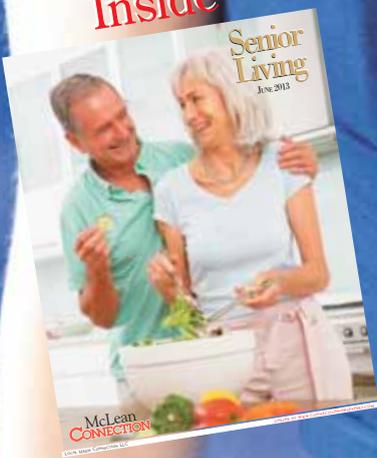


Dani Stoller as Elvira and Steven Carpenter as Charles in the 1st Stage production of Noel Coward's "Blithe Spirit."

Sheer Madness of an Evening

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Senior Living
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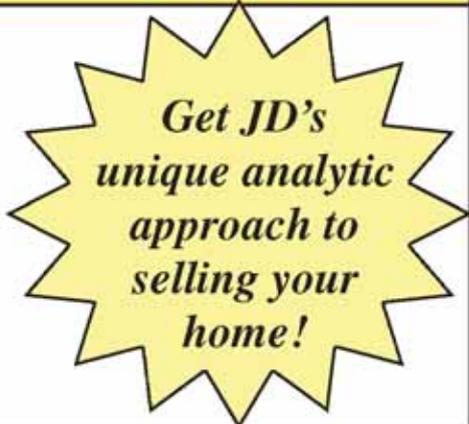


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Two Races, Four Candidates

Competition in June 11 Democratic primary for lieutenant governor and attorney general.

BY MICHAEL LEE POPE
GAZETTE PACKET

Northern Virginia will dominate the choices for statewide office when Democrats head to the polls on June 11 for a statewide primary to select candidates for lieutenant governor and attorney general. Former Democratic National Committee Chairman Terry McAuliffe will be unopposed as the party's choice for governor, leaving the longtime McLean resident to face Republican Attorney General Ken Cuccinelli this fall.

"Terry McAuliffe is not the most highly regarded Democrat, and a lot of Democrats are frustrated by that choice," said University of Mary Washington political science professor Stephen Farnsworth. "But he will have some material to paint the Republican ticket as too conservative for Virginia."

Republicans were going to use a statewide primary to select their candidates until Tea Party supporters backing Cuccinelli seized control of the executive committee last year and changed the rules. The party decided to ditch the primary in favor of a convention to determine candidates, a decision that prompted Lt. Gov. Bill Bolling to drop out of the race and condemn the direction of the party as too extreme. When Republicans gathered in Richmond earlier this month to nominate Cuccinelli, they also selected a virtually unknown candidate for lieutenant governor — conservative black pastor E.W. Jackson, who has compared Planned Parenthood to the Ku Klux Klan and called gays "sexually twisted."

"This is further evidence that making decisions like that can have unintended consequences," said University of Virginia Center for Politics analyst Geoff Skelley. "If Jackson proves to be a liability for the ticket, Republicans will probably look back on the decision to shift to a convention with some remorse."

Democrats have two contenders for the lieutenant governor spot, state Sen. Ralph Northam (D-6) and former U.S. Chief Technology Officer Aneesh Chopra. In the race for attorney general, Democrats will select between state Sen. Mark Herring (D-33) and former federal prosecutor Justin Fairfax.

RALPH NORTHAM is a Virginia Military Institute graduate and U.S. Army veteran who is currently a pediatric neurologist. Northam is currently an assistant professor of neurology at Eastern Virginia Medical School and father of two. One of his major legislative accomplishments during his time in the state Senate was championing legislation to ban smoking in restaurants. When he launched his campaign back in December, he indicated his campaign would focus



Northam



Chopra



Herring



Fairfax

"Terry McAuliffe is not the most highly regarded Democrat, and a lot of Democrats are frustrated by that choice. But he will have some material to paint the Republican ticket as too conservative for Virginia."

— University of Mary Washington political science professor
Stephen Farnsworth

on the social issues that dominated the controversial 2012 session, which put Virginia in the national news media spotlight as well as the late-night comedy shows.

"Republicans used their majority to launch an all-out assault on women, working families and the LGBT community," he said in an e-mail to party steering committee members to launch his campaign. "As I spoke on the floor of the Virginia Senate to defend a most basic right of women — the right to control their own bodies and personal health — I was struck by how far Virginia's government had strayed from its most fundamental mission of improving the lives of all Virginians."

On the campaign trail, Northam has called for a ban on assault weapons and a requirement for universal background checks on all firearm purchases in Virginia. He has also suggested that elected officials should be required to report of gifts to family members, which would have required the governor's daughter to report the \$15,000 tab for catering and flowers she received from Star Scientific CEO Jonnie Williams — who also contributed money to the attorney general's campaign that went unreported at first. Northam's proposal would also lower the threshold of personal investments that must be disclosed from \$10,000 to \$5,000 as well as create an independent ethics panel with subpoena powers.

"The people of this commonwealth deserve better than Governor McDonnell and Attorney General Cuccinelli's recent improprieties," Northam said in a statement issued in April.

ANEESH CHOPRA is an Arlington resident, a graduate of the Kennedy School of Government at Harvard University and the father of two girls. He served as Virginia's Secretary of Technology under Democratic Gov. Tim Kaine until 2009, when President Barack Obama tapped Chopra to be the nation's first chief technology officer. When

he formally launched his campaign back in March, he tried to re-appropriate his reputation as a high-tech innovator in a political context.

"I decided to run for the post as I firmly believe our state government can be smarter, faster, better, and fairer for all Virginians," he said in a written statement.

Earlier this month, Chopra became the first down-ticket candidate to start airing a television commercial. The 33-second spot titled "Escalator" shows Chopra staying in place as he climbs up a down elevator. The image is supposed to act as a metaphor for the economic plight of middle class Virginians, women seeking to rise in their careers, and the rise of college tuition costs.

"The Richmond Republicans want us to give up," he says as he begins to ride backward down the escalator. "But we can't let that happen."

THE RACE for lieutenant governor is normally a sleeper because the role is the least visible of all the statewide offices. But this year is different for two reasons. One is the split in the Virginia state Senate, which is evenly divided between 20 Republicans and 20 Democrats. That means that the next lieutenant governor will have a tie-breaking vote determining the balance of power in the Senate. Another reason this year is different is because winner of the Democratic primary for lieutenant governor will go head to head with Jackson. Northam and Chopra wasted no time in issuing statements about the Republican candidate.

"E.W. Jackson is fighting tooth and nail with Ken Cuccinelli to move Virginia backwards by imposing an extreme social agenda onto the Commonwealth," said Northam in a press release.

"Jackson's extreme views are far to the right of Virginia voters. In fact, Jackson is far more extreme than Ken Cuccinelli — which is quite a feat," said Chopra in a press release.

The selection of Jackson as the Republi-

can standard bearer has changed the dynamics of the race, which has suddenly become much higher profile than it would otherwise be. Democrats are eager to campaign against Jackson, using his past statements as a template to portray the Republican ticket as a party against choice for women and civil rights for gays. That means the choice facing Democrats is which of the two candidates on the Democratic side would be the best person to face Jackson.

"I think it helps Chopra," said former state Democratic Party chairman Brian Moran. "Northam would have been a choice for Democrats who were concerned about electability. Now that's less of a concern, so people will be more willing to go with what their hearts and minds are telling them."

THE RACE for attorney general is traditionally difficult for Democrats, who must battle the perception that Republicans are the law-and-order party that has candidates who are tough on crime. The last Democrat to hold the office was Mary Sue Terry, who was first elected to the position in 1985 and then reelected in 1989. That means Republicans have held the position since 1990.

"Democrats know this is an uphill climb," said Moran. "That's why it's so important to for primary voters to pick the right person to be on the ticket."

The winner of the Democratic primary for attorney general will face state Sen. Mark Obenshain (R-26), who won his party's nomination during a convention fight against Del. Rob Bell (R-58). Although Obenshain's nomination as the Republican choice for attorney general did not generate as much press as the lieutenant governor candidate, Obenshain's speech to delegates sounded many of the same themes — opposing a woman's right to choose, supporting the Second Amendment and going after Democratic President Barack Obama at every opportunity.

"President Obama, the next time your rogue IRS targets the Virginia Tea Party, you going to have to deal with me," Obenshain said to thunderous applause.

MARK HERRING is a Leesburg resident and graduate of the University of Richmond School of Law who runs a private practice. A former member of the Loudoun County Board of Supervisors, Herring was first elected to the state Senate in a 2006 special election. He has a bachelor's degree and master's degrees from the University of Virginia, and he is the father of two. He launched his campaign for attorney general almost a year ago, saying it's time to "get politics out" of the attorney general's office.

SEE DEMOCRATS, PAGE 11

MCLEAN CONNECTION ♦ JUNE 5-11, 2013 ♦ 3

MCA Hosts Members Update

Speakers share plans for new community center, downtown improvements.

BY ALEX McVEIGH
THE CONNECTION

The McLean Citizens Association hosted their annual membership meeting Thursday, May 30, bringing in organizations from around the community to provide the latest on McLean's past, present and future.

Sally Horn, president of MCA, called the last 12 a "terrific and challenging year," particularly in terms of Tysons Corner funding and transportation plans.

"We worked very hard to achieve a transportation funding formula that's respectful of the citizens' pocketbooks. We actually achieved a formula in the plan that was even better than we hoped," she said. "We had been calling for no more than 25 percent of the capital costs to be allocated to Fairfax County taxpayers, and the target in the funding plan was set at 17 to 21 percent. If, as imple-

mentation goes forward, we can keep it in that range we will be very, very pleased."

The McLean Community Center itself has been the subject of future plans. Chad Quinn, vice chair of MCC Governing Board, spoke about the proposed renovation of the Ingleside Avenue facility, citing needs that are as basic as space for staff to work in.

"Office space has become an issue, one that we looked at from a fact-based perspective. We have 19 workstations, but have three people working in a coat closet, three people working in a storage closet area and three people working in the back part of a conference room," he said. "So part of our approach was to figure a more fitting office quality for the staff."

The center's restrooms are also in need of compliance with the Americans with Disabilities Act, and Quinn said that feedback from the community indicated that work was needed on the lobby,

because they felt it did not offer enough clear access to activity rooms.

He also said growth of popular programming has been limited by the physical space at the center.

"Some of our most utilized programs are things like dance, yoga and fitness. And yet we have put those programs downstairs in facilities that are not conducive for those types of activities," he said. "For the last 23 years, class sizes have been capped at 18 people. Yet when you look at the population growth over the last 23 years, we've seen a 25 percent increase. So we have a growing population and yet we haven't accommodated that growth in our high performing programs."

DOWNTOWN MCLEAN has been another major priority area for the community, especially making improvements and getting more businesses downtown. Elizabeth Morton, chair and president



PHOTO BY ALEX McVEIGH/THE CONNECTION

The "Listrani's Peninsula" at the intersection of Old Dominion Drive, Chain Bridge Road and Elm Street, is scheduled to be extended to the crosswalk, to make crossing easier and safer for pedestrians in downtown McLean.

of McLean Revitalization Corporation, discussed plans for improving the downtown McLean area.

The "Listrani's Peninsula" as some call it, which is the island located at the intersection of Old Dominion Drive, Chain Bridge Road and Elm Street, has been a problem for pedestrians for years, Morton said.

Since the "peninsula" does not extend all the way to Chain Bridge Road, pedestrians must cross both Elm and Old Dominion without the benefit of clear pedestrian signals or even a crossing island.

"It's a weird mound of land that juts out, and creates an unsafe crossing, because people standing there don't really understand how to cross over," she said. "We're hoping to extend it a little bit to break up the crosswalk, making it a much safer environment."

The McLean Revitalization Corporation recently received a \$200,000 grant for aesthetic and safety improvements, which they plan to use at that intersection, by extending the peninsula and

SEE DOWNTOWN, PAGE 10

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Church to Host Discussion on Gun Violence and Gospel Values

Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean, will host a free faith and public policy breakfast on "Gun Violence and Gospel Values—Possible Church Responses" on Saturday, June 15, with a simple breakfast at 8:30 a.m., followed by the program, ending by 10:30 a.m. Everyone is invited.

The featured speaker is Rev. J. Herbert Nelson, director of the Office of Public Witness of the Presbyterian Church (USA) in Washington, D.C. He will talk about the magnitude of gun violence in America, attitudes toward guns in American culture, constitutional issues, the politics and economics of gun sales, legislative efforts at gun control, and constructive action by the church.

A member of the National Rifle Association will also provide a perspective. For more information, contact Ray Martin, martinrs@aol.com, or 703-556-0123.

Book Collection to Support Scholarships for Women

The McLean Area American Association of University Women's (AAUW) Annual Book Collection in preparation for its 44th annual Book Sale is Saturday, June 8 at the Sun Trust Bank, 515 Maple Ave., Vienna, from 10 a.m. to 4 p.m. Additional collection dates at the Sun Trust Bank are: June 29; July 20; and, Aug. 10. All kinds of books in good condition, especially children's books and DVDs are needed.

The Book Sale will be Sept. 20, 21 and 22 at the McLean Community Center on Ingleside Avenue in McLean. Proceeds go toward scholarships and professional development for women and girls. In addition to the well sorted hardbacks and paperbacks in the main sales rooms, there will be special children's and "treasures" rooms at the sale for the most valuable items collected.

At last year's September Sale there were an estimated 46 thousand books on display sorted into 32 categories and AAUW members gave more than 1700 volunteer hours to generate over 36,000 dollars in revenue. AAUW hopes that this year's 44th Annual Sale will do even better with the support of the metropolitan community.

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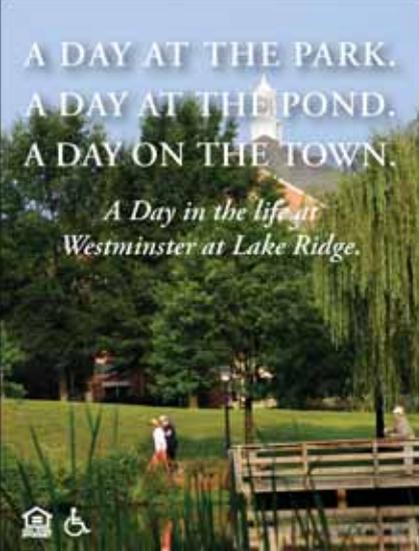
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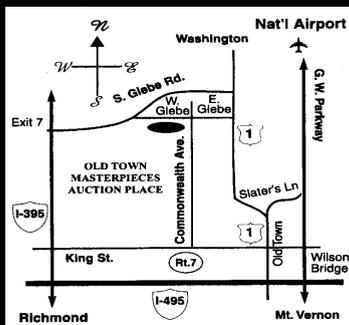
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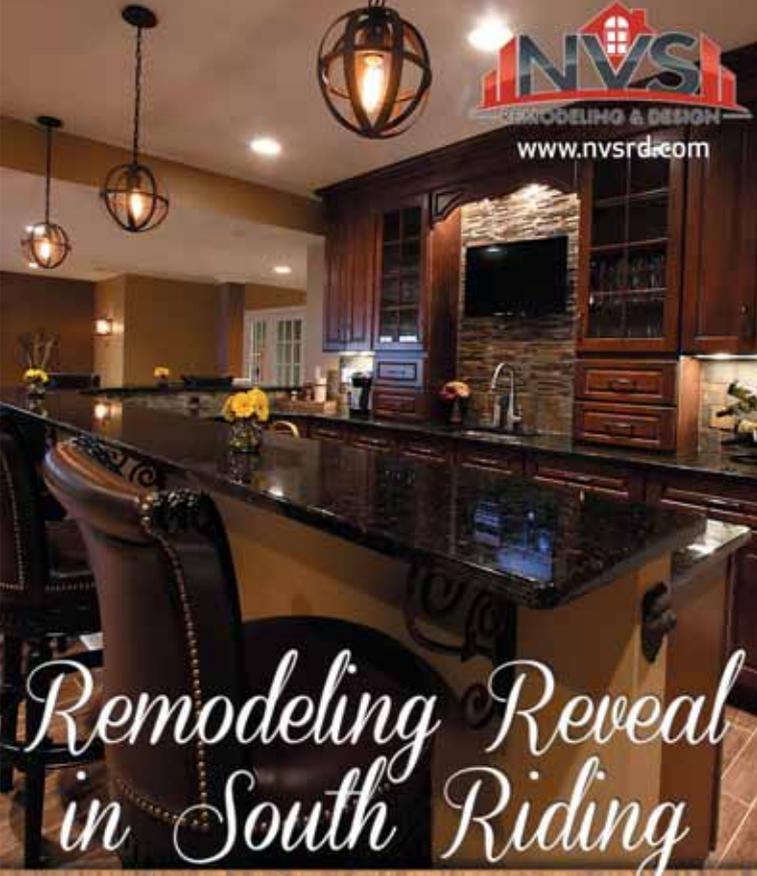


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Respecting Parents' Roles

Parental notice is key to school discipline reform.

By CAROLINE G. HEMENWAY
FAIRFAX ZERO TOLERANCE REFORM

Most 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 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, 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,
Angel Fund
Centreville



PHOTO BY LANA WONG

Top row from left: Coach Yuri Bogdanov, Luke Maloney, Ian Gresenz, Jaz Bisset, Hayden Evans, Nico Karagounis; bottom row from left: Aidan Singer, Philip Bogdanov, Michael Fields, Sami Qusrawi, Jad Kanaan.

McLean Galaxy Green Wins Virginian Elite Showcase

McLean Galaxy Green U10 Boys Team were champions in the Gold West Division of the Virginian Elite Showcase Tournament over Memorial Day Weekend. The team advanced to the finals undefeated by winning against Loudoun Soccer LS02 Black, BARCA FC 02 Premier, and SOL Futbol U10 and beat Alexandria Patriots Red 2-1 in a hard fought final championship game that went into overtime after a 1-1 tie. The team is coached by Shawn Kuykendall, Jason Kuykendall and Yuri Bogdanov.

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Steven Carpenter as Charles and Liz Mamana as Ruth in the 1st Stage production of Noel Coward's "Blithe Spirit."

PHOTOS BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

Sheer Madness of an Evening

1st Stage presents "Blithe Spirit" by Noel Coward.

By DAVID SIEGEL
THE CONNECTION



Evan Crump as Madame Arcati in the 1st Stage production of Noel Coward's "Blithe Spirit."

Light-hearted fare has arrived at Tysons 1st Stage in the guise of Noel Coward's 1941 hit, "Blithe Spirit." It is a lovely dessert-like confection of escapist froth and meringue. But its age—it was written during the "keep calm and carry on" times of the London Blitz of World War II—is beginning to show even under the assured direction of Lee Mikeska Gardner.

With its patter of the British upper classes this little amusing tale of cartoonish death, returning feisty spirits and a mortal's passions, gives audiences its share of smiles. Gardner earns plenty of plaudits for not turning the production into an over-done, loud, showy, pretentious mess at the expense of the urbane dialogue and character wit.

Even in her casting of a role ripe with ever so obvious, over-the-top possibilities, Madame Arcati a medium in touch with those in the afterlife. And Gardner made quite a charming casting and directorial decision—she cast a man for this usually older woman character.

So what is the show about? It is about the soon to be no longer orderly world of a writer (Steven Carpenter as Charles, bringing energy and delightful exasperation to his role) and his second wife Ruth (the icy, if not brittle, straight-laced, Liz Mamana). They decide to hold a séance even though they both believe such things are faked, with a local eccentric Madame Arcati (Evan Crump totally immersed in a cross-dressing role without unnecessary flamboyance).

The play's best moments come as the writer's

Where and When

1st Stage presents "Blithe Spirit" at 1524 Spring Hill Road, Tysons Corner. Performances through June 16, 2013. Showtimes are Fridays 8 p.m., Saturdays at 2 and 8 p.m., and Sundays 2 and 7 p.m. Tickets are \$15-\$25. Visit www.1stStageTysons.org or call 703-854-1856.

now quite dead first wife (a passionate, curvy, Dani Stoller who appears to have channeled Bernadette Peters in appearance, cadence and physicality) appears. When she arrives, the show moves into a good-hearted tizzy. The overall pop and fizzle picks up as a particular musical piece, "I'll Be Loving You Always" takes a central role.

Mikeska keeps the audience's attention moving about as she has her troupe scamper about the stage, not staying in one location too long in what is essentially a one living room set production.

The technical design nicely underpins the production. Derek V. Knoderer's sound design greets the audience with period Big Band music. Steven Royal's set gives hints of the off-kilter world the audience will come to know. His costume designs for the female roles well represent their characters.

"Blithe Spirit" is a comfortably spent evening with a widening circle of unexpectedly lively spirits.

ENTERTAINMENT

Send announcements to mclean@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/JUNE 5-SATURDAY/JULY 13
Water, Water, Everywhere. 10 a.m.-4 p.m., at 513 Maple Ave. W., Vienna. An exhibition featuring interpretations of the theme of water at the Vienna Arts Society Gallery. 703-319-3232 or www.ViennaArtsSociety.org.

WEDNESDAY/JUNE 5
Photography Lecture. 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Doug Spencer of the US Geological Service discusses images from the Landsat satellites. jeffri@bellatlantic.net or <http://Eros.usgs.gov>.
Widespread Panic. 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Widespread Panic brings the touring model of the Grateful Dead and Phish to promote their 2012 release, Wood, a live album chronicling their first fully unplugged tour. \$35-\$48. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

FRIDAY/JUNE 7
Rock of Ages. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Rock of Ages has been nominated for five Tony Awards and is one of the longest running shows currently on Broadway. \$25-\$45. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

Vienna Idol. 6:30 p.m., at the Vienna Town Green, 144 Maple Ave. E., Vienna. Based off of the American Idol series, Vienna Idol encourages residents to showcase their musical talents in a local competition. <http://www.viennava.gov/index.aspx?NID=879>.

Pop Art and Beyond: Tom Wesselmann. 7 p.m., at The Alden McLean Community Center, 1234 Ingleside Ave., McLean. View a slide lecture on American painter Tom Wesselmann (1931-2004), who is widely regarded as one of the leading figures in the vanguard of American Pop Art. <http://www.mcleancenter.org/>.

SATURDAY/JUNE 8
Rock of Ages. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Rock of Ages has been nominated for five Tony Awards and is one of the longest running shows currently on Broadway. \$25-\$45. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

3rd Annual SHARE FOODRAISER. 4-5:30 p.m., Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. A Talent Show designed to bring in food for SHARE - your local food pantry, and showcase local talent during the summer months when donations tend to be low. www.shareofmclean.org.

SUNDAY/JUNE 9
Randy Barrett and the Barrettones. 6:30 p.m., at Vienna Town Green, 144 Maple Ave. E., Vienna. Randy Barrett and the Barrettones perform original folk, bluegrass and country, led by Randy Barrett, award-winning singer and songwriter.
Second Sunday Reception. 2-4 p.m., at Vienna Art Center, 120 Pleasant St., NW, Vienna. Meet artist and view dozens of original artworks in all media by artists from around the region. 703-319-3971 or www.ViennaArtsSociety.org.

MONDAY/JUNE 10
Lunch n' Life with Bob Levey. Noon, at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Shepherd's Center of Oakton-Vienna is proud to present Bob Levey, the prize-winning journalist of Washington Post fame to discuss "My Life in the Washington Media" at their Lunch n' Life program. \$10. 703-281-0538 or www.scov.org.

TUESDAY/JUNE 11
Macbeth. 4:30 p.m., at Providence Presbyterian Church, 9109 Little River Turnpike, Fairfax. McLean-based Riverbend Opera's semi-staged concert production of Macbeth will feature a cast of over 40 singers. \$15-\$25. www.riverbendopera.com or <http://www.brownpaperickets.com/>.

WEDNESDAY/JUNE 12
Indigo Girls and Joan Baez. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Since the late '80s, Indigo Girls has released multiple platinum records, including Rites of Passage and Shaming of the Sun. Kicking off the evening is Joan Baez, winner of a Grammy Lifetime Achievement Award. \$28-\$42. 1-877-965-3872 or http://www.wolftrap.org/Filene_Center.aspx.

THURSDAY/JUNE 13
The Go-Go's and Special Guest: The Psychedelic Furs. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. One of the first commercially successful all-female bands, The Go-Go's became known for hits like "We Got The Beat," "Vacation" and "Our

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Here's What's Happening at MCC

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McLean Project for the Arts and The Alden present
"Pop Art & Beyond"
Friday, June 7, 7:30 p.m.
Free admission

MCC and the McLean Historical Society
"Where Exactly IS Ball's Hill?"
A Presentation by Roger Mudd
Tuesday, June 11, 7:30 p.m.
Free admission

"Code 20: Proceed to Improv"
An Evening of Improv, Comedy and Music
Thursday, June 13
7-9 p.m., at the Old Firehouse

Take a Day Trip
Eastern Shore - Tilghman Island
Wednesday, June 19
7:45 a.m.-7 p.m.
\$144 per person/\$139 MCC district residents

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Home of the Alden Theatre
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NEWS

A design of the proposed renovation of the McLean Community Center.



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Attracting Businesses to Downtown McLean

FROM PAGE 4

bringing in updated lighted crosswalk signs.

Morton also said the corporation successfully applied for a \$120,000 VDOT grant, matched by \$30,000 from the county, donors and McLean Community Foundation, to create a landscaped median on Old Dominion Drive east of Chain Bridge Road.

Marcus Simon, vice chair of Greater McLean Chamber of Commerce, said they were seeing increased memberships, meaning businesses feel more comfortable joining business organizations.

He also said the chamber is working on ways to solve the many issues in downtown McLean, most notably the large number of empty storefronts.

"It reminds me a little bit, and I hate to say it, of a small town in the Midwest where a Wal Mart just opened down the street," he said. "You can't spruce up empty buildings, you have to fill them if you're going to have a vital downtown. The only way we're going to revitalize downtown is to get businesses and people using downtown McLean, living there, working there. That's good for business, that's good for property values, it's good for everyone."

make mixed-use buildings, such as the Palladium on Laughlin Avenue, as the type of new, exciting buildings that could revitalize the downtown.

"We probably won't see all of the projects that are being thought about now, because a lot of density can be scary," he said. "But the alternative, doing nothing, is also scary to me, it doesn't look particularly great either. We don't want to be so frightened by the idea of density that we do nothing."

Rip Sullivan of the McLean Community Foundation announced that the organization gave away 13 grants totaling more than \$57,000 over the past year. Contributions included Share (which received \$10,000), Langley Residential Support Services (\$10,000), the McLean-Falls Church Children's Center (\$6,500), Specially Adapted Resource Clubs (\$3,760), as well as projects at McLean High School, Longfellow Middle School and Chesterbrook Elementary School.

"We continue to have our fingerprints on this community. We take our responsibility as stewards of our foundations funds very seriously, from a financial standpoint our foundation is quite strong, our resources continue to grow and we have invested them wisely."

HE POINTED TO PLANS to

Democrats Head to Polls June 11

FROM PAGE 3

“Over the last three years, we’ve watched Attorney General Cuccinelli pursue an ideological crusade that is out of step with the mainstream,” Herring said in his campaign announcement. “Time after time, the attorney general has abused the powers of his office and twisted the law to advance his personal political agenda, which has been costly to taxpayers and costly to the credibility of the office.”

Herring said he was inspired to run when Cuccinelli issued a legal opinion early in his term that said the boards of visitors at the state’s universities and colleges could not include sexual orientation as a part of their nondiscrimination policies. Herring said it was part of a pattern that Cuccinelli developed during his time in office, from going after a climate change scientist at the University of Virginia to suing the federal Environmental Protection Agency and taking on the federal Affordable Care Act in court. Last month, Herring sent a letter to the public integrity section of the Department of Justice seeking an inquiry into financial dealings between Virginia supplement maker Star Scientific, McDonnell and Cuccinelli.

“The gifts and the cozy relationship between these individuals and this company have raised serious concerns in Virginians’ minds, especially because Star Scientific has business before the state,” said Herring in a written statement. “Governor McDonnell and Attorney General Cuccinelli have crossed a line.”

JUSTIN FAIRFAX is a resident of Annandale, a

graduate of Columbia Law School and the father of two. He served as an assistant U.S. attorney before deciding to run for elected office. Back in 2000, he worked on Vice President Al Gore’s presidential campaign. Then, in 2004, he was assistant to vice presidential candidate John Edwards during John Kerry’s presidential campaign. Although this is Fairfax’s first campaign for elected office, he said his experience as a law clerk and prosecutor makes him suited for office.

“It’s not something I would have to learn to do on the job,” said Fairfax during a candidates’ forum in March. “I know how to win in that court. I know how to be successful in the court. We need an attorney general who has those tools, has that experience and has those skills.”

When Fairfax formally announced his candidacy in September, Herring was already a candidate and House Minority Leader Ward Armstrong was considering a bid for the office himself. Armstrong decided against a campaign, leaving the race between Herring and Fairfax. Since that time Fairfax has won a number of straw polls, gaining momentum in a race that has now become more competitive than many had anticipated.

“It is a shame that Ken Cuccinelli has repeatedly misused the powers of the office for partisan gains, and failed to make the protection of Virginia’s families and businesses his number one priority,” said Fairfax when he launched his campaign last year. “That must, and will, change. As the only federal prosecutor in the race, I have the skills, experience, and energy to bring about that change.”

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SPORTS



Marshall sophomore catcher Mitch Blackstone went 3 for 3 with a double, a home run and two RBIs against Lake Braddock in the regional semifinals on May 29.



Marshall senior Mike Evans pitches against Lake Braddock during the Northern Region semifinals on May 29.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Marshall Baseball Ends Season in Region Semifinals

Statesmen fall one win shy of states after 0-7 start.

BY JON ROETMAN
THE CONNECTION

A Lake Braddock throwing error gave Marshall an early lead. A two-run homer by Mitch Blackstone gave the Statesmen confidence. And a Will Brooke RBI single gave a team that lost its first seven games of the season a 4-1 advantage over the defending state champs.

The Marshall baseball team was in good shape in the top of the third inning of its Northern Region semifinal matchup against Lake Braddock on May 29 at Madison High School. The Statesmen, who at one point had a record of 5-13 before winning five of six to reach the regional semifinals, held a lead entering the bottom of the fourth inning. But that's when it all fell apart for Marshall.

Lake Braddock sent 18 batters to the plate in the bottom of the fourth inning, scored 13 runs and pulled away from Marshall en route to a 16-5 victory. The Bruins earned a berth in the state tournament and would go on to win the Northern Region title. Marshall ended its season with a loss, but the Statesmen have a bright future with only three players—and just two starters—graduating.

"We stopped using the language about midway through the season of 'we're going to be really good next year,' because it sort of sold us short on this year," first-year Marshall head coach Aaron Tarr said. "But the reality is that everything looks really great for us going forward. We graduate three people, two that were on the field—we have seven starters coming back. That's a huge deal and I'm hoping they sort of turn



Marshall players celebrate during the Northern Region semifinals on May 29.

the page on this quickly and then have a vision toward that."

While Marshall loses just two starters, those two athletes will be hard to replace. Third baseman Kekoa Yamaguchi and pitcher/first baseman Mike Evans were team leaders and middle-of-the-order batters. Each played a significant role in the Statesmen's 5-4 victory over Centreville in the regional quarterfinals on May 27.

LUCKILY FOR MARSHALL, the program has a pair of athletes capable of carrying the Statesmen into the 2014 season in sophomore catcher Blackstone and junior pitcher/outfielder Riley Cummins.

"Mitch and Riley are absolute amazing players," Tarr said. "... They're enormous talents. They're big kids, they're athletic [and] there's very little that they cannot do on a baseball field."

Cummins, a left-hander listed at 6-foot-4 and 170 pounds, earned the victory on the

mound against Centreville in the quarterfinals. What did the Statesmen take away from their postseason experience?

"No shame," Riley said of the Statesmen, who finished with a 10-15 record. "We learned from these guys. Mike Evans was probably the biggest role model for me in my entire baseball career. He's what made me what I am today. I'm going to learn from him, and me and Mitch are both going to come out next year, we're going to lead by example and mark my words, we're coming back strong. We're going to make another run. Believe it."

Blackstone, listed at 6-foot-2 and 185 pounds, showed his power at the plate against Lake Braddock, crushing a two-run home run in the top of the third inning that gave Marshall a 3-1 lead. He finished 3 for 3 with a double, a homer and two RBIs.

"Right when I hit it," Blackstone said, "I thought we were going to have the game because we had a lot of momentum."

"... me and Mitch are both going to come out next year, we're going to lead by example and mark my words, we're coming back strong. We're going to make another run. Believe it."

—Marshall junior Riley Cummins

THE MOMENTUM Marshall built quickly swung in Lake Braddock's favor. The Bruins scored two runs in the bottom of the third inning to pull within 4-3. In the bottom of the fourth, Lake Braddock blew the game open with 13 runs. Tarr referred to the fourth inning as the "tragic inning."

Evans pitched three innings for the Statesmen before moving to first base with a 4-3 lead. With Evans off the mound, everything fell part for Marshall.

"The biggest [thing] that all of them learned, and certainly I did, is the process and how you do things on a daily basis really does matter," said Tarr, reflecting on the season, "because once we figured that stuff out, we started to come together more as a team ... and play better. It's just a little bit upsetting that in the end, some of those things that were there at the beginning of the season crept back in and I think it's the enormity of the situation, just like it always is, that forces those things to come out."

Marshall overcame a 0-7 start to the season to earn the Liberty District's No. 4 seed. The Statesmen beat National District champion Washington-Lee and Centreville, the Concorde's No. 2 seed, to reach the semifinals.

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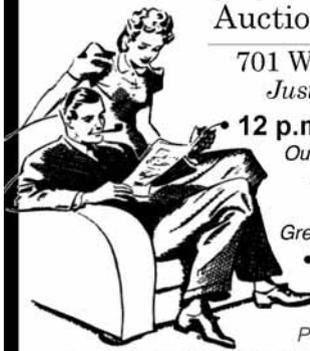
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Centreville

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

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

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

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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 FREE Realtor-represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

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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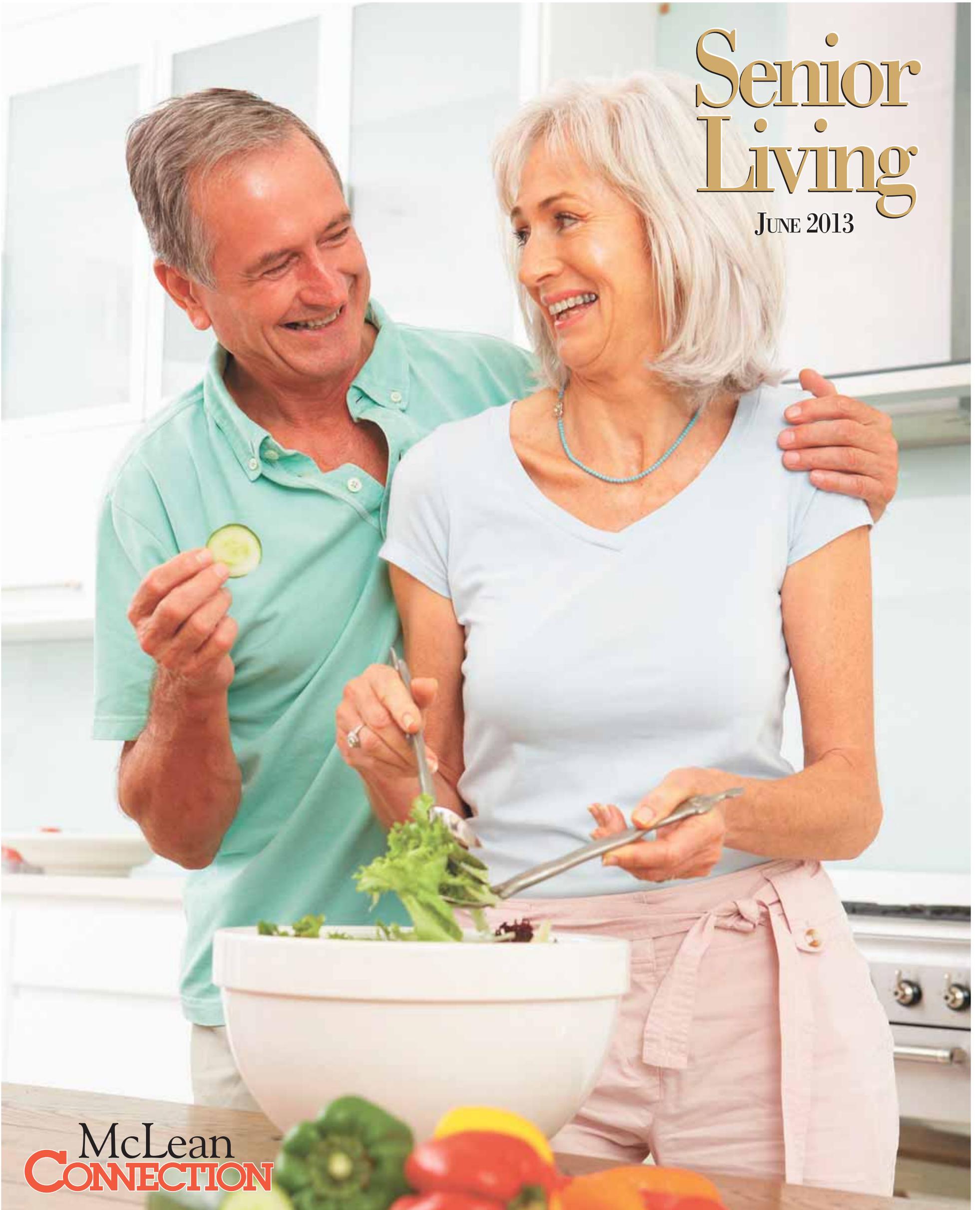
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Senior Living

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



PHOTOS BY ALEX McVEIGH/THE CONNECTION

The Great Falls Senior Center hosts an event at Dranesville United Methodist Church.

McLean Senior Source, a help desk staffed 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.

She said, "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,



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 6

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Senior Living

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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.

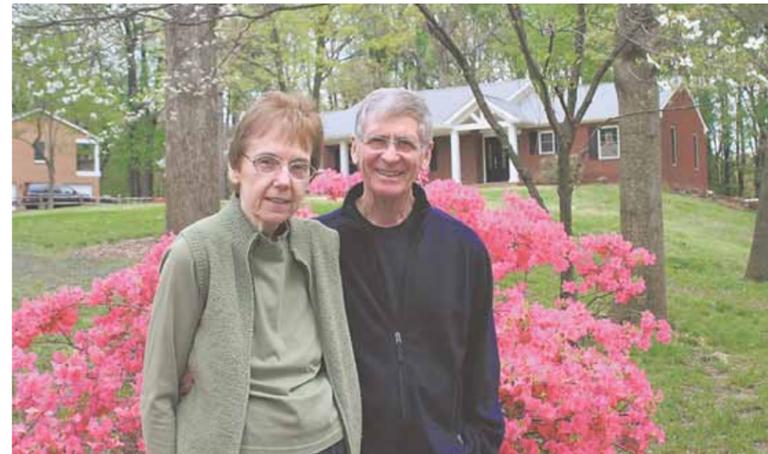
For instance: what was the appropriate size and performance capability of a home generator adequate for powering the substantially enlarged home the Rogers now envisioned?

"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."

It was at this juncture that 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



Wanda and Ted Rogers in front of their remodeled home.

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 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 apparent to everyone."

More

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. Call 703-550-1371 or visit www.FosterRemodeling.com.

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 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."

Happiness and 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."

Mental health professionals say the keys to happiness as one gets older include involvement in social activities or community and reli-

gious groups, maintaining a network of friends and regular exercise. Lisa Jackson-Cherry, Ph.D., a professor of psychology and chair of the department of counseling at Marymount University in Arlington, suggests "taking up a new hobby or seeking out a career change that brings a sense of meaning."

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."

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 bring up unresolved issues in the family. Long-lasting tension in the family can lead to sadness 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 ten-

sion around talking about this issue."

In addition to human social connections, relationships with furry friends can also provide gratification. "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. Animals can be warm, reassuring parts of an elderly person's life."

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



PHOTO CONTRIBUTED

Dot Brown, 96, holds two of her great-grandchildren, Harper and Eamon. Mental health experts say that strong familial relationships contribute to one's overall sense of well-being.

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."

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'Age in Place' to Satisfy Evolving Needs

BY JOSH BAKER
FOUNDER, BOWA BUILDERS

A 'SUITE' ADDITION

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

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 because 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



PHOTO 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.

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 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.

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.

Creating Livable Community For All Ages

FROM PAGE 3

need to be accessible without the use of stairs and other obstacles," he said. "I've also 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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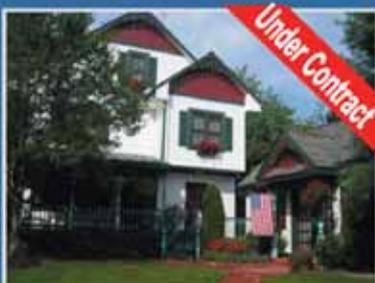
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