Doing Business at Robinson

Students in Robinson Secondary’s Business Law and Management course are participating in two enrichment programs this year. The first is a partnership with a local business, CustomInk.com, and the second is with the Virtual Enterprise program, where students start and operate a virtual enterprise company in a simulated business environment as part of a global, virtual economy, in connection with schools all over the county. This year’s students have created a T-shirt design company similar to that of CustomInk.com, which they recently toured. Students were able to speak with associates and toured the graphics, design, sales, web design and mobile applications departments. Participants included Andres Claure, Alex DeYoung, Michael Freeman, Dan Gherman, Lexi Hsu, and Erin McClendon.

THE FAIRFAX GREEN ENERGY PARK WILL REDUCE GREENHOUSE GAS EMISSIONS BY 3.6 MILLION TONS.

BULLETIN BOARD

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

SATURDAY/APRIL 5
Dog Adoption. 11 a.m.-2 p.m., Greenbriar Towncenter, 13053 Lee Jackson Memorial Hwy., Fairfax. Homeless Animals Rescue Team hosts this dog adoption event at PETCO. 703-817-9444 or hart90.org

Restore: The Journey Toward Self Forgiveness & Physical Health. 9 a.m. – 1 p.m. Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at cancer@globelife.org.

Navigating the Complexities of Lyme Disease. 9 a.m. – 12 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna. RSVP to mveiga@mylymeguide.com.

SUNDAY/APRIL 6
The Effects of Mass Incarceration: A Public Forum on Criminal Justice Sentencing Reform. 2-4 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Drive, Burke. www.accotinkuuc.org.

WEDNESDAY/APRIL 9
Free Dual Seminar. 7-8:30 p.m. 2700 Fair Lakes Circle, Suite 120, Fairfax. Simplified Stock Investment Management and 1031 Tax-Free Property Exchanges. Register by calling 703-969-4966.

Issues and Activities of Virginia State Legislature 2014. 1:30 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. Delegate Mark Sickles (D-Franconia) will report on the issues and activities of the 2014 Virginia State Legislature and will include his thoughts on the influence of the recent Democratic party political changes in the State Legislature. Q&A to follow.

SATURDAY/APRIL 12
Dog Adoption. 12 to 3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444 or hart90.org.

WEDNESDAY/APRIL 16
Getting Your Legal Ducks in a Row. 1:30 p.m. Alzheimer’s Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. An elder law attorney will lead this discussion on common legal considerations, such as power of attorney, wills and estates, guardianships, and trusts. Call 703-204-4664 to RSVP and for more information.
Budget Dialogue Continues In Braddock District

Supervisor John Cook hosts budget town hall.

By Janelle Germanos
The Connection

Fairfax County needs to be looking at the long-term picture in terms of the budget, Supervisor John Cook (R-Braddock District) said at a town hall meeting on April 1.

“Of course, we’re all looking at the budget that starts July 1, but I’m really interested in hearing some dialogue about the next three, four and five years,” Cook said.

The meeting, which was dedicated to discussions on the Fairfax County FY 2015 proposed budget, included a presentation by County Executive Ed Long.

Long said he is much more optimistic about this year’s budget, and echoed Cook’s opinion that the budget should be considered long-term.

According to Long, technology and public safety investments are two important long-term issues Fairfax County will be looking at over the next couple of years.

“Still concerning, however, is that Fairfax County is still seeing the effects of the government shutdown that occurred in October 2013, Long says.

Another concern is the sales tax revenue, which has dropped in Fairfax County.

“Snow has had an impact on the local economy,” Long said.

Although Long’s proposed budget does not include an increased tax rate, homeowner taxes in Fairfax County will see property taxes increase by $331.67 or more, on average, due to increased assessments. Funding from real estate taxes makes up 63.2 percent of the budget.

“The bad news is it was only 62 percent last year. We’re becoming more dependent on real estate,” Long said.

At the request of the Board of Supervisors, Long presented a list of further possible reductions to the budget totaling around $20 million on March 18.

Cook, who asked for the list of cuts, said at his town hall meeting that he isn’t happy about that list, and plans on coming up with one of his own.

Budget Dialogue Continues In Braddock District

Kevin Ambrose took members of the Burke Historical Society back in time to the Knickerbocker Snowstorm of 1922 at the group’s meeting on March 30.

Historic Snowstorm Revisited in Burke

By Janelle Germanos
The Connection

It was only fitting on a snowy Sunday in late March, following a winter filled with snow days, that members of the Burke Historical Society celebrate the beginning of spring by learning about the eventful Knickerbocker Snowstorm of 1922.

Kevin Ambrose, a contributor to the Washington Post’s Capital Weather Gang and author of several books about weather, gave the Burke Historical Society a look back at this snowstorm.

But before his account of this historic event, Ambrose talked about his experience as a writer for the Capital Weather Gang this winter.

“We’ve had just an amazing winter to cover,” Ambrose said.

Ambrose had written a couple articles on the Knickerbocker Snowstorm for the Capital Weather Gang, and was approached by a publisher.


According to Ambrose, the snowstorm was the biggest on record to hit the city of Washington, D.C. Nearly 30 inches of snow fell in Fairfax County.

The Knickerbocker Snowstorm was named after an incident that occurred at a famous Washington, D.C. theater. On Jan. 28, 1922, the roof of the theater collapsed, killing 98 people and injuring 133.

“The only thing that was really a positive was because of the storm, the theater was only half full, so it could have been worse,” Ambrose said.

Ambrose shared the stories of some of these victims and survivors, many of which were filled with tragedy but a few with happy endings.

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”
The 36th annual Valor Awards, honoring public safety heroes, was presented by the Fairfax County Chamber of Commerce at a luncheon at the Hilton McLean Tysons Corner on Monday, March 31.

Certificates of Valor were bestowed upon Police Department First Class Officers Adam P. Ankers, Sara R. Polowy, Beth L. Gardner, Daniel S. Goldman, Michael A. Lentz, Mark E. Tenally as well as Sergeant Camile S. Neville, Second Lieutenant Dwayne E. Machosky, Technician Thomas R. Barnes, Captain II David K. Gruendel and Captain I Marc. L. Straubinger. Fairfax County Sheriff’s Office recipients included Private First Class Nicolas Barb, Daryl Shifflett and Technician Thomas R. Barnes, Captain II David K. Gruendel and Captain I Marc. L. Straubinger. Fairfax County Sheriff’s Office recipients included Private First Class Nicolas Barb, Daryl Shifflett and Sergeant Shawna Wood.

The Bronze Medal of Valor was presented to Fairfax County Police Officers Robert C. Hines, Scott H. Reever, Shannon L. Sams, Daniel W. Romanoff and Second Lieutenant Trafton C. Parr.

Fairfax County Fire and Rescue crews 410 and 418 responded to a high-rise building on Nov. 8, 2013 and rescued a barely conscious woman before the hose line was ready to extinguish the fire engulfing the building. For their heroic efforts, Captain I Patrick Sheehan, Technicians Kevin R. Dabney, Jorge H. Ochaita, Scott E. Herbert and Jeffery T. Pfeifer, Lieutenant Michael S. Taylor, Firefighter Andres F. Martinez and Volunteer Firefighter Brian Pelletier were honored with the Bronze Medal of Valor.

For their efforts in rescuing a crew member from a crash site in the Republic of Kyrgyzstan, Firefighter and Medic Sally Dickinson, USA Canine Handler Elizabeth Kreitler and Battalion Chief Michael G. Schaff were also honored with the Bronze Medal of Valor. Canines were also honored for that mission: Fielder and Garo, who were on hand to receive the medal around his neck from Fire and Rescue Chief Richard Bowers Jr. Master Deputy Sheriff Heather Lama from the Fairfax County Sheriff’s Office was awarded the Bronze Medal of Valor for her response to a high-risk domestic dispute in Chantilly. Lieutenant Antonio D. Trammell received the Silver Medal of Valor for his quick response to an inflamed car accident in Prince George’s County, Md. The Gold Medal of Valor, which has not been handed out for years, was presented to First Class Police Officers Keith J. Baker and Edward L. Carpenter for displaying uncommon valor in the face of an extremely violent incident involving two armed assailants.

Fairfax County Fire and Rescue Department Engine 413, Rescue 401 and Tower Ladder 430 responded to a fire that broke out in a liquefied propane gas refilling and storage yard in a densely populated area of Merrifield area. Fire and Rescue crew members who prevented this disaster and were honored included Battalion Chief James J. Walsh, Captain II Ronnie A. Rodriguez, Master Technicians Annette Corwin, Douglass L. Miller, Ronald G. Bauserman and Daniel M. Soya, Technician Jarrod A. Schmidt, Firefighters Todd E. Clist, Joshua M. Morrison and Donald W. Rohr and Lieutenants Carmen Alessi and Daniel J. Kwiatkowski.

Connolly noted in his message to those honored: “Their efforts, made on behalf of the citizens of Fairfax County, are selfless acts worthy of our highest praise and respect.”

— Veronica Bruno
**St. Andrew’s Episcopal Church to Host ‘A Choral Feast’**

The Friends of Music and the Arts at St. Andrew’s, 6509 Sydenstricker Road, Burke, will host “A Choral Feast,” a concert of choral music, on Sunday, April 6, at 4 p.m. “There is no admission fee for our concerts, because we want to make great music available to everyone who is interested,” said Jay Wilcox, the organist-choirmaster at St. Andrew’s. “We hope that those who are able to donate to support the ongoing series will do so.” The series is in its third year, and presents a variety of artistic events. There is plenty of free parking at St. Andrew’s, and there is free childcare so that parents of young children can attend without having to worry about hiring babysitters.

The 90-minute concert will be performed by the Potomac Ensemble, a group of 10 of the D.C. area’s finest professional singers. All of the choral music on the program is written for five-part ensemble, a group of 10 of the D.C. area’s finest professional singers. The program will feature a motet, “Jesu, meine Freude.” Complete program details are available at http://www.standrews.net/friends-of-music-and-arts.
**Opinion**

**Why I Support Medicaid Expansion**

**By Sharon Bulova**

Chairman, Fairfax County Board of Supervisors

As the Virginia General Assembly continues to discuss the expansion of Medicaid, the benefits and consequences of doing so have received a great deal of attention. Debates rage in the media, among businesses and around the kitchen tables of ordinary Virginians throughout the state. At our board meeting of March 25 my colleagues and I reiterated, in a bipartisan vote, our strong support for Medicaid expansion in Virginia, and here’s why:

First and foremost, Virginians have already paid for most of Medicaid expansion through our federal tax dollars. Through the year 2022, Virginians will pay $29.7 billion in federal taxes to support the expansion of Medicaid, under the Affordable Care Act, and states will pay the federal government the cost of this federal investment. The federal government will have covered almost all the cost for Medicaid expansion with tax dollars collected from the states, including Virginia. If Medicaid is expanded in Virginia, the federal government will pay 100 percent of the cost through 2016, decreasing incrementally to 90 percent in 2020 and subsequent years. If Medicaid is not expanded in Virginia, we will still pay those same taxes but will see no corresponding benefit to our uninsured population — rather, our tax dollars will be used to pay for uninsured individuals in other states.

Second, the economic benefits of expanding Medicaid, aside from the obvious return of taxpayer dollars to our state, far outweigh the costs. To put it plainly, not addressing affordable health care coverage in Virginia costs Virginia money. Employed Virginians with insurance already subsidize care provided for uninsured Virginians needing urgent treatment when they show up in emergency rooms. These visits result in higher premiums for employed Virginians as well as increased provider costs. Medicaid expansion would increase less expensive preventative care thus reducing more expensive emergency care. This would not only drive down costs but could also improve the overall health of Virginia residents.

A largely unseen cost of our current situation is the existing financial burden on county-funded safety net providers, including nonprofit organizations that assist lower income residents. The Fairfax-Falls Church Community Services Board estimates that the percentage of clients receiving substance abuse treatment or mental health services who are covered by Medicaid will rise from 38 percent to 50 percent under the proposed expansion, freeing up County funding for other critical needs.

Lastly, Medicaid expansion provides a tremendous opportunity to do more to help our most vulnerable residents. In Fairfax County alone, up to 30,000 low-income residents would become eligible for Medicaid through expansion, including: individuals earning less than $15,302 per family; families earning less than $31,155 per year; low-income children who lose Medicaid when they turn 19; and, adults with disabilities not eligible for Supplemental Security Income or Social Security Disability Insurance. Under Medicaid expansion, Virginia’s health care delivery system will have the resources needed to provide quality services to those in need.

The Fairfax County Chamber of Commerce and Fairfax County’s local hospitals recognize these facts, and have strongly endorsed Medicaid expansion. Let’s keep Virginia’s tax dollars in Virginia and increase access for uninsured Virginians at the same time.

**Letters to the Editor**

**Toxic Debate on School Budget**

To the Editor:

Supporting the public schools is Fairfax County’s number one priority. Proof of that lies in the fact that over 50 percent of the county’s budget supports school programs. This large expense has generated considerable debate among county taxpayers over the years. However, this year the discussion has become toxic and personal.

I went to the Lee District budget hearing on Wednesday evening, the 26th, to hear parents from Fairfax County Public Schools explain their respective proposed budgets. Although the financial picture has improved, the county is still not free of the impacts of the economic downturn at the end of the last decade. Two issues dominated the audience discussion: the possible increase in real estate taxes and the request by the school board for a funding increase over last year’s budget.

One of the very worst public meetings I’ve attended! Two older, retired persons in the audience were worried about the impact of increased home assessments and tax rates; audience members representing the schools were belligerent and insulting to the point of bullying. “My kids deserve the best school system,” one dad shouted. “So quit your whining and pay,” was the gist of their attack.

The school board member representing Lee District rolled her eyes, made faces, and played with her iPad during the County’s budget presentation and the county supervisor’s subsequent responses to questions. It is clear that some parents and school board members are passionate about the schools. I understand that. But there needs to be some minimum level of decency and respectfulness during this debate. Those who cry “Full funding Fairfax County Schools,” need to stop and think. Over 70 percent of the taxpayers in Fairfax do not have kids in county schools. You are asking us to pay for your child’s education at the expense of other important services. Social workers in the mental health field, for example, are today handling caseloads of 50 clients or more. This is almost double the recommended norm.

**Commentary**

**Maintaining a Viable, Diverse Community**

While need for housing, childcare, healthcare and other human services have grown, these programs have faced significant cuts over past few years.

To the Board of Supervisors:

The following open letter to the Fairfax County Board of Supervisors concerns housing and human services budget recommendations from the Fairfax County Budget Advocacy Coalition for Housing and Human Services.

As you consider the proposed FY 2015 county budget, we urge you to make additional and needed investments in housing, health and human services programs. These recommendations were developed through a collaborative process of nonprofit housing developers, human service providers, and advocacy organizations identifying community needs. Strategic public investments in housing and human services can leverage significant amounts of private capital to provide a return on the county’s investment. These investments help us maintain a diverse, caring community that provides access to opportunities for all.

The guiding principles that informed our decisions are as follows:

❖ No one recommendation takes priority over the others;
❖ Each recommendation funds
News

Don’t Fall For Tax Scams

“Your driver’s license has been suspended. You will be arrested. You will be deported. We are on our way to your home right now.” These are just a few of the many threats scammers have made against hundreds of Fairfax County residents over the past several weeks. Police warn the public not to fall prey to them and, instead, to call and report them.

These telephone scammers are described as demanding, aggressive, threatening and easily angered when callers don’t immediately agree to their demands of “overdue tax balances.” Some have also had heavy accents.

Typically, callers demand between $4,000-$6,000 in immediate payment of unpaid tax bills. These scams are sophisticated and involve false names, numbers and phony IRS badge numbers. Suspects often continue to call and harass the recipient. Once money’s been wired/sent, it’s impossible to recover. More information on common scams may be found at http://www.fairfaxcounty.gov/police/financialcrimes/commonscams.htm.

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Residents Concerned About ‘Fracking in Our Backyard’

By Janelle Germanos
The Connection

At a town hall meeting in Burke, area residents, along with members of the Great Falls chapter of the Sierra Club, learned about fracking that could take place nearby in the George Washington National Forest.

Dustin Horwitt, a senior analyst at Earthworks, showed the audience the proposal for drilling in the George Washington National Forest, which has led to a number of environmental concerns.

The headwaters of the Potomac River are found within the million-acre forest. Drilling in the forest could cause risks to the drinking water used by over four million people in the D.C. area, including the Fairfax County Water Authority general manager Charles Murray wrote in a letter that Fairfax Water is concerned about the impact of drilling in the forest.

“It is imperative that decisions regarding oil and gas leasing be based on sound science and that the highest-level of protection be afforded sources of drinking water supply,” Murray wrote.

Trish Wotowiec, a resident of Burke, said she is working to convince the Fairfax County Board of Supervisors to pass a resolution voicing the county’s disapproval to the fracking plan. In early March, the Washington, D.C. City Council passed a resolution opposing fracking in the George Washington National Forest due to the possibility of it contaminating drinking water.

Attendees of the town hall meeting in Burke hope Fairfax County follows this example.

“This area is very politically active. We just need to make sure more people know about it,” Wotowiec said.

Linda Burchfield of the Great Falls chapter of the Sierra Club encouraged attendees to write a letter to their supervisor, urging them to pass a resolution in favor of a ban on fracking in the George Washington National Forest.

The Forest Service estimates that half of the million-acre forest sits on top of the Marcellus Shale. In 2011, the National Forest Service decided that horizontal drilling would be prohibited in the forest. Now, the agency is considering allowing fracking to occur.

“Since about 2012, the forest service has been on the brink of issuing its final decision, and they keep postponing it and postponing it. The most recent estimate they gave is that sometime this year, they are going to make the final decision,” Horwitt said. “We have to assume that they could make that decision at any time.”

Hydraulic fracturing has been around since 1947, but Horwitt said there have been major changes in the oil and natural gas industry over the last couple of years.

“One of the changes is that increasingly, companies are accessing what is called unconventional formations. The companies used to primarily drill in conventional formations, which is essentially a pool of oil and gas underground, like a bubble. The companies could perforate the pool with their drill bed and up would come the oil and gas,” he said.

These formations, however, have for the most part been used. Companies have moved to shale, an unconventional formation.

“In these formations, the oil and gas is dispersed over a much larger area underground, and it’s locked up in the rock in millions of tiny pores. You need much more extensive drilling and fracking to access it,” Horwitt said.

According to Horwitt, these unconventional locations, including the Marcellus Shale, are located where people live.

“In unconventional formations, it takes a much more intensive process to extract the oil and natural gas,” Horwitt said. “In the George Washington National Forest, the forest service is predicting that they’ll have to use up to five million gallons of fluid injected into the well for hydraulic fracturing, and they’re predicting about 250 horizontal wells.”

Over the development of each oil pad, which includes three wells and could take several months, Horwitt said the forest service is predicting 4,400 truck trips per well and up to hundreds of thousands of gallons of waste water per well.

“Most of that truck traffic is going to be bringing in the fluid for the hydraulic fracturing and then hauling out the waste water for disposal,” Horwitt said.

Opponents to fracking in the forest are concerned that spills could occur during fracking and that the water waste disposal could also cause problems.

“There’s so many trucks and equipment on each site that spills are basically inevitable,” Horwitt said.

The Oil and Gas Industry has said that fracking is safe, and that concerns about its safety are not based on fact. Proponents also argue that it creates jobs.

“We need the jobs, energy and tax revenues. This can be done with minimal impact to the environment and recreational uses of the forest,” Gregory Kozera, President of Virginia Oil and Gas association, wrote in a letter in 2011.

A couple of public figures in Fairfax County, including state Del. Patrick Hope (D-47), and Don Beyer, former Virginia lieutenant governor, have voiced their opposition to fracking in the George Washington National Forest.

For now, members of the Sierra Club and area residents are continuing to write to their supervisors.

“We’re hoping to get a board resolution. Fairfax County speaking as a whole is better than just us sending letters as individuals,” Burchfield said. “This is our chance to influence them.”

Braddock District Supervisor John Cook said that he has not yet been briefed on the situation and is unsure when a resolution would occur, although he is familiar with some of the news related to the possibility of fracking in the George Washington National Forest.
The Northern Virginia Problem

Top Virginia Universities are harder to get into: checking why and how to help.

By Lisa Spinelli
The Connection

Many Northern Virginian students are biting their nails, waiting for their college admission letters this week. But in a sea of overachievers, NoVa students are coming across a pervasive issue with in-state colleges—what is being dubbed the "the Northern Virginia Problem." Many residents of Fairfax, Alexandria City, Loudon, Fauquier, Prince William and Arlington counties are spreading the word that top Virginia universities—the University of Virginia, Washington and Lee and William and Mary are becoming harder and harder to get into.

"I applied to a lot of Virginia schools. I didn’t get into UVA, but I’m not surprised because it’s gotten so hard—especially from Langley (High School) where everyone seemed to be applying to the same schools,” says Chris Susskind, a 3.8 (weighted) GPA senior at Langley High School with multiple AP courses, a near-perfect ACT score and a volunteer with disabled children. "It’s (UVA has) become ivy league for schools in Virginia."

Other high-achieving seniors, like Drew Treger of WT. Woodson High School, don’t even bother applying.

"I knew I wasn’t going to get in, so I didn’t even try," says Treger, captain of the men’s varsity lacrosse team and of the Fellowship for Christian Athletes at Woodson, who also holds a 3.5 GPA with four AP classes under his belt.

Students at Washington and Lee University.

"Generally, the academic quality of incoming classes here has increased over the years and the number of applications for limited spots continues to set records," says Charles McGregor McCance, senior director of media relations at UVA. “This raises the competitive environment for all applicants from everywhere. For the current academic year, the University received more than 31,000 applications for about 3,500 spots."

The same trend appears to be the case with the College of William and Mary. According to data pulled from the State Council of Higher Education for Virginia, applications into this top-rated Virginia college increased 12 percent in the last five years and their acceptance rate only went down from 44 percent to 42. The actual number of students being accepted is steadily increasing at UVA and William and Mary, just not the percentage.

Washington and Lee University does not report or collect data by county, the communications department informed us.

“We have always taken 15 percent from Virginia,” says Brian Eckert, executive director of communications and public affairs for Washington and Lee. “We look at grades first and—we know that someone can handle the work here—then we start looking at demonstrated strong leadership and students who have performed community service.”

Fairfax County alone grew from 969,000 in 2000 to over 1.1 million in 2013. With thousands more students flooding the application system, it may seem harder to stand out amongst classmates—many of whom are getting straight As. But stressing out over SATs and class rank isn’t the most effective way to beat out the competition.

Yes, it’s true the types and grades you get in those classes are the first and foremost aspects of a transcript these colleges are looking at but leadership roles, caliber of essays and an overall interesting aspect about you—something to make you diverse, is what they all claim to set those who stand out against those who get weeded out.

"More and more students are adding an area of interest when applying to colleges," says Judith Hingle, career connections specialist with the Fairfax County Public School System. "Adding a prospective major can help, because colleges need to balance all those things."

With engineering degrees being the most popular, Eckert agreed there are undoubtedly more STEM (Science, Technology, Engineering and Math) students applying now than ever before, but classics majors are at an all-time low across the nation.

JUST TWO YEARS AGO, Fairfax County schools adapted a more career-minded focus with the installation of the Naviance system, a Web-based system FCPS named the Family Connection. Naviance is a career and academic guidance software system that links students’ academic choices to the counseling offices and helps them determine their high school, college and subsequent career path. Hingle says this kind of focus can only help up students’ chances at receiving those coveted admission letters.

Another way around the system entirely—which can also cut down on your final tuition bill—is to attend a Virginia community college. Many top schools in Virginia and the D.C. area have a guaranteed admissions agreement with not just UVA, but William and Mary, certain colleges within George Washington University and Catholic University of America. Washington and Lee, however, does not participate.

And if all else fails, Hingle says not to despair, there are tons of other great schools in Virginia that were established after the 19th century—many of whom are taking a higher percentage of NoVa students than in years past.

"Pick a school that really interests you." Hingle advises. "If you just focus on the high end, a lot of great kids become discouraged, but there are lots of chances to grow and learn here in Virginia."
Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

a program that is an essential component of a system of housing and services that offer individuals and families in need the optimum chances for success.

These recommendations support a wide spectrum of households along the housing continuum;

No funding for new initiatives is requested. Instead, these recommendations fund coordinated efforts between housing and service providers to deliver critical safety net supports with maximum efficiency and adoption of best practices.

Our coalition supports the limited housing and human services funding in the County Executive’s Budget, and respectfully urges no further cuts to these budgets. This request is made in light of significant cuts to these programs over the past few years, even as the need for housing, childcare, healthcare and other human services have grown. In supporting the County’s Executive’s proposal, we would like to highlight the following:

Contract Rate Increases for Human Service Providers: We support the County Executive’s inclusion of $2.17 million for a contract rate increase for human services providers in the County, especially nonprofits. These providers offer critical services to low and moderate income households that would fall to the county alone if the nonprofit partners did not exist. These community-based organizations have built corporate and private sector support for their efforts to leverage public resources. However, funding for these organizations that provide services must keep pace with inflation, our high cost of living, pay and benefits, to attract and retain their staff.

Consolidated Community Funding Pool (CCFP): We support the increase of $743,388 (7.5 percent over the FY 2014 Adopted Budget amount of $9.9 million) for the first year of a successful CCFP cycle that begins in FY 2015. FY 2015 Community Development Block Grant funding is projected to be $1.8 million, an increase of $250,791. The total FY 2015 CCFP funding is therefore anticipated to be $12.4 million, an increase of $944,179 over the FY 2014 amount of $11.4 million. This additional funding strengthens the county’s investment in community-based programs and is welcomed.

Mondloch Place $275,000 (Office to End and Prevent Homelessness): We support funding needed for on-site supportive services to formerly homeless single adults. The funds will pay the contract costs to operate the program, including staffing the facility, and leverages the county’s investment in the substantial renovation of the building.

Employment Services $200,000 (Office to End and Prevent Homelessness): We support continued funding for a pilot program integrating employment services into the existing Bridging Affordability framework of the Housing Blueprint. Providing services that adequately address the special needs of many in the Bridging Affordability program — something that is lacking in existing employment services programs — is essential for these households to achieve greater financial security and self-sufficiency.

This funding was originally included in the FY 2014 budget, but was held in reserve pending approval of the plan.

Katherine K. Hanley Townhomes $235,220 (Office to End and Prevent Homelessness): We support funding to provide supportive housing and services to families with children. Two 3-unit buildings are scheduled to open in December 2014.

Domestic and Sexual Violence Services $139,973 (Department of Family Services): We support funding for one new program manager position to address both increases of extremely low income families have access to stable housing options and don’t cycle back into homelessness.

The 2015 advertised budget also includes $5 million for the New Private Partner Acquisition to increase the county’s stock of committed affordable housing. This funding would be used to preserve or develop 120 units of affordable housing for low income working families, but this amount is inadequate to provide the gap financing for such a project, especially if the goal of serving formerly homeless persons, as stated in the blueprint, is to be achieved.

In considering these requests, please note the following statistics:

Securing safe, decent affordable housing remains one of the greatest challenges for low and moderate income households in Fairfax County and is a considerable barrier to a family’s ability to achieve stability and self-sufficiency.

U.S. Census Bureau statistics show an estimated 73,916 households in Fairfax County earning less than $50,000 annually, or about 47 percent of the area’s median income for a family of four ($107,300);

Census data also shows an estimated 67,293 persons living below the poverty level in Fairfax County;

According to the Center for Housing Research at Virginia Tech, the total affordable housing gap in Fairfax County for low and moderate-income renters (earning no more than $85,000 for a family of four) is 28,405 units;

The Blueprint for Housing shows a shortfall of 1,818 units for FY2015 in meeting the goals of the 10 Year Plan to Prevent and End Homelessness;

Nearly 1,650 CSB clients need affordable housing.

Communities who are successful in addressing their unmet housing needs have adopted a dedicated, reliable source of funding to preserve or develop housing that is affordable. The county’s greatest strides in affordable housing were made during the years when one penny of the real estate tax was dedicated to housing preservation.

Whether it’s a dedicated revenue source or an annual, reliable commitment to a housing trust fund, we urge Fairfax County to once again consider this investment in housing that is affordable and needed for a significant and growing percentage of the County’s population.

Community Health Care Network (CHCN): In FY 2014, funding for CHCN was cut by $752,000. The $250,000 reduction in specialty care contracts that resulted has worsened an already insufficient supply of local specialists. CHCN has therefore increased its utilization and reliance on University of Virginia Medical Center specialists, requiring CHCN’s low income, uninsured clients to travel to Charlottesville, spending scarce money and missing days at work. It is our understanding that a working group of public and private providers is leading efforts to build and sustain a local specialty network system.

Therefore, rather than recommend restoration of the funding at this time, we suggest that this group continue to support the effort and play an appropriate role in developing solutions to this problem. By the time of Carryover, we should all have a better understanding about the needed resources, if any.

This coalition appreciates the significant budget challenges you face for FY2015, and thanks you for our partnership as we work together in support of the most vulnerable in our community. However, we are deeply concerned that the housing and human services system has reached a “tipping point” where it will not be possible to decrease funding without the services and falling to meet the human services needs of county residents. We believe that there is very little margin for error, and that any further cuts will result in program reductions, eliminations, or waiting lists for services. If Fairfax County is to remain a place of excellence, we must come together as a community to discuss a long term strategy for funding and maintaining adequate, annual investments in housing and human services in future budgets.

Signed by:
Alternative House, Judith Dittman, Executive Director; Centroville Immigration Forum, Centreville Labor Resource Center, Alice Fatz, Board President; Cennerstones, Kerrie Wilson, CEO; Community Residences, Inc. Dennis J. Manning, LCSW, President and CEO; FACETS, Amanda Andere, Executive Director; Fairfax Area Disability Services Board; Fairfax County Alliance for Human Services, Shanon Steene, Chair; Fairfax Education Association, Kimberly Adams, President; Governing Board of the Fairfax Falls Church Partnership to Prevent and End Homelessness; Ken S. O’Brien, Chair; Huffman for Northern Virginia, Rev. Jon Smolenski, James McCord, 673-6780; Northern Virginia Affordable Housing Alliance, Michelle Kreczce, Executive Director; Northern Virginia Family Service, Mary Agee, President and CEO; Our Daily Bread, Lisa Wisotski, Executive Director and Richard Haynes, Board President; Pathway Homes, Inc., Sylvia Lambert Woodard, President and CEO; PRS, Inc., Wendy Gradison, LCSW, President and CEO; Shelter House, Inc., Marcia Harris, President; Executive Director and Denise Miller, Board President; United Community Ministries, Shirley Marshall, Executive Director and Jim Sleeley, Board member and Chair of the Advocacy Committee; Volunteer Center, Russell K. Snyder, President and CEO; Wesley Housing Development Corporation, Shelley Murphy, President and CEO; Western Fairfax Christian Ministries, Melissa Jansen, Executive Director; Individual citizen advocates Marlene Blum, Vienna (Providence District), Alvin W. Smuzynski, Fairfax Station (Springfield District); Frances J. Pezzola, President, Fairfax Falls Church (Ox Hill District), and Ellen Hayes, Fairfax (Braddock District).
**Ginger Costa-Jackson as Carmen in Virginia Opera's production of “Carmen,” playing April 11 and 13 at GMU's Center for the Arts.**

garde designs that combined Japanese motifs with 19th and 20th century Western silhouettes. Discover elements of the kimono in tea gowns and opera coats and hear about Japanese designers who are redefining fashion worldwide today.

To make reservations, call Historic Green Spring at 703-941-7987.

**TUESDAY/APRIL 8**

Slam Poetry Cafe. 6-8 p.m. Richard Byrd Liberry, 7250 Commerce Street, Springfield. Slam poetry is the art of performance poetry. Performers, come share your original or previously published pieces. Email slampoetrycafe@gmail.com with your name and poem.

**WEDNESDAY/APRIL 9-SUNDAY/APRIL 12**


**FRIDAY/APRIL 11-SUNDAY/APRIL 13**

Virginia Opera’s “Carmen.” Friday at 8 p.m., Sunday at 2 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. Virginia Opera, will present George Bizet’s sultry tragedy of passion and opera coats and hear about the opera’s most famous female fatale, “Carmen.” The opera has enthralled audiences for more than a century and is one of the most popular. Tickets are Friday: $44-$86; Sunday: $48-$98. Youth Discount: half price for youth tickets through grade 12. Call 888-945-2468 or visit cfa.gmu.edu

**SATURDAY/APRIL 12**

2* Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9158 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing.

**Once Upon A Time…** 7-10 p.m. Workhouse Arts Center, 9158 Workhouse Way, Lorton. A fairy tale themed costume ball. The evening includes music, social dancing, unique silent auction opportunities, food, laughter and special live performances by cabaret vocalists. Admission includes entertainment, light refreshments and two beverage tokens. Tokens may also be used for voting for the “Queen” of the night. Costumes are not required for entry, but we do encourage all to find some fairy tale inspiration for their attire—there will be a “Wear your favorite fairy tale costume or bring a “Wear your favorite fairy tale costume or bring a for the most imaginative costumes! Limited admission, early reservations strongly recommended. $40 per person. http://workhousearts.org/events/performing-arts/once-upon-a-time

**Easter Egg Hunt and Bake Sale.** 9 a.m.-12 p.m. Franconia United Methodist Church, 6077 Franconia Road, Alexandria, children (2 years old - 6th graders) are welcome to the free Easter Egg Hunt and bake sale. To make reservations, call Historic Franconia United Methodist Church, 703-455-9000.

**FRIDAY/APRIL 11-SUNDAY/APRIL 13**

Virginia Opera’s “Carmen.” Friday at 8 p.m., Sunday at 2 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. Virginia Opera will present George Bizet’s sultry tragedy of passion and opera coats and hear about the opera’s most famous female fatale, “Carmen.” The opera has enthralled audiences for more than a century and is one of the most popular. Tickets are Friday: $44-$86; Sunday: $48-$98. Youth Discount: tickets are half price for youth through grade 12. Call 888-945-2468 or visit cfa.gmu.edu

**SATURDAY/APRIL 12**

Circus. 7:30-10 p.m. Workhouse Arts Center, 9158 Workhouse Way, Lorton. A fairy tale themed costume ball. The evening includes music, social dancing, unique silent auction opportunities, food, laughter and special live performances by cabaret vocalists. Admission includes entertainment, light refreshments and two beverage tokens. Tokens may also be used for voting for the “Queen” of the night. Costumes are not required for entry, but we do encourage all to find some fairy tale inspiration for their attire—there will be a “Wear your favorite fairy tale costume or bring a “Wear your favorite fairy tale costume or bring a for the most imaginative costumes! Limited admission, early reservations strongly recommended. $40 per person. http://workhousearts.org/events/performing-arts/once-upon-a-time
Robinson Baseball Rallies to Beat Marshall

Rams have 10 seniors on this year’s team.

By Jon Roetman

The Marshall and Robinson baseball teams took turns on March 27 capitalizing on each other’s mistakes. Down by two runs in the bottom of the seventh inning, Robinson rallied to ensure Marshall’s next miscue would be its last.

Robinson senior Kaden Darrow tied the score with a two-run single and Marshall catcher Mitch Blackstone’s throwing error allowed the winning run to score as the Rams pulled out a 6-5 victory at Robinson Secondary School.

Robinson trailed 5-1 in the second inning and 5-3 entering the bottom of the seventh, but found a way to improve to 3-0 with its second consecutive walk-off victory. The Rams defeated West Springfield 4-3 on March 24 and opened the season with a 7-2 win over Woodson on March 22. Marshall fell to 1-2.

“We played five innings, six innings, things weren’t really going our way and we found a way to pull it out,” Robinson head coach John James said, “and that’s confidence builder.”

Robinson enters the 2014 season with 10 seniors on the roster, including six athletes in their third year on the varsity — pitcher/outfielder Chris Lohr, outfielder Adam Sisk, infielder/outfielder Zach Beck, outfielder Tyler Fitchett, pitcher/infielder Danny Herrera and Darrow. That experience paid off in the bottom of the seventh inning as the Rams, who had struggled at the plate for much of the contest, found a way to rally against 6-foot-5 Marshall left-hander Riley Cummins, who will pitch for the University of Virginia.

Leading 5-3 in the seventh, Marshall head coach Aaron Tarr moved Cummins from the mound and put in right-hander Riley Cummins, who will pitch for the University of Virginia.

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Compassionate Caregivers Wanted
Home care agency seeks caregivers to help seniors with household tasks so they can maintain their independence. Experience a plus, but not required. Retirees or those seeking a second job encouraged to apply. Tasks include driving, cooking, light housekeeping, and keeping someone company. E-mail resume to jlandrum@visitingangels.com or fax to 703-542-0113.

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Main Street Recognized for ‘Exemplary Inclusion’
On Tuesday, March 25, Main Street Child Development Center was recognized by Fairfax County Public Schools with an Exemplary Inclusive Practices Award for continuously demonstrating exemplary inclusive practices for students with disabilities. Awards also were given to Bonnie Brae Elementary School and Halley Elementary School. Main Street is the first center to be recognized with an Exemplary Inclusive Practices Award. Previous awards were given solely to individuals. In addition to plaques, all of Main Street’s lead teachers received certificates and gift bags. Main Street will be honored with a luncheon on April 16. Awards were presented by Early Childhood Identification & Services Coordinator Denise Forest at the Green Acres Center, which houses Main Street. Fittingly, the ceremony coincided with the Fairfax County Board of Supervisors designation of March as “Intellectual and Developmental Disabilities Inclusion Month.”

Fairfax County Public Schools’ focus of increasing inclusion opportunities for preschoolers lies at the heart of Main Street Child Development Center’s mission: “We are proud of the achievements that the Exemplary Inclusive Practices Award represents,” said Main Street Director Carol Lieske. “It motivates us as we seek new and better ways to be an even more inclusive program.”

Reverend C. L. Bryant to Speak at Republican Women of Clifton April Meeting
Reverend C. L. Bryant, former president of the Garland, Texas chapter of the NAACP and noted speaker will speak at the April 16 meeting of the independent Women of Clifton (RWC). Rev. Bryant is a conservative activist and frequent commentator on Fox News. He dazzled audiences at Glenn Beck’s FreePAC event when he encouraged thousands in the audience to “defend the republic” while also tackling the enslavement of government dependency. Rev. Bryant is a radio and television host and creator of the independent film, The Runaway Slave, a movie about the race to free the Black community from the slavery of tyranny and progressive policies. The meeting will be on Wednesday, April 16 at the Fairview Elementary School, 5815 Ox Road, Fairfax Station. The social hour will begin at 7 p.m. when refreshments will be served and President Alice Butler-Short will open the business meeting at 7:30 p.m., after which Reverend C. L. Bryant will deliver comments and entertain questions.

Guests will be asked for a $5 donation at the door for TAPS - the Tragedy Assistance Program for Survivors of our Fallen Heroes. For more information, visit http://clifftongop.com/.

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Navigating the Complexities of Lyme Disease. 9 a.m. – 12 p.m. Vienna Presbyterian Church, 124 Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost $15 preregistration/$20 at door. To register, visit http://bit.ly/lymecomplexities.

Reston 50/100 Founder’s Day Celebration. 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston “home.” Join the Reston Historic Trust and Museum for Founder’s Day as they celebrate Reston’s 50th anniversary and the 100th birthday of founder, Robert E. Simon, Jr.

Luncheon and Tour. 11 a.m.–2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

Book Look: Child of the Civil Rights Movement. 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, Child of the Civil Rights Movement is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org for more information and to register.

125th Birthday Celebration for Charlie Chaplin. 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin’s 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123.

Vietnam Veterans of America Chapter Meeting. Neighbor’s Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Edward D. Connor, WWII Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

Genealogical Society Meeting. 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road, Mount Vernon Genealogical Society meeting will feature a presentation entitled “Experiences of a Young Waist Gunner in WW II” by Ray Bailey. What was it like for an 18 year old high school graduate from a small Ohio town to go off to war, fight the Germans and survive his plane “going down?” Visit www.sentaranv.org for more information.

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See Senior Calendar. Page 8
Senior Living

Seniors Rush to Yoga

By Marilyn Campbell  
The Connection

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

“I had been bothered by a lot of neck pain from arthritis,” said Wulchin. “I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion.”

A turning point came after she was struck by a passing comment from one of her doctors. “My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it.”

Wulchin embarked on a twice-weekly ritual that she describes as life changing.

“My gentle yoga classes have been a God-send,” she said. “I have less pain now. I still have some stiffness, but I have a better range of motion.”

She isn’t the only senior to reap the benefits of yoga. Researchers at the American Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old. They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

More Seniors Plan To Age in Place

By Marilyn Campbell  
The Connection

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services’ Administration on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

Many local techniques and programs can help seniors stay in their homes longer.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

“We’re showing people how to modify their home so that it is accessible,” said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. “We’re talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands.”

“There are wonderful emerging technologies that allow adult children to monitor their parents who live alone,” he said. “It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, ‘Hmm, I need to check.’”

Andrew J. Carle, director of the Senior Housing Administration at George Mason University, recommends First Street for Boomers and Beyond (www.firststreetonline.com) which offers products for seniors and their caregivers.

“Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe.”

A LACK OF SOCIAL interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

See How To Age, Page 4

See Yoga, Page 6
“We have a group that meets to talk about financial matters,” she said. “We have a wide variety of professions.”

people who want to age in place. “Concierge Village,” which is a non-profit model that coordinates access to an array of services through a central office, includes transportation, home repairs, care coordination and computer navigation.

VILLAGES ARE community-based organizations designed to help members maintain their independence and remain independent and in their communities. The communities of their choice. “Back in 2000, villages started with a group in Boston, and in 2007 there were 28,” said Barbara Stilwell, executive director of Mercer Verson at Home in Mount Vernon. “It is a community-based. Every village is different, but they’re there for investments. Another group meets every Monday morning at 9 a.m. and looks at the past week’s headlines from the Washington Post, The Washington Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves,” Jennifer Dennis, OLLI’s executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group’s main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don’t want the pressure of writing papers and taking tests, but do want to learn and be interested in learning.

“We have people who are economists and worked with finance, but in their retired life they want to explore areas... like art classes or history classes,” she said. One of those members is 70-year-old John Woods. He attended three or four OLLI events a week for 10 years. “We have a wide variety of professional areas and a wide variety of groups that meet,” he said. “We have a group that meets to talk about financial topics. Another group meets every Monday morning at 9 a.m. and looks at the past week’s headlines from the Washington Post, The Washington Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves.”

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Senior Living

Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.

Yoga for All Ages

From Page 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

“The main thing that I hear is that you have to already be flexible to do yoga,” said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. “People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, ‘If I can’t do that, then I can’t do yoga.’”

Pradas, whose students are mostly between 50 and 75 years old, said, “Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

“That is baby boomers going into yoga,” she said. “Yoga for seniors is going to be the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running.”

In fact, she says gentle yoga classes are among the most popular at her studio. “I have students who are as old as 84. We deal with people who can’t get on the floor,” she said. “We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age.”

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and older are among her office’s most popular.

“She’s not going to be able to keep up with alternative ways of exercise because they are not going to be able to keep up with alternative ways of exercise because they know the classes are going to fill.”

Seán FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it’s important to find a class that is a good fit.

“There are many kinds of seniors,” he said. “There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions.”

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community’s fitness program. The instruction will be tailored to meet the needs of his clients. “We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors.”

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs.

“The future of senior housing will include science-based wellness activities like yoga,” he said. “Anything that gets us beyond senior activities such as birthdays, Bible, bingo and bridge is a step up.”

The curbless roll-in shower was designed for wheelchair access.

Accessibility on a Different Level

By John Byrd

How can you tell when an annex suite is outperforming the usual requirements? Well, for starters, when the owners themselves decide to occupy the new accommodation as their primary living space.

Such was the recent choice of Gee and Aycha Saad, two Northern Virginia seniors who started investigating options for retrofitting their three-level home when the wife, Aycha Saad, transitioned from a walker to a wheelchair.

The idea was to improve everyday mobility and even incorporate equipment needed for physical therapy treatments while preserving the home’s upper two levels should the couple later decide to sell the house and move to a retirement facility.

After weighing several scenarios, the couple summoned Russ Glickman, president of Glickman Design Build and an expert in aging-in-place, to explore options.

“We begin by looking at ways to add an elevator,” Glickman said. But the modifications for the elevator would disrupt the existing second floor plan with our fully solving the accessibility issues.

The home’s mostly unfinished 2,000-square-foot lower level, however, provided opportunities, and the Glickman team proposed a plan for a largely self-sufficient suite complete with accessible bath, kitchenette and other amenities.

Configured as an open floorplan that incorporates a sizable master suite, the new layout is differentiated into use zones that emphasize privacy.

Key components include: A kitchenette and dining zone finished with cherry Shaker-style cabinet facings, granite counter surfaces and ceramic tile flooring. A den/family room contiguous to the dining area that offers direct access to the rear yard. The space has been fitted with a large-scale plasma TV and a “Sensurround” sound system. A private master suite with spacious bedroom and a bath that includes a 5-foot-by-8-foot curbless “roll-in” shower with a pull-down seat. The bathroom connects to a fully-equipped laundry room.

To accommodate a wheelchair platform lift, the steps leading to the suite from the first floor were widened from 30 inches to 46 inches.

To make it easier for the Saads to identify visitors, the home’s front door has been equipped with a security camera linked to a laptop. Glickman also introduced technologies that enable the couple to lock and unlock the front door from the lower level suite.

Aesthetically, the suite’s carefully developed interior design confers both warmth and spatial cohesion. Mosaic tile flooring differentiates the kitchen/dining zone from the adjacent den and entertainment area. In short, it’s a pretty, comfortable home that’s also healing and supportive.

“Our goal was to satisfy immediate needs while implementing a makeover that will add re-sale value,” Glickman said. “The house has simply been re-defined as a traditional single family home that includes a full-size-in-law suite. It’s a very marketable improvement, yet meets all the present requirements.”

Details

The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauning, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

Northern Virginia Senior Olympics Mission: Living Healthy Longer

“Living healthy longer is the mission of the Northern Virginia Senior Olympics,” said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. “It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games.”

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men’s basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horseshoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at www.nvso.com after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is $12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.
Senior Calendar

WEDNESDAY/APRIL 23

THURSDAY/APRIL 24
Condo Living Class. 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour “Understanding Condominium Living” class. Free, seating is limited. Confirm attendance at 703-746-4990 or email shane.cochran@alexandriava.gov.

WEDNESDAY/APRIL 30
How to Protect Yourself From Identity Theft. 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

ONGOING
Senior Fall Prevention Classes. 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. $10. 703-667-9800.

Singers Wanted for the Celebration Singers. The women’s show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email gparsons1@cox.net.

American Red Cross CPR, First Aid and AED. Various times, at 2720 State Route 669, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. $70-110. Visit www.redcrossnva.org.

The Groveton High School class of 1964 is looking for contact information for as many classmates as possible. The planning for the 50th reunion is underway, however only a small number of people have been contacted. Groveton graduates of ’64 interested in attending next September’s reunion should email contact information to GHS64@verizon.net.

Band musicians are invited to join the Mount Vernon Community Band. Rehearsals are Tuesdays 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or www.mvbands.com.

“From Page 2

www.MVGenealogy.org. Questions about the program should be directed to Karen Jenkins at 703-866-2478 or publicity@mvgenealogy.org.

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The League of Women Voters of the Fairfax Area, a non partisan organization that is concerned with election processes, voter participation and civic engagement, is welcoming new members. All women and men interested in civic affairs are invited to join the group. Visit www.LWV-Fairfax.org. or call 703-658-9152.