitely gave us extra motivation," said junior Sumayya Sulaiman, the team's captain. "We knew how successful we can be, and we came into this year with a lot of new members, so we were ready to work hard."

**ONLY NINE** of the 24-member team returned this year, and Bushrod said he was expecting more of a rebuilding year.

"Collectively, we all wanted another national championship, and I thought it was certainly a possibility, but didn't count on it," he said. "But over the summer, the captains got in touch with the rising ninth graders, reaching out, hosting practices at home, and it started to show."

Though the team brought back less than 10 returning dancers, the veterans immediately took a leadership role.

"From day one the returning members of the team showed up fully committed and adapted quickly to the new people," Winningham said.



**Members of the Herndon High Step Team perform at the 2013 Youth Step USA National Championships Saturday, May 25 in Hershey, Pa. The team won the national championship, its second in three years.**

"They made time to get together after practice, holding their own practices, and it really paid off with the way they perform together, they blend so well. Nationals was a culmination of that."

Each season starts out at the start of the school year, with practices and performances at Herndon's basketball games, as well as the school's Homecoming pep rally and parade.

"We're together all year, and I think we form a bond that you don't even get with seasonal sports like soccer and football," said senior Juli Diaz-Perez, one of the team's co-captains. "We sit together at lunch, we get together after school, we're very close."

In February, they host Herndon's annual StompFest, which gives them a chance to show off their moves and new routine, but as the hosts, they don't compete.

After StompFest, the group participates in weekly competitions, both locally at other schools and up and down the East Coast.

Sulaiman said her favorite moment of the season was during their first competitive performance at George Washington University.

"Before that performance, we were building the team and watching other teams compete, and now we were up on stage doing what we do best," she said. "That was the moment we were all waiting for, and we did pretty well, which made me very happy."

**AS THE SEASON PROGRESSED**, Bushrod said he could see the team gaining momentum.

"We won some local competitions and really got our confidence going," he said. "As we started practicing our routine for Nationals, it became a really good show, and the dancers were really intense out there. I could tell then that we would be gunning for a win."

This year was the 15th year Herndon High has hosted StompFest, and next year will mark the Step Team's 20th year at the school.



**"Bella Mae" by Louann Wright, one of Catherine Hillis' watercolor students, whose work will be featured in a class exhibition in the Sapphire Gallery at ArtSpace Herndon. The opening reception is Saturday, June 15, 3-5 p.m. The exhibit is concurrent with Jill Poyerd and Catherine Hillis' exhibition of oils and watercolors, "It's a Matter of Color," up June 4-July 7.**

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

### WEDNESDAY/JUNE 5

**Great Guitars at the Ice House Cafe.** 7:30-9:30 p.m., at Ice House Cafe, 760 Elden St., Herndon. The Herndon Foundation for the Cultural Arts and the Society of Art Rock present legendary virtuoso guitarist Jimmy Robinson from New Orleans, joined with touring partner from Antwerp, Belgium, Floatstone, as they begin their 2013 summer concert. \$10. [www.artspaceherndon.com/events-2/](http://www.artspaceherndon.com/events-2/).

### FRIDAY/JUNE 7

**Noel Coward's "Blithe Spirit."** 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. In the midst of covert research for a forthcoming novel, writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. The Condomines think it all bogus—until Elvira, Charles' first wife, drops in from the afterlife. \$25; \$15 for students. 703-854-1856 or [www.1ststage.com](http://www.1ststage.com).

**Love Seed Mama Jump.** 6:30-10:30 p.m., at 777 Lynn St., Herndon. The six-piece rock band from Dewey Beach, Del., plays guitar-driven pop rock in a blend of modern beats and melodic hooks. <http://www.herndonrocks.com/>.

**Appetite for Art: Contemporary Dialogues with Julia Bloom.** 5-7 p.m., Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. In-depth discussion of the work and influences of Julia Bloom. 703-471-9242 or [www.restonarts.org](http://www.restonarts.org).

**Marvel vs. DC: The Art of the Superhero Opening Party.** 6-9 p.m., ArtInsights Animation & Film Art Gallery, 11921 Freedom Drive, Reston. Costumes welcome—prizes for best superhero character portrayals; DJ'd music and refreshments provided. 703-478-0778 or [artinsights@gmail.com](mailto:artinsights@gmail.com).

**High School Jazz Dessert Concert.** 7:30 p.m., Reston Community Center, 2310 Colts Neck Road, Reston. Featuring the South Lakes High School Jazz Hawks and Langston Hughes Middle School Jazz Ensemble. Students: \$8. [www.SouthLakesBand.org](http://www.SouthLakesBand.org).

### SATURDAY/JUNE 8

**Noel Coward's "Blithe Spirit."** 2 p.m., 8 p.m., at 1st Stage, 1524

Spring Hill Road, Tysons Corner. Writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. The Condomines think it all bogus—until Elvira, Charles' first wife, drops in from the afterlife. \$25; \$15 for students. 703-854-1856 or [www.1ststage.com](http://www.1ststage.com).

**Art in the Windows Dedication Celebration and Reception.** 7-9 p.m., ArtSpace Herndon, 750 Center St., Herndon. The community is invited to enjoy the newly installed outdoor public art and join in the fun at the dedication celebration of Art in the Windows. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**Holly Yashi Trunk Show.** 11 a.m.-5 p.m., at Appalachian Spring, 11877 Market St, Reston. View quality, hand-crafted jewelry with the signature style of colorful and lightweight niobium metal. 703-478-2218 or [appalachianspring.com](http://appalachianspring.com).

**Hard Day's Night.** 7:30-10 p.m., at Reston Pavilion, 1818 Discovery St., Reston. Hear the Beatles tribute band; alcohol permitted at restaurants only. <http://www.restontowncenter.com>.

**Ladies Night for Fashion, Makeovers, Champagne & Dancing at Paolo's.** 7:30-10:30 p.m., at Paolo's, 11898 Market St., Reston. Enjoy a fun, relaxing night of unlimited champagne, mini hair and makeup makeovers, goody bags and more. \$10. 703-318-8920 or [paolosristorante.com](http://paolosristorante.com).

### SUNDAY/JUNE 9

**Noel Coward's "Blithe Spirit."** 2 p.m., 7 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. In the midst of covert research for a forthcoming novel, writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. \$25; \$15 for students. 703-854-1856 or [www.1ststage.com](http://www.1ststage.com).

**Love Your Body: Northern Virginia Yoga and Wellness Day.** 10 a.m.-3 p.m., at Pavilion and Market Streets, Reston. Yoga studios and wellness centers of Northern Virginia will be offering classes, services and information on ways to care for your body. [belovedyoga.com](http://belovedyoga.com).

**First Anniversary Celebration at Athleta.** at 11923 Market St., Reston. Fun, fashion, refreshments and giveaways. 703-668-0256.



**James Butler, overall winner of the 5K race, graduating senior from Herndon High School.**



**Reston resident Bill Hill after completing the Herndon Festival 5K race.**

PHOTOS BY RYAN DUNN/THE CONNECTION

## Annual Herndon Festival 10k and 5k Races Held

BY RYAN DUNN

**T**he Town of Herndon held the annual Herndon Festival 10k and 5k races on Sunday, June 2. The competition had an increase in the number of participants. “We had a great turnout this year, about 250 more runners than last year, about a thousand total,” said Thomas Schoenauer, this year’s race director.

Schoenauer has been working at the Town of Herndon as the Recreation Services Supervisor since August of 2012.

Both races were run on certified courses throughout the Town of Herndon on paved roads. The event began and concluded at the Herndon Community Center at 814 Ferndale Ave. in Herndon.

Boy Scouts and scout leaders from Troop 157 were at water stops situated throughout the course, and students from the Herndon High School Robotics team also volunteered to assist in operations. The Herndon Police ensured that traffic was slowed or halted until race contestants passed. Ambulances and medical support teams were available for anyone suffering from heat exhaustion or injury.

Bill Hill, a resident of Reston, competed in the 5K race. “I did miserable last year because I had a pulled hamstring. This year I did pretty well.” Hill was the 34th person to cross the finish line with 609 runners. “The race was well organized, and there was a great atmosphere.”

“This was my first 5K race in Herndon,” said Herndon resident Katie Duncan. She and her three children participated together in this year’s race. “It started with my son, he did it [the Herndon 5K] last year... my husband cheers us on.”

“I think it was a well organized race,” said Duncan. “They gave good warm-ups in advance and they have good support along the way with people helping direct traffic and provide water.”

T-shirts were given to the first 800 pre-registered 10k and 5k participants. Following the race, participants enjoyed refreshments inside the Herndon Community Center. Door prizes, including gift certificates to Wegmans, were presented in a raffle, with the awards ceremony following. Breakfast breads and muffins were available, complements of Great Harvest Bread company. In addition, runners had the opportunity to visit vendors in the Fitness Expo and



**Katie Duncan and her children, Campbell, Charlotte and Joe after completing the 5K race.**



**Mia Millman, scout parent for Herndon Boy Scout Troop 157, volunteered to assist at one of the water stations.**

pick up special offers.

The first place winner of the Herndon Festival 5K race is Herndon High School student James Butler from Herndon, who completed the course in 18 minutes and 22 seconds. Second place went to Duane Novotini, resident of Fairfax, and third place to Herndon resident Christopher Durand. First place for the 10K went to Herndon resident Bradley Heuer who completed the race in 36 minutes and 4 seconds. Second place in the 10K was awarded to Reston resident James Luehrs, and third place went to Herndon resident Andrew Goldman.

To view the full results for race, visit this webpage: <https://www.raceit.com/results/default.aspx?event=21449&r=5449>.



PHOTO BY CRAIG STERBUTZEL

**Oakton pitcher RJ Gaines threw a complete game against South County on Wednesday, May 29, in the Northern Region semifinals.**

## Oakton Baseball Earns State Tournament Berth Cougars beat South County in region semifinals.

BY JON ROETMAN  
THE CONNECTION

**W**ith Scott Dunn and Patrick Campo unavailable to pitch after combining to throw 13 innings during a marathon victory over Langley on Monday, May 27, the South County baseball team surrendered eight runs on Wednesday, May 29 while using three other hurlers.

Meanwhile, the right arm of RJ Gaines was more than enough for Oakton.

Gaines tossed a complete game and the Oakton Cougars defeated the South County Stallions 8-1 during the Northern Region semifinals at Madison High School. Oakton advanced to the tournament championship game and secured a state berth. The Cougars would lose to Lake Braddock 14-7 in the region final on Friday, May 31, and traveled to face Hylton in the state quarterfinals on Tuesday, June 4 after the Connection’s deadline.

Gaines allowed six hits and one unearned run against South County. The junior right-hander walked one and struck out three while working quickly on the mound.

“[The] faster I work on the mound,” Gaines said, “[the] faster I can get my offense up there [to] produce runs [and] get back in there [to] keep it going.”

Gaines threw 103 pitches against South County, 70 for strikes.

“He gets a good pace and that keeps your defense in it, keeps your team interested and that’s big,” Oakton head coach Justin Janis said. “Especially when he’s doing that and throwing strikes; [it’s] a good mix.”

Oakton struck first in the bottom of the third inning when second baseman Joey Bartosic drove in a run with a double. A South County throwing error gave Oakton its second run, and designated hitter Tommy Lopez was hit by a pitch with the bases loaded, giving the Cougars a 3-0 advantage.

Oakton added a run in the fourth with an RBI single from Bartosic, and scored two more in the fifth, including an RBI double by Conor Flanagan.

Right fielder Brian Burns blasted a two-run home run to left in the sixth, extending Oakton’s lead to 8-0.

South County center fielder Mitchell Hayes broke up the shutout with an RBI double with two outs in the seventh inning.

Bartosic, Oakton’s leadoff hitter, finished 3 for 4 with a double and two RBIs.

“When we kind of go, he sets the table for us,” Janis said. “He’s been pretty good the last couple weeks, so hopefully he can keep that going, too.”

Oakton freshman third baseman Joe Rizzo went 2 for 2 and reached base on all four of his plate appearances.

Hayes, catcher Keaton Tettelbach and shortstop/pitcher Michael Smith each had a double for South County.

Two days earlier, South County defeated Langley 4-3 in 13 innings during the regional quarterfinals.

“I think it had some effect,” South County head coach Robbie Smith said. “That was a lot of energy that was spent. Thirteen innings is an incredible game. It’s hard to come back after a game like that and play your best. I think we were just a little flat.”

# BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) by the Friday prior to the following week's paper.

## THURSDAY/JUNE 6

**Hinds Feet Ministries 15 Years of Service Celebration.** 6-8 p.m., at Reston Community Center, 2310 Colts Neck Drive, Reston. Come celebrate Hinds Feet's 15 years of service to Liberian children; refreshments included. [info@hindsfeetministries.org](mailto:info@hindsfeetministries.org).

**Graduation Celebration.** 6-10 p.m., at Reston Town Center Pavilion, 11900 Market St., Reston. Celebrate our graduating classes and welcome them into the Leadership Fairfax family with Keynote Speaker Dr. William Hazel, Virginia secretary of Health and Human Services. \$45 members; \$55 non-members.

## THURSDAY/JUNE 27

**Leadership Fairfax Office.** 4-6:30 p.m., Among the topics that will be covered for each stage are: helping and protecting family, budgeting and saving with a purpose and choosing a financial advisor. <https://www.leadershipfairfax.org/>.

## MONDAY/JULY 22

**Art Submission Deadline.** Reston Bike Club and ArtSpace Herndon invite artist to enter all 2 dimensional media are acceptable including painting, drawing and photography. \$15.

## ONGOING

**Arabic-speaking Older Adult Social Visits.** Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**The Herndon Senior Center** at 873 Grace St., Herndon, needs a volunteer musician to play soothing music for participants; piano available. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**Long-Term Care Volunteer Ombudsman Program Needs Volunteers.** Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, act as a companion while shopping at grocery store and pharmacy, make friendly calls to homebound individuals, be handy helpers for minor home repairs and help with yard work and chores are needed. 703-506-2199.

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## OPEN HOUSES SATURDAY/SUNDAY, JUNE 8 & 9

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

### Centreville

13617 Northbourne Dr .....\$649,900...Sun 1-4.....Julie Young....Samson Props...703-380-2200

### Chantilly

42344 Astors Beachwood.....\$790,000...Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

### Clifton

13502 Union Village Cir .....\$499,950...Sun 1-4.....Barbara Blumer..Coldwell Banker..703-405-5993

### Fairfax Station

10990 Clara Barton Dr.....\$624,950...Sun 1-4...Kathleen Quintarelli.....Weichert..703-862-8808

### Herndon

13666 Saint Johns Wood Pl....Call Agent...Sun 1-4.....Billy Thompson....Samson Props..703-409-0340

### Lorton

9320 Occoquan Overlook Dr..\$1,130,000...Sun 2-4.....Tracy Jones.....Acquire..703-672-1179

### Springfield

6401 Racetec Ct.....\$417,900...Sun 1-4.....Carla Moore.....Exit..703-994-0508

### Vienna

727 McKinley St. NE.....\$1,139,990...Sun 1-4.....Wally Feng.....W Realty..703-679-7998

7992 Reserve Way.....\$839,000...Sun 1-4.....Farooq Akram.....Jobin..571-437-1711

To add your Realtor-represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to [kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com)  
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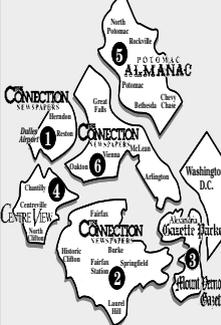
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## Ignorance is Bliss



By KENNETH B. LOURIE

So I tell myself, repeatedly. I mean, what else can I do? I know so little about science and medicine – and cancer, that unless I ignore the few facts I semi understand, the emotions I do understand will likely overwhelm me – and not with joy, either. And since I'm trying to maintain a little *joie de vivre* rather than the fear of death, I've had to/decided to distance myself from myself (my diagnosis/prognosis, that is) and limit my Internet searches to few and far between – as originally recommended by my primary care physician back in February 2009 (when the biopsy confirmed the malignancy) as a sort of potential damage-type self control.

Unfortunately – for me, with regards to this cancer business, I'm really out of my element. I took 10th-grade Biology and freshman-year Astronomy. That's all. No chemistry. No physics. No zoology. No premed. Nothing remotely scientific or medicinal. I'm a Humanities person, Bachelor of Arts, not Bachelor of Science. What I do know about is sports and chocolate – and I suppose what it takes to write a weekly column for 15 years, but anything more substantial than that, I'm not your man. (I may be a good teammate in Trivial Pursuit though, especially if I'm matched with an educated individual who's the complete opposite of me, and one not as well-versed in the entertainment/popular culture/lifestyle categories as I generally am.)

Other than the obvious, I knew right from the first Team Lourie meeting with my oncologist that this cancer diagnosis was going to be trouble. After the initial meet and greet, followed by a brief physical exam, the doctor discussed with us the various medical reports preceding this appointment: X-Rays, CT Scan, PET Scan and biopsy; then summarized it all in a diagnosis: "Non-Small Cell Lung Cancer, stage IV; 13-months to two-year prognosis." I knew a malignancy was a bad indicator, but I didn't think it was going to be terminal-type bad.

However, what confused me most about what my oncologist said was how the cancer was named: "Non-Small Cell Lung Cancer."

It wasn't called what it was, it was called what it wasn't: "Non-Small..." The disease is already negative enough; does it have to have a negative prefix attached to it as well? Why not simply "Large Cell..."? I'm sure there's a good answer, but one likely beyond my comprehension to understand. And that's how this journey (hardly would I call it an adventure) began, and I presume how it will likely end as well. But I can live with my decision. I'm just trying to make the best of a bad situation and sometimes, the less I know, the better off I am (all things considered).

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

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# Senior Living

## Creating Livable Community For All Ages

County and local organizations seek to find and meet seniors' needs.

BY ALEX McVEIGH  
THE CONNECTION

People over 55 make up approximately 30 percent of Fairfax County's population, making them the largest population group. Many of that group have chosen, or plan, to spend their later years in Fairfax County, but as they age in place, there are certain services and resources needed.

According to Fairfax County the population of those over 50 is expected to grow by 32 percent by 2020, so the county is laying out plans to accommodate those people now.

Supervisor John Foust (D-Dranesville) has been exploring the concept of "a livable community for all ages" by finding ways for people to age in place if they desire.

"The concept represents our goal to allow residents to remain independent for as long as possible regardless of disability or age, living in homes of their choosing," he said. "A livable community...will provide appropriate, accessible and affordable services."

**A TASK FORCE** was created after an October 2011 forum hosted by Foust to find out what the priorities and needs for people are as they age in place.

In McLean, this led to the opening of the McLean Senior Source, a help desk staffed



PHOTOS BY ALEX McVEIGH/THE CONNECTION

The Herndon Senior Center welcomes students from the Montessori Peace School for a sing-along.

by volunteers designed to help seniors wade through massive amounts of information that can be found online.

"I think the Senior Source is a great idea, if only to have a real human being, not a recording or web page, help you separate

good, accurate information from scams," said Amy Davis of McLean, whose mother says she wants to remain in her home for as long as possible. "Having someone to talk to on the phone, or even at the McLean Community Center, is a huge step in making my family and I comfortable with making these huge life decisions."

In the summer or fall, an exchange will be created to allow direct interaction to a network of businesses and services designed for seniors.

Aging in place is a priority for many seniors in the area. Harold Irvin of Herndon said one of his top priorities is to be able to stay in his home for as long as possible while he ages, which means making sure his residence has the necessities needed for older people.

"My biggest concern with aging in place is making sure I'm living in a place where that's possible. That means the main parts of my house, kitchen, bedroom, bathroom, need to be accessible without the use of stairs and other obstacles," he said. "I've also



Judy Seiff discusses options and needs for the McLean Senior Task Force during a meeting at the McLean Community Center.

SEE FOR ALL AGES, PAGE 7

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# Active and Prepared

Aging-in-place solutions aid senior's decision to stay put.

BY JOHN BYRD

“My mother spent the last two years of her life in a nursing home,” said northern Virginia native Connie Sorrentino, who recently turned 70. “You never know what’s ahead. I spent a couple of years looking at retirement homes, then decided that the immediate problem was adapting my current house so it’s easier to use.”

Sorrentino, who lives alone, practices yoga and observes a strict vegetarian and fish diet, said she has “no stiffness” and is quite active in local church and civic groups.

“Still, since I’ve decided to stay put, I’m making changes that will make it easier for me to sustain myself happily for years to come,” she said.

Along these lines, the retired economist has been working with Mindy Mitchell, certified aging-in-place specialist at Burke-based Sun Design Remodeling, planning out the future of a home in Arlington she’s occupied for more than 30 years. Recently, the design-build firm remodeled several rooms in Sorrentino’s four-bedroom ranch; she was pleased with the outcome, and gratified to



PHOTOS BY BETH WALTERS

**Counter high drawers instead of overhead cabinets; cabinets pulls and sharper more focused lighted are among the simple but effective aging-in-place solutions that have made it easier for Sorrentino to use her kitchen.**

learn that the firm’s expertise includes redesigning homes to meet aging-in-place requirements.

“We’re seeing many more seniors exploring ideas that will help them continue to live independently in their own homes,” said Mitchell. “Sometimes we’re called in when mobility issues have become inescapable. But it’s always easier when you plan ahead.”

Mitchell said that an aging-in-place design is far more economical and practical when it’s rolled into an already planned remodeling project — which is the course Sorrentino is following in the current makeover of her kitchen, several bathrooms and other parts of the circa-1950s rambler.

“I’m remodeling several high-use spaces; it’s a plan that makes it easier for me to do



More

Sun Design Remodeling frequently sponsors workshops on Aging-In-Place solutions. Call 703-425-5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com).

**Connie Sorrentino, 70, (center) re-introduces aging-in-place innovations into her kitchen and several bathrooms with Sun Design Remodeling’s Mindy Mitchell (left) and designer Kim Kruskamp.**

everything I need with minimal challenge,” said Sorrentino.

Mitchell said that the changes can seem discrete to outsiders, but they “make all the difference in reducing the ergonomic exertions of daily life.”

In place of overhead kitchen shelves, for instance, Mitchell is recommending counter-

high pull-out drawers for regularly-used items, reducing the need for out-of-reach overhead cabinetry. Small hard to grasp knobs will be replaced with cabinet pulls. Sharper, more concentrated lighting in key locations provides the visual support needed to move about confidently.

In two bathrooms, plans call for precisely located vertical and horizontal grab bars. The shower will have

a lower curve for easier access. Traditional and handheld shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs. The floor will be surfaced in non-slip tile.

“Working out the details is fascinating,” Sorrentino said. “The best part, though, is interior design that perfectly integrates all these new features. I don’t want the house to look ‘senior-friendly’—just pretty.”

More

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. Call 703-550-1371 or visit [www.FosterRemodeling.com](http://www.FosterRemodeling.com).

blacked-out large sections of Fairfax County for five memorably hot and humid days.

“We were actually out of town when the power failed,”

said Rogers. “But when I walked through my front door two days into the outage, my generator was on, the house was cool, and all the electrical systems were working just fine.”

The rest of the neighborhood was another story. “My neighbor’s basement flooded when his sump pump stopped,” said Rogers. “People were dealing with spoiled food, no lights, no phone — and no air conditioning during some of the hottest temperatures in years.”

Ever the good neighbor, Rogers organized a relief effort at once, supplying power support where needed, even clearing refrigerator space so nearby friends could preserve their frozen foods.

“We’d invite neighbors to sit in the air conditioning, and watch the news or check their emails. We were like a local community center,” he said.

The larger satisfaction to Rogers, though, is that his computer, internet and security systems continued to perform as usual. “It’s a relief to know that you’re connected to the outside world — especially in an area-wide emergency. Five days is a long time to be cut off.”



Wanda and Ted Rogers in front of their remodeled home.

days a time without need for refueling.

“The call for a generator in a retirement dream home struck a chord with me” said Foster. “We have a sizable seniors clientele, so I’ve been steadily servicing the growing demand for this type of application — absorbing the learning curve just as the problems with the power grid have become ap-

parent to everyone.”

In Rogers’ case, Foster specified a state-of-the-art unit, one powerful enough to run all of his client’s electrical needs for about a week without changing gas or oil.

And the timing couldn’t have been more perfect. Shortly after the project’s completion in spring 2012, the now-infamous derecho in early July

## Finding Joy, Fulfillment in Golden Years

Mental health experts share factors that contribute to contentment.

BY MARILYN CAMPBELL  
THE CONNECTION

On most evenings, 96-year-old Dorothy “Dot” Brown can be found

playing Scrabble or a game of bridge. A retired nurse who relocated to Virginia from Pennsylvania 11 years ago, Brown makes it a point to walk at least one mile each day and takes two Zumba or low-impact aerobics classes each week. She attends services regularly at St. Matthews United Methodist Church in Annandale, volunteers her time for projects like cooking and serving meals for others, and says her wide circle of friends and close-knit family are her greatest sources of strength.

“I moved here to be closer to my daughters in Annandale, who are 68 and 71,” said Brown, who also has five grandchildren and nine great-grandchildren. “My family is so important to me. We have so much fun together and now we all live within a half-hour of each other. There isn’t a week that goes by that we don’t get together.”

While Brown partly attributes her well-preserved mental and physical fitness to genetics, she says her lifestyle and attitude also play a role. “You have to keep busy and active and you have to persevere,” she said. “There are days when I don’t feel like getting out, but I have to push myself. I am glad to be 96 years old and still able to walk without any help.”

In fact, experts say many of Brown’s daily activities are common among seniors who report contentment with their lives. “Everybody is unique, but overall happiness comes if people continue to do things that they have done over their lifetime that have brought them joy and strength,” said Ioana Boie, Ph.D., an assistant professor of counseling at Marymount University. “Find out what brings you joy and happiness and takes you out of your routine.”

bring up unresolved issues in the family. Long-lasting tension in the sense of premature loss. Try and work out unresolved tensions and issues with family members.”

When frequent and meaningful contact with family members is not possible, Boie says that even family memorabilia can offer inspiration. “Create an album of memories and insights to share with future generations,” she said.

Intimacy is also important. “If a person has lost their spouse and sex was part of their life, that is a big part of who they are and will impact happiness,” said Boie. “Just because a person is older doesn’t mean that they don’t need to experience intimacy, although they might not experience it in the way a person who is 25 would. We should alleviate some of the tension around talking about this issue.”

In addition to human social connections, relationships with furry friends can also gratify. “Pets can bring a lot of joy,” said Boie. “It is a very rewarding relationship. I know people that are connected to a parrot or cat or dog.”

**FINDING A DEEPER MEANING** in life and having a sense of purpose can also affect one’s outlook. “Seniors are dealing with multiple issues like their own spirituality and what that might be,” said Frederic Bemak, Ed.D., a professor of counseling and development at George Mason University in Fairfax. “One might ask: ‘Who am I at this moment?’ Have I done things that are in-line with my own value system and beliefs?”

Discovering new outlets for self-expression can lead to a sense of accomplishment and satisfaction as well. “What someone does with their own creativity can be rich and fulfilling,” said Bemak who lives in Fairfax Station. “Through physical activity and creative arts, seniors extend a sense of their creative selves that they might not have had time to do in their younger years.”

Meanwhile, Brown is making plans for a weeklong summer vacation with her family. “There will be 22 of us in one house at the beach,” she said. “I know we’re going to have a great time.”

**STRONG FAMILIAL RELATIONSHIPS** such as Brown’s are another factor in one’s overall sense of well-being. “Reconnecting with family members can bring happiness,” said Boie. “That’s also sometimes tricky because it can

## Rogers’ Retirement Dream

Aging-in-place remodel required a generator, much to relief of their neighbors.

BY JOHN BYRD

Ted Rogers, 73, recently completed a senior-friendly makeover to his home, with the help of a master builder to meet his often challenging technical requirements.

Rogers, a former Navy pilot, had lived in 18 houses all over the world before settling in a circa 1960s ranch in Vienna with his wife and children in the early 1980s. The traditional brick rambler had previously been owned by a local farmer whose family had worked a nearby spread for generations.

The house was conventional, but solidly constructed. Still, as Rogers and his wife, Wanda, settled into their 70s they recognized several aspects of the home that wouldn’t be ideal in retirement.

“We were looking for long term comfort and security,” said Rogers. “That meant the usual wish-list — upgraded kitchen, larger

master bedroom suite.”

Then, too, the master shower would be a “roll-in” design, suitable for a wheelchair if needed.

Doors and hallways would be wider, in compliance with the Americans with Disabilities Act specifications. There would be convenient grab bars near the tub.

“But I also insisted on a way to keep our systems operating in the event of a power failure,” said Rogers. “We’re a bit off the main road and have been through long outages. You want to avoid this kind of thing as you get older.”

Complicating matters were several technical questions. For instance: what was the appropriate size and performance capability of a home generator adequate for powering the substantially enlarged home the Rogers now envisioned?

“The more I looked into it, the more I realized that there are a lot of issues with home

generators that have to be worked out between the contractor and the gas company,” Rogers recalled.

“I was aware of plans like mine that hadn’t worked well for the homeowner. I wanted enough power to keep the house running for days at a time, but the technology is still evolving and relatively few contractors have mastered it.”

Then Rogers met David Foster, president of Foster Remodeling Solutions in Lorton, a veteran builder with a track record in home generator solutions.

“David came highly recommended, but it was meeting him that proved decisive,” said Rogers. “His love of building impressed me. As we started walking through the house together, I could see that he understood my vision.”

**THE STARTING POINT:** a 2,553 square-foot, three-bedroom ranch on two acres, and a conversation regarding the best options for accommodating a master bedroom suite, a spacious gourmet kitchen, a two-car garage with a second floor studio and a home generator adequate for powering everything for

# Volunteering Gives Seniors a Sense of Fulfillment

Shepherd Center network provides opportunities for seniors to help others.

BY DONNA MANZ  
THE CONNECTION

**K**athy Tugendhat chairs the Adventures in Learning organizing committee at Shepherd's Center of Oakton-Vienna (SCOV). She teaches conversational ESL at Patrick Henry Library, one-on-one. On Wednesdays in the summer months, Tugendhat tells stories and leads songs for youngsters on the grounds of the Little Library. She sings with the Vienna Choral Society because she loves it. "It keeps me young," said Tugendhat.

She's also 80 years old. "I like people," said Tugendhat, who taught at a bilingual school in Venezuela for 35 years before returning to the U.S. and Vienna in 1998, joining the Vienna Choral Society that same year. She came to Vienna because her son and her grandchildren live here. She's been active ever since. "I can't imagine not being busy,"



PHOTO BY DONNA MANZ/THE CONNECTION

Casey Tarr, Kathy Tugendhat and Jean Bastien, volunteers at the Shepherd Center of Oakton-Vienna, man the SCOV tent at ViVa! Vienna! over Memorial Day weekend.

Tugendhat said, manning the Vienna Choral Society booth at ViVa! Vienna! on Memorial Day.

On the airwaves and in print, you hear that 60 is the new 40.

The problem with that analogy is that

most 40-year-olds do not have the breadth of experiences the 60-year-old does. Nor does the 60-year-old have the breadth of experiences an 80-year-old has. It isn't that you get smarter as you get older. It's that you have had a longer history of experiences.

Many seniors are aware of the wealth of knowledge they bring to the table. They share their experiences — work and life — with family and with others, younger and older, as well. They are friends in-need, and help when help is necessary.

**ORGANIZATIONS SUCH AS THE SHEPHERD'S CENTER** build on a lifetime of experiences and skills.

"[Retired] people have more time to give, and they have experience caring for aging parents or relatives," said Barry Wickersham of Fairfax City.

Wickersham, who did intelligence work for the Department of Defense and the CIA for 38 years, serves as vice-chair of the Shepherd's Center of Fairfax-Burke (SCBF). He's been doing volunteer work for SCBF for more than 6 years now.

"Volunteering gives you a sense of accomplishment, a sense of contributing," Wickersham said. "And you get to experience gratitude from those you are serving. Volunteering is an efficient use of your time."

Wickersham said he has two primary motivations for his work with SCBF, one altruistic, the other more selfish. The first, Wickersham said, is to provide services and assistance to seniors. The second motivation is more personal. "Some day, I may need these services for myself."

Some SCOV volunteers, such as Casey Tarr of McLean, say they have volunteered throughout their lives in some manner. Tarr uses her background in nursing in her role of SCOV's volunteer health advocate. She gives talks to seniors in the community, mostly to church groups, and women's and

civic clubs. She provides practical tips and tools on how to get better health care and how to reduce the chances of medical errors in their health care. She schedules health and wellness classes for the Shepherd's Center Adventures in Learning curriculum. What she tries to do, she said, is to improve a person's quality of life.

"I try to give back to the community," said Tarr. "I feel really good and worthy doing this. I don't need an award; I do it for the response."

The Shepherd's Center empowers seniors to give back to the community as volunteers and use their knowledge and skills, Tarr said.

If there is a common thread among the seniors who do volunteer work, it is the sense of fulfillment and reward they get from their contributions to the well-being of other seniors.

"Volunteer service provides us with a sense of value to the community," said Jean Bastien of Oakton, who retired as a Department of the Navy systems analyst.

Bastien translates her skills to tasks at SCOV. For 13 years, Bastien has been a Jack-of-all-trades in the SCOV office, maintaining computerized mailing lists, creating fliers and posters. "That's what I like best about SCOV," Bastien said. "They match your volunteer opportunities to your talents."

Bastien said she volunteers because it makes her feel good to help others, and it's also a social outlet.

"Age is just a number," said Bastien. "No matter how old you are, you can always help the community."

**THE FAITH-BASED** Shepherd's Center nationwide network of more than 50 senior resource centers offers learning experiences taught by seniors for seniors, social luncheons anchored by a prominent speaker, caregiver retreats, and most significantly, the opportunity for seniors to lend a hand to seniors not as mobile or independent, from handyman services to a drive to doctors' appointments. Its motto is its mission: living a life that matters.

SCOV says its primary purpose is to "provide services to assist older adults to continue to live independently in their own homes and to offer programs which supply opportunities for enrichment, learning and socialization."

SCOV vice-chair Bill Kirby, a former career diplomat with the Foreign Service, feels Shepherd's Center fulfills its commitment. "That's what the Shepherd's Center is all about, utilizing the experiences and skills of senior citizens for the good of the community."

Go to [www.SCOV.org](http://www.SCOV.org) or call 703-281-0538 to learn more about volunteer opportunities and resources and programs at SCOV. You can also email them at [office@scov.org](mailto:office@scov.org).

To learn more about the services and activities of the Shepherd's Center of Fairfax-Burke, go to [www.scfbva.org](http://www.scfbva.org) or call 703-323-4788.



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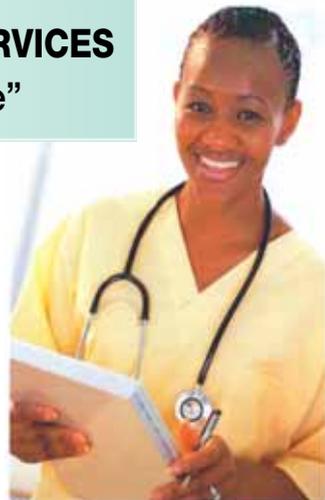
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# 'Age in Place' to Satisfy Evolving Needs

BY JOSH BAKER  
FOUNDER, BOWA BUILDERS

Your family may be approaching a transitional time in home ownership. Perhaps the kids have already moved out, or your "nest" is nearly empty as your last child contemplates going off to college. Or maybe you're craving a living space that is more comfortable and convenient as it becomes more difficult to move around. There are many reasons couples choose to "age in place," or modify their home to meet changing needs rather than purchase a new property.



Baker

cause it is often unobtrusive, allowing homeowners to remain living in their home during construction with minimal disturbance.

## DETAILS THAT MATTER

When making renovation plans, especially for a person using a wheelchair or walker, ensure there is enough space. Wider doorways and hallways, as well as large curb-less showers with grab bars and handheld shower heads are common features even for families without a disabled member. Other popular requests with noted value include appliances with

lever doors, varied countertop heights, and minimal steps through passageways. Creating a five-foot turning radius can greatly improve maneuverability for someone with limitations, but also feels a bit more spacious for the active family.

It's a reality that many people will endure some kind of temporary mobility challenge in their life, perhaps from surgery rehabilitation or an accident, so it makes sense to design your home in a practical, universal way to accommodate such unpredictable circumstances. If needed, first-floor laundry facilities and outdoor ramps also add convenience to the new space. With all of these changes, it is important to maintain the current look and feel of your home as much as possible, so consider choosing materials and colors that match the style of the rest of your home.

## OVERCOMING BARRIERS

In instances when a small lot or zoning restrictions hamper the ability to add on square footage for a master suite or other area, there are alternative options to help a family stay in their home. There may be seldom-used space on the first floor that



PHOTOS COURTESY OF BOWA BUILDERS

The addition of a main-level master suite with easy access to outdoor living space paves the way for aging in place and family entertaining.

can be reconfigured into a cozy master suite with the expert eye of a design-build team.

Regardless of emotional attachment to the family home, homeowners being involved in the remodeling process allows them to create a space that best mirrors their individual needs to age gracefully and with less stress. Transforming a home to accommodate the later years in life creates a place that is easier to manage without giving up the opportunity to reminisce, or surrendering the cherished role of hosting distant family and friends.



Grab bars in shower and easy access help set the stage for seamless aging in place.

## WHERE THE HEART IS

Many people have spent years making memories in their home and have grown to be deeply connected to their neighbors and the property's ideal location. So instead of uprooting and leaving their home's rich history for a new property, couples are seizing the opportunity to transform their beloved home into a space that fits their specific short- and long-term needs. Sometimes this decision involves revamping existing space or incorporating a user-friendly residential elevator into the home. In many cases couples opt to add ground-level space in a way that complements the home.

## A 'SUITE' ADDITION

The most common "aging in place" transition involves adding a more accessible second master suite to the first floor. This convenient change allows a couple to go about their day-to-day lifestyle without navigating stairs, yet still have ample space upstairs for visiting children and guests. This type of remodeling project is ideal be-

# Creating Livable Community For All Ages

FROM PAGE 3

been reading up about things like wider doorways, wooden floors and hardware in kitchens and bathrooms that will make basic functions possible, even as it gets harder to move around."

The Town of Herndon approved the Vinehaven development in March, which will consist of 17 single family detached homes. Beth Clifford, president of the Beltway Investment Group, who is the developer, said the homes have features for those in their 50s who are interested in aging in place, including a first floor master bedroom.

Another priority for seniors is staying active, both mentally and physically. The

Reston Community Center hosted their annual Celebrate Your Bonus Years event last week, featuring speakers, health screenings and other information.

"As far as communities go, I think Reston is very aware of their seniors and their needs, which is why they host events like this," said Margaret Tarplin of Reston. "Because as you age, even the basic things, like cooking a meal or driving to a doctor's appointment, can't be taken for granted, and I hope ways to connect seniors to those types of services remains a priority for our community."

She said as it became harder for her to do things like run or play tennis and racquetball, her usual exercises, she has still been able to stay active walking on Reston's

paths and swimming at the community center pool.

"Seniors can still be active, we just have to be more careful about it," Tarplin said.

**KEEPING SENIORS ACTIVE** and involved is the main reason the Great Falls Senior Center was created after a 2011 survey by the Great Falls Citizens Association revealed the desire from the community for more senior-focused activities.

In 2011, the county spent \$70 million on activities for senior citizens, but none in Great Falls. After Foust told the GFCA "if you don't ask, you don't get," the Senior Center was formed, using a rotating setting such as churches and parks for their monthly events.

"I participated in events at the Herndon Senior Center, which I found were very valuable in keeping me active and social, which I believe are keys to warding off mental decline," said Luis Bernheim, who just moved to Great Falls to stay with her daughter, son-in-law and two grandchildren. "I remember visiting elderly relatives in homes when I was younger, and they seemed to spend a lot of time alone by the TV, and that can't be good for an aging mind."

Bernheim said she hopes to start attending Great Falls Senior Center events.

Bob Lundegard, one of the founders of the group, said the Senior Center is laying the groundwork this year to make the center sustainable, which includes getting a 501(c)3 status and electing officers.

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