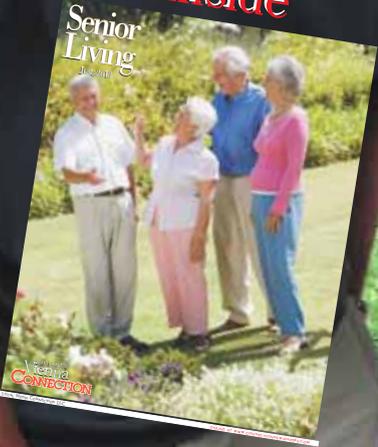


# Animals Blessed in Vienna

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**Senior Living**  
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PHOTO BY DONNA MANZ/THE CONNECTION

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Reverend Randy Beeman bestows a blessing on Topper, now deaf, who was adopted from an Iraq war veteran by Dawn and Steve Dailey of Vienna. Topper knows sign language.

The blessed animals and the humans who love them gather for a photo after the blessing program. Reverend Randy Beeman started the blessing of the animals ceremony when he came to Antioch Christian Church three years ago.



PHOTOS BY DONNA MANZ/ THE CONNECTION

## Animals Blessed in Vienna

Antioch Christian Church holds its third annual blessing for family pets.

BY DONNA MANZ  
THE CONNECTION

Antioch Christian Church, the quaint white clapboard church on Beulah Road, hosted its third annual pet blessing on June 2 and pet parents came from throughout the area to have their pets blessed by Antioch's pastor, Randy Beeman. Any family pet, of any species, was welcome.

While more than a dozen living dogs were each individually blessed by Rev. Beeman, some were blessed in memoriam or in absentia. The animals' presence or lack of made little difference to the people whose lives were enriched by a pet's presence in their lives. Participants chose little medals, offered at no charge, for their pets to wear on their collars. Each pet was awarded a "certificate" that symbolized that the pet had been specially blessed "by the hands of God through Reverend Randy Beeman. This companion animal has been honored for the love and joy it has given." And that is what the pets' guardians recognized. The stories behind the pets were sad, uplifting and memorable.

One pet had difficulty walking. His companion had brought a wagon to pull him along in but he hopped out. Another dog, adopted from a James Madison High School Iraq war vet, is deaf. A Chihuahua-fox terrier mix, had a "hard year" his guardian, Jennifer Claussen of Reston, said. Pal has just gotten off a feeding tube.

Faith and Daniel Dougherty of Great Falls carried with them urns with the remains of their two much-loved sheepdogs, Miss Fancy Pants and Thundercloud, both around 9 years old when they died. "Just to know they're in the comforting hands of the Lord who created all of us" is why the Doughertys brought their pets' ashes to be graced by the hand of God, Faith Dougherty

said. "We tell funny stories about them. They've been with us through everything."

The blessings program began with a welcome from Antioch volunteer Shirley Elliott, who greeted guests—human and canine—and hosted the gift table. Rev. Beeman offered a prayer for the pets and their families and led the guests in a song dedicated to "all creatures." After a reading of Psalm 104:10-25, Beeman invited each guardian and pet to come up for an individual blessing. Guardians repeated a commitment vow, a pledge to care for the pet entrusted to the guardian. When all the pets had been blessed, Beeman closed with a blessing prayer, whose words included, "We ask you, Lord, that we may be good to our pets always, so that they may be happy also. Help us always to take care of them so that they will be healthy."

Elliott gave out the blessing cards and the medals. Maybe, next year, they will accept donations that will be sent to an animal rescue organization. For now, the church is happy to be providing a service to families touched by a pet's companionship or by the memory of a beloved pet.

"To us, they're still alive," said Daniel Dougherty, speaking of the pets who died in 1995 and 2008. "We talk about them all the time."

Faith Dougherty had a response for those who question that animals have souls. "God wouldn't have created a living thing without a soul."



To each pet, Reverend Randy Beeman said, "... You are cherished and treasured. Receive the love of your creator and your kindred creatures." Reverend Beeman bestows a blessing on Chance, companion to Nan Sanders of Vienna.



Pal, a Chihuahua/fox terrier mix, had a "hard year" physically, said his guardian, Jennifer Claussen of Reston.



Faith and Daniel Dougherty of Great Falls brought the remains of their two sheepdogs to be blessed. Daniel Dougherty said the couple feels the dogs are still "alive" in their hearts.



Reverend Randy Beeman bestows a blessing on Topper, now deaf, who was adopted from an Iraq war veteran by Dawn and Steve Dailey of Vienna. Topper knows sign language.

# Two Races, Four Candidates

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

BY MICHAEL LEE POPE  
GAZETTE PACKET

**N**orthern 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 5

# Maplewood Grill Continues Fine Dining Tradition

Father and son keep local restaurant part of community.

BY DONNA MANZ  
THE CONNECTION

**T**he years that Chef Paul Kuchler spent at the sides of the classical chefs who worked his father's kitchen at Le Canard paid off.

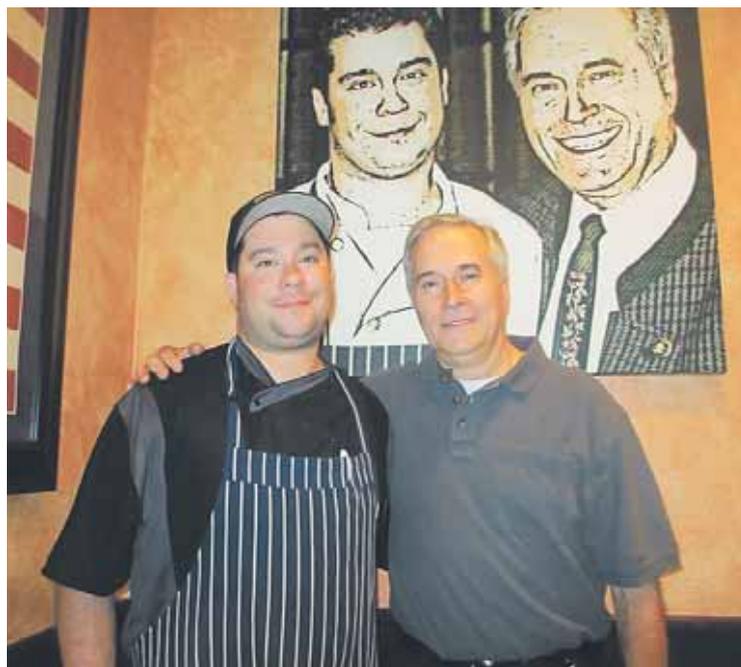
Kuchler now is co-owner and head chef of Maplewood Grill, designing the menu, perpetuating some of Le Canard's traditional recipes, refining new signature dishes and overseeing the kitchen details of Maplewood Grill. It was Marcel Kuchler's idea to reinvent his French restaurant as one with a contemporary American spin and his son Paul took off with the concept.

"We try to create a place where people come to relax, enjoy themselves, listen to live music, while receiving the most professional service and first-class food," said Maplewood Grill co-owner, Marcel Kuchler.

Paul Kuchler was just 6 years old in 1985 when his parents opened Le Canard in Vienna, a French restaurant serving classical French cuisine. His father Marcel was a fixture in the dining room, charged with ensuring his guests were served high-quality dishes with gracious professional service. Le Canard is gone now, as is the classic French cuisine, but the Kuchlers maintain the same high degree of guest service and fine dining with a contemporary American accent.

"This was my chef school over my lifetime," said Chef Paul, who recently turned 34 years old. "I worked with about five different classical chefs, so, I learned things from each of them, some good, some bad, but I took the best from each of them."

When he was legally old enough to work in the restaurant, Chef Paul started off as a dishwasher, and, two years later, was promoted to salads. Each step of the ladder, he learned more about the business, about the kitchen, about food preparation and cooking.



PHOTOS BY DONNA MANZ/THE CONNECTION

**Maplewood Grill, co-owned by father and son Marcel and Chef Paul Kuchler, is one of Vienna's most community-spirited businesses.**

**"This was my chef school over my lifetime ... I worked with about five different classical chefs, so, I learned things from each of them, some good, some bad, but I took the best from each of them."**

**—Head Chef Paul Kuchler, Maplewood Grill**

"Nobody gave me anything even though my father owned the restaurant," said Chef Paul. "I still had to work my way up. My dad loved me and wanted the best for me, that's how I learned the business."

**CHEF PAUL** does not cut corners in his preparation; that's not the way he was taught.

The Bordelaise sauce that tops one of the restaurant's popular dishes, filet mignon, is made from scratch.

Chef Paul makes his Bordelaise sauce, the "mother" sauce, the old-fashioned way. It's a two-day project, from roasting veal bones to roasting vegetables, deglazing with wine and combining veal stock. He could buy demi-glace, he says, but he and Marcel insist there is no substitute for the authentic base.

The onion soup recipe goes back to Le Canard. Calf's liver and escargot remain on the menu. "A lot of people really like our schnitzel," said Marcel.

But Chef Paul kicked up the verve with local products, seasonal

produce and creative mergers of flavors.

"When tomatoes are at their peak, that's when we incorporate tomatoes into our menu, such as tomato and mozzarella salad. We buy as much locally-sourced as we can."

The corn is local and the crabs come from Chesapeake Bay. Now that the Vienna Farmers Market has opened for its season, Chef Paul shops there for fresh spring produce.

Maplewood Grill's shrimp and crab poppers won "best of Vienna" appetizer on a Vienna Patch poll in 2012. The kitchen team is flexible with food requests, too. Chef Paul said the restaurant can make many dishes that usually have meat or fish vegetarian. "There are a lot of options. We can make risotto with fresh vegetables, especially now with all the local vegetables coming in."

On most nights, there is live music at Maplewood Grill, something unique in Vienna. It's a go-to place before Wolf Trap concerts and luncheons. The interior's con-

figuration lends itself to groups while not intruding on other diners.

The terrorist attacks of September 11 impacted business and it was out of economic prudence that Paul moved from sous chef to head chef. Paul was just 21 at the time but he proved his capabilities to his father, and, two years later, Marcel gave Paul part of the business. It was still Le Canard then. He and dad Marcel co-own and run Maplewood Grill together.

Le Canard served its last dinner on New Year's Eve, 2008. The restaurant closed on January 1, 2009, for a two-month renovation. Their scheduled reopening, set for March 1, was delayed by a snowstorm and Maplewood Grill was born on March 3, 2009. In four years, the Maplewood Grill is ensconced in community life.

**THE CROWD**, Paul and Marcel Kuchler say, is younger and is more of a Vienna clientele than when the restaurant was Le Canard and more formal and cosmopolitan.

"One of the things we noticed when we changed to Maplewood Grill is that we became a bigger part of the community," said Paul. "So, we feel a sense of commitment to the community, and our success depends on the community supporting us. We give back as much as we can."

Maplewood Grill donates to school and nonprofit clubs' fundraisers. They sponsor a Vienna Little League team and a Babe Ruth team. This fall, Maplewood will become a sponsor for Vienna Youth Football, as well. Whether it's Vienna's Oktoberfest celebration or Taste of Vienna, you see Maplewood's participation. Their Oktoberfest offerings include traditional German dishes—which is distinctive for Vienna's Oktoberfest.

Marcel Kuchler is no less a visible presence nowadays at Maplewood Grill than he was when the restaurant was Le Canard. He's been in "this business" since he was 14 years old, and doesn't see a near future that doesn't include working at the restaurant. "I'm not the kind of guy to retire," said Marcel. "It's a part of my life."

"I enjoy working here. I don't know what I'd do without the restaurant."

## WEEK IN VIENNA

### Hit and Run Crash on W&OD Trail

A 65-year-old Vienna man was riding his bicycle on the W&OD Trail when he was struck by a motorist who was driving her car on the trail.

The victim suffered serious injuries after being struck by a 2005 Toyota that was being operated at a reportedly high rate of speed on the trail at around 8:30 p.m. on Saturday, June 1.

The car came up from behind the cyclist and, reportedly, without slowing, struck the bicycle in the rear. The victim was thrown from the bike and landed on the shoulder of the trail.

The vehicle continued on the trail and into the Town of Vienna where it was observed by a Vienna Police officer as it headed toward Tysons Corner. The officer had heard the lookout for the reckless driver and pulled it over in the 300 block of Maple Avenue.

The driver, a 28-year-old McLean woman, was transported to the Vienna Police Station and charged with driving while intoxicated. She was subsequently taken to the Adult Detention Center where Fairfax County Police charged her with felony hit and run.

During the incident, Vienna Police received numerous calls from concerned residents who were almost struck and had to jump out of the motorist's way to avoid collision. It is believed the vehicle entered the trail in the Reston area; traveling approximately a 5-mile distance.

### Sensational Summer Strategies

Sensational Summer Strategies will be presented by Assistive Technology Services on Friday, June 7, from 10 a.m. to noon at Dunn Loring Center for Parent Services. The free workshop will teach young participants how to create e-books, make PowerPoint digital photo albums, use templates for pop-up books and much more. All participants will be given a free CD of resources. For more contact information visit <http://www.fcps.edu/cco/prc/resources/events>.

# 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 gradu-

ate 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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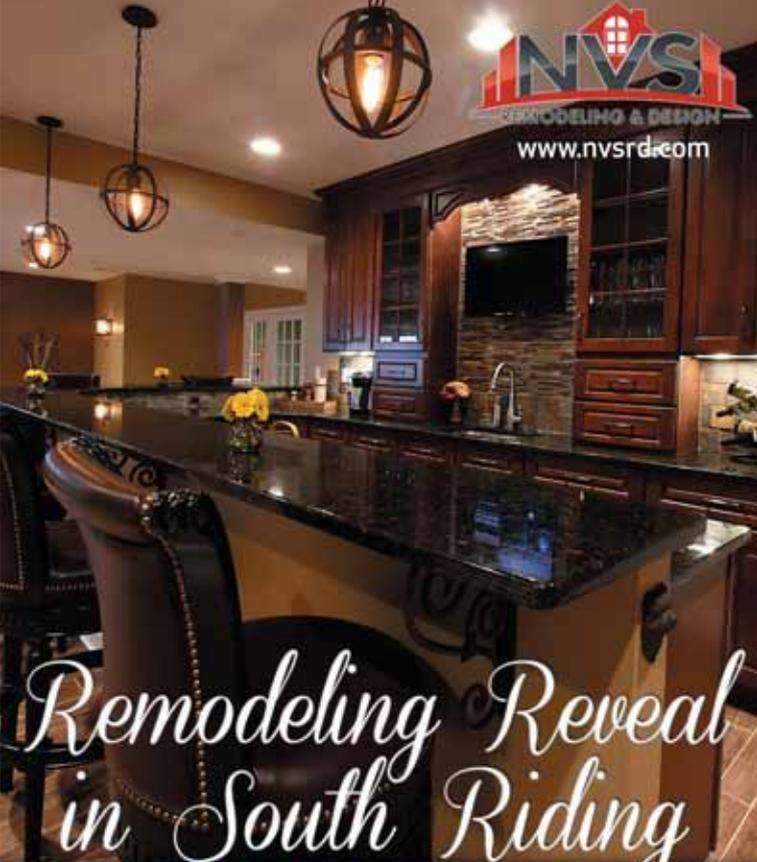
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# OPINION

## 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 works. 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,  
Angel Fund  
Centreville

Vienna & Oakton  
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# BULLETIN BOARD

To have community events listed in the Connection, send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

## WEDNESDAY/JUNE 5

**McLean Community Center Governing Board Meeting.** 7:30 p.m., McLean Community Center, 1234 Ingleside Ave., McLean. MCC's outgoing 2012-2013 board will hold its last meeting, which will be immediately followed by the first meeting of the incoming 2013-2014 board. [www.mcleancenter.org](http://www.mcleancenter.org).

**The Pitch and Networking Skills Workshop.** 7:30-9:30 p.m., Unity of Fairfax in Oakton, 2854 Hunter Mill Road, Oakton. The workshop will focus on how participants can improve their "elevator pitch" in a professional setting and learn how to network with others in order to be successful. [Uoffjobsearch@gmail.com](mailto:Uoffjobsearch@gmail.com) or [www.unityoffairfax.org](http://www.unityoffairfax.org).

## THURSDAY/JUNE 6

**Reception, Author Talk & Book Signing with Becky Shambaugh.** 6-9 p.m. at The Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. Enjoy wine & hors d'oeuvres, networking and an informative book talk followed by book signing with Becky Shambaugh as she discusses her new book on integrated leadership. \$89 (includes book, wine, food and more). [www.thewomenscenter.org](http://www.thewomenscenter.org) or 703-281-2657 ext. 205.

## SATURDAY/JUNE 8

**Historic Vienna, Inc. Used Book Sale.** 9 a.m.-4 p.m., Vienna Community Center, 120 Cherry St. S., Vienna. The sale includes thousands of books in many categories and all proceeds benefit Historic Vienna, Inc. 703-938-5187 or [www.historicviennainc.org](http://www.historicviennainc.org).

**The Vienna Farmers Market** located at 301 Center St. S., the Faith Baptist Church parking lot in Vienna, is hosting special events for children from 8 a.m. to noon. TJ Michaels will be creating balloon artistry for the children. In addition, on the church front lawn there will be games for the children courtesy of the Faith Baptist Church including sack races, hula hoops, egg toss, ring tosses etc. The market is sponsored by the Optimist Club of Greater Vienna. For more information visit [www.viennafarmersmarket.com](http://www.viennafarmersmarket.com) or Facebook Vienna-Farmers-Market.

**The Targeted Job Search.** 10 a.m.-noon, at The Women's Center, 127 Park St. N.E., Vienna. Come discover the best way to approach your job search from an expert with over 25 years of experience helping people get the job they want. \$35, \$25 for members. [www.thewomenscenter.org](http://www.thewomenscenter.org) or 703-281-2657 ext. 276.

**Jammin' Java Mid-Atlantic Band Battle Registration.** 227 Maple Ave. E., Vienna. Application deadline for the popular Jammin' Java Mid-Atlantic Band Battle. Preliminary dates are July 1, July 2, July 3, July 5 and finals are on August 23. 707-580-2692 or <http://ht.ly/lvMow>.

## SUNDAY/JUNE 9

**The 16 Inner Arts Series: The Art of Remaining Contented and Happy.** 11:30 a.m.-1 p.m., 8020 Georgetown Pike, McLean. Join for a workshop on the power of being contented and remaining in a positive state of being. <http://www.eventbrite.com/event/6199164869>.

**Historic Vienna, Inc. Used Book Sale.** Noon-5 p.m., Vienna Community Center, 120 Cherry St. S., Vienna. The sale includes thousands of books in many categories and all proceeds benefit

Historic Vienna, Inc. 703-938-5187 or [www.historicviennainc.org](http://www.historicviennainc.org).

## MONDAY/JUNE 10

**Family Abuse: What It Is & What Can You Do.** 6:30-9:30 p.m., at The Women's Center, 127 Park St. N.E., Vienna. Learn to identify and effectively deal with the pattern of coercive behaviors associated with family abuse. free; registration required. 703-281-2657 or [www.thewomenscenter.org](http://www.thewomenscenter.org).

## TUESDAY/JUNE 11

**Anger Management for Women.** 7-9 p.m. at The Women's Center, 127 Park St. N.E., Vienna. If managed inappropriately, anger is likely to negatively affect physical and mental health. Repressed anger can disrupt relations, affect thinking and behavior patterns, and create a variety of physical problems. \$150, \$140 for members. 703-281-2657 ext. 276.

## WEDNESDAY/JUNE 12

**P.S. McLean Toastmasters Club Open House.** 6:45 p.m. at the McLean Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Learn how to be a better communicator and leader; buffet available. <http://2489.toastmastersclubs.org>.

## THURSDAY/JUNE 13

**How To Use Creative Writing for Daily Clarity and Focus.** 10 a.m.-noon, at The Women's Center, 127 Park St. N.E., Vienna. Through this experiential and hands-on workshop, learn how to identify triggers and roadblocks that throw you off center, as well as tools to develop a daily writing practice that will support you in your efforts to be clear on what you want and help you achieve your goals. \$35, \$25 for members. 703-281-2657 ext. 276 or [www.thewomenscenter.org](http://www.thewomenscenter.org).

## SATURDAY/JUNE 15

**Shredding Event.** Noon-4 p.m., at Westbriar Elementary School, 1741 Pine Valley Drive, Vienna. Shredding starts at 1 p.m., provided by local realtor Jeff Wu; a Food For Others truck and the Salvation Army will be present to accept donations of food and personal/household goods. [www.ShredFedBed.com](http://www.ShredFedBed.com).

**Fairfax Court Appointed Special Advocates (CASA) Information Session.** 11 a.m.-noon, Thomas Jefferson Library, 7415 Arlington Blvd., Falls Church. Come learn more about advocating for abused or neglected children. 703-273-3526, x22 or [ekosarin@casafairfax.org](mailto:ekosarin@casafairfax.org).

## SUNDAY/JUNE 16

**The 16 Inner Arts Series: The Art of Serving and Helping.** 11:30 a.m.-1 p.m., 8020 Georgetown Pike, McLean. Join for a conversation on the art of serving and helping. <http://www.eventbrite.com/event/6199225049>.

## THURSDAY/JUNE 27

**Full Recovery, Chronic Pain and Depression Lecture.** 7 p.m., Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Dr. Gary Kaplan, DO will discuss depression and pain from a neurophysiology perspective and why people stay in pain. 703-356-0770.

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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](http://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 [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://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](http://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](mailto: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](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](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](http://www.wolftrap.org/Filene_Center.aspx).

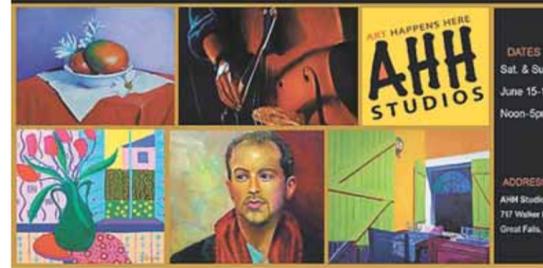
**3rd Annual SHARE FOODRAISER.** 4-5:30 p.m., Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. A Talent Show designed to bring in food for SHARE - your local food pantry, and showcase local talent during the summer months when donations tend to be low. [www.shareofmclean.org](http://www.shareofmclean.org).

### 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](http://www.ViennaArtsSociety.org).

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"Braided River," watercolor, by Helen Dilley Barsalou, is among the works in the "Water, Water, Everywhere" exhibit, at the Vienna Arts Society Gallery, open Tuesdays through Saturdays, 10 a.m.-4 p.m., through July 13.

### 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](http://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](http://www.riverbendopera.com) or <http://www.brownpapertickets.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](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 Lips are Sealed." The Psychedelic Furs, an English post-punk/new wave band perform as special guest. \$25-\$42. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Code 20: Proceed to Improv.** 7-9 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Studio Rep, the only professional teen repertory company in the McLean area, hosts an ongoing event where high school students and adults can watch comedy, join in improv games, perform at an open mic and enjoy entertainment from some of Washington's best improv groups. 703-744-9353 or <http://bit.ly/14Tgz52>.

**Batik Demonstration.** 7:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Artist Carol Higgs uses melted wax resist and brilliant colors to paint semi-abstract images on fabric and paper. 703-319-3971 or [www.ViennaArtsociety.org](http://www.ViennaArtsociety.org).

### FRIDAY/JUNE 14

**Celtic Woman.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Celtic Woman, comprised of Chloë Agnew, Lisa Lambe, Susan McFadden and Máiréad Nesbitt, returns with their take on modern and traditional songs. \$25-\$55. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**Four Star Combo.** 6:30 p.m., on Vienna Town Green, 144 Maple Ave. E., Vienna. Four Star Combo plays 1950's rock, with Honky Tonk. 703-255-6360 or [www.viennava.gov/index.aspx?NID=879](http://www.viennava.gov/index.aspx?NID=879).

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## Here's What's Happening at MCC



Old Firehouse Teen Center  
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Friday, June 7, 7-10 p.m.  
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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

The McLean Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)  
Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)

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Andrea Shao-yin Li of Vienna (third from right), a junior at Thomas Jefferson High School, was awarded The Governor's Award and Grand Prize First Place at the 28th Annual Virginia State Science and Engineering Fair held on April 6 at Virginia Military Academy in Lexington, Virginia.

## Vienna Student Receives Governor's Award, Grand Prize

Andrea Shao-yin Li of Vienna, a junior at Thomas Jefferson High School, was awarded The Governor's Award and Grand Prize First Place at the 28th Annual Virginia State Science and Engineering Fair held on April 6 at Virginia Military Academy in Lexington, Va.

More than 280 projects that won category first place at each of the 18 regional fairs held in early spring presented their projects at the annual state science and engineering fair.

On behalf of Gov. Robert F. McDonnell, Virginia's Secretary of Technology James D. Duffey, Jr. pre-

sented the award to Andrea, recognizing her project titled "Interferon-a 2b: Targeting the STAT1 Pathway and Minimizing Breast Cancer and Leukemia Cell Proliferation."

The project investigated the potential of interferon as an effective treatment option for breast cancer and demonstrated that an optimal treatment concentration exists for leukemia, in consideration of the anti-proliferation STAT1 pathway.

This summer Andrea plans to continue the biomedical research she conducted at her school in the National Institutes of Health Research Program.

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

**Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer, both of which will include children's sermons. 703-356-3346.

**Unitarian Universalist Congregation of Fairfax**, 2709 Hunter Mill Road, Oakton, offers a rich and unique Religious Exploration (RE) program for all children, from pre-K toddlers through high school seniors, emphasizing exploration of all religious traditions while developing a personal spiritual path. Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by calling 703-281-4230.

**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday school for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-281-4230.

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- Assembly of God*  
Vienna Assembly of God ... 703-938-7736  
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Baha'i Faith for Northern Virginia ... 703-821-3345
- Baptist*  
Global Mission Church ... 703-757-0877  
Peace Baptist Church ... 703-560-8462  
Bethel Primitive Baptist Church ... 703-757-8134  
Cartersville Baptist Church ... 703-255-7075  
Fellowship Baptist Church ... 703-385-8516  
First Baptist Church ... 703-938-8525  
The Light Mission Church ... 703-757-0877  
Vienna Baptist Church ... 703-281-4400  
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- Church of the Brethren*  
Oakton Church of the Brethren ... 703-281-4411
- Catholic*  
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Church of the Holy Cross ... 703-698-6991  
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Jehovah's Witnesses ... 703-759-1579
- Lutheran*  
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- Methodist*  
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- Presbyterian*  
Grace Orthodox Presbyterian Church ... 703-560-6336  
Korean Central Presbyterian ... 703-698-5577  
Vienna Presbyterian ... 703-938-9050
- Quaker*  
Langley Hills Friends ... 703-442-8394
- Seventh-Day Adventist*  
Northern Virginia Christian Fellowship ... 703-242-9001  
Vienna Seventh Day Adventists ... 703-938-8383
- Unitarian Universalist*  
Congregation of Fairfax ... 703-281-4230
- United Church of Christ*  
Emmaus United Church of Christ ... 703-938-1555
- Unity*  
Unity of Fairfax ... 703-281-1767



## NEWS

### Sergeant Thomas M. Taylor Graduates From Leadership in Police Organizations Program

On May 24, 2013 Sergeant Thomas M. Taylor graduated from the fourth session of the Leadership in Police Organizations program. The program was held in conjunction with the Fairfax County Criminal Justice Academy.

The Leadership in Police Organizations (LPO) training program is based on a behavioral science approach to leadership. The original course material was developed and taught for many years at the U.S. Military Academy at West Point.

The three-week course is the focus on the systematic development of leaders at all levels of an organization. The concept is “every officer is a leader.”

Sgt. Taylor has been a police



PHOTO CONTRIBUTED

**From left, Deputy Chief Michael R. Miller and Sergeant Thomas M. Taylor.**

officer with the Vienna Police Department since 1999. He is currently assigned to the patrol division as a squad supervisor.

## Social Life of 20s Revisited

### Flint Hill High School's performance of "The Boy Friend."

BY KATY RINAMAN  
TEENS AND THEATRE  
HOMESCHOOL PROGRAM

Throwing themselves and the audience back into the jiving time of the 1920s, Flint Hill High School performed “The Boy Friend” on May 3. The show focused on the social lives of the youth of the ‘20s, and kept the story line hopping with time period accurate music and well sung musical numbers.

“The Boy Friend” premiered 60 years ago in London, and made its way to Broadway in just a year. Sandy Wilson’s creation was also the stage debut for renowned actor Julie Andrews. Sandy Wilson also wrote a musical sequel to this Roaring 20s hit that depicted the rougher times of the 30s, titled “Divorce Me Darling!”

Flint Hill High School boldly took on the period piece and made their show accurate to the time with costumes, music and dancing. Bravely taking on some classic ballroom dance numbers, the cast displayed the moves accurately. Completing the picture with some dainty

vocals, the production brought the audience back to bouncy 20s buzz.

The charming Polly Brown, played by Keeley McLaughlin, was a bright character with solid characterization and sweet vocals. McLaughlin pulled the weight of the storyline with ease and balanced the parody displayed by the majority of the characters. Playing opposite McLaughlin, John Osborn played the heart-warming love interest of Tony. This duo kept the roaring, satire train of a show on its feet. One of the bigger comedians of the show, Maisie, played by Grace Cleland, kept in playful and flirtatious character just enough to keep the audience giggling at her sporadic decisions. Notably, Charlotte Sadar did a beautiful tango with Colbey Davies. Although their dance was supposed to be an over-the-top parody within itself, it was impressively executed and the comic timing was spot on.

Rounding off the school year with “The Boy Friend,” Flint Hill High School’s theater department rewound the theater back 90 years with great enthusiasm and success.

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**THE CONNECTION**  
NEWSPAPERS





PHOTO BY LOUISE KRAFFT

Members of the Oakton boys' soccer team celebrate during their victory over Mount Vernon in the Northern Region championship game on May 31.

## Cougars Prey on Majors in Region Championship Game

Oakton's Ollen tallies one goal, two assists in 3-1 victory.

ANDREW MINER  
THE CONNECTION

There is a reason why senior midfielder Patrick Moore is the unquestioned leader of the Northern Region champion Oakton boys' soccer team and a reason why coach Todd Spitalny was named Northern Region Coach of the Year. That reason was evident and palpable based on their respective actions in the 59th minute of the Northern Region championship game, which the Cougars won, 3-1, over Mount Vernon.

Oakton defender Eddie Gerow went for a fifty-fifty ball with his head. Mount Vernon senior midfielder Patrick Sedjro went for the ball with his foot; somewhere in the field along the left sideline near the Cougar bench lay a tooth—one missing from Gerow's mouth.

Spitalny depicted the scene: "The kid lifted his boot up and got Eddie right in the mouth. Our kid never ducked his head, [Sedjro] lifted his boot right in his mouth, chipped and broke [Gerow's] tooth and you can't allow that stuff to go, you just can't."

**THE MULTIPLE ENSUING CONVERSATIONS** on the field between the referee, Moore and Spitalny were as fierce as the blistering heat that accompanied a 4 p.m. start time. There was a foul called and a free kick granted to Oakton. However, Spitalny wanted a more severe penalty on what looked like an accidental kick to the face, with the Cougars holding a three-goal lead. Moore pleaded with his coach to let it go shouting "Todd, Todd, Todd" yet the head official already pulled Spitalny aside for a conversation. Later, Moore explained his perspective: "I felt it was a foul, but not as bad as our coach was asking for. The ref blew it out of proportion; it's hot outside and I just wanted to get the play back on."

The official then had Gerow leave the game to receive treatment. Moore disagreed with the decision to have Gerow leave the pitch saying, "I've actually broken my tooth the exact same way, but [Gerow] didn't even need to come off. It's just a broken tooth, he'll be better, go to the dentist, he found his tooth, so everything will be fine."

Spitalny further defended his stance by explaining, "we're a family here, always have been and always will be."

That family, with the 3-1 victory over the Majors, won their first regional championship since 1999. As Moore put it, the regional title "is no easy feat, but in the end it's just a stepping stone to what we really want to accomplish, which is states."

What turned out to be a toothless frenzy contained all of the drama in an otherwise clear-cut championship game that was decided early on. Oakton outshot the Majors by a 2-1 ratio in the first half. They took an early 2-0 lead seven minutes into the game and scored both of the goals in a 57-second span. In the sixth minute, senior midfielder Ollen crossed the ball into the box that fellow senior and forward Jared Schulman buried in the back of the net. Less than a minute later, Ollen, who missed eight games with a concussion, scored his first goal of the season after finding a ball played in the middle by Moore.

**THE COUGARS** faced Northwest Region runner-up Broad Run in the state quarterfinals on Tuesday, June 4 after the Connection's deadline. Oakton entered the game with a 17-0-2 record.

In the 44th minute of the region final, Ollen played another cross that found junior Cisse's foot and then worked its way into the goal. The two squads then traded fouls and throw-ins for the remainder of the game; a couple of offside penalties kept it a 3-0 deficit for the Majors. A crazy goal from Mount Vernon junior midfielder Erik Villanueva off a rebound from a shot that bounced off the right post made it a 3-1 game, but it was too little too late for the Majors.

Three more wins and the Cougars will accomplish their fourth and ultimate goal of a state championship. Spitalny praised the seniors, who "busted their [butts] for four years" in order to get to a point where "if we go out and play the way we can, I honestly believe that there is not a team in the state that can beat us. We haven't had that game yet, it might be coming, but you never know how it's going to work out, you just have to keep battling and fighting and see what happens."

For the Cougars, it may result in the state title.



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

With 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."

# HOME SALES

In April 2013, 132 homes sold between \$1,850,000-\$194,900 in the Vienna and Oakton area. This week's list represents those homes sold in the \$347,000-\$194,900 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Subdivision
9480 VIRGINIA CENTER BLVD #11	2	2	0	VIENNA	\$347,000	Garden 1-4 Floors	ACADIA		
2726 GALLOWS RD #1209	1	1	0	VIENNA	\$322,500	Hi-Rise 9+ Floors	WILTON HOUSE		
10300 BUSHMAN DR #110	3	2	0	OAKTON	\$312,000	Garden 1-4 Floors	TREBROOKE		
10126 OAKTON TERRACE RD #10126	2	2	0	OAKTON	\$307,000	Garden 1-4 Floors	THE OAKTON		
10069 OAKTON TERRACE RD #10069	2	2	0	OAKTON	\$300,000	Garden 1-4 Floors	THE OAKTON		
10204C ASHBROOKE CT #11	2	2	0	OAKTON	\$295,000	Garden 1-4 Floors	TREVOR HOUSE		
9490 VIRGINIA CENTER BLVD #445	1	1	0	VIENNA	\$285,000	Mid-Rise 5-8 Floors	MARQUIS AT VIENNA STAIN		
2928 JERMANTOWN RD #14	3	2	2	OAKTON	\$280,000	Townhouse	TREBROOKE		
10194C ASHBROOKE CT #119	2	2	0	OAKTON	\$274,000	Garden 1-4 Floors	TREVOR HOUSE		
10210 BUSHMAN DR #313	2	2	0	OAKTON	\$268,000	Garden 1-4 Floors	VISTAS OF VIENNA		
2711 BELLEFOREST CT #207	2	2	0	VIENNA	\$265,000	Mid-Rise 5-8 Floors	WESTBRIAR		
3178 SUMMIT SQUARE DR #3-B1	2	2	0	OAKTON	\$262,400	Mid-Rise 5-8 Floors	FOUR WINDS AT OAKTON		
2791 CENTERBORO DR #177	1	1	0	VIENNA	\$261,000	Garden 1-4 Floors	MARQUIS AT VIENNA STAIN		
2619 GLENGYLE DR #94	3	1	1	VIENNA	\$255,100	Townhouse	MOSBYS LANDING		
2623 GLENGYLE DR #96	2	1	1	VIENNA	\$250,000	Townhouse	MOSBYS LANDING		
10036 OAKTON TERRACE RD #10036	2	1	0	OAKTON	\$242,000	Garden 1-4 Floors	THE OAKTON		
218 LOCUST ST SE #145	2	1	0	VIENNA	\$242,000	Garden 1-4 Floors	PARK TERRACE		
10045 OAKTON TERRACE RD #10045	2	1	0	OAKTON	\$235,000	Garden 1-4 Floors	THE OAKTON		
10300 APPALACHIAN CIR #304	2	1	0	OAKTON	\$235,000	Garden 1-4 Floors	FOUR WINDS AT OAKTON		
204 PARK TERRACE CT SE #24	2	1	0	VIENNA	\$221,000	Garden 1-4 Floors	PARK TERRACE		
2726 GALLOWS RD #1302	0	1	0	VIENNA	\$215,000	Hi-Rise 9+ Floors	WILTON HOUSE		
10029 OAKTON TERRACE RD #10029	1	1	0	OAKTON	\$201,000	Garden 1-4 Floors	THE OAKTON		
10044 OAKTON TERRACE RD #10044	1	1	0	OAKTON	\$198,000	Garden 1-4 Floors	THE OAKTON		
202 PARK TERRACE CT SE #19	1	1	0	VIENNA	\$197,000	Garden 1-4 Floors	PARK TERRACE		
10302 APPALACHIAN CIR #8-106	1	1	0	OAKTON	\$194,900	Garden 1-4 Floors	FOUR WINDS AT OAKTON		
10302 APPALACHIAN CIR #8-212	1	1	0	OAKTON	\$194,900	Garden 1-4 Floors	FOUR WINDS AT OAKTON		

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**Reston Hospital Center Scholarship recipients are pictured with John Deardorff, president and CEO of Reston Hospital (far right) and Dr. Gary Fialk, chairman of the Department of Surgery (far left): (First row) Brittany Wilkins, Jona Qori, Jenna Frawley, Tommy Reyes, Hanna Mitchell and Jocelyn Albarracin; and (second row) Priscilla Fiores, Madeline Farmer, Jon Hochstein, Jenny Chau, Melissa Guidry, Debbie Ledezma, and Margaret Sabo.**



## Reston Hospital Center Awards County Students Scholarships

Reston Hospital Center awarded scholarships to 11 Fairfax County High School seniors in recognition of their academic excellence and excitement for pursuing a career in healthcare.

John Deardorff, president and CEO of Reston Hospital Center, said at the award ceremony that he was delighted to support the students, all of whom are looking to further their interest and education in the healthcare field.

Each year the medical staff at Reston Hospital Center offers \$15,000 in scholarships to local high schools. This year, McLean, Chantilly and Westfield were added to the list of high schools that receive

the scholarship. For the past 15 years, Reston Hospital Center has awarded more than \$200,000 in academic scholarships to students in Northern Virginia.

The recipients of the Reston Hospital Center medical staff scholarships are: Montserrat Alvarez, Herndon High School; Jenny Chau, Westfield High School; Madeline Farmer, Oakton High School; Priscilla Fiores, South Lakes High School; Syed Hossain, Herndon High School; In Ah Jung, Langley High School; Debbie Ledezma, McLean High School; Hanna L. Mitchell, James Madison High School; Jona Qorri, Chantilly High School; Tommy Reyes, South Lakes High School; and Margaret Sabo, Chantilly High School.

## SCHOOL NOTES

Send school notes to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com) by Friday.

The following Vienna students have made the dean's list at Bucknell University: **Elizabeth C. Gauf** of Vienna, daughter of Bernard and Cynthia Gauf of Vienna, and a graduate of James Madison High School; **Kathryn E. DeWeese**, of Vienna, daughter of Eugene and Randi DeWeese of Vienna and a 2012 graduate from Thomas Jefferson High School of Science and Technology; **Daniel W. Markwalter** of Vienna, son of Brian and Holland Markwalter, and a graduate in 2009 from Thomas Jefferson High School of Science and Technology; and **Alexander T. Wagner** of Vienna,

son of Frederick and Carol Wagner of Vienna, and a 2011 graduate of the Potomac School in McLean.

**Christie Sweet**, a sophomore from Vienna at Bridgewater College, made the dean's list for the 2013 semester.

Forty-four undergraduate researchers at the University of Virginia have been selected for the Harrison Undergraduate Research Awards, which allow them to conduct independent research projects during the summer of 2013. The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. A faculty senate committee selected the winners, who receive up to \$3,000.

Among the award recipients is

**LeeAnn Li**, 21, of Vienna, a fourth-year biomedical engineering major in the Engineering School, who is researching the endocrinology of obesity—specifically, how the key obesity hormone leptin crosses the blood brain barrier to exert its effects on appetite and metabolism.

**Kelly Weber**, the daughter of Billy and Judy Weber, of Vienna, received a Masters of Arts in history from Rice University in Houston, Texas, in 2012. The degree is the result of passing her comprehensive examination. She is now embarking on her dissertation on women and gender in the post-Civil War South. Weber is a graduate of James Madison High School and James Madison University.

## THIS IS "GRETCHEN"



After raising four of her own kittens and one orphan kitten she also took in, Gretchen is looking for a home to call her own. She's very laid back and her personality really shines when she has one-on-one time with people. If you're looking for a laid back feline addition to your family, Gretchen is looking for you.



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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

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### Chantilly

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### 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 FREE Realtor-represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or [donpark@connectionnewspapers.com](mailto:donpark@connectionnewspapers.com)

All listings are due by Monday at 3 P.M.

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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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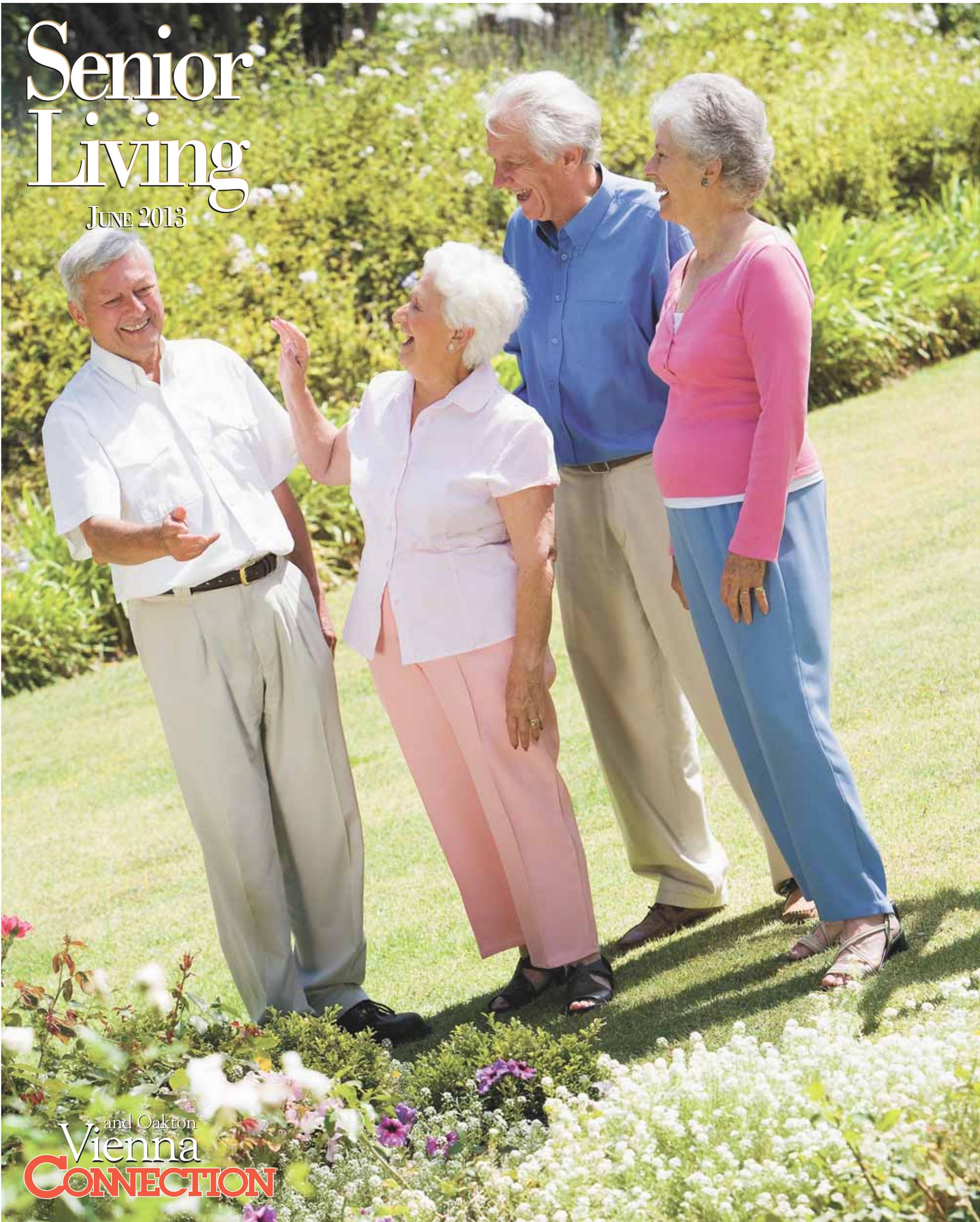
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# Senior Living

## Volunteering Gives Seniors a Sense of Fulfillment

Shepherd Center network provides opportunities for seniors to help seniors.

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," 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



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.

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



PHOTO COURTESY OF LISA CARROLL/SCFBVA

**Barry Wickersham of Fairfax City serves as vice-chair of the Board of Directors of Shepherd's Center of Fairfax-Burke. He turned a 38-year career in intelligence work into a volunteer commitment.**

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

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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# 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.

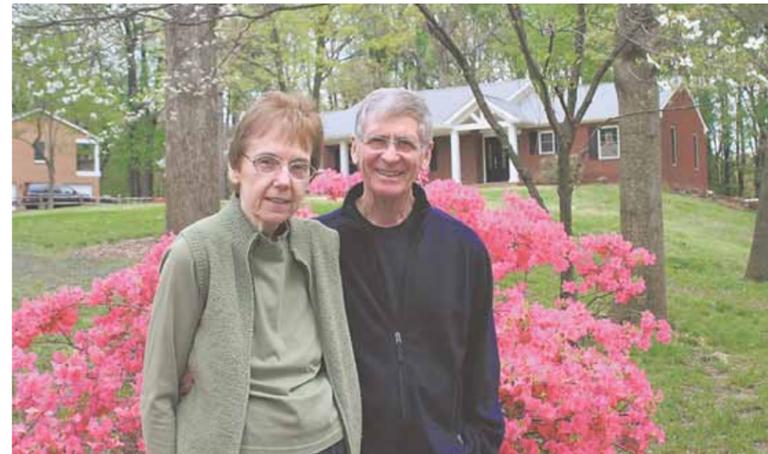
For instance: what was the appropriate size and performance capability of a home generator adequate for powering the substantially enlarged home the Rogers now envisioned?

"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](http://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

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 go-



ing 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.

## 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 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, var-

ied 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 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.



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.



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