Five-and-a-half-year-old Evy Carroll, in blue sweatshirt, was diagnosed with cancer when she was 22 months old. With Evy is her twin, Stella, her baby sister Catherine, and parents Brian and Jill Carroll. Jill said the family is grateful for all Growing Hope did for them when Evy was undergoing treatment.
Inova is the only local health system with all five of its hospitals ranked among the DC region’s top 15 by U.S. News & World Report.

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No matter where you live in the Washington, DC area, you can trust that world-class healthcare is just right around the corner at any one of Inova’s five hospitals. U.S. News & World Report has also ranked Inova Fairfax Hospital the #1 hospital in the DC area for the second straight year, and it’s the only hospital in the region to be ranked among the nation’s best in women’s and children’s care.

At Inova, we are leading the future of health. Learn more at novanews.org
Vienna Oktoberfest Brings Fun, Food and Gemütlichkeit on Oct. 5

Town Green and Church Street become festival grounds from 11 a.m. to 7 p.m.

By Donna Manz
The Connection

Vienna Oktoberfest, sponsored by the Vienna Business Association in cooperation with the Town of Vienna, runs Saturday, Oct. 5, from 11 a.m. to 7 p.m. in the historic Church Street corridor. The event kicks off at 11 a.m. with Rocknoceros on the Children’s Stage on the Town Green, and the School of Rock on the main stage in the Beer and Wine Garden. The Beer and Wine Garden will be open for entertainment and food at 11 a.m. and for beverage purchase at noon. The beer garden is cash only and an ATM will be available there.

Children’s Stage Entertainment Schedule:
❖ 11 a.m., Rocknoceros; Noon, Noland the Magician; 1 p.m., The Lone Ranger and his horse Silver; 2:30 p.m., Enshin Karate Demonstration; 3 p.m., Vienna Dance Academy;
Main Stage Entertainment Schedule:
❖ 11 a.m., School of Rock; 1 p.m., Sexton’s 11-Piece German Band; 4 p.m. Fat Chance

For more information, visit www.viennaoktoberfest.org.

In the tented biergarten, you can buy Bavarian and American food, drink Oktoberfest beer and listen to live music.

Community Comes To Town Green

Optimists’ event welcomes local children, cancer survivors.

O
vercast skies and cool-ish temperatures might have kept some people away from the Optimists’ fundraisers Family Fun Day and Walk for Growing Hope, but for those who came to jump in the bouncehouse, dunk Del. Mark Keam and Caffe Amouri owner Michael Amouri, and to bid on raffle and auction prizes, the time was well-spent.

Particularly so for the families with children once diagnosed with cancer, who welcomed the opportunity to say thank you to Growing Hope for supporting them, and to the Optimists of Greater Vienna for supporting Growing Hope. Activities and refreshments were free to the public.

Emily Knaisey’s strong arm had no trouble dunking Keam into the chilly tank of water. Emily said she comes because she had cancer herself.

“Growing Hope really helped our whole family,” said Debbie Knaisey, mother of former cancer patient Emily, now aged 10.

“It helped to make the children excited to come to the doctor’s office. The whole family was embraced.” Emily was diagnosed with leukemia when she was 4 years old and underwent two years of outpatient chemotherapy at Inova Fairfax Hospital’s pediatric oncology center. Debbie Knaisey said she and her daughter usually come by the Optimists’ fun day to say “hello” and make a donation.

Approximately half of Growing Hope’s operating budget is funded by the Optimists of Greater Vienna. Seventy-five percent of the funds that the Optimist Club of Greater Vienna raises on behalf of its childhood cancer campaign go to Growing Hope; the remainder is donated to Johns Hopkins pediatric oncology programs.

Growing Hope supports Northern Virginia families facing childhood cancer with educational resources, fun events and tools to ease the impact of the disease on the patient, siblings, parents and grandparents.

Growing Hope’s services are free.

The Vienna-area community came through with donations of time, refreshments and raffle gifts. Country-rock band Donaldson’s Run and face painter Angela McCall of Paint Me a Party accepted no fee. Pizza to fruit to drinks were provided by local restaurants and stores.

The Optimist Club of Greater Vienna operates Vienna’s Saturday farmers’ market and maintains the caboose that sits along the W & OD path. The club’s annual Christmas tree sale is its biggest yearly fundraiser, supporting projects and programs that target the community’s youth. Optimists Family Fun Day chairs Anna Ryjik and Susan Bauer estimate the club will have more than $28,000 present to Growing Hope on behalf of the 2013 childhood cancer research campaign.

To learn more about the Optimist Club of Greater Vienna, go to http://www.optimistclubofgreatervienna.org.

The Optimist Club of Greater Vienna meets the first and third Wednesdays of every month, starting at 7 p.m. at Marco Polo Restaurant in Vienna. New members are welcome at dinner meetings.

—Donna Manz

Vienna/Oakton Connection ● October 2-8, 2013 ● 3
An Oral Treatment Option for Relapsing Forms of Multiple Sclerosis (MS)

An informative event for people living with MS and their caregivers.

Heidi Crayton, MD
MS Center of Greater Washington
Thursday, October 17, 2013,
at 6:30 PM Eastern
Maggiano’s Little Italy
2001 International Dr., McLean, VA 22102

Space is limited. A light meal will be served.

To RSVP, please call 1-866-703-6293
or e-mail MSrsvp@ahmdirect.com

Event code: TR223587 (1059029)  MS.US.PO1497.0313

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❖
October 2-8, 2013
❖
www.ConnectionNewspapers.com

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

THURSDAY/OCT. 3
The Great Falls Memory Cafe will meet from 2-4 p.m. at Andrew Chapel United Methodist Church in Vienna. The memory cafe is a casual social meeting venue for those with progressive memory or cognitive impairment and their caregivers. Call Carol Blackwell 571-236-6933 for more details.

SUNDAY/OCT. 6
Blessing of the Animals 5 p.m., at St. John’s Episcopal Church, 6715 Georgetown Pike, McLean. A celebration of St. Francis of Assisi who is remembered for his love of animals, in which dogs, cats, birds, turtles, guinea pigs, goats, horses and any other creature may be blessed; treats are available for all. 703-356-4902 or www.stjohnsmclean.org.

WEDNESDAY/OCT. 9
AAUW Makes a Difference 7 p.m., at Patrick Henry Library at 101 E. Maple Ave., Vienna. The Vienna branch of the AAUW explains their support for pay equity, human and civil rights, and public education since 1881. 703-521-7499.

THURSDAY/OCT. 10
Great Falls Writer’s Group Noon-2 p.m., at the Great Falls Library (Large conference room), 9830 Georgetown Pike, Great Falls. The Great Falls Writer’s Group (GFWG) joins for in-depth discussion on the joys and challenges of writing, and how to make it more of a part of daily life. Great Falls author Kristin Clark Taylor leads the group discussion. Local writers and authors are invited to take part in the twice-a-month meetings. 703-757-8560.
Virginia’s Easy Access to Guns

A parent asks why background checks aren’t better.

By Ruth Hoffman

H ow do you respond to a 7-year-old when she comes home from school and says “we did our bad man drill today Mommy, but don’t worry it was just for practice, no one really came into our school to shoot us”?

After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was only after Sandy Hook that I had discovered that fact. So what else did I not know? As it turned out—plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year- and 3-year-old, at the time, I wanted to do what any mother would do and find out what happened in Newtown and as a mother of a 6-year-old, at the time, I wanted to know what the NRA is serving up which is a campaign of distraction to excuse the violence committed by possessing guns. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscar, Aura, Newtown and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed by possessing guns.

As far as seeking the right words to respond to my daughter’s declaration about their “bad man drills” — I haven’t found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

Honor Flight Network Brings 90 Veterans to WWII Memorial

Valerie Waddeleove

On Saturday, Sept. 20, mostly on the spur of the moment, I drove out to Dulles Airport to join my daughter and four of her children to greet WWII and Korean War veterans flown to Washington by the Honor Flight Network. My daughter had received an email earlier in the week from a homeschoo-ling friend to invite her to the event.

The Honor Flight Network is an organization that flies veterans to the nation’s capital to see the WWII Memorial—their memorial. The organization is less than 10 years old, but has already flown nearly 100,000 vets to D.C. for a visit, one they would probably not be able to do on their own, physically or financially. What’s remarkable, is that the veterans pay nothing for the trip.

Southwest Airlines, in particular, donates many of the tickets for this trip of a lifetime, and other donations help to pay expenses. Each veteran is accompanied by a “guardian” to ensure their safety and offer whatever assistance is needed to make the trip and to enjoy the visit to the memorial. In 2005 the first official Honor Flight mission began when six private planes flew 12 thrilled veterans free of charge to Manassas Airport from Ohio. The pilots accompanied the veterans via coach to the memorial. An idea which started with two dedicated individuals has withstood the test of time with two dedicated individuals has withstood the test of time.

The Honor Flight Network has regional hubs that accept applications from veterans and then fly them in groups to Washington. Sadly, their website reports, sometimes the veteran has passed away by the time his name comes up for a scheduled departure. Nevertheless, there is a long list of veterans who are eager to make this journey to WWII veterans and those terminally ill are given preference.

One of the Honor Flight coordinators at the airport announced that this was the biggest group that had ever turned out for an arriving flight at Dulles. Besides interested individuals, there were many groups: Girl and Boy Scouts of all ages, American Heritage Girls, Oakton cheerleaders, and a retired teacher. Among the groups were many: Girl and Boy Scouts of all ages, American Heritage Girls, Oakton cheerleaders, and a retired teacher.

Arriving veterans shook hands with the people, especially children.

Editors to discuss ideas and concerns, Call: 703-778-9410 e-mail: vienna@connectionnewspapers.com

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By Ruth Hoffman

The writer is a 27-year resident of Vienna, and a retired teacher.
Rauner Receives a Lifetime Achievement Award

Harold C. Rauner, president/CEO of The Business Bank, received the Dulles Regional Chamber of Commerce’s Lifetime Achievement Award on Friday, Sept. 6 at the Westin Washington Dulles Hotel and Resort in Herndon.

Harry Rauner is a graduate of George Mason University, where he received both undergraduate and master’s degrees in business administration with a major in finance and real estate. He began his banking career at the McLean Bank in 1974, where he held various positions to include senior vice president of loan administration and commercial loan officer. He left McLean Bank in early 1987 to organize the Heritage Bank of Northern Virginia where he served as president, CEO and director. Rauner left Heritage Bank to join The Business Bank in late 1994 where he assumed his current positions.

Rauner is the founding director and past president of the Rotary Club of Dunn Loring; a former director of the Community Foundation of Northern Virginia; and a former chairman of the board of the Community Bankers Bank, headquartered in Richmond. Currently, Rauner serves on the Boards of the Potomac Conservancy and the Greater Reston Chamber of Commerce. He is also a member of the George Mason University School of Management’s Advisory Board and serves on the Board of Governors for The Tower Club in Vienna.

The Business Bank, headquartered in Vienna, has been serving the needs of businesses and consumers of Northern Virginia for over 30 years. Additional information about The Business Bank can be found at www.TBBVA.com.
SALT forum gives candidates a chance to tell voters where they stand on social justice issues.

By Victoria Ross
The Connection

As the countdown to election day begins, most candidates are laser-focused on promoting themselves as the one who really does put jobs and the economy first. But one group also thinks voters should know where candidates stand on social justice issues when they go to the polls Nov. 5.

“Our elected officials have a great deal of influence on the common good, so it’s reasonable that we find out where candidates stand on these issues,” said John Horejsi, founder of SALT (Social Action Linking Together), a nonpartisan, faith-based advocacy group started in 1983.

“We’re here to see where candidates stand today,” said Horejsi at SALT’s annual candidates’ forum held at the Vienna American Legion Post 180 on Saturday, Sept. 28. A slate of candidates, both incumbents and challengers vying for seats in Virginia’s General Assembly, attended the forum. They included incumbent delegates Ken Plum (D-36); Mark Keam (D-35); Vivian Watts (D-39); Jim LeMunyon (R-67); and Mark Sickles (D-43). Challengers included Patrice Winter, the Republican who is challenging Democrat Hung Nguyen, who is challenging LeMunyon; and Democrat Ed Deitsch, who is challenging David Bulova (D-37); Democrat Hugo (D-40); Democrat Del. Mark Keam (D-35), Del. Ken Plum (D-36) and Del. Vivian Watts (D-39) attended a candidates’ forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues. Plum is one of only two state delegates unopposed this election.

From left—Del. Mark Keam (D-35), Del. Ken Plum (D-36) and Del. Vivian Watts (D-39) attended a candidates’ forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues. Plum is one of only two state delegates unopposed this election.

Stephen Clermont, research director of Every Child Matters Education Fund, was the keynote speaker at SALT’s candidates’ forum at the Vienna American Legion Post 180 on Saturday, Sept. 28.

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SALTL forum gives candidates a chance to tell voters where they stand on social justice issues.

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at the recommendation of Chairman Sharon Bulova (D-At-Large) and Supervisor Michael Frey (R-Sully), the Fairfax County Board of Supervisors on Tuesday deferred its Nov. 20 public hearing on a proposed residential studios amendment, which would allow to conduct additional community outreach.

The board also established a Planning Commission Residential Studios Committee.

“It is important that the County hear from the various stakeholders affected by the proposed residential studios amendment,” Bulova said.

“The Planning Commission’s Residential Studios Committee will provide an engagement process with the goals of addressing and resolving questions and concerns associated with the RSU amendment. I encourage residents to participate in the process,” Bulova added.

ON JULY 30 – In a move designed to increase affordable housing options for working-class individuals, the Board unanimously voted to authorize a public hearing on a proposed zoning ordinance amendment regarding residential studio units (RSUs) that would permit RSU use in various commercial, retail, and industrial districts by special exception or in all planned development districts.

“There is a tremendous need for housing at all income levels in Fairfax County,” Chairman Sharon Bulova said after the July 30 vote. “Permitting residential studios is an excellent way to accommodate lower income rental units and provide more housing choices for our residents. RSUs can be a great tool for providing efficiency apartments for our younger entry level workers, for seniors and others who may not need or want a lot of space.”

In the past 40 years, Fairfax County has become one of the wealthiest counties in the nation. As land prices soared, the creation of low to moderate priced housing plummeted.

For several years, county officials have grappled with housing options that will aid efforts to end homelessness, accommodate the area’s aging single population, and increase affordable housing for a workforce earning less than 60 percent of the area median income (AMI). Donna Pesto, the county’s senior assistant to the zoning administrator, said the proposal would not change the building codes, and would apply to rental units only.

Under the proposal, Pesto said there could be no more than 75 residential studio units in a building and a minimum of 80 percent of units have to be affordable to low-income earners, those making about $45,000 per year or less. The maximum square footage for the units would be 500 square feet, plus a bathroom and kitchen.

**But Public Reaction**

The proposal has been less than enthusiastic. Despite assurances from county planners that RSUs would not be developed in ways that would dampen property values, many residents and homeowners groups voiced opposition to the proposal.

In order to address community concerns members of the Planning Commission have suggested a process for encouraging engagement in changes to the advertised ordinance.

The Committee will provide opportunities for detailed consideration of the Zoning Ordinance Amendment by Planning Commissioners, citizens, and other stakeholders through five scheduled Committee meetings. All meetings will be open to the public and will allow opportunities for discussion.

The Planning Commission will continue to conduct Work Sessions of the proposed Zoning Ordinance Amendment. The work sessions will convene in late October with further meetings in November, December, and January, and a public hearing in late February.

A public hearing currently slated for Nov. 19, 2013 will be rescheduled.

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Stephen Clermont, research director of Every Child Matters Education Fund, was the keynote speaker at SALT’s candidates’ forum at the Vienna American Legion Post 180 on Saturday, Sept. 28.

The Planning Commission’s Residential Studios Committee will provide an engagement process with the goals of addressing and resolving questions and concerns associated with the RSU amendment. I encourage residents to participate in the process,” Bulova added.

**See Social Justice, Page 11**
Northwest Federal Credit Union Foundation knows many hands play a role in the success of its charitable outreach and financial education efforts—including those of Barbara d’Andrade, its former executive director who has remained an active foundation volunteer since retiring in 2007.

NWFCU Foundation named d’Andrade, who resides in Vienna, its 2013 Volunteer of the Year at its annual awards ceremony. “Did they surprise me? They really did, but I am so honored to be recognized,” said d’Andrade, who holds a “great passion” for the efforts of the foundation. “It’s so rewarding to volunteer and see the difference you can make in the community. I get such satisfaction in helping others through the foundation.”

While d’Andrade assists with many foundation programs, she has two favorites: serving on the Scholarship Committee and helping with its Realty Store. “I enjoy volunteering with the scholarship program—it’s a phenomenal recognition of students’ leadership and dedication to their communities,” said d’Andrade. “It seems there are many awards available for students with the highest academic achievements, but not as many for those exhibiting great leadership qualities but not ranked at the top in their class. These scholarships acknowledge this group.” The foundation recently awarded more than $100,000 in scholarships for 2013.

To get involved with the NWFCU Foundation, call 703-925-5092 or visit www.nwfcufoundation.org.

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Marshall High Innovates Lunchtime

Statesmen Station launches pilot lunch, whole, fresh food bar at ribbon cutting.

By Chelsea H. Bryan
The Connection

Tasting food, listening to a student-led, food-themed rap performance and celebrating healthy food was the agenda at school Thursday, Sept. 12 at Marshall High.

Principal Jay Pearson and the Real Food For Kids group launched “the Statesmen Station,” a pilot lunch program featuring fresh foods, in the form of a soup, salad and sandwich bar.

With a ribbon cutting, volunteer-parent organization Food For Kids, which advocates for more fresh food in Fairfax County Public Schools, started the new lunchtime innovation.

A group of Marshall High drama students, the Fresh wRappers, who performed on WUSA’s Channel 9 Noon News the next day, commemorated the occasion with a performance of their own lyrics and music.

JoAnne Hammermaster, president of Real Food for Kids, said the cafe bar’s successful launch at Marshall was an enormous, collaborative effort. The Food for Kids president said that since the new program is positioned in the 11th largest school district in the country, change is very complicated.

The school board, the administrators, Marshall’s principal, community leaders, parents and students all worked together to create healthy options for the high schoolers, said Hammermaster.

In school districts across the country, freshly prepared food at school is not a given. David Esquith, director of the U.S. Department of Education’s Office of Safe and Healthy Students, spoke on the benefits of feeding teenagers well, and new Fairfax County Public Schools Superintendent Dr. Karen Garza also spoke.

Principal Pearson and Real Food For Kids worked with the school board and Food and Nutrition Services to create the Statesmen Station menu. Students from Marshall High School’s culinary academy served refreshments.

For more information, visit www.realfoodforkids.org. See MC Horne and the Fresh wRappers (formed for this event) at http://youtu.be/OAxfMX5Br68.
A question about corporate influence and tax breaks kicked off a lively exchange about ALEC, the conservative national consortium of state politicians and corporations vilified as a PAC aimed at increasing corporate profits at the public’s expense.

In recent years, Virginia legislators have been criticized for proposing boilerplate ALEC legislation that would, among other things, dilute voting rights legislation, limit corporate liability for harm caused to consumers and give business tax credits to fund private school tuition for needy students.

“As someone who’s actually attended an ALEC meeting, I agree with some of the stuff, but not everything,” said Del. Jim LeMunyon (R-67), the only Republican incumbent who attended the session. “There are one or two bills that interested me, and some that are just off the wall.”

Horejsi sparred politely with LeMunyon over how much corporate tax breaks cost Virginia’s taxpayers.

“Seems like corporations get a lot of unfair breaks,” Horejsi said. “Rate tax breaks cost Virginia’s taxpayers.”

Jennifer Boysko, who is challenging Del. Tom Rust, the Republican incumbent in the 86th district, said she “strongly opposes” the “takeover bill” of schools. Rust’s chief aide to Fairfax County Supervisor John Foust (D-Fairfax) is trying to unseat Del. Mark Keam (D-35) striking a bipartisan note by giving kudos to everything, said Del. Jim LeMunyon for help-
South Lakes Field Hockey Edges Marshall

Seahawks score in opening minute of second half.

By Jon Roetman
The Connection

From 2007 to 2012, the Marshall field hockey team won eight consecutive matchups against South Lakes, outscoring the Seahawks 30-3 in the process. On Monday night, a “goal hungry” Aly McCarty put an end to the streak.

McCarty, a junior on the South Lakes field hockey team, scored a goal in the opening minute of the second half and the Seahawks defeated Marshall 1-0 on Sept. 30 at South Lakes High School.

Junior midfielder Megan Greatorex assisted the goal.

“I think I definitely wanted to score,” McCarty said. “Coming into the second half, I was like, I need to get it done now. I was really goal hungry.”

South Lakes improved to 8-3-1 under first-year head coach Jessica Salo, who coaches at the club level and senior Katie Hunt have been killing us.”

Unfortunately, those last two losses were kind of tough, but I think we’ve worked out the kinks.”

Salo said McCarty, Greatorex and senior Katie Hunt have been the Seahawks’ top offensive players.

With the loss, Marshall dropped to 6-6. The Statesmen graduated 12 seniors from last year’s team, including eight starters.

“I think we had moments of really nice hockey where we were spread out and we had some good passes … and made some plays,” Marshall head coach Christina Carroll said. “I just think that we weren’t consistent throughout. There were moments of intensity with hustle and then there were moments of no hustle, watching the ball, just kind of reacting to things. It’s the consistency that’s been killing us.”

“… This is the first time in many years we’ve lost to South Lakes. They’ve been getting stronger and stronger every year, so kudos to them.”

South Lakes junior Aly McCarty scored the lone goal during a 1-0 victory against Marshall on Sept. 30.

“… This is the first time in many years we’ve lost to South Lakes. They’ve been getting stronger and stronger every year, so kudos to them.”

Senior forwards Allie Johnson and Kelly Mills, and sophomore forward Victoria Novak, a transfer from Falls Church, are Marshall’s top goal scorers.

South Lakes will travel to face McLean at 7:30 p.m. on Wednesday, Oct. 2. Marshall will host Langley.

Football Roundups

McLean Football
Beats South Lakes

The McLean football team defeated South Lakes 13-12 on Sept. 27.

McLean (2-2) will travel to face Herndon at 7:30 p.m. on Friday, Oct. 4. South Lakes (2-2) will travel to face Madison.

Oakton Football Wins Third Straight

The Oakton football team edged West Potomac 28-27 on Sept. 27, giving the Cougars three consecutive victories.

Oakton (3-1) will travel to face Woodson at 7:30 p.m. on Friday, Oct. 4.

Madison Falls to Stone Bridge

The Madison football team lost to Stone Bridge 42-6 on Sept. 27.

Jason Gastrock threw a 12-yard touchdown pass to Nate Williams for the Warhawks’ lone score.

Madison (0-4) will host South Lakes at 7:30 p.m. on Friday, Oct. 4.

Marshall Football
Loses to TJ

The Marshall football team lost to Thomas Jefferson 38-7 on Sept. 27, dropping the Statesmen’s record to 0-4.

Marshall will host Langley at 7:30 p.m. on Friday, Oct. 4.

Herndon Drops Conference Opener

The Herndon football team lost to Robinson 38-0 on Oct. 27, dropping the Hornets’ record to 0-4.

Herndon lost its first three games against Mount Vernon, West Springfield and South Lakes by a combined total of seven points.

The Hornets will host McLean at 7:30 p.m. on Friday, Oct. 4.
Send announcements to vienna@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/OCT. 2
Dave Mason. 5 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Former Traffic front man Dave Mason comes to The Barns at Wolf Trap for a lively performance. www.wolftrap.org.

WEDNESDAY-TUESDAY/OCT. 2-15

SATURDAY/OCT. 5
Vienna Oktoberfest. 11 a.m.-7 p.m., on the Town Green, Church Street, Vienna. Sponsored by the Vienna Business Association and the Town of Vienna, the festival takes place along the Historic Church Street corridor and on the Town Green, and features German and American food, German and American beer, about 100 vendors, live entertainment on the kids’ stage and the main stage and children’s free activities. www.ViennaOktoberfest.org.

Kris Delmhorst and Jeffrey Foucault. 7-30 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. The singer/songwriter/raiser in Brooklyn and folk maverick Jeffrey Foucault play their mix of folk and rock songs. $22, www.wolftrap.org.

SUNDAY/OCT. 6
Sixth annual Harvestfest. 10 a.m.-5 p.m., McLean Central Park, 1468 Dolley Madison Blvd., McLean. Created for the community by McLean Project for the Arts, MPArtfest draws thousands of artlovers of all ages to enjoy (and purchase) original art, listen to live music, create their own masterpiece at MPArts innovation Station and picnic on delicious selections from local restaurants. 703-790 1953 or www.mpaart.org.

Fall Flea Market. 11 a.m.-4 p.m., at Vienna Assembly of God, 100 Ayr Hill Ave. N.E., Vienna. The market runs concurrent with an Operation Christmas Child and food drive; a Children’s Fun Fest is from 11 a.m.-2 p.m. biacon3474@yahoo.com.

THURSDAY/OCT. 10
Meet Bill Firestone. 7:30-9 p.m., at the Vienna Art Center, 115 Pleasant St. N.W., Vienna. The Vienna Arts Society invites the public to meet Bill Firestone, an artist at the Workhouse Arts Center in Lorton, who will demonstrate his style of painting acrylic abstracts with humor. 703-319-2971 or www.VienaisArtsSociety.org.

Tim O’Brien and Darrell Scott. 5 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Contemporary bluegrass pioneer Tim O’Brien plays folk and country singers/songwriter Darrell Scott plays songs from his new album. $27-$32. www.wolftrap.org.

SUNDAY/OCT. 13
New Author Book Slam. 1-3:30 p.m., at Jammin’ Java, 227 Maple Ave. E., Vienna. Up and coming authors of all genres showcase their works and give away free books. www.jamminjava.com or https://www.facebook.com/events/186525448625170.

SATURDAY/OCT. 19
Family Art Workshop. 10-11:30 a.m. at the McLean Community Center, 1224 Ingleside Ave., McLean. Families are invited to learn about art during a day filled with a variety of activities. $10 per family. Register at www.mcleancenter.org. 703-790 1953 or www.mpaart.org.


FRIDAYS-SUNDAYS/OCT. 18-NOV. 3
“Pissaro at the Lapin Agile” by Steve Martin. Time TBD, at The Vienna Town Green, 144 Maple Ave. E., Vienna. Albert Einstein and Pablo Picasso meet at a bar called the Lapin Agile in Montmartre, Paris on October 8, 1904, and both men are on the verge of an amazing idea, the two geniuses have a lengthy debate about the value of genius and talent while interacting with a host of other characters. $13 general admission, $11 seniors and students. http://www.viennajava.org.
Meaning, in my head anyway, the future and what there is left of it. More specifically, I mean life expectancy. When you’re given a “13-month to two-year” prognosis – at age 54 and a half, by a cancer doctor, your cancer doctor, the timeline between where you are now and where you thought you’d be – and when, becomes as clear as mud. Yet not planning for the future, a future that previous to your diagnosis was thought to be guaranteed (based on family/patient history) creates a negative when all health care professionals advise being positive. Anecdotal evidence suggests that acting like you have a future helps in some unexplainable way in you’re patient having one.

Over the last month, I’ve had some time-sensitive and planned for the future-type decisions/expenditures that on paper at least – given my terminal diagnosis, could be construed as money poorly spent. Nevertheless, since it is my life – and I’m trying to live it, I went ahead and signed up and paid to have these future benefits in place (starting at the present), and I’m not talking funeral arrangements either. What I’m referring to are everyday/ordinary expenses where your dollars guarantee years ahead rather than years behind: one-year anti-virus coverage for my computer – until September 14, 2014; two-year coverage until September 30, 2015, for my Life & Health Insurance from the Maryland State Insurance Administration (I used to be an active agent in my previous career); and finally, six-years renewal (although one has no choice, really) until September 30, 2019, for my new Maryland Driver’s License. For my new Driver’s License.

Certainly, in my mind and experience, these renewals are sort of necessary, perhaps more so for the present than the future, but since I can’t know for sure, I felt as if hedging my bets was the prudent course of action. And though not renewing these three obligations was not really practical, given the realities of my life and its related responsibilities, the planning for and purchase of them did give me pause to consider my future and my expectations for it. Having terminal cancer will do that to you: stop you in your tracks and cause you to measure (almost literally) every step you take. It’s not exactly fun, but it is a living, and I’m particularly happy to be the one doing the living. And during these past few weeks, I did stop, and I hemmed and hawed too and happy to be the one doing the living.

I have to believe in something, and believing I have a future is the best way I know how to turn those feelings into facts.

Kenny Lourie is an Advertising Representative for The Patuxent Aware & The Connection Newspapers.

Sr. Network Engineer (Bachelor’s or equiv. degree in CS, Elec Eng, Math or equiv. w/5 yrs experience or other suitable qualifications) McLean, VA. Job entails working with and requires experience that must include: CISCO PIX or other suitable qualification) McLean, VA. Job entails working with and requires experience that must include: CISCO PIX and ASA 500 series and IOS Firewall, IPSec and SSL on Cisco Products - VPN concentrators, PIX firewall and Cisco Routers, CISCO Access control servers, AIP - SSM, IPSec, 12tp over IPSec, PPTP and SSL, DMVPN, PKI, DAP and CSD; configuring and monitoring checkpoint based Nokia IPSO devices. Must have CCIE Certification. Send resumes to HR, Advanced Computer Concepts, Inc., 7927 Jones Branch Drive, Suite 600 North, McLean, VA 22102.
TO: Alkesh Tayal  

PROPERTY MORTGAGE 

CIVIL NO. 191/2010  

ALKESH TAYAL (Defendant)  

vs  

RC HOTELS (Virgin Islands), INC (Plaintiff)  

IN THE SUPERIOR COURT OF THE VIRGIN ISLANDS 

1014 Salt Meadow Lane 

Moline, VA 22910  

Within the time limited by law (see below) you are hereby required to appear before this Court and answer claim filed against you in this action. In the case of your failure to appear or answer, judgement by default will be taken against you as demanded in the Complaint for ACTION FOR DEBT AND FORCLOSURE OF REAL PROPERTY MORTGAGE. 

Witness my hand and the Seal of the Court this 7th day of April, 2010.  

VENETIA HARVEY VELASQUEZ, Clerk of the Court 

430774-7300 fax  

Birch, de Jongh & Hindels, PLLC  

Richard P. Farrelly, Esq.  

WASHINGTON, DC 20001  

340774-7300 fax  

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Senior Living Calendar

THURSDAY/OCT. 3
Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year-old pianist and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoons “Meet the Artists” concerts cosponsored by Older Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olii@gmu.edu or www.olli.gmu.edu.

TUESDAY/OCT. 8
Caregiver Support Group. 7–8 p.m., at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, brochures and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

WEDNESDAY/OCT. 9
Health Expo. 10 a.m. – 2 p.m., U.S. Patent and Trademark Office, 600 Dulany St. Free. Features cooking demonstration, heart healthy information, health screenings, brochures and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare Open Season Workshop. 11 a.m. at Fairfax County’s free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

TUESDAY/OCT. 15
Medicare Open Season Workshop. 10:30 a.m. at Inova Mount Vernon Hospital, 2501 Parkers Lane. Free event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-494-6682 and press 2.

Medicare Open Season Workshop. 12:45- p.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

THURSDAY/OCT. 17
Annual Seniors Fair. 9 a.m. – noon at Inova Mount Vernon Hospital, 2501 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-494-6682 and press 2.

Medicare Open Season Workshop. 11 a.m. – 2 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn about the three types of Medicare plans, how to choose a plan that best meets your needs and how to enroll in the plan. To register visit www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-550-2195.

Vietnam Vets of America Chapter Meeting. 7:30 p.m., at Neighborhood’s Restaurant, 2625 Cedar Lane, Fairfax. Veterans, friends and the general public are invited to hear Jack Connolly, Army veteran and career State Department Service officer, who will share his personal experiences of the battle of Vietman, Laos in 1961, Saigon intrigue in 1968, and the assassination of an American ambassador to Lebanon in 1976. 703-255-0533 or www.vva227.org.

THURSDAY/OCT. 17–NOV. 21
Independent Living Project. 1:30 p.m. at Martha Washington Library, 9200 Veitch Hunt Road, Alexandria. Join Fairfax County’s Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults to remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/ independent.htm, call 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov.

SATURDAY/OCT. 19
Craft Sale. 9 a.m. – 2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-246-4071, TTY 711.

Senior Law Day 2013. 8:30 a.m.–12:15 p.m. at First Baptist Church, 2932 King St. Learn from law enforcement, legal and financial experts about the diverse frauds, scams, identity theft, financial abuse and other schemes targeting seniors in the Washington Metropolitan area. Free. To register visit www.securitiesax.org or call Senior Services at Alexandria of 703-836-4414, ext. 10.

SUNDAY/OCT. 20
Hope for the Holidays Seminar. 4-7 p.m. at Jefferson Funeral Chapel. Designed to help people who have lost loved ones during the holiday season prepare for the coming of the new year. Free, but registration by Oct. 11 is required. E-mail info@jeffersonfuneralchapel.com or 703-971-7400 to register.
Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARYLyn CAMPBELL
THE CONNECTION

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus of The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

“We were getting older and keeping up a house and yard in Fairfax was getting harder,” said Jim Harkin, a retired Navy captain. “We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children.”

Phyllis Harkin, a former real estate appraiser, said, “We did it in time, but after living at The Fairfax, we wish we’d done it earlier. You have no idea how much fun it is over here.”

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent living retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. “I wanted to move into a community where there were people who had lifestyles that were similar to mine,” said Aust, a retired federal employee who has no children. “I like living in a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here.”

Aust volunteers on the Heritage Hunt community task force and with the residence at George Mason University’s program in senior housing administration in Fairfax. “A person might be physically healthy, but if they are isolated in their home and not driving or have lost touch with friends, they could become depressed.”

Carle, who has more than 25 years of serving older adults, said, “We wish we’d moved earlier. You have no idea how much fun it is over here.”

— Phyllis Harkin

Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

BY JOHN ByRD

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportu- nity than a personal call to apply what he’d learned from personal experience in help- ing his son, Michael, who was born with cerebral palsy.

“As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to ab- sorb the evolving strategies and technolo- gies that were then beginning to evolve,” Glickman said. “I spent several years acquir- ing new certifications while continuing to execute full-scale remodeling projects.

Starting initially as a helpful neighbor with sound advice, Glickman, who has op- erated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

“I was offering feasibility studies in spe- cial needs situations mostly on referral, but the inquiries pretty quickly became about half of my work,” he said. “It wasn’t that there weren’t other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so.”

His conclusion: an accessibility solution that’s tailored to an individual is always best, especially when designed to accom- modate both current and probable future needs.

“Mastering guidelines and practices spe- cific to a particular condition is a good start- ing point,” Glickman said. “The Americans with Disabilities Act, for instance, publishes recommendations everyone should know. But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well.”

On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

In the end, it is field experience that makes a mobility or access solution practi- cal.

“This is an enormous societal issue, with a significant and growing practice literature that must be absorbed,” he said. “Having said this, I find that the best solutions arise from effectively collaborating with some- one facing challenges who’s really passion- ate about making the most of their situation.”

IF THERE’S ONE TREND that’s well un- derway in Northern Virginia, it’s that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired execu- tive and his wife recently hired Glickman to develop a plan for installing a three-story elevator in their 10,000-plus-square-foot house. “The owners are in their in their late 60s, and walking without assistance. The stairs have gradually become a chore, how- ever, a situation that was unlikely to improve.”
executive-level senior housing and healthcare experience, adds that a current hot topic is one's own health and how that might make it difficult for you to stay in your home alone,” said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be living alone, said Carla. “If you fall and hit your head and somebody isn’t there to help you, you could die,” she said.

“There is also the medication issue. The average 75-year-old is on between 7 to 12 medications each day. The number one cause of hospitalizations in people over 75 is medication error,” the number one cause of death due to injury in seniors is falls,” said.

Not everyone who leaves their home does so willingly. Carla, who has no children of her own in the area and asked that her last name be withheld, moved to Bethesda’s Valleystay Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not safe living alone anymore.

Jim Harkin, a resident of The Fairways in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including for trees and purple martins.

“Once of the biggest psychological issues facing today’s older person is the feeling they are giving up control of their lives in most of the cases that we are dealing with,” she said. “Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or where to live.”

Andrew Carla said, “The very best strategy for a resistant parent is to get up. The best way is essentially a short-term stay. The family goes on vacation and lets the seniors stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after a week or two the seniors realize that living alone in their home and watching television all day isn’t all it’s cracked up to be.”

WHEN ONE DECIDES that living alone is no longer there, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide daily oversight of care, such as those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are also available.

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from independent living to nursing care in the same facility as conditions change. "Independent living basically means it’s a personal social service,” said Carla. "Assisted living is for people who have physical needs as limitations. I don’t think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy."

Lynnette Mitchell, director of marketing and community outreach at The Hermitage, explained, "We have everything from people who are usually independent to people who need help bathing and dressing. We can deliver all of those services."

Delbra Nobe, associate director of marketing at The Hermitage, said that in addition to amenities on campus, which include a gym and fitness rooms, there is support throughout the facility. "There is a community aspect," Nobe said. "If someone doesn’t show up for a meal, we notice. We work as a team to make sure we all know the residents, and if they don’t show up for something, someone is going to check on them."

Activities as simple as a meal in the dining room can become an opportunity for socializing. “Some of these people were coming from situations where they were isolated, said,” she said. “It is a new chapter in their lives. We try to put people up and give them a buddy and we have activities every single day of the week."

Many assisted living facilities also offer mental health counseling services. "We have a social work component that deals with the psycho-social issues," said Norberg. "We can provide grief counseling and we have psychiatrists on call."

"Fox Hill’s amenities, services and fostering residents all combine to offer a distinct retirement lifestyle that is both very attractive and very accessible," said Jule Bixler, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge is another continuing care retirement community offering residents an array of activities that run the gamut from performing arts to gardening. "We have the Westminster, a choir and the Westphalians, a drama group," said Carolyn Cowley, assistant administrator at Westren West at Lake Ridge. "We also have a resident garden, which the residents tend themselves. They grow vegetables and leave overflow for other residents to take."
Since elevator access within the home’s existing structure wasn’t feasible, Glickman’s plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

Not surprisingly, professionals regarded this as a highly specialized assignment.

“There aren’t lot of local contractors who could execute a project like this,” said Andria Gregory of Area Access, Inc, the firm that will install the elevator inside the new shaft.

“The specifications are always exacting, so it’s important to us to work with people who have a track record,” Gregor said.

Gregory notes that Glickman’s experience in mobility prescription puts him in a select class. “He’s among a handful of our preferred contractors in Northern Virginia,” Gregory said. “It’s critical to us that the project satisfies the client in every respect.”

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

“This wasn’t a surprise,” Janice Marquez said. “The research shows that polio survivors have increased mobility challenges as they age, so we wanted a wheelchair-friendly plan even though it’s not a necessity right now.”

The biggest obstacles: a curving, rugged-ly steep front walk that links up with a front stoop; standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

“It had become difficult for Jaime to negotiate the house on crutches, so we were looking ahead,” Janice Marquez said. “Initially, I wasn’t sure if we should remain in this house, but I had read about Glickman and decided to get his feedback.”

Compounding the “move vs. improve” question was the couple’s mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

“I’ve seen accessibility modifications that become obstructive,” Janice Marquez said. “I wanted to see if we could make changes that would enhance the property — functionally and aesthetically.”

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a “zero step” entry. Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

To facilitate Jaime Marquez’s access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez’s ability to move freely from driveway to front door and throughout the house. “They’ve also bestowed an unexpected benefit,” Janice Marquez said. “The interior now feels much more spacious.”


Details

When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family.

The new walk rises one inch per foot. The plan included replacing a front stoop with a “zero step” entry and widening interior doors and halls.

When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a “zero step” entry and widening interior doors and halls.
Active Seniors Compete for Glory

After 11 days of more than 50 events held Sept. 7-19, the Northern Virginia Senior Olympics finished with a gold event at Forest Greens Golf Course in Triangle, Va. Other events ranged from cycling, swimming and pickleball to Mexican train dominos and Scrabble.

NVSO Chairman Janet Garber said, “Nearly 750 adults, age 50 and over, competed in this year’s events which took place at 17 different venues throughout Northern Virginia. We are always impressed with the enthusiasm and camaraderie of the participants who ranged in age from 50 to 103.” She also said, “These seniors exemplify NVSO’s mission, living healthier longer, and are spectacular role models.” Results for each of the events are available at www.nvso.us.

NVSO is sponsored by the Parks and Recreation departments and other agencies in the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

Team Silver Diamond took second place. Silver Diamond dancers are: Susie Thomas, Burke; Cathy Byun, Annandale; Jeelheea Kim, Clifton; Chungssoon Yang, Fairfax; Kisook Garber, Woodbridge; and Youngsook Chon, Centreville.

The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauninger and Melissa Mendell, of Arlington; and Bill Wong, Fairfax.
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