The Bookshop Worth Exploring

Every two weeks, the BookShop at Claude Moore Colonial Farm displays a different theme. This theme centralized around India.

Planning for Holiday Homes Tour Underway

Tysons to Host Silver Line Music and Food Truck Festival
Real Estate Results

703.861.5548

McLean Connection
September 3-9, 2014
www.ConnectionNewspapers.com

FOR SALE
McLean. Build your dream home on this stunning property! Two gorgeous lots totaling 1.71 acres in McLean. Front lot is a .574 acre lot with house and second back lot is 1.140 acre. Easy access to Great Falls, Route 7, Tysons Corner, and major commuter routes. Offered at $1,395,000.

FOR SALE
McLean. Sited on a .46 acre lot in the sought-after Langley Oaks community, this five-bedroom home offers wonderful up-to-date living spaces, privacy and convenience. Highlights include large bedroom sizes including a main level Master bedroom, a chef's Kitchen with spacious island and stainless steel appliances, hardwood floors, screened-in porch, large deck and 2-car garage with extra storage. Fully finished lower level with bedroom, full bath, recreation room, wet bar and lounge area. Offered at $1,395,000.

FOR SALE
McLean. This light-filled 2-car garage Colonial built by Capital City Builders in 2003 has over 6,200 square feet. Kitchen with expansive granite counter space opens to family room with coffered ceiling. Easy entertaining flow with sunroom and family room opening to extra-large deck and outdoor kitchen. Sought after neighborhood minutes from downtown McLean and on an incredible .38-acre professionally landscaped lot. Offered at $1,795,000.

FOR SALE
McLean. Sited prominently on a .93 acre professionally landscaped lot in the prestigious RESERVE estate community, this 8,900 square foot Basheer Edgemoore built home offers an inviting floorplan, spacious rooms, soaring ceilings, and decorator finishes. A two-story family room with stone fireplace, dining room with EuroCave Vieuilliheque wine cabinets, gourmet kitchen, media room, exercise room and huge outdoor flagstone patio provide relaxing living spaces. Incredible built-ins, custom window treatments, and custom lighting abound throughout this stunning home. Offered at $2,795,000.

FOR SALE
McLean. Spacious and charming split level home situated on a flat .28 acre lot in the heart of McLean! This bright and roomy home features 4 Bedrooms, 3 ½ Baths, newly renovated eat-in kitchen with stainless steel appliances, cherry cabinetry, and granite countertops. Updated bathrooms, hardwoods. Living room with fireplace. Expansive deck and large covered Carport. Fully finished lower level with family room, bedroom, recreation room with built-ins, laundry room and a bonus room. Great location close to Tyson’s Corner, 495, G.W. Pkwy, and Dulles Toll Rd. Sold at $871,000.

See www.tracydillard.com for floor plans and pictures

All Properties Offered Internationally

703.861.5548 • tracy@tracydillard.com
Licensed in VA, DC and MD

Call Tracy to successfully sell or buy a home today!
Tysons to Host Silver Line Music and Food Truck Festival

Another new festival for Tysons.

BY REENA SINGH
The Connection

Next week, Tysons Partnership will ring in another inaugural festival with music and D.C.'s tastiest food trucks.

The first Silver Line Music and Food Truck Fest will take place on Saturday, Sept. 13 in Lerner Town Square, bringing people together for a day of bands and more than 20 food trucks from the area.

“The festival is about educating people on how different this place has become,” said Tysons Partnership Executive Director Michael Caplin. Previously named the Tysons World Music Festival, the name was changed over the summer to celebrate the Silver Line finally running in the urban center.

“It’s the first time we’re going to have a metro service at the site, so I’m very excited to welcome the people of D.C. to their first metro service at the site, so I’m very excited,” said Caplin. “We decided the wide array of 20-plus food trucks would be visually and atmospherically exciting.”

He said the idea for the festival was born on a conversation between the Tysons Partnership partners to craft a welcome party for the Silver Line.

Tysons has four Metro stations within its boundaries, but the Tysons Corner stop will be the closest to the festival grounds.

The Silver Line Music and Food Truck Festival will be the closest to the festival grounds.

“The location is the star,” said Trigger Agency Founder and President Greg Nivens. “The Town Square is literally directly between Tysons Corner and The Galleria Malls. It is on the Metro stop. So if you take the Metro, you will just walk down the ramp, cross the street and you are there. It is truly the little hidden gem that should be what we are promoting.”

Food trucks will include popular D.C. Empanadas, NaanStop and Crusty Dog D.C. Seven bands, including Green River Ordinance from Fort Worth and Charlottesville’s Love Canon will play from 12:30 to 9 p.m. on two stages on the festival grounds.

“Getting the acts for this event proved to be a little challenging in the beginning because of the genre of music we wanted to offer,” said Nivens. “We want to bring Tysons a mixture of genres and up and coming national acts.”

He described Green River Ordinance as an American Mumford and Sons with a down-home twist.

Because this was a first time experience, the festival organizers ran into an unexpected problem when scheduling bands for this year.

“Early on in the planning we reached out to other larger acts – but they already had booked gigs close by at one of the many other outlets like Merriweather Post and Wolf Trap,” said Nivens. “So, I think that was our first challenge.”

Additionally, the opening of the Silver Line was essential to the festival. For Tysons Partnership, it was the key piece in getting outsiders and people who only come to the urban center for work to venture back in on the weekend.

“We hope people will jump on the Silver Line, ride out to Tysons and discover the fun and happiness here,” said Aaron Georgelas, Georgelas Group developer and Tysons Partnership member.

The Silver Line Music and Food Truck Festival will feature more than 20 food trucks from the D.C. metro area.

Area Residents Comment on Their First Experiences with the Silver Line

“It’s very convenient. It’s very clean and runs well. Definitely an efficient source of transportation.”

— Michael Nehrbass (Foreign Service Officer, Takoma Park, Md.)

“I live at the Lewinsville Senior Center so usually those of us from the retirement home will take bus 23A to get where we need. The new silver line doesn’t have this bus route and it’s really inconvenient. I can’t get to Ballston anymore. It’s uncomfortable and doesn’t stop at good locations. I do not like it.”

— Mira Moussaf (Retired, McLean)

“I like that it reaches us out in Loudoun County now. There’s nothing particularly bad about it. I wish it moved at the speed of light but it’s fast enough.”

— Andrew Slater (Analyst, Ashburn)

“I like the location. It’s really convenient. But I don’t like that it only has one kiss and ride. Yeah, I think we should have more kiss and rides for other metro stations. That would be great.”

— Maggie Liu (Finance Analyst, Fairfax)
Speaker’s Series to be Held in Great Falls

The series kicks off on Sept. 23 at the Great Falls Library.

The Great Falls Speaker’s Series, a dynamic, new series that will feature a wide array of literary artists from diverse creative backgrounds, will kick off on Tuesday, Sept. 23. The evening events, to be held monthly at the Great Falls Library, will be free and open to the public.

Kristin Clark Taylor, creator of the new series, is designing the monthly forums to be inclusive, inviting and intellectually stimulating for the entire community.

Taylor, also founder of the popular Great Falls Writer’s Group, envisions this monthly forum as a way “to open up a sustained, intimate dialogue between writers from every walk of life and the Great Falls community at large.”

In addition to bringing in well-known authors, Taylor says the goal will be, “to shine a bright light on the entire, colorful spectrum of the writing world – from journalists, playwrights, and memoirists to well-known humorists, historians, and just about anyone else in between. The only requirement,” she says, “is that our speakers have a driving passion for the written and spoken word. It’s high time for these kinds of easy, intimate, intellectual conversations to take place – so why not have them take place within the comfort of our own community?”

To launch the series, Pamela Palmer, a Herndon resident and New York Times best-selling author of 16 novels, will speak on the first night, Tuesday, Sept. 23. Taylor thought it significant, symbolic and “uniquely inspiring to our local community,” to have a local author of national repute be involved in the kick-off.

Palmer, too, is enthusiastic about the new series. “I’m thrilled to be a part of this new series,” the author says, “because it opens up important, ongoing dialogue between writers of all kinds and the larger community. We need an outlet like this to celebrate literary diversity and encourage creativity.”

Nancy Hannan, a charter member of the Great Falls Writer’s Group, which began a year ago, is also a key organizer for this new Speaker’s Series. “I love being a part of the Writer’s Group, where we focus on our own work,” she says, “but I’m also looking forward to the energy that comes from opening our embrace a little wider,” she says.

Here’s the roster so far:

- Oct. 23, to discuss her own creative process and to read from her newest novel, “The Shaper.”
- The veteran newsman, playwright and author will discuss his lifetime in words and his recent novel, entitled “Top Down,” about the Kennedy assassination.

The series will be evening forums, beginning at 7 p.m., at the Great Falls Library, 9830 Georgetown Pike. Each forum will begin with a brief reception (wine and cheese), immediately followed by introduction of the featured speaker.

Seating is open; no reservations will be taken. For this reason, it’s recommended that guests arrive a few minutes early. Unless otherwise noted, these forums are generally for adults only. On occasion, there will be youth-focused forums – popular children’s book authors and other literary professionals whose words reach a younger audience – and all of these will be announced.
PRS, Inc. and CrisisLink Announce Merger

Expanded nonprofit poised to better address mental health needs of NoVa. and D.C. community.

PRS, Inc. and CrisisLink—leading local nonprofits serving those with serious mental health issues—are merging to transform the delivery of mental health services in response to the community’s growing needs and the changing mental health landscape. The organization will continue to be called PRS and CrisisLink will become a major program area.

PRS provides clients with intensive support to help them recover and rebuild their lives, including persons with emotional and/or behavioral disorders. Through its extensive volunteer network, CrisisLink serves people in crisis through a hotline as well as comprehensive crisis prevention, intervention and response programs. Together, the entities will be able to offer complementary, enhanced, innovative, and cost-effective services that reach more people.

Specifically, the merger will strengthen PRS’s ability to offer 24 hour support to clients—beyond what Medicaid and other funders cover—by incorporating CrisisLink’s respected, established programs, including its committed and trained volunteer base. In this way, CrisisLink’s services will remain accessible to the community and clients.

Also the efficiencies created by shared resources will enable PRS to explore offering tailored and expanded services that reach specific at risk groups and to have a greater physical presence that better serves the community. For example, PRS will be able to explore the expansion of new programming, such as a texting program to reach teens in crisis, an outbound calling program to remind clients about medications or meetings and to keep them from feeling isolated, and efforts targeted to families of deployed service members.

“As a board, we felt this merger was an excellent opportunity to better serve those living with mental illness by providing greater breadth and depth of services. With these two strong organizations joining forces, we know our region’s safety net will be stronger,” said Audrey Goldstein, PRS board chair.

“The marriage of these two outstanding nonprofits makes sense and will bring innovation and improved services to Arlington and beyond. We know this is the right move and our citizens and community will be the beneficiaries,” said Lauren Shields, former board vice president, CrisisLink.

Wendy Gradison will remain CEO of PRS and CrisisLink Executive Director Julia Stephens will become director of business development for PRS. In all, PRS will now have 88 employees.

It also has locations in Alexandria, Arlington, and D.C. and offers services throughout Northern Virginia, including in Loudoun and Prince William. With the addition of CrisisLink, PRS will now have an additional location in Arlington, enabling it to expand services to an even larger base of people.

www.prsinc.org

Allen Hudson Receives 'Top 40 Brokers Under 40' Award

Sahouri Insurance & Financial has announced that one of its executives, Allen Hudson, has been chosen for the Business Insurance 2014 edition of the Top 40 Brokers Under 40 Award on Aug. 6.

Top 40 Under 40 is an annual accolade which acknowledges the 40 most accomplished insurance brokers under the age of 40. Nominees are selected based on a criterion of excellence, leadership, service, and expertise. All honorees are selected on a nationwide scale by a panel of Business Insurance editors. An award reception will be held for all recipients on Oct. 14 in Atlanta.

Hudson has been a licensed property and casualty agent in Washington D.C., Virginia, and Maryland for the last 10 years. Last month, he was named Northern Virginia Magazine’s “Top Financial Professional” of the year in Risk Management. A resident of McLean, Hudson is also the Head Coach of Langley High School’s Lacrosse Team, and just took his squad to the state championship.

Sahouri Insurance & Financial is a private, family-owned insurance broker based in McLean. Established in 1970, Sahouri’s services include insurance for private clients, employee benefits, commercial lines, real estate, as well as life and disability. Sahouri has been brokering insurance internationally and domestically with success for 45 years.
A

Although it has been many years since I was a teacher in the classroom, I still get a nervous stomach around Labor Day each year in anticipation of the beginning of a new school year. Teaching is the hardest work I have ever done in my life including being a legislator. I taught before the era of Standards of Learning (SOLs) and massive standardized testing. The challenge I and my colleagues had in those days was to recognize, nourish and expand individual students’ knowledge, talents and abilities. Today’s teachers have unfortunately been forced to teach to standardized tests that do not recognize individual student’s knowledge, talents and abilities nor do they account for the assessment process of teachers recognize their unique skills and talents.

I attended the annual meeting of the National Conference of State Legislatures (NCSL) recently where Sir Kenneth Robinson, noted author and speaker, spoke about the need for reform in public education. The revolution—not reform—in public education. (www.ncsl.org/research/education/q-and-a-sir-ken-robinson.aspx) He expressed concern that schools are organized on an industrial model—I have described it as a factory—where all the children are expected to come out alike at the end of schooling. At the same time we recognize in society the special talents individuals may possess, the orientation of many schools for too many years has been to ignore individual differences and to have identical expectations for all students. Schools cannot operate successfully as a factory of the past where every student becomes the same widget, but schools need to adopt a mass customization model where every student is recognized as a unique being.

As Sir Kenneth Robinson expressed it, “education is meant among other things to develop people’s natural abilities, and I believe it really doesn’t do that…To focus on them in the traditional school setting, very many brilliant people are weaned away from the very talents that excite them.” For Robinson, schools should focus on awakening creativity and developing natural curiosity. “Much of the present education system in the United States fosters conformity, standardization and compliance rather than creative approaches to learning,” he says.

Clearly the standards and testing programs have gone too far, and fortunately the push back from students, parents and teachers is finally being recognized by legislators. The General Assembly reduced the number of SOL tests required, and a commission established to look at the issue is likely to recommend even more reduction. Graduation requirements need to be made more flexible in order that students can more fully develop their individual talents. Sir Kenneth Robinson’s curiosity and creativity need to be rewarded in the classroom.

The anticipation I feel with back-to-school time is shared by parents, students and teachers alike. The excitement needs to be recognized of the great things that happen in classroom every day. The managers of that process—the teachers—deserve our gratitude, recognition and better pay. When you talk with a teacher, please join me in thanking them for their dedication and hard work.

By Kenneth R. “Ken” Plum
State Delegate 13-36

OPINION

Back to School

LETTERS TO THE EDITOR

Citizen Oversight Needed

To the Editor:

I rarely agree with Connection editorialists, but I can’t detach the fact that 2014 is a presidential election year and the two parties in the U.S. Senate are in the minority. I’m a retired Navy officer and have had no run-ins with any police.

Your editorial should have mentioned the mindless opposition of our Fairfax Co. Police Dept. (FCPD) to any sort of citizen oversight committee that would expose the facts behind the dirty laundry your editorial highlighted. A related problem is the number of accidents caused by speeding police cars.

The Fairfax Co. violent crime rate is happily quite low, yet we have a bloated PD. Recent media reports noted that the number of murders in our county is tiny, yet inexplicably two different sets of statistics exist.

Why does FCPD not have a FCPD marine patrol when most of the Potomac belongs to Maryland and armed, US Coast Guard boats patrol it from Station Washington? What terrorist attacks has our marine police interrupted?

FCPD have so little serious crime to address that it wastes time on revenue generators like the annual “50 Means 50” to intimidate drivers on Fairfax Co. Pkwy, where the speed limit could be 55 if not 60. When our police devote massive resources to minor speeding infractions one wonders if reasonable budget cuts couldn’t be made.

Why does GMU police have a presence? Why not just private security guards? GMU police harassed a male, Muslim student in the library. A time is shared by parents, students and teachers alike.

The excitement needs to be recognized of the great things that happen in classrooms every day. The managers of that process—the teachers—deserve our gratitude, recognition and better pay. When you talk with a teacher, please join me in thanking them for their dedication and hard work.

Citizen Oversight Needed

To the Editor:

I rarely agree with Connection editorialists, but I can’t detach the fact that 2014 is a presidential election year and the two parties in the U.S. Senate are in the minority. I’m a retired Navy officer and have had no run-ins with any police.

Your editorial should have mentioned the mindless opposition of our Fairfax Co. Police Dept. (FCPD) to any sort of citizen oversight committee that would expose the facts behind the dirty laundry your editorial highlighted. A related problem is the number of accidents caused by speeding police cars.

The Fairfax Co. violent crime rate is happily quite low, yet we have a bloated PD. Recent media reports noted that the number of murders in our county is tiny, yet inexplicably two different sets of statistics exist.

Why does FCPD not have a FCPD marine patrol when most of the Potomac belongs to Maryland and armed, US Coast Guard boats patrol it from Station Washington? What terrorist attacks has our marine police interrupted?

FCPD have so little serious crime to address that it wastes time on revenue generators like the annual “50 Means 50” to intimidate drivers on Fairfax Co. Pkwy, where the speed limit could be 55 if not 60. When our police devote massive resources to minor speeding infractions one wonders if reasonable budget cuts couldn’t be made.

Why does GMU police have a presence? Why not just private security guards? GMU police harassed a male, Muslim student in the library. A time is shared by parents, students and teachers alike.

The excitement needs to be recognized of the great things that happen in classrooms every day. The managers of that process—the teachers—deserve our gratitude, recognition and better pay. When you talk with a teacher, please join me in thanking them for their dedication and hard work.

Justice Delayed Is Justice Denied

To the Editor:

On Friday, Aug. 29, it was one year since a still unidentified Fairfax County police officer shot and killed an innocent, non-violent, unarmed John Geer as he stood in the doorway of his Springfield home. Fairfax County Chief of police Edwin C. Roeseler, Jr. has not charged the officer with misconduct nor a violation of his department’s policies or standard operating procedures. Additionally, he has refused to disclose the findings of his department’s Internal Affairs Bureau investigation.

Michael Shumaker
Fairfax
Many Fairfax County citizens find his refusal to address this tragic event appalling and overwhelming the public’s interest.

Fairfax County Commonwealth’s Attorney Raymond F. Morrogh has turned over the investigation of this fatal shooting of the Springfield man to the U.S. Attorney’s office for the Eastern District of Virginia in Alexandria. Morrogh cited “complications with the case.”

“There is a conflict of interest that has arisen in this case.” Morrogh also said, “and there is a second potential conflict of interest that has arisen out of my office.” Morrogh declined to describe the nature of the conflicts.

Many Fairfax County citizens are asking, “Why didn’t Morrogh turn this case over to a Fairfax County Grand Jury that would have given the citizens of Fairfax County a voice in this matter?” They are also asking “Why Morrogh failed to turn this case over to the Virginia State police for an investigation?”

In February 2014, Morrogh turned this case over to the Acting U.S. Attorney in Alexandria. After nearly six months acting U.S. Attorney Dana Boente remains silent. With all the resources of his office, including the FBI, this case remains unresolved.

During this past year, the Fairfax County Board of Supervisors has remained silent. The citizens of Fairfax County deserve an answer.

Since 1979, the citizens of Fairfax County have sought to have the Fairfax County Board of Supervisors appoint a Citizen Complaint Oversight Board that would accept and investigate citizen allegations of police abuse, misconduct, negligence and report its findings to the Chief of Police and/or the Fairfax County Board of Supervisors. The Virginia Citizens Coalition for Police Accountability, Inc. proposed this same request to the Fairfax County Board of Supervisors in March 2010 with no results. Why?

Nicholas R. Beltran
Executive Director
Citizens Coalition for Police Accountability, Inc.

Foust for Congress
To the Editor: Judging from the billboard-sized signs in Great Falls, you’d think Comstock had voters there locked up. But duck beneath the signs, knock on some doors, and you hear a different story. I knocked on both Republican and Democratic doors and found voters interested in hearing about John Foust, the Democrat running in the 10th District to replace retiring Representative Wolf. Most recognized John as their Fairfax County Supervisor with a track record for providing excellent constituent services. Moreover, voters appreciated the fact that as Vice Chair of the Budget Committee he helped develop seven budgets that squeezed out excess spending, protected essential services, invested in the future, and were balanced, which is not easy when population continues to grow steadily and economic times are challenging. In appreciation for his service and leadership, constituents from each of his precincts re-elected him as Supervisor, handing him a victory with a whopping 61 percent of the vote. From my experience in Great Falls, it looks like they will send him to Congress as well.

Linda Burchfiel
McLean
The BookShop Worth Exploring

By Lizzy Brown-Kaiser

The BookShop at Claude Moore Colonial Farm is home to 80 categories of books. The best part about the BookShop is that everything in the store is completely donated so customers can buy their books without breaking the bank. All proceeds made by the BookShop go towards managing Claude Moore. As a part of Claude Moore Colonial Farm, the BookShop's mission is to provide its shoppers with a traditional 18th century environment. While the BookShop is historically accurate, it caters towards modern readers as well. The BookShop is open Wednesday through Saturday from noon until 7 p.m. through Nov. 26. Check out www.1771.org for more information.

Planning for Holiday Homes Tour Underway

McLean Woman’s Club holds annual Kickoff Tea.

The BookShop kitchen provides shoppers with complimentary coffee and cookies.

Every two weeks, the BookShop at Claude Moore Colonial Farm displays a different theme. This theme is about India.

The four houses on December’s tour were present, as well as Woman’s Club members and friends. Foreground, from left: Members Linda Regan and Nancy Matisoff.

The BookShop at Claude Moore Colonial Farm is home to 80 categories of books.

The tour will take place on Thursday, Dec. 4, from 10 a.m. to 3 p.m. Tickets will be available in early October at local businesses, including Mesmeralda’s Gifts of McLean, Katin’s Florist of Vienna and Great Dogs of Great Falls, or may be obtained on the tour day at one of the featured homes.

— Laura Sheridan
Homeowners Encouraged to Plant Trees

McLean Neighborhood Tree Program receives support from the McLean Community Foundation.

Homeowners who enjoy trees can now plant a tree in their front yard this fall or next spring with the help of the McLean Trees Foundation (MTF). The McLean Neighborhood Tree Program, a new initiative of MTF, is funded in part by the McLean Community Foundation and encourages homeowners to become actively engaged in the selection, planting, and care of their trees.

The program, the first of its kind in McLean, is similar to existing tree programs in Falls Church, Arlington, and Washington D.C. The program emphasizes homeowner involvement and long-term restoration of a quality tree canopy rather than short-term quantity planting of trees.

“To plant a tree and see it thrive and grow over a period of time is a joyful and positive experience,” said Joyce Harris, Chairman of the McLean Trees Foundation. “Trees improve our environment, contribute to our health and well-being, and enhance the character and beauty of our community.” MTF has traditionally planted trees on public and private property, but this is the first MTF program designed to encourage homeowner involvement and to educate homeowners about the environmental, health, aesthetic, and economic benefits of trees.

“Trees impact our lives and the environment in many ways, but some homeowners may not realize that there are significant economic benefits to be gained from planting trees on their property,” said Harris. “For example, trees increase property values by 10 to 15 percent; homes with trees sell more quickly and for higher prices than homes without trees; and one mature 25-foot tree reduces annual heating and cooling costs of a typical residence by 8 to 12 percent.”

An additional goal of the program is to help restore and diversify the tree canopy in McLean.

“To fully enhance the tree canopy in Fairfax County, tree planting must occur on privately-owned residential lots, as county-owned and commonly-owned open spaces are limited,” said Keith Cline, Director of the Fairfax County Urban Forest Management Division. “Residential lots have the most space for planting new trees in Fairfax County and trees are more likely to thrive with a homeowner caring for them.”

“A program like this benefits the environment, neighborhoods, homeowners, and the community,” said Jim McGlone, Urban Forest Conservationist with the Department of Urban Forestry in Northern Virginia, and a consultant to the program. “A healthy tree population projects a positive community image and improves the quality of life for all of us.” To join the program, homeowners must complete an application that can be found online and pay a $50 fee that helps to supplement program costs. Once an application has been received, MTF volunteers will visit the homeowner’s property to discuss the program, review their property and recommend tree species and planting locations.

Planting dates can be scheduled for the fall or spring. Applications are accepted year round. More information on the McLean Neighborhood Tree Program can be found on MTF’s website McLeanTreesFoundation.org, or call Joyce Harris at 703-216-5605.

---

Homeowners can save on a variety of products and services at Cravens Nursery & Pottery, including 25% Off All Varieties, Free Estimates, and a Clearance Sale on All Trees 2013 Stock & Prior. For more details, visit www.crandensnursery.com.

Bathroom Remodel Special $6,850
Celebrating 15 Years in Business!
TWO POOR TEACHERS
Kitchen and Bathroom Remodeling
Free Estimates
703-969-1179
Visit our website: www.twopoorteachers.com

SHOP THE COMPETITION FIRST! 703-938-3160
Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS
SE HABLA ESPAÑOL
VIENNA FLOORS
ESTABLISHED IN 1984
208 DOMINION ROAD • VIENNA, VA
Hardwood—Carpet—Wood Laminates—Ceramic Tile—Sheet Vinyl
WWW.VIENNAFLOORS.COM
Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm
McLean Connection | September 3-9, 2014 | www.ConnectionNewspapers.com

Send announcements to north@connectionnewspapers.com. Deadline is Friday at 5 p.m. for next week's paper. Photos/artwork encouraged.

THURSDAY/SEPT. 4

GREAT FALLS ROTARY CLUB.
7:30-8:30 a.m. River Bend Country Club, 375 Walker Road, Great Falls. Weekly meeting and speaker series. If interested in joining, visit http://www.rotarygreatfalls.org.

Artists Meet for Coffee. 9 a.m.-10 a.m. Katie's Coffeehouse, Georgetown Pike, Great Falls. Local artists get together for weekly coffee. Drop in!

FRIDAY/SEPT. 5
Cirque Dreams - Jungle Fantasy. 8 p.m. Wolf Trap. The Filene Center, 1551 Trap Road, Vienna. Come and watch the acrobats in a musical adventure that New York Magazine calls “the grandest circus spectacle east of Vegas.” Admissions: $25-$80. 1-877-7-WOLFTRAP.

Old Firehouse Teen Center Back-to-School Party for 7th-9th graders. 7-10 p.m. OFTC, 1480 Chain Bridge Road, McLean. Come celebrate the end of the summer and beginning of school! www.mcleancenter.org or 703-790-0123.

Drop-in Chess. 4:30-6:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Weekly drop-in chess games in the library meeting room. All ages welcome.

Look at the Stars! Open Observatory. 7:30-10:30 p.m. Turner Farm Park, Springfield Road, Great Falls. Friday night viewings of the sky at the observatory park. Visit http://www.anal Lemma.org for more information.

SATURDAY/SEPT. 6
Virginia Indian Festival. 10 a.m.-4 p.m. River Road Drive, 8700 Potomac Hills Street, Great Falls. Tribal dancers, games, crafts, drumming and more make history come alive each September at the Virginia Indian Festival at Riverbend Park. Visit www.fairfaxcounty.gov/parks/turnerfarmfestival. www.ViennaArtsSociety.org.


Purge and Replant. 11 a.m. Meadowlark Botanical Garden, 9750 Meadowlark Botanical Gardens Court, Vienna, VA. Enjoy an informative garden tour, led by Horticulturalist Keely Shaugnessy, to identify common weeds and invasive plants and discover each weed’s offensiveness. This program is free with paid admission to the Garden. Reservations are required. For reservations, please contact Meadowlark Botanical Gardens at 703-255-6311 x103 or jmaloney@me wal.org.

MONDAY/SEPT. 8
Read to the Dog. 4:30-5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Beginning readers can practice reading to a furry friend. Call to sign-up. 703-757-8560.

TUESDAY/SEPT. 9
Colvin Run’s Dance for Everyone. 6:30-10 p.m. The Filene Center, 1551 Trap Road, Vienna. Join the fun! Live music with Mike Surratt & the EGB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. $20. 703-759-2845 or www.cowgirlrun.org.

Look at the Stars! Open Observatory. 7:30-10:30 p.m. Tunnel Farm Park, 1420 Beverly Road (behind the Giant Shopping Center). Free admission. 703-757-8560. www.valeschoolhouse.org

Calendar

Saturday, Sept. 13. Open to individuals selling household items and commercial flea market dealers. Free admission.

4:30-6 p.m. Great Falls Farmers Market. Every Saturday come find an assortment of antique, custom, exotic, sports cars and more! With coffee!

Great Falls Farmers Market. 9 a.m.-1 p.m. Great Falls Village, 1110 Great Falls Road, Great Falls. Bring your recyclable bag and participate in the local movement. Farmers from around the area sell their vegetables, fruits, coffee, drinks and more.

Ballroom Dance. 8 - 9 p.m. Waltz Lesson. 9 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music with Mike Surratt & the EGB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. $20. 703-759-2845 or www.cowgirlrun.org.

Jody Marshall. 5 - 7 p.m. The Palladium Civic Place Green, 1445 Laughlin Drive, McLean. Outdoor Celtic and folk music. Free. 703-288-9505.

Find hidden treasures at McLean Community’s fall flea market on Sept. 13 from 9 a.m. to 1 p.m. in the parking garage at 1420 Beverly Road (behind the Giant Shopping Center).

Pokémon League. 4-30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come play in Pokémon with friends, or meet new ones. For ages 5-15.

THURSDAY/SEPT. 11
Great Falls Writer’s Group. 5 p.m.-12:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls Rotary Club. www.mcleancenter.org or 703-790-0123.

Great Falls Rotary Club. 7:30-8:30 a.m. River Bend Country Club, 375 Walker Road, Great Falls. Weekly meeting and speaker series. If interested in joining, visit http://www.rotarygreatfalls.org.

Fall for Book Science Talk. 7:30 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Avenue, McLean. Come hear Carl Zimmer and Sam Kean, www.mcleancenter.org or 703-790-0123.

Artists Meet for Coffee. 9 a.m.-10 a.m. Katie’s Coffeehouse, Georgetown Pike, Great Falls. Local artists get together for weekly coffee. Drop in!

Monday, Sept. 14 at 7:30 p.m. Great Falls Freedom Memorial (behind Great Falls Library). 9830 Georgetown Pike, Great Falls. Ceremony to especially remember the six citizens who died on Flight 77. Ceremony open to all.


FRIDAY/SEPT. 12
Old Firehouse Teen Center Friday Field Trips. 3-30-10 p.m. Trip will depart from OFTC, 1440 Chain Bridge Road, McLean. Double Feature at AMC Tysons. Prices vary based on activity. www.mcleancenter.org or 703-790-0123.

Lynne Cheney presents “James Madison: A Life Reconsidered.” 7:30 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Avenue, McLean. www.mcleancenter.org or 703-790-0123.

Drop-in Chess. 4:30 - 6:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Weekly drop-in chess games in the library meeting room. All ages welcome.

Look at the Stars! Open Observatory. 7:30-10:30 p.m. Turn Farm Park, 1420 Beverly Road, Great Falls. Friday night viewings of the sky at the observatory park. Visit http://www.analemma.org for more information.

Send announcements to north@connectionnewspapers.com. Deadline is Friday at 5 p.m. for next week's paper. Photos/artwork encouraged.
Register Now for MPA's Fall Art Classes

McLean Project for the Arts offers a variety of professionally taught art classes for adults, teens and children including Family Art Workshops, artist talks and workshops, and tours to area museums and galleries. This fall MPA is offering 12 different art classes for adults. New classes include Abstract Drawing with Mixed Media, Experimenting with Ink on Paper, and Drawing and Painting: The Figure. MPA is also offering its very popular adult class for true beginners: I've Never Held a Pencil: Drawing for Beginners. New for children is Animal Drawing and Painting. Classes and workshops are held in the Susan B. DuVal Studio in the McLean Community Center at 1234 Ingleside Avenue.

The McLean Community Center will hold meetings, Hearing on Budget

The Governing Board of the McLean Community Center (MCC) will hold two open finance meetings on its Proposed FY 2016 budget. The first meeting, the Finance Committee Meeting of the Whole, will be held at 7:30 p.m. on Monday, Sept. 15. The second meeting, the FY 2016 Budget Public Hearing, will immediately follow. Both meetings will be held at the Center, which is located at 1234 Ingleside Avenue.

FY 2016 begins July 1, 2015 and ends June 30, 2016. MCC is supported by a real estate tax surcharge paid by residents of Small District 1A-Dranesville. At the Finance Committee Meeting of the Whole, MCC Governing Board Treasurer Craig Richardson, members of the Finance Committee that he chairs and other board members will begin the process of evaluating the financial needs of the Center. The evaluation will include a review of FY 2012 through FY 2014 year-end actuals, the current year’s budget (FY 2015) and a review of the costs of new program proposals for FY 2016.

Copies of the proposed budget will be available at the Center’s reception desk, on the Center’s website, www.mcleancenter.org, and at the meetings. Residents who call the Center to announce their intentions to attend the work session will receive a budget package when they arrive. District residents who have suggestions, comments or concerns will have an opportunity to voice them at the work session. The FY 2016 Budget Public Hearing will be held immediately following the work session. District residents who wish to speak at the public hearing are asked to call 703-790-0123, TTY: 711, to have their names placed on the speakers’ list. Written comments may be sent to the Governing Board by mail (McLean Community Center, 1234 Ingleside Avenue, McLean VA 22101), fax (703-556-0547) or email (feedback@mcleancenter.org).

For more information, call the Center at 703-790-0123, or visit the Center’s website, www.mcleancenter.org.

Nominations Sought for Business and Community Awards

Nominations are being accepted in the following categories:

- Best Collaborative Impact
- Outstanding Business Citizen
- Best Effort in Green Award
- Community Leadership
- Hometown Hero/McLean Community Service Award
- Outstanding Member
- New Business of the Year
- Entrepreneur of the Year
- Innovative Business of the Year
- Commitment Award
- Benefactor of the Year/Corporate Social Responsibility
- Beautification Award [exterior]
- Restaurant of the Year
- Retailer of the Year
- Outstanding Business Women of the Year
- Best Collaborative Impact

If you know a business, an organization or individual that has gone above and beyond for the Greater McLean community and/or its residents, please let Greater McLean Chamber of Commerce know about them and their accomplishments. With your nomination, include the category for which you are submitting the nomination and a brief write-up (150 words or less) describing why you are nominating this person/organization. All nominations will be considered. The listed categories are areas that were awarded in previous years. The awardees will be honored on Oct. 7 at the Suits and Sneakers event.

Visit www.mcleancenter.org for more information.

For more information, call the Center at 703-790-0123, or visit the Center’s website, www.mcleancenter.org.
Q&A: Catcher named 2014 VHSCA 5A state Player of the Year.

Marshall catcher Mitch Blackstone had an impressive junior season. In the spring of 2014, Blackstone helped the Statesmen capture the Conference 13 championship and reach the 5A North region semifinals. The Virginia High School Coaches Association selected Blackstone as the 5A state Player of the Year, to go along with region and conference Player of the Year honors.

As a sophomore, Blackstone received first-team All-Liberty District honors. He batted .444 with six home runs, 14 doubles and 22 RBIs. As a freshman in 2012, Blackstone played with his older brother, Kent, who was a standout shortstop for the Statesmen and went on to play for New Mexico State before transferring to George Mason.

Now a senior, Mitch Blackstone prepares for his fourth season with the Marshall varsity baseball team. He has yet to commit to a college program, but plans to play at the Division I level. Blackstone recently participated in Q&A via email with The Connection.

*Connection: At what age did you start playing baseball? Have you always been a catcher?*

Blackstone: I began playing when I was around 2 years old, and I have always had catcher as my primary position.

*Connection: You’re a senior, correct? How do you feel about your game now compared to when you were a freshman?*

Blackstone: I am a senior now, and I feel that my game has been accelerated an incredible amount since beginning at Marshall in 2012. I felt like I have picked up a large amount of information about the game in the past three years.

*Connection: What is your favorite baseball moment from your first three years at Marshall?*

Blackstone: On average, I would say I train my baseball skills usually around 20-25 hours per week during the fall and winter.

*Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?*

Blackstone: Edinburgh, Scotland.

*Connection: Are you a pro sports fan? If so, who are your favorite teams?*

Blackstone: Yes, the Texas Rangers.

— Jon Roetman

Lightning Red Boys Win in Williamsburg

Vienna Youth Soccer’s U13 Lightning Red boys team won the U14 boys division of the Virginia Summer Shootout and College Showcase in Williamsburg during the weekend of Aug. 23-24. The team is coached by Robson Gimenez.

Pictured from left: (bottom row) Ben Jurutka, Caleb Wentz, Matthew Warren, Shivane Anand, Ethan Duerre, Josiah Lee, Evan Zhang, Christian Geiger, (back row) Kyle Thompson, Coach Robson Gimenez, Dominic Ortolano, Sam Klein, Will Covey, Ryan Tipton, Alex Lanier, assistant coach Jeff Ortolano, Dayson Pineda.

Mitch Blackstone is an all-state catcher for the Marshall baseball team.
In July 2014, 116 homes sold between $3,022,000-$277,000 in the McLean and Falls Church area.

This week's list represents those homes sold in the $3,022,000-$277,000 range.

For the complete list, visit www.ConnectionNewspapers.com

---

**Address** | **BR** | **FB** | **Postal City** | **Sold Price** | **Type** | **Lot AC** | **PostalCode** | **Subdivision** | **School District**
--- | --- | --- | --- | --- | --- | --- | --- | --- | ---

1067 SILENT RIDGE CT | 6 | 6 | 0 | $2,750,000 | Detached | 0.27 | 22030 | VILLAGE THE | McLEAN

1090 HIGHLAND ESTATES PL | 6 | 6 | 0 | $3,022,000 | Townhouse | 0.72 | 22102 | BEAUFORT PARK | McLEAN

2201 HILLSIDE DR | 3 | 2 | 0 | $1,610,000 | Detached | 0.47 | 22043 | HILLSIDE | McLEAN

2041 HILLSIDE DR | 3 | 2 | 0 | $1,477,000 | Townhouse | 0.47 | 22101 | EVANS FARM | McLEAN

1402 HARRISON CT | 4 | 3 | 0 | $1,275,000 | Detached | 0.31 | 22102 | CHURCHILL | McLEAN

---

This week's list represents those homes sold in the $3,022,000-$277,000 range.
I Scream

By KENNETH B. LOURIE

... for ice cream, from Brigham's in Boston, the local New England establishment of my youth where I spent dollars — although it was likely cents back in those days — many afternoons, evenings and weekends. And why, other than it's still technically summer and extremely hazy, hot and humid today — and perfect ice cream weather of course — am I writing about this non-cancer subject? Because, at this very moment, my brother Richard is on route — by CAR — from Massachusetts (after a week’s vacation), and aside from Vanessa, his wife, their golf clubs and a week’s worth of vacation residue, there are two coolers loaded with pre-packed quarts of a delicacy from our past and one (many actually) likely most rewarding for our present and future, too, Brigham’s Ice Cream.

Though the original stores, a Howard Johnson’s-type restaurant/ice cream parlor combination, no longer exist, thankfully, their recipes still do; sort of like the Washington, D.C. area Gilford’s Ice Cream Shop did before they were re-established a few years back. Within a few hours now, my freezer will be filled with “just Jimmies”, “Chocolate” and “Chocolate Chip”, maybe a “Strawberry,” and given what it’s likely to cost the ice cream is expensive and there’s no multi-quart discount; however there are no delivery charges, I may have to put a lock on my freezer door. Not to keep my wife out, but to stop other potential perpetrators from getting any ideas.

And just as music is supposed to soothe the savage beast, so too is ice cream supposed to cure what ails you (although emotional eating does have its ups and downs). Moreover, ice cream from your formative years, the age of innocence, is best of all, especially if it’s not local, you haven’t had it in years (it’s not available in our region), is not delivered by mail, and it’s the kind of indulgence where one fills up two large coolers with ice and cream to guarantee its availability — for a few months, anyway.

Not that there’s any relationship or causation, but my first two jobs as an adolescent were in ice cream shops. First at Baskin Robbins in Newton Centre, beginning the summer after ninth grade ($1.60 per hour), and then again the following summer, after tenth grade, at McManus Ice Cream in Cleveland Circle. Inasmuch as it was unlikely I was weaned on ice cream, I was certainly indoctrinated at a very early age. Before I knew whether it was good for me or not, I knew what was good for me: ice cream and more ice cream. And to reinforce the importance of ice cream in my life, most evenings, at home, around 7:30, my mother, lying in bed after yet another long day of “non-stop-stay-at-home mothering,” would call out to my brother and me: “ice cream,” which would require one of us to walk into the kitchen, open the freezer door, defrost the ice cream, scoop it into a bowl and deliver it to her for a most appreciative kiss. She loved her Brigham’s Ice Cream.

We may have learned to love Brigham’s from her, but we’ve taken it to new levels and new lengths, decades in fact. So here I am, 50 years or so after my mother’s recurring nighttime request, waiting for ice cream, just as she so often did. I imagine my love for her and for the ice cream she loved is all related somehow; probably why it makes me so happy when I’m scooping it.

---

VET RECEPTIONIST
Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ovets.com

MUST LOVE CATS
Volunteers needed for cat caretaker shifts with Lost Dog & Cat Rescue Foundation at 7 Corners/Falls Church, Tysons Corner, Reston or Leesburg PetSmart locations. Morning, midday or evening shifts available, need varies by location. Shifts are generally 60-90 minutes, training provided. Great opportunity for student service hours. Also opportunities for transport volunteers and fostering. Email cats@lostdogrescue.org with questions or interest.

---

EMPLOYMENT OPP

TELEPHONE

A great opportunity to WORK AT HOME!

NATIONAL BUSINESS CENTER
No ad Sales • Bonus • Benefits
301-333-1900
7:30 • 8:30

28 Yard Sales
Reston Community Yard Sale 95 items to sell all by 8:30 am to 12:30 pm 10/21 Sunset Valley Dr. Reston Dale 977-703-435-6577

I'm a slow walker, but I never walk back.
-Abraham Lincoln

---

CLASSIFIED

EDUCATIONAL INTERNSHIPS

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connexionnewspapers.com

---

EMPLOYMENT OPP

TELEPHONE

A great opportunity to WORK AT HOME!

NATIONAL BUSINESS CENTER
No ad Sales • Bonus • Benefits
301-333-1900
7:30 • 8:30

26 Antiques
We pay top 5 for antique furniture and mid-century Danish/modern, leak furniture, STERLING, MENS WATCHES, jewelry, and costume jewelry, paintings/art glass/antiques. Schefer Antiques • 703-341-0790 • Email rbschefer@hotmail.com

---

LIFETIME METAL ROOFING

by VaCarolina Buildings, Inc.

It’s the season! Are you prepared? Call the experts at VaCarolina Buildings today for your free estimate on a professionally installed Lifetime Metal Roof!

Houses - Single Wide - Double Wide

---

HOW TO SUBMIT ADS TO THE

Connection Newspapers & Online

CLASSIFIED DEADLINES

Zones 1, 5, 6................. Mon @ noon
Zones 2, 3, 4................. Tues @ noon
E-mail ad with zone choices to: classified@connexionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT DEADLINES

Zones 1, 5, 6................. Mon @ noon
Zones 2, 3, 4................. Tues @ noon
E-mail ad with zone choices to: classified@connexionnewspapers.com or call Andrea @ 703-778-9411

---

ZONE 6: • Arlington • Great Falls • Vienna/Oakton

The Alexandria Gazette Packet

The Fairfax Connection

The Burke Connection

Lorton Connection

Zone 5: • Centreville South • Centreville North

The Potomac Almanac

The Vienna Almanac

The McLean Connection

The Great Falls Connection

---

ZONE 1: The Reston Connection

The Oak Hill Herald Connection

Employment: 703-917-6464

E-mail: classified@connexionnewspapers.com

ZONE 2: The Springfield Connection

The Burke Connection

Employment: 703-917-6464

E-mail: classified@connexionnewspapers.com

ZONE 3: The Alexandria Gazette Packet

Zone 4: Centre View North

Centre View South

Zone 5: The Potomac Almanac

The Arlington Connection

The Vienna/Oakton Connection

The McLean Connection

The Great Falls Connection

---

Employment: 703-917-6464

E-mail: classified@connexionnewspapers.com

---

Zone 6: • Arlington • Great Falls • Vienna/Oakton

The Alexandria Gazette Packet

The Fairfax Connection

The Burke Connection

Lorton Connection

Zone 5: • Centreville South • Centreville North

The Potomac Almanac

The Vienna Almanac

The McLean Connection

The Great Falls Connection

---
OVER 70 HOMES SOLD SO FAR THIS YEAR!

JD CALLANDER
Top 1% of Realtors Nationwide
Wall Street Journal - Top 100 Agents
(703)606-7901
JD@newNOVAhome.com
www.newNOVAhome.com

# 1 AGENT - COMPANYWIDE
#1 Listing Agent  #1 Selling Agent
#1 Total Volume  #1 Total Transactions
Weichert, Realtors (Dolley Madison Office)

FABULOUS colonial in McLean Hamlet!
Not to be missed in Chesterbrook Woods!
Beautiful in Chesterbrook Woods!

1351 Snow Meadow Lane
McLean
*NOW* listed for...$870,000
FABULOUS 4br/3.5 bath colonial on 3 finished levels in Langley school district features stunning gourmet kitchen, family room w/ fp; walkout to deck overlooking lush trees!

1503 Woodacre Drive
McLean
*NOW* listed for...$949,000
WONDERFUL 4 br/3 full bath 2-level rambler with spacious living and dining rooms w/ sunny bay windows; island kitchen w/ skylights; oversized screened-in porch!

1428 Ironwood Drive
McLean
*STUNNING* 3 bedroom/3 full bath home with gleaming hardwoods; lovely built-ins; renovated bath; super walk-out LL w/ wet bar & office/den

GORGEOUS colonial in River Oaks!

6927 Butternut Court
McLean
*RENOVATED* and *BEAUTIFUL* 5 bedroom/3.5 bath colonial at end of cul-de-sac in Langley school district! Gourmet kit; Trex deck, luxury owner’s suite/bath; 90’ acre!

CALL ME TODAY TO SCHEDULE A PRIVATE SHOWING OR FOR A FREE ANALYSIS OF YOUR HOME’S VALUE! (703) 606-7901
Taking On the ‘Silver Tsunami’

By Tim Peterson
The Connection

The “Silver Tsunami” is coming, the steep increase in the 50-and-up part of the county population.

“We’re already living in it.”

Between 2005 and 2030, the number of individuals 50 and older is projected to grow by 40 percent in Fairfax County and the number 70 and older is projected to grow by 80 percent. Herrity attributes the changes to both the aging of Baby Boomers, and the general increase in life expectancy.

With those significant changes to community demographics already underway, the Board of Supervisors and Fairfax Area Commission on Aging initially drafted a plan back in 2007 to make sure the Silver Tsunami was a factor in county planning.

In 2013, Herrity and the commission decided the plan needed a major facelift. They spent the summer reaching out to communities around Fairfax County, including groups that speak Korean, Vietnamese, Spanish and Arabic.

According to the 2011 American Community Survey by the U.S. Census Bureau, 26.7 percent of residents in Fairfax County speak a language besides English at home.

The idea was to facilitate dialog on how to make the county more aging-friendly and to consider cost-effective strategies to help people manage their housing and transportation needs and age in place.

“The need is clearly there for us to take action,” said Herrity. “We went to the communities, heard their concerns. This is our attempt for an attainable, affordable, actionable plan to address what we heard.”

Now Herrity and the commission are ready to present the new and improved 50+ Community Action Plan to the Board of Supervisors at their meeting on Sept. 9, and expect the board to approve the plan at the Sept. 23 meeting.

The plan in its entirety is available in PDF form through the county’s website at www.fairfaxcounty.gov/olderadults. The plan addresses aging-friendly needs in six key areas: Transportation, Housing, Safe and Healthy Community, Community Engagement, Services for Older Adults and Family Caregivers, and Long-term Planning.

Within each of these categories are a range of community-driven initiatives designed to function with little or no government direction. In most cases, a local civic leader or “champion” would coordinate with a county staff member if necessary, but otherwise work independently, and require a lot of engagement from the community.

THE INITIATIVES

RUN THE GAMUT

From simply encouraging people to volunteer for Meals on Wheels and medical appointment driving programs, to creating partnerships that would offer low cost or free case management and mental health treatment.

In the transportation category, one facet includes supporting the Jewish Community Center of Northern Virginia’s effort to provide a ride scheduler system for community-based organizations, partnering with multiple nonprofits. It won’t exactly be Uber for the elderly, but federal grant money will help make their services much more widely available to get seniors to doctor’s appointments, the grocery store, etc.

Home Sharing is an experimental initiative.

Many older adults live in homes with extra bedrooms and want to remain there as long as possible. At the same time, many adults with limited income are looking for affordable rent. The guide will provide advice on how to safely share a home. The idea is to match aging adults with unused space in their home with tenants looking for affordable housing.

“We think it’s an idea where the time has come and we’re pursuing it,” said Jim Lindsay, vice president of Adult Companion Care and home sharing champion. Though the concept of matching grad students and grandparents isn’t without its wrinkles.

“Who’s going to pay for a background check?” said Lindsay. “Who’s going to provide care? If she falls down, a college grad student isn’t going to be there.”

That’s where home care groups come in.

See 50-Plus Page 7
Suggestions for seniors looking for homes to fit the next phase of their lives.

When Beverly Quinn’s fourth child, a daughter, got married, she decided it was time to downsize. The 69-year-old widow moved out of the 4,000-square-foot home in Vienna, Va., where she and her husband raised their children and into a 1,300-square-foot townhouse in North Potomac, Md., which meets her new needs perfectly.

“It’s a big change,” she said. “But I guess that is part of downsizing.”

One of the most difficult parts of Quinn’s transition was boxing up more than 30 years of memories, and deciding which items to move into her new home, which to give to her children and deciding which to donate or discard. It’s a familiar conundrum for many seniors: organizing, decluttering and resisting the desire to take more than their new, smaller homes can accommodate.

“We see it all the time with our members,” said Barbara Sullivan, executive director of Mount Vernon At Home, a nonprofit that helps senior citizens age in their own homes. “Our volunteers help with downsizing by reorganizing, cleaning out closets, and decluttering.”

Downsizing is also emotional: “Moving from a 4,000-square-foot home into a retirement community or small 800- to 1,200-square-foot apartment can be difficult,” said Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company. “There is often a conflict between what Mom and Dad want them to take with them and what they can actually accommodate.”

When tackling the downsizing process, Sanders suggests a few guidelines: “We strongly recommend using an emotional yardstick to determine whether to keep or not keep something,” he said. “Look for things that have a memory associated with them. Like, ‘Remember when Mom and Dad went to Rehoboth [Beach] and bought this Murano glass bird? It was one of the best days of their lives.’”

Those memories go on a list of items to consider keeping, said Sanders. He recommends waiting 24 hours and then trying to cut the list in half. “Depending on the age of the parent, it’s good to work in two to three hour shifts, take a break and do another two to three hour shift.”

“We want to build mild frustration because you begin to make decisive decisions that are more precise,” he said. “And you are less likely to rethink and over-think.”

When cleaning a larger home in preparation for a downsize, Sanders suggests that families go through each room of the house in a systematic fashion, collecting family photos; family records like birth, death and marriage certificates; and financial records.

“You’d be surprised by how much you accumulate over the years,” said Quinn. “The process is draining, both physically and mentally. The only bright spot was that I was going to be living closer to my children and grandchildren and I liked my new town house.”

Once seniors have pared down their belongings and begun the moving process, some, like Quinn, begin to look forward to starting anew and designing their new homes to reflect their new styles and needs. However, it’s not only important to arrange furniture and accessories tastefully, but in a way that takes issues like safety hazards and new lifestyle issues into consideration.

“The best advice is understanding that personal style is rooted in your past, places that you love, the present, what you love today, and the future,” said Susan Hergenrather, Ph.D. associate professor of interior design at Marymount University in Arlington, Va. “A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse.”

When it comes to creating a comfortable home, Quinn’s passion is quilting. At 72, Wanda Rogers engages in an early American craft she first learned from her grandmother.

“Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one’s own.”

Such are the reflections of Wanda Rogers, 72, who is now taping off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain-state handicraft she learned from her mother and grandmother.

“We were all quilters where I grew up in West Virginia,” Rogers recalls. “My mother, my grandmother, my aunt. The originality of a quilt’s pattern is the larger artistic goal, but it takes a lot of concentrated quiet time to achieve it. Between raising children, moving frequently and then working, there just weren’t a lot of hours for quilting before now, much as I love it.”

The particularly hectic phase of Rogers’ young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980s, the family finally settled into a 2,533-square-foot ranch house on two acres near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David Rodgers and quickly converted one of their former bedrooms into a 1,300-square-foot quilting studio.

“A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse.”

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University
Senior Living

Quilting Studio Adds to Dream Home

From Page 3

Foster in transforming the ranch into a substantially enlarged and upgraded “dream house,” complete with a two-car garage topped by a future quilting studio.

“I knew my plans were getting closer to reality when we added drywall to the attic room above the garage,” Rogers says. “Once the space was shelled-in, I began to see how the studio would look and function.”

For the next three years, however, Rogers kept up her daily work schedule with a healthcare consulting firm, a job that required frequent out-of-town meetings.

“We had installed temperature controls in the studio when we remodeled the house,” Rogers says. “Everything was well-insulated and bright, so I moved in an easy chair and started thinking about what I wanted to do.”

Last year, Ted presented Wanda with a professional quality Bernina Sewing Machine, and the studio makeover got underway in earnest.

“We designed the suite specifically to support Wanda’s creative process,” says Foster, who has operated Foster Remodeling Solutions for more than 35 years. “We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach.”

At 400 SQUARE FEET, with large windows on both the eastern- and western-facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring, apart from its lovely aesthetics, is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other essentials. Rogers says some of the fabrics date back to the 1930s and were passed down from her grandmother.

“All the women in the family were active in quilting bees” Rogers recalls. “One of my aunts’ designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium.”

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Bernina “surger” which stitches finished overlap seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

“I don’t have to run back to the house for lunch, or a cup of tea,” Rogers says. “The amenities simply allow me to concentrate on the project at hand. That’s what it takes to do this kind of work well.”

While the full bath and refined finishwork will also allow the attic to double as a guest room when needed, Rogers says the studio is fundamentally designed for quilting. By inserting a specially designed cutting board over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There’s even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

“I see the studio as an integral part to my life ahead,” says Rogers, adding that her 10-year old granddaughter now wants to learn quilting from her. “This kind of fulfillment isn’t just good luck; it’s something you have to plan.”

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy-five percent of his current clients are now over 55; as of last year, 64 percent had come back to him for a second project.

“We’re seeing a lot more interest in a phased development approach to retrofitting the family house for retirement,” Foster says. “To save money on future projects, a remodeling client sometimes asks us to insulate and drywall a part of the house they don’t plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn’t appreciably increase the existing remodeling budget. There’s a kind of generational search for more enduring housing solutions that’s now underway, and it’s evolving rapidly.”

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit www.fosterremodeling.com for more. John Byrd (byrdmatx@gmail.com) has been writing about home improvement topics for 30 years.

Three generations (from left): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.

Pattern originality is one of quiltings primary artistic goals, Rogers says, adding: “It’s a process that can’t be rushed.”

Wanda Rogers, 71, displays some of her quilts.
Senior Living

Tips for Right-sizing the Next Phase

From Page 3

but elegant living space, Hergenrather says, “First, think about the work the space needs to do.”

WAITING TOO LONG before making the decision to downsize can complicate the process. “It’s always better for someone to downsize to a smaller home before they are in a crisis situation, [for example] suddenly, they can no longer climb a lot of stairs and must move to a single-level dwelling, but often a person will put off that decision until it’s nearly too late,” said Cele Garrett, Executive Director of At Home in Alexandria. “We have some members facing that decision right now and they’ll often admit they should have done it sooner.”

For many seniors, a living space needs to keep them safe. “You might need to add grab bars,” said Sullivan. “Also watch for trip hazards like throw rugs and clutter. Check for furniture that needs to be moved back to make the house more accessible for moving around. Relocate plates, cups and sauces so that they are in easy reach for seniors.”

Sullivan’s organization has volunteers who can help with enlarging bathrooms and widening doorways to accommodate wheelchairs and walkers.

When designing a new, smaller space, Sanders recommends interior design magnetic floor planning kits, which help determine a person’s furniture needs and placement before they actually move. “The starting point for every good move is the floor plan at the receiving location,” he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one’s quality of life.

“If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Bartilario, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. “Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses,” she said.

“We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life,” said Pam Greenwood, Ph.D., associate professor of psychology, George Mason University in Fairfax, Va. So when looking for a new place to live, make sure there are opportunities for physical exercise, mental stimulation and social stimulation.

“The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily,” said Greenwood. “There is also growing evidence of the benefits of cognitive training for everyday functioning – perhaps the strongest evidence is perception training – visual and auditory perception. Several studies, including our own, have shown broad transfer of benefits from perception training to everyday functioning.”

“Personal style is rooted in your past, places that you love, the present, what you love today, and the future.”

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

When remodeling this bathroom, Glickman Design Build added a bench to this shower. Such features can help seniors to downsize and live alone safely. 

Photos courtesy of Glickman Design Build

An Alexandria at Home volunteer hangs a painting for one of the organization’s seniors who chose to downsize and live alone.

Photos courtesy of Alexandria at Home

A volunteer helps change a light bulb for a Mount Vernon at Home member.

Photo courtesy of Mount Vernon At Home

McLean Connection - Senior Living September 2014 - 5
Senior Living

Engaging over the New Yorker

BY MARILYN CAMPBELL
THE CONNECTION

There was a time when 83-year-old Bob Kanchuger spent most Friday mornings on a 30-mile bike ride with friends. The group of retirees would pedal toward a local destination — Bethesda, Md., to Old Town Alexandria, Va., was a favorite trek — where they would have coffee and spirited discussions, said Kanchuger, a resident of Potomac, Md., and an attorney who retired from the World Bank Group.

While outdoor exercise was a definite benefit, it wasn’t the best part for all of the group members. “The most enjoyable part was the discussion at our midway point,” said Dr. Elliot C. Wilner, a retired neurologist who lives in Bethesda.

Kanchuger wanted to preserve the stimulating discussions even after the bike rides were no longer possible. “It was likely that biking would come to an end because of our age and physical health,” said Kanchuger. “Several of us subscribed to the New Yorker and enjoyed discussing the articles, and that was an activity that would meet some of our social needs of retirement.”

So Kanchuger approached Wilner with the idea of forming a New Yorker magazine discussion group. They invited a few like-minded friends from the biking group. The men meet on the first Wednesday afternoon of each month for two hours of insightful conversation. Group members choose three to four stories from the magazine to read and analyze. Each article discussion is led by a group member who prepares ideas for analysis ahead of time and emails them to the group.

“I’ve gained and reinvigorated friendships,” said Wilner. “I enjoy the intellectually stimulating discussions with bright, educated, well-informed people.”

FOR THE SEPTEMBER MEETING, Wilner suggested two of James Surowiecki’s columns. “Because they present both sides of an important issue,” Wilner said. “Corporate America has, over the past 40 years or so, evolved a business model that has been almost totally devoted to the personal enrichment of executives and shareholders, with very little concern for the welfare of workers or the nation; and yet there is another, more socially conscious business model that has been shown to be successful but is not widely emulated,” said Wilner. The men are united, in part, by their affinity for mental rigor. “We all enjoy the intellectual stimulation, but the camaraderie is one of the best aspects,” said Peter Kimm of Potomac, a retired foreign aid official who was for 30 years Director of Housing and Urban Programs at the U.S. Agency for International Development.

“We like each other. We’re a diverse group of people — retired doctors, lawyers, engineers … with a ride range of interests. Everybody in the group is successful.”

Light snacks, coffee and spirited debates characterize most of the meetings. “We don’t agree on everything,” said 80-year-old Victor Kimm, Peter Kimm’s brother, of McLean, Va., an engineer and retired senior executive for the Environmental Protection Agency. “We’ve seen people who’ve had very different views, but there is a mutual respect. We have different ways of looking at an issue and moving on. I think it has something to do with the age of the group members.”

Victor Kimm, who is also the executive director of SHARE, a non-profit organization in McLean that helps meet the emergency needs of those with limited financial resources, says the men have explored articles ranging from the growing inequality of income in the United States to stories about the group of Chilean miners trapped underground for more than two months.

“There is a certain rigor or discipline in having a monthly meeting where you read and prepare in advance,” he said. “You have to stick with it.”

The bond between the men, however, extends beyond erudition. “We all greatly value the friendships of this group,” said Ian McDonald, a resident of Chevy Chase, Md., a former journalist who retired from the International Monetary Fund and who grew up in Great Britain, and graduated from the University of Oxford. “And we’ve been there for each other during difficult times.”
Senior Living
Planning for 50-Plus

FROM PAGE 2

like Adult Companion Care come in. They're qualified to and regularly perform background checks, and rent money could offset the cost of home care medical service. “This gives them a mechanism to age in place and keep up with the burdens,” said Herrity.

According to the same 2011 Census Bureau study, 76.8 percent of Fairfax County residents 80 or older live in single family homes.

THE COMMISSION ON AGING will regularly — either quarterly or annually — fill out a scorecard of sorts for each of the initiatives and report back to the board.

To help with evaluating the effectiveness of the plan, Herrity enlisted the help of Thomas Prohaska, Dean of the George Mason University College of Health and Human Services. A team of gerontologists from Prohaska’s department will help gather and analyze data from the various initiatives.

Prohaska said the county has some work to do. “They’re definitely not dead last,” said Prohaska, referring to Fairfax County’s aging-friendliness compared with the rest of the country, “but definitely not up in front. This is a serious effort they’re doing here. If it all comes into place, it will definitely be an improvement in the quality of life.”

Prohaska referenced Florida, which has seen “empirical improvements in the health of the individual” with programs that help adults stay involved in community organizations, as well as Illinois, which he said actually saved money by spending $600 million to keep people out of nursing homes. (Though Illinois isn’t necessarily a front-runner on this, but rather an example of a national trend.)

But Fairfax county isn’t far behind with its 50+ plan. “They’ve got quite a menu of things going on here,” Prohaska said. “It will be fascinating. This isn’t a one-time thing; this is a sea change.”
It started off like any other February day with our usual trip to the fitness club for morning exercises. What made this day different was that Bill, my 93-year-old husband, slipped and fell on some ice on our driveway, striking the back of his head. He said it didn’t hurt.

But the next day he complained of feeling tired and each day after that he felt a little worse. Still, we didn’t see any connection to his fall. By the fourth day, however, he was so weak he couldn’t even get out of his chair for lunch. It finally dawned on me that something was seriously wrong and I needed to call 911.

It turned out I was four days too late. All this time, because he was on a blood thinner for his high blood pressure, he had been bleeding in his brain.

The symptoms are similar to those of a stroke and by then he was unable to talk coherently, remember things, or walk. This was a man, who, before he retired, had been a successful United States Government chemical and aeronautical engineer, someone who had his own chem lab in the basement next to a beautiful woodworking shop furnished with tools handed down from his craftsman father. A man who could fix anything.

After the first week in Intensive Care he was moved to a floor which specialized in stroke victims where he spent the next month. Little by little he began to show improvement. His next stop after six weeks in the regular hospital would be a rehabilitation facility where he could receive the daily intensive speech, physical, and occupational therapy he needed. There he would have to relearn the simplest tasks like how to speak, how to feed himself, how to get out of a bed and into a wheelchair, and how to care for himself in general.

A rehab hospital very close to our home in McLean, Virginia was found which had a bed available and was transferred there by ambulance. Here, he was kept busy most of the day with one kind of therapy or another. After several weeks he graduated from using a wheelchair to a walker and when he wasn’t occupied with therapy we practiced using his walker in the halls and some days we even had time to take in a movie in the rehab center’s small theater! There was also a Happy Hour on Tuesdays that I especially liked with wine, snacks, and lively conversation!

As I look back during all this time, probably the most positive factor in his long slow recovery has been his attitude. He never stops trying, no matter how discouraging his progress must seem. His attitude is simply amazing. He is always upbeat.

Another positive aspect is that we are the parents of three doctors (and one lawyer) which kind of made us celebrities in a medical setting. One or the other of them was often visiting and conferring with the rehab staff on his father’s care even though their specialties (rheumatology, infectious diseases, and oncology) were far afield.

After several months, it was decided that Bill could continue his recovery at home. And so, on May 8, 2014, exactly three months after the initial injury he returned home.

While he was in the rehabilitation hospital I had taken the opportunity to prepare our two story home for his return with grab bars in the bathrooms and shower, and a stair lift so that he could sleep in his own bed.

So, now here we are, six months later, settled in our own house, with Bill dependent on me for almost everything, including something I was not expecting: making all the decisions by myself. I won’t say it’s been easy. It hasn’t. I have to say, though, that after 61 years of being the dependent one, I am getting pretty good at being the boss!