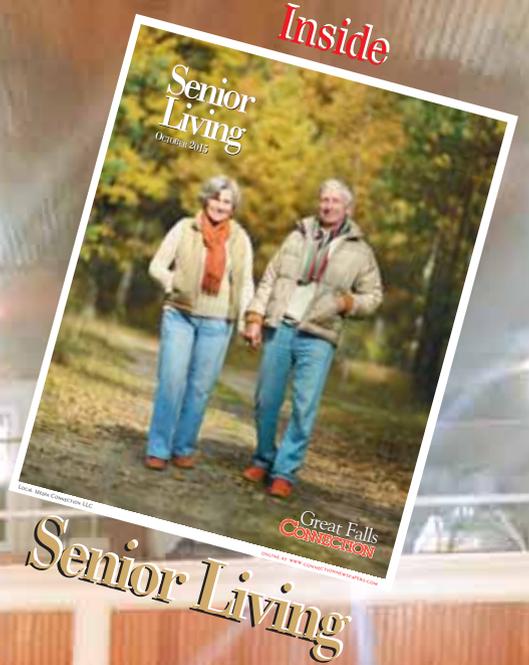


The crowd at the debate sponsored by the Great Falls Citizens Association last week at The Great Falls Grange.



Great Debate In Great Falls

NEWS, PAGE 3

State Senate: No Opponent, One-Sided Debate?

NEWS, PAGE 6

'Friends of Matt' Prepare for Memorial Golf Tournament

NEWS, PAGE 10

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 14 ♦ CLASSIFIEDS, PAGE 18 ♦ SPORTS, PAGE 16

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Great Debate in Great Falls

Jennifer Chronis seeks to end John W. Foust's eight-year tenure as Dranesville supervisor.

By Ken Moore
The Connection

Jennifer Chronis knows how to pack a house.

Chronis, a Republican who is challenging incumbent Dranesville Supervisor John W. Foust in this November's general election, filled The Great Falls Grange with supporters last Tuesday, Sept. 29 at a debate sponsored by Great Falls Citizens Association.

Loud passionate supporters wore her campaign color red; loud supporters who didn't miss a beat to say, "Time," the precise second after eight-year Dranesville supervisor used his allotted time on most every debate question.

Chronis supporters also became noticeable in their absence.

The hall seemed somewhat empty, despite five dozen who remained interested in the state senate race, as Chronis' supporters made their exodus after her portion of the debate concluded. Chronis greeted her supporters triumphantly as they filtered through the Grange's exit doors. The voices of Chronis supporters could still be heard when Sen. Barbara Favola tried to begin her introductory remarks.

"I'm not offended," said Sen. Barbara Favola, the last candidate of the evening. "I know my race is not as interesting as the last ones," referring to the Foust/Chronis debate and state Del. Kathleen Murphy's debate against challenger Craig Parisot.

"My opponent has done little to solve what I believe are our most pressing problems."

— Jennifer Chronis,
challenger for Dranesville Supervisor

Favola's opponent, George Forakis, didn't attend the Great Falls Citizens Association debate last Tuesday.

JOHN FOUST, Dranesville supervisor for the last eight years, has an opponent who believes she can replace him.

She has taken a leave of absence from her job at IBM to run her campaign, and says her campaign has knocked on more than 20,000



Photo by Ken Moore/The Connection

The crowd at the debate sponsored by the Great Falls Citizens Association last week at The Great Falls Grange.

Debate II: School Board Candidates and More

Monday, Oct. 19, 2015, 6:30 to 9:30 p.m.

Great Falls Grange
9818 Georgetown Pike, Great Falls

The Great Falls Citizens Association will host a debate for candidates running for election to the FCPS School Board and various county positions.

Election Day is Nov. 3, with early voting beginning Sept. 18. Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee for this second debate may send them to ralph.apton@gfca.org before Oct. 14.

School Board Dranesville Member: Janie Strauss (incumbent), Peter Kurzenhauser

At-large School Board candidates: (vote for three) Bob Copeland, Omar Fateh, Jeanette Hough, Manar Jean-Jacques, Peter Marchetti, Ryan McElveen (incumbent), Ilryong Moon (incumbent), Burnette Scarboro, Ted Velkoff (incumbent).

County clerk candidates: Bettina Lawton (D), John Frey (R) (incumbent), Marisa Wissar (I).

County Commonwealth Attorney candidate: Raymond Morrogh (D) (incumbent), unopposed.

County Sheriff candidates: Stacey Kincaid (D) (incumbent), Bryan Wolfe (R).

At-large County Soil & Water board candidates: (vote for three) Scott Cameron, George Lamb IV, Jerry Peters, Stephen Pushor.

Great Falls residents wishing to submit questions for consideration by the GFCA Debate Committee may send them to ralph.apton@gfca.org before Oct. 14.

Dranesville district doors and visited 8,000 Great Falls houses.

"I'm running for Dranesville supervisor because I believe our district needs a stronger leader," Chronis said. "Financially and economically we really are at a crossroads here in Fairfax County and my opponent has done little to solve what I believe are our most pressing problems."

Foust asked voters to look at his track record serving the Dranesville district as their supervisor and to look at his vision for the county.

"The bottom line is, I have listened to you, I have identified with you on the issues that are important to you and I have taken a leadership role to make sure we've got the things done that you as a community deserve," he said.

FOUST ASKED Great Falls residents to

look around their neighborhood, and named a variety of community accomplishments.

"It's great to be back in the Grange," said Foust, who advocated for the funding to make the Grange ADA compliant this year, the first step GFCA asked him to take in making the Grange and Old Schoolhouse more accessible to local residents and programs.

"I spent the past eight years as supervisor listening to you, making efforts to help you improve your community, and delivering great results for you," said Foust.

"I'd like to go over the past eight years and what we've done for Great Falls, you and me, working together."

Foust started with the intersection of Route 7 and Georgetown Pike.

"Who can forget the battle over the dual left turn lanes from Route 7 onto

Georgetown Pike? It fell on my shoulders to convince the Board of Supervisors that was not a good idea. And I did," he said. "And there are no dual left turn lanes."

When he ran for office his first time, one voter told him about the possibility of a traffic light to be installed at Seneca Road, he said. "If you get that light, I'll vote you forever," Foust recalled the voter telling him.

"And I got that light, so I have at least one vote," said Foust.

He discussed his ability to convince the Park Authority to purchase historic Turner Farm so it would be preserved, and his ability to convince the county of the need for the Great Falls Fire House.

"I'm sure many in this room remember the battles that were going on when I got elected. And the county would not listen. And I made them listen and as a result the community has a gorgeous fire house," Foust said.

"I'd like to go over the past eight years and what we've done for Great Falls, you and me, working together."

— John W. Foust,
Dranesville Supervisor

He talked about his passion for Riverbend Park and his success advocating each and every year for continued funding for the park.

"Riverbend Park, I love that park," he said.

"Who can forget four years ago when I was running for reelection. The park authority had the brilliant idea of putting in a zip wire," he said. "Well, I stopped that and there is no zip wire at Riverbend."

He recalled a similar debate before his tenure as supervisor even began, when he was the challenger, when the traffic light at Riverbend was addressed.

"I went to a political debate similar to what we have tonight and my opponent, everybody had her stickers on, and I was a rookie just running," he said. Before that night was over, support was shifting away from the incumbent because she would not support a light at Riverbend, Foust said. "I said, 'That's crazy, we need a light at Riverbend for safety. We have 16 year olds get their driving licenses.'"

Last Tuesday, Foust asked voters to

See Candidates, Page 12

News

Photo by Ken Moore/The Connection



Jennifer Chronis and John Foust at the Great Falls Citizens Association debate on Tuesday, Sept. 29.

Debate: In Their Own Words

Ralph Appleton/Great Falls Citizens Association Question:

"The community and Great Falls Citizens Association positions on the Brooks Farm rezoning continue to sharply differ from the owner developer request for 20 homes by a two-acre cluster rezoning. At this time, what specific actions do you support and what would you recommend to the other supervisors if you are reelected or elected?"

Incumbent John W. Foust:

"I suspect everybody knows about Brooks Farm, but basically, it's a property that is zoned agricultural and the entity that wants to develop it has proposed to rezone it and build about 20 houses in a cluster development.

"What we do with that is the same thing we do in my office for every single land case that comes through. The developer typically comes in and says, 'Don't you think it's wonderful?' and I say, 'I don't have an opinion at this time. I want you to go out to the community and discuss this with them and determine whether there are issues, if there are issues, and if they can be resolved. Because I am the supervisor, I represent the community, you have to get the community behind you.'

"That process has been ongoing with Brooks for a long time. It's gone quiet, it seems. I understand there

are one-to-one discussions going on at this time. But I am also aware at this time that the community at large has expressed opposition.

"I don't think that I've turned a single blade of grass in this community in eight years that was in opposition to the community's position. This is your community, we are going to preserve the semi-rural character of this community.

"A lot of intelligent people think about this all the time and have approaches to how that is best accomplished. And I rely on you for your input. At this point, we have heard from GFCA and they say they are not supportive.

"You can't tell an applicant to not move forward on this application, but it's been very quiet at least in my office.

"I will support the community decision on this issue as I have in the past on others."

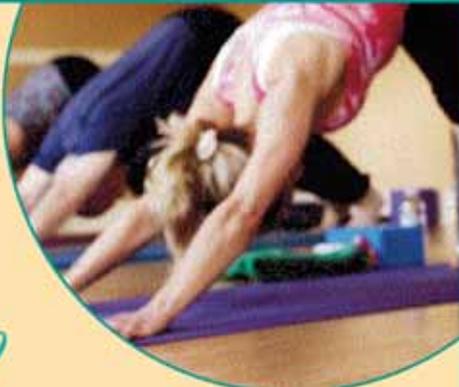
Jennifer Chronis, Challenger:

"I'm a resident of Great Falls and I certainly understand and have closely followed this issue. I have attended all, if not most all, of the Great Falls Citizens Association's meetings on this issue this year.

"I understand the community's concerns and I am supportive of the GFCA's resolution which is a very

See Debate, Page 13

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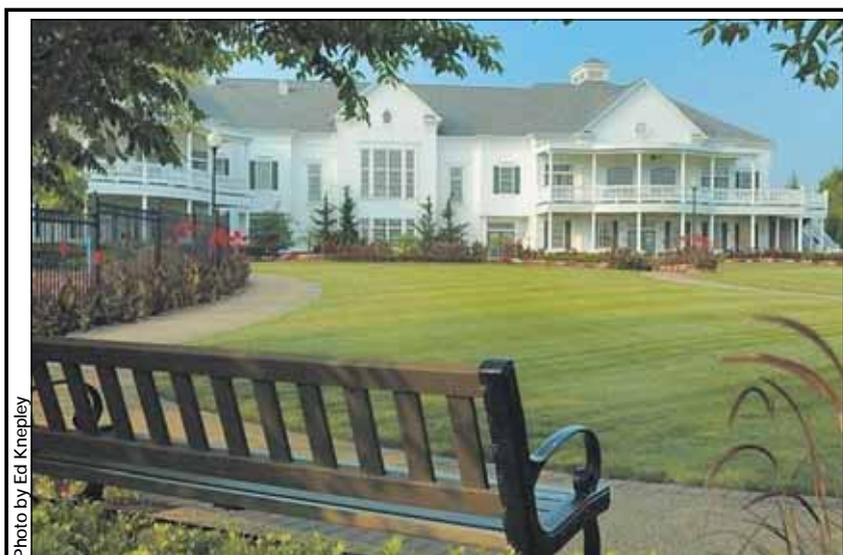


Photo by Ed Knepley

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Janie Strauss

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Pat Hynes

LEE DISTRICT CANDIDATE:

Tamara Derenak Kaufax

MASON DISTRICT CANDIDATE:

Sandy Evans

MT. VERNON DISTRICT CANDIDATE:

Karen Corbett Sanders

PROVIDENCE DISTRICT CANDIDATE:

Patty Reed

SPRINGFIELD DISTRICT CANDIDATE:

No endorsement

SULLY DISTRICT CANDIDATE:

Karen Keys-Gamarra



See more at:

fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements

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State Senate: No Opponent, One-Sided Debate?

Sen. Barbara Favola (D-31) will face Republican George V. Forakis on the November ballot, but she did not face him in last week's debate because he did not attend.

Great Falls Citizens Association still gave her three minutes to give introductory remarks and asked her questions about her stance on taxes, tree canopy and other issues.

"I bring experience and caring leadership, and I ask for your vote," she said.

Favola said she supports an increase in the minimum wage, wants to act to reduce income disparity, and wants to make college and higher education affordable and accessible.

She is a proponent of designating an increase in the tobacco tax for Medicare patients and hospital procedures and discussed her efforts in the past assembly to combat sexual assaults on college campuses while protecting victims' rights.

She is advocating for oppor-

tunities for high school students to be able to graduate with necessary skills and credentials to be armed with an associate's degree along with their high school diploma.

"If we don't have enough students pursuing and getting a college degree, we will all suffer," she said.

"I am proud to say I'm an effective state senator by other people's estimation, and I believe they are correct," she said.

She is working on a bill currently to address the tree canopy issue that is of major concern to Great Falls and McLean residents.

"I've been named a hero by the Sierra Club," she said.

— Ken Moore



Photo by Ken Moore/The Connection
Virginia Sen. Barbara Favola (D-31)

A Book Presentation at Great Falls Library

On Tuesday Oct. 13, 7:30 p.m., the Great Falls Library, 9830 Georgetown Pike, Great Falls, will host a book presentation for "Ain't Nobody Be Learnin' Nothin': The Fraud and the Fix for High-Poverty Schools" by Caleb Stewart Rossiter.

America's most challenged families are segregated into high-poverty schools. Despite a 20-year experiment in nationwide school reform, few students make it over the slippery bridge to the middle class. In this book you meet the students, families, teachers and administrators who struggle inside this failed system, and consider proposals to give them a fighting chance.

Rossiter had a long career as a public policy analyst and university professor in Washington, D.C. before he decided to find out why so few of the city's African-American students attended university. He spent three and a half years as a high school math teacher in Washington, D.C.'s high-poverty public and charter schools – the half year because he resigned when

ordered to raise failing grades for students who were six years behind and made little effort to catch up.

Using pseudonyms but real stories, Rossiter introduces the reader to fascinating students, families, teachers and administrators who are caught up in a tragic cycle of poverty, dysfunction and educational fraud. He shows why and how the result is half of the students dropping out and the other half graduating years behind and helpless before a community college curriculum. Rossiter then steps back and seeks solutions that would greatly increase the number of students making it to the promised land of the middle class.

At this book presentation, the author will tell stories of his experience in inner-city classrooms, addressing the heart-breaking failure of our multi-billion dollar effort to build poor children a reliable bridge to the middle class and what can be done to turn that around.



Photo contributed
Caleb Stewart Rossiter

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Opinion

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hilary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day. If you qualify, you can vote early in-person, see sidebar.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

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It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted. Photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: Valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth); valid college or university student photo identification card, must be from an institution of higher education located in Virginia; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; Virginia Voter Photo ID Card obtained through

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

◆ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035

Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m. Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

◆ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

◆ **McLean Governmental Center** - 1437 Balls Hill Road, Community Room, McLean, 22101

◆ **North County Governmental Center** - 1801 Cameron Glen Drive, Community Rooms, Reston, 20190

any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

Editorial

Letters to the Editor

Complete Contrast

To the Editor:

I attended the Great Falls Citizens Association debate at The Grange, and despite the rain, I'm very glad I did. What stood out to me most was the complete contrast between the two candidates for Dranesville District Supervisor - John Foust (the incumbent) and Jennifer Chronis. John Foust devoted his portion of the debate to citing numerous specific examples of solutions he has delivered to Great Falls over his past two terms as Supervisor and showing his in-depth understanding of and involvement with the issues.

Jennifer Chronis, on the other hand, demonstrated that she has a superficial understanding of how the county works, made unsupported claims that she could do

better on the budget that John has devoted himself to over the past 8 years, falsely claimed that funding for widening Route 7 is not in place, and took cheap shots, such as repeatedly accusing John of raising his own salary - even after he explained he voted to raise the salary of future (not current) supervisors so that persons of more modest means would be able to serve in the position. And then Ms. Chronis piled on in a manner unbecoming of a serious candidate by repeating over and over that she puts the needs of others ahead of her own (implying that Supervisor Foust does not) when anyone who knows John can tell you about his lengthy history of selfless service to our community. To top it off, Ms. Chronis had the audacity to claim that John does not appear at community events - really? We need to re-elect John Foust as supervisor rather than the

candidate who is willing to resort to cheap shots and untruths in her pursuit of the job.

Susan Thomas
Great Falls

Strategic Insight

To the Editor:

At the candidate debates at the Great Falls Grange this week, Craig Parisot (candidate for House Delegate Virginia's 34th District) pointed out that Virginia once was on the path to be a great science and technology business hub. With Craig's leadership, Fairfax County can be on that path again. His science and technology experience, entrepreneurial spirit, and moderate outlook can help make that happen for the 34th District and Virginia. His strategic insight can lay the groundwork to improve our transportation and technology

infrastructures, our school systems, and business environment; his practical business skills sets, ability to listen, and desire to work with all members of our community can make the plans a reality. This will benefit all of us, no matter what our socio-economic position is.

Jacqueline Gravell
Vienna

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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By e-mail:
north@connectionnewspapers.com

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News

From left — “Friends of Matt” committee members Olivia Augustini, Alex Ladd, Chris Piper, Jason Volpicelli, Jackson McKay, Sophie Holsinger and Sarah Van Houten.



‘Friends of Matt’ Prepare for Memorial Golf Tournament

Friends of Matt” representing Langley and Paul VI High Schools will assemble goodie bags for golfers attending the Matthew Vernon Poyner Memorial Foundation Inaugural Golf Tournament on Oct. 12 at Hidden Creek Country Club in Reston.

The tournament celebrates the life of 16-year-old Great Falls resident Matt Poyner who died suddenly in February 2015 of acute viral myocarditis. The foundation raises funds to support wounded veterans, award youth scholarships and to advance research

into detection and prevention of viral myocarditis in healthy young people. The students are running the “Friends of Matt” 18th Hole Sponsorship Drive. Committee members are collecting cash donations and donors will sign a large

“Friends of Matt” banner to be displayed at the tournament by the 18th green. Additional donations to the 18th hole sponsorship can be made through the foundation’s website at www.mvplegacy.org – look for “Friends of Matt” on the home page.

Photos contributed



“Friends of Matt” assemble goodie bags for golfers attending the tournament on Oct. 12 at Hidden Creek Country Club in Reston.

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The Tour is sponsored by Sun Design Remodeling Specialists Inc., which will have a recently renovated home on display.

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News

Photos by Ken Moore/The Connection



Incumbent Supervisor John Foust (D-Dranesville) talks to a voter after the Great Falls Debate.



Republican challenger Jennifer Chronis was ebullient after the debate with incumbent Supervisor John Foust.

Candidates Face Off at the Grange

From Page 3

consider the place they sat in for the evening's debate, Great Falls Grange, and the vision he and community initiated for the community, as well as his overall vision for the county.

"I was told the community wants to take the initiative to make this a community center but before they could even begin the process, they needed it to be ADA accessible. I got that done, it is now ADA accessible," he said.

"And eventually if the community groups come together the way I think they might and the way it was initially proposed, I see something more grand here with the Grange and the Schoolhouse as a community facility."

"I distinguished myself as a civic leader who truly cares about his community and advocates effectively for all of us," said Foust.

CHRONIS IS an 18-year resident of the county and a product of the county's schools.

"My husband and I are proud residents of Great Falls. I'm a military veteran, I attended UVA on Army ROTC scholarship and spent 21 years serving our country, retiring as a Lieutenant colonel," she said.

"In the Army, I learned how to lead, to set the example, to put the needs of others before my own, to make tough decisions and to get things done. During my Army career, I had as many as 150 soldiers under my command and managed budgets and contracts up to a hundred million dollars."

"I'm also a business leader," she said. Chronis has worked for IBM for 14 years, most recently serving as vice president, Department of Defense at IBM, a \$650 million account, she said.

"I understand the importance of achieving financial targets and the importance of making difficult decisions when financial goals are not achieved."

SHE LAUNCHED her campaign officially in February.

"We have knocked on nearly 20,000 doors and here are a few of the things I have heard specifically

to Great Falls," she said.

"We need to relieve traffic congestion but also protect Georgetown Pike as a scenic byway," she said.

"We need to preserve the semi rural nature of Great Falls by making balanced land use decisions with Brooks Farm as the most current example.

"We need to resolve our school budget crisis and we need to make our county more businesses friendly to help our small businesses thrive," she said.

THE TWO CANDIDATES were asked questions pertaining to local issues, such as The Grange and The Old Schoolhouse and access to them for citizens and community organizations, and the resident curator program and implications for places such as Turner Farm.

They were asked about congestion problems and plans for the widening of Route 7. Chronis criticized Foust that plans don't call for the widening construction to begin until 2021.

And Chronis criticized Foust for voting to increase the salaries of supervisors. She said Foust voted to increase "his salary." The vote to increase the Board of Supervisors' salaries won't go into effect until next year, after the election.

Foust said a supervisor's position requires dedication of at least 60-80 hours a week, and the job must be for someone who treats it as a full-time job. He said it is not a job for someone who takes a leave of absence from another position just to campaign, and not for somebody who expects to be able to continue to work in another position.

Chronis maintained her composure in her response, but drew an unintended laugh in her closing remarks. In highlighting how active she has been in getting to know Dranesville voters, she suggested that Foust has not been. She said some households told her that Foust hasn't been knocking on their doors like she has.

"I haven't personally seen Foust at any of the community events I've been to," she said.

Many in the audience laughed, including Foust, at that.

"Oh, come on," said one voter near the front row.

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THE CONNECTION
NEWSPAPERS

Foust, Chronis Debate in Great Falls

From Page 4

reasonable approach to responsible development, in that it acknowledges the right of the property owner by allowing by-right development and it addresses the concerns of the community.

"I do believe it's important to strike a balance between maintaining the integrity of the community and preserving the rural nature of Great Falls and also, at the same time, respecting property rights.

"And, in this case, I believe GFCA's resolution does that very well.

"I am a supporter of rezoning if it doesn't put undue burden on the community and, in this case, I believe with the current application it does.

"So in Great Falls, and I know this as a resident, it's not only about the density of Great Falls, it's about the intensity. And I don't believe putting another two dozen homes in the middle of Great Falls where we have two lanes roads, where we have likely insufficient well and septic and where we have very real storm water management concerns is a good idea.

"I believe quite honestly that this is just another example of where the county could be potentially trying to change the semi-rural nature of Great Falls and the nature of this community whether it be through a potential rezoning application and development or through the issue that I discussed earlier which is forcing a business owner to leave the Great Falls community because our zoning and regulatory process is so onerous.

I would promise to be a champion to the citizens of Great Falls."

Appleton, Question:

"Great Falls lacks sufficient public spaces to hold free meetings in part because the park authority recently initiated high fees for the Old Schoolhouse usage. It used to be free or very low until about four or five years ago. Now, the Old Schoolhouse is rarely used whereas the free library is overbooked. Would you support free week-day evening use of the Old Schoolhouse by nonprofit organizations if the community agrees to lock and unlock the Old Schoolhouse and thereby saving the staff costs?"

Chronis:

"Well, I certainly believe it's important that we have public spaces here to use in our community and clearly the Great Falls Library, and old school house and this facility are good gathering places for our community.

"Because we have such a difficult time with our costs and our financial situation here in the county, I certainly would be supportive of anything that decreases the county costs and makes good sense for our citizens.

"So I would support a proposal that would enable us to do that after a thorough look at a business case assuming there are no unintended consequences. But if it is going to save us money and it's going to provide benefit to our citizens then absolutely I would be supportive."

Foust:

"I would support it also. This has been an issue for a while and we have worked on it for a while. A while back a really impressive group of community organizations got together and signed a letter to me basically asking for more access to these facilities. The proposal was that I would get the Grange made ADA accessible and they would come forward with a proposal that community groups would take responsibility for these two buildings. I would support that.

"What has transpired and what is going forward right now is we have shifted focus to just the schoolhouse for the interim. This should be a Great Falls campus that should be available and accessible to Great Falls citizens the way it used to be.

... I think evening hours during the week is something that will be achievable.

It's not like the Park Authority is generating revenues over there. You know, the park authority, they have a tough time meeting their budget, I know that, but that is something that we should have available to us, the citizens of Great Falls.

"And eventually if the community groups come together the way I think they might and the way it was initially proposed, I see something more grand here with the Grange and the Schoolhouse as a community facility."

"My opponent has done little to solve what I believe are our most pressing problems."

— Jennifer Chronis, challenger for Dranesville Supervisor

"I'd like to go over the past eight years and what we've done for Great Falls, you and me, working together."

— John W. Foust, Dranesville Supervisor

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Studying Environment 'Around the Corner'

Taking in a breath of fresh air while having an important class discussion on the environment, Mrs. Gunas' seventh grade science class participates in a watershed walk where they observe Scott's Run creek behind Cooper Middle School.



Repaving Nears Completion

Photo contributed

Virginia Department of Transportation continues repaving the Beltway between the American Legion Bridge and Old Dominion Drive in McLean. The weather forced workers to leave the Beltway uneven and without lane markers over the weekend. The repaving is due to be completed Oct. 9 according to the VDOT website.



Photo contributed

Sierra Webb Receives Leadership Award

Sierra Webb, a Langley High School 2013 alumni, received the Cadet Jonathan K. Briese Outstanding Summer Cadre Leadership Award during the Fall Awards Ceremony at the U.S. Coast Guard Academy Parents Weekend at New London, Conn. This award was presented to the four summer cadre members deemed to have the highest proficiency in leadership as elected by their peers. From left: Rear Admiral James Rendon, 2/c Mike Franco, 2/c Sierra Webb, 2/c Katie Clark (accepting award for Meagen Witham) and 2/c Laura Beck.

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

ONGOING

"Figuratively Speaking." Friday-Sunday through Oct. 11 at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Portraits and figures in watercolor and mixed media by Deborah Conn. Tickets: \$15-\$30. www.1ststagetysons.org.

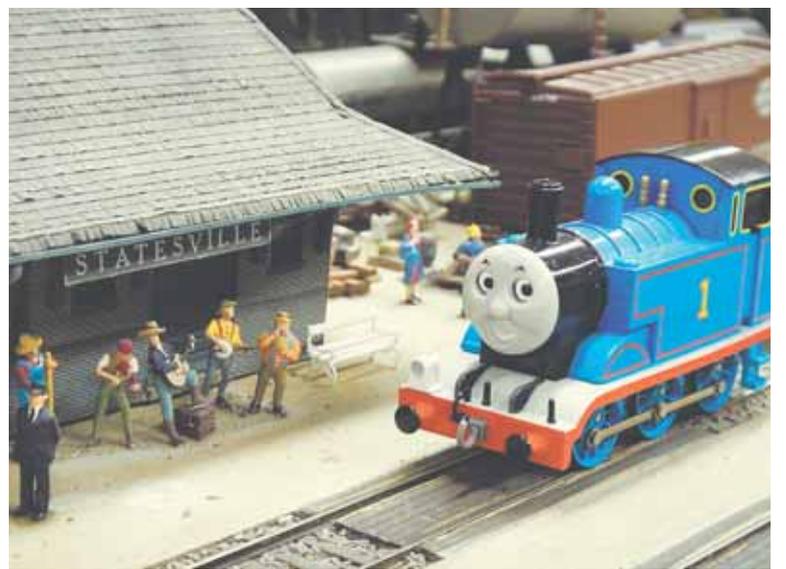
WEDNESDAY/OCT. 7

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/OCT. 8

2nd Annual NOVA Pride Multifaith Worship Service - The Faithful Road; A Shared Journey of Gratitude and Commitment. 7:30-8:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join with people of faith to gather in gratitude for gains in LGBT civil rights, the opening of doors of a growing number of faith communities, and to celebrate the 2nd Annual Northern Virginia Pride Festival. www.unityoffairfax.org. Elizabethf@pofev-nova.com.

Claude Moore Colonial Farm Cajun Barbecue and Silent Auction Fundraiser. 6-9 p.m. Pavilions of Turkey Run, 6310 Colonial Farm Road, McLean. The menu features dry rubbed, slow cooked pork barbecue, grilled marinated chicken, farm to fork vegetables including zucchini, squash and broccoli, coleslaw and tossed salad, and warm peach cobbler. Tickets: \$25-\$35. www.1771.org/



See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose on Oct. 17 from 1-5 p.m. at 231 Dominion Road NE, Vienna.

fundraiser. **Reading Buddies.** 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen Volunteers available to read to or with beginning readers. Ages 3-9. **DaVinci Drone Coders Network.** 6:30 p.m. Learn about building, maintaining, customizing and coding drones. All levels welcome. Ages 8 and up.

FRIDAY/OCT. 9

Nutcracker Classical Ballet Theatre. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Boys and girls will delight in this 30 minute performing arts enrichment program. Ages 4-7.

SATURDAY/OCT. 10

Oktoberfest Bazaar and Craft Fair. 10 a.m. to 3 p.m. The Hunger Church, Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. Handcrafted jewelry, silk floral arrangements, baked goods and loads of crafts. Free crafting and activities for children while you shop. **Community Sale.** 9 a.m.-12 p.m. Historic Pleasant Grove, 8641 Lewinsville Road, McLean. The sale will feature antiques and vintage items, housewares and more, as well as homemade baked goods. www.HistoricPleasantGrove.org. **Dance for Everyone.** Colvin Run

See Calendar, Page 15

Foust: Gun Shop Location Puts Children at Risk

The decision by the owners of the NOVA Gun Shop to locate their new retail store adjacent to Franklin Sherman Elementary School in McLean is unwise and inappropriate, and potentially puts the health and safety of schoolchildren and faculty at unnecessary risk.

As I noted at the citizen rally on Saturday morning, Sept. 26, at the gun shop, the owners of NOVA Gun Shop should have chosen to locate their store in a more appropriate location out of common decency and respect for our community.

Their decision represents a shocking lack of judgment by the store owner and the landlord who entered into a lease for this facility. Whatever one's personal position on gun ownership, it is simply antagonistic to our community and frightening to concerned parents to locate a store selling firearms and live ammunition literally within 60 seconds walking distance to a school entrance.

This is an issue of judgment, not legality. Under the Virginia State Code, Fairfax County does not have the authority to deny the gun shop a use permit to operate in the facility nor to require the gun shop owner to vacate the premises and terminate its lease. Under the federal law that is intended to create a gun free

zone within a 1,000 feet around public, parochial and private schools, there is a huge exception that allows a federally-licensed firearm dealer to operate a commercial storefront within that zone.

Nevertheless, while the NOVA Gun Shop and the landlord may have a legal right to operate this facility in this location, it is apparent that good judgment and a reasonable concern for children's safety were absent in this situation.

The McLean community is understandably outraged by the decision to locate the gun shop next to an elementary school. I congratulate the many concerned residents who are actively protesting this bad decision.

In the coming days, I will continue to explore whether there are any options we can pursue under federal, state or county law that could remove the gun shop from this location. I will also offer to work with the landlord and gun shop owner to explore constructive solutions to terminate the lease and to relocate the gun shop to a more appropriate location. In the interim, I will stand alongside concerned parents, our state legislators and community leaders to continue to express loudly and clearly that this is a situation that cannot be tolerated.

—Supervisor John W. Foust

Calendar

From Page 14

Dance Hall, 10201 Colvin Run Road, Great Falls. Dancing to the TMD Band. TMD is a group of 11 R&B'ers that have kept their fans in Washington, Baltimore, and Annapolis partying since 1992. Pre-dance lesson in East Coast swing from 7-8 p.m. \$20.

Great Falls Farmers Market. 9 a.m.-1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. <http://greatfallsfarmersmarket.org/>.

A Musical Journey Through Latin America. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Guitar Duo David Grimes and Michael Anthony Nigro to perform at the Great Falls Library. The program will feature solos and duos from Greece to Latin America by composers Mario Castelnuovo-Tedesco, Gerardo Tamez, Julio César Oliva, Jorge Cardoso, Manos Hatzidakis and many others.

SUNDAY/OCT. 11

Cars for the Cure. 9 a.m.-2 p.m. Great Falls Village, Great Falls. Annual drive to end diabetes. There will be over 100 classic, antique, exotic cars trucks and motorcycles on hand. The Wells Fargo Stage Coach will be there giving rides to kids, there will be live music, giveaways, and lots of other stuff going on. www.carsfortheureusa.com.

FRIDAY/OCT. 9 - SUNDAY/OCT.18

Now Comes the Night. 1st Stage Theatre, 1524 Spring Hill Road, Tysons. American journalist Michael Après has been released after being held hostage for 18 months in Iraq. Michael's close colleague and friend, however, begins to suspect that Michael isn't free yet. An explosive television interview puts their friendship to the test as secrets, lies, and betrayals haunt both men. For tickets and information, visit <http://www.1ststage Tysons.org/>.

MONDAY/OCT. 12

MPAartfest. 10 a.m.-5 p.m. McLean Central Park, 468 Dolley Madison Blvd., McLean. The park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of juried artists. Visit www.mpaart.org.

TUESDAY/OCT. 13

Book Presentation. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. "Ain't Nobody Be Learnin' Nothin': The Fraud and the Fix for High-Poverty Schools," by Caleb Stewart Rossiter. America's most challenged families are segregated into high-poverty schools.

WEDNESDAY/OCT. 14

Great Falls Historical Society's Oktoberfest Potluck Dinner. 6 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/OCT. 15

Great Falls Writers Group. 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Support group for writers.

FRIDAY-SUNDAY/OCT. 16-18

Great Falls Studios 2015 Art Tour. Travel the back roads and main streets of the village to individual and group studios. Meet more than 40 GFS member artists - quilters, painters, potters, sculptors, jewelers, photographers and more - in their natural environment. www.GreatFallsStudios.com.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/21/2015 A+ Camps & Schools

Halloween is October 31

10/28/2015 Election Preview

NOVEMBER

11/4/2015 Wellbeing

11/11/2015 HomeLifeStyle

11/18/2015 A+ Camps & Schools

11/19/2015 Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015 Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015 Wellbeing

12/9/2015 Holiday Entertainment & Gift Guide II

12/9/2015 HomeLifeStyle; Home for the Holidays

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Sports

Madison Volleyball Extends Win Streak to Four

The Madison volleyball team defeated Marshall in five sets on Oct. 1, improving its record to 10-3 while extending its win streak to four.

The Warhawks will open Conference 6 play at home against Washington-Lee at 7:15 p.m. on Wednesday, Oct. 7.

Madison is the defending Conference 6 and 6A North region champion.

Madison Field Hockey Improves to 12-1

The Madison field hockey team won its sixth straight game and improved to 12-1 with a 2-0 victory over defending region champion Fairfax on Monday.

The Warhawks, whose lone loss of the season came against Westfield on Sept. 15, improved to 3-0 on Conference 6 play.

Madison will travel to face Langley at 7:30 p.m. on Wednesday, Oct. 7.

Oakton Volleyball Loses to South Lakes

The Oakton volleyball team suffered its first loss in a five-set match on Sept. 29, falling to South Lakes 3-0 on Sept. 29. The defeat dropped the Cougars' record to 14-3.

Oakton had the rest of the week off before facing West Springfield on Tuesday, after The Connection's deadline. The Cougars will travel to face Paul VI at 4 p.m. on Friday, Oct. 9, before starting Conference 5 play with a home match against Centreville at 7:15 p.m. on Tuesday, Oct. 13.

Madison Football Wins Fourth Straight

The Madison football team extended its win streak to four games with a 47-21 victory over Yorktown on Friday in Arlington.

After losing to Oakton in the season opener, the Warhawks have defeated Stone Bridge, McLean, Langley and Yorktown, improve their record to 4-1 overall, and 3-0 in Conference 6.

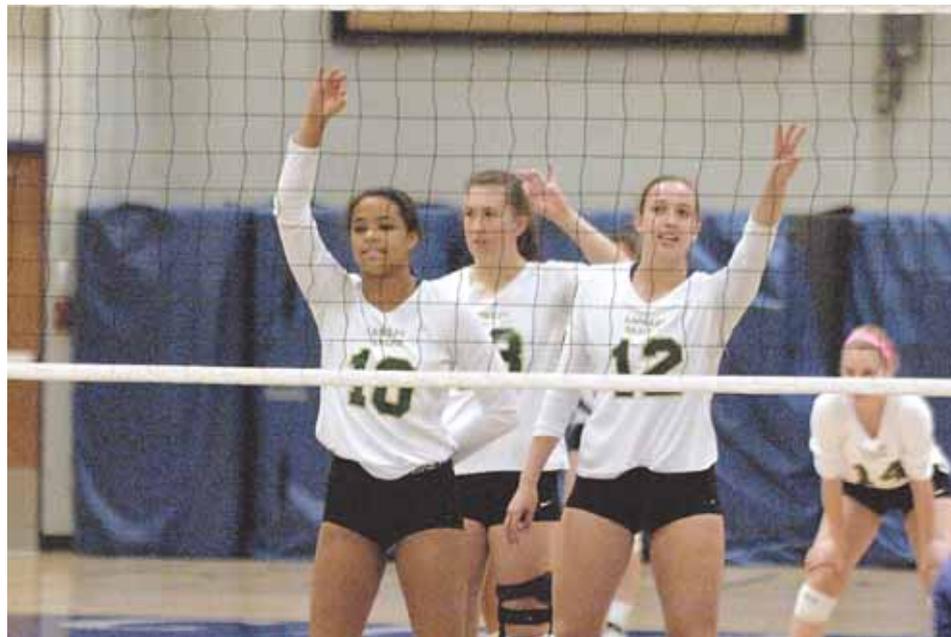
Madison will host Marshall at 7 p.m. on Friday, Oct. 9.

Oakton Football Falls to Westfield

The Oakton football team suffered its third straight loss on Oct. 1, falling to Westfield 38-7 at Oakton High School.

The defeat dropped the Cougars' record to 2-3, including 0-2 in Conference 5.

Oakton will host Centreville at 7 p.m. on



Katie Sissler, left, Jessica Donaldson, center, Elena Shklyar and the Langley volleyball team will open Conference 6 play at home against Yorktown on Thursday, Oct. 8.

Friday, Oct. 9.

Langley Volleyball Drops 3 of 4

After a 9-1 start, the Langley volleyball team dropped three of four matches to fall to 10-4.

The Saxons lost at Potomac Falls 3-1 on Oct. 1. Langley dropped a five-set match at Chantilly on Sept. 28, and was swept by Battlefield on Sept. 19.

Langley faced Westfield on Tuesday, after The Connection's deadline. The Saxons open Conference 6 play with a home match against Yorktown at 7 p.m. on Thursday, Oct. 8.

Langley Football Earns First Victory

The Langley football team earned its first win of the season on Oct. 1, blanking Fairfax 36-0 at Langley High School.

The victory improved the Saxons' record to 1-4, including 1-1 in Conference 6 play.

Langley will host Washington-Lee at 7 p.m. on Friday, Oct. 9.

Langley Field Hockey Beats South Lakes

The Langley field hockey team defeated South Lakes 2-1 on Monday to improve to 8-4 overall, and 2-2 in Conference 6.



Jane Hoyt, seen earlier this season, and the Madison volleyball team beat Marshall on Oct. 1 for its fourth consecutive victory.

The Saxons will host Madison at 7:30 p.m. on Wednesday, Oct. 7.

McLean Volleyball Wins 8 of 9

The McLean volleyball team has won

eight of its last nine matches, including a 3-0 victory against Wakefield on Oct. 1.

The Highlanders (15-4) will host Hayfield at 7:15 p.m. on Wednesday, Oct. 7.

McLean Football Searching for First Win

The McLean football team dropped to 0-5 with a 43-28 loss to Hayfield on Oct. 1.

The Highlanders return to action at 7 p.m. on Friday, Oct. 9 with a road game against Chantilly.

South Lakes Football to Host Rival Herndon

The South Lakes football team will host rival Herndon at 7 p.m. on Friday, Oct. 9.

Herndon dropped to 2-3 with a 70-28 loss at Tuscarora on Oct. 1. The following night, South Lakes traveled to Arlington and beat Washington-Lee 28-2, improving its record to 4-1.

Herndon crushed South Lakes 49-0 last season. South Lakes won the 2013 meeting, 10-7.

Herndon Field Hockey Drops Conference Opener

The Herndon field hockey team had its eight-game win streak snapped by Centreville on Sept. 30. The Hornets lost their Conference 5 opener 1-0.

Herndon faced Chantilly on Tuesday, after The Connection's deadline. The Hornets will host Marshall at 4:30 p.m. on Friday, Oct. 9.

South Lakes Girls' XC Places Third, Boys Sixth

The South Lakes girls' cross country team placed third at the Hagan Stone Cross Country Classic on Oct. 3 in Kernersville,

N.C.

Emily McGrath was the Seahawks' top finisher, placing 10th with a time of 21:23.21. Katie Bidwell finished 11th (21:33.59) and Anna Prater was 15th (21:47.48).

The South Lakes boys' team took sixth, led by John LeBerre, who finished 19th (18:04.08).

Week in Great Falls

Bridge to Syrian Refugees: Great Falls Rotary

The Rotary Club of Great Falls will hold a Chicago Style Bridge Tournament on Oct. 25 from 2 to 5 p.m. It will take place at St. Catherine of Sienna Catholic Church, located at 1020 Springvale Road, Great Falls. The tournament will employ Chicago-style bridge, the social cousin to duplicate bridge. Food and beverages are included in the ticket, priced at \$50. Donations are tax deductible to the full extent permitted by law.

One hundred percent of the net proceeds will go to assist refugees now pouring into Europe. The Club is partnering with the Wolfrathausen Rotary outside of Munich. In so doing, the funds raised at the bridge tournament will be quadrupled through matching grants from Rotary International. Their volunteers will also apply one hundred percent of the funds received towards aiding the refugees who have arrived in their region.

The funds will go towards providing basic needs of food and shelter for the Syrian refugees, as well as the immense task of integrating them into the community through language, education, healthcare and job placement.

Pre-registration by Oct. 20 is requested. To register, send a check, payable to The Rotary Club of Great Falls Foundation and mail to Stan Corey, 746 Walker Road, Suite 16, Great Falls, VA 22066. You may also make a tax-free donation to the Rotary Club of Great Falls Foundation, Inc. Please note on the check "Donation for Refugee support. "All donations, whether for the bridge tournament or direct to the Foundation will be matched by the Rotary International Foundation.

Pre-registration by Oct. 20 is requested. To register, send a check, payable to The Rotary Club of Great Falls Foundation and mail to Stan Corey, 746 Walker Road, Suite 16, Great Falls, VA 22066. You may also make a tax-free donation to the Rotary Club of Great Falls Foundation, Inc. Please note on the check "Donation for Refugee support. "All donations, whether for the bridge tournament or direct to the Foundation will be matched by the Rotary International Foundation.

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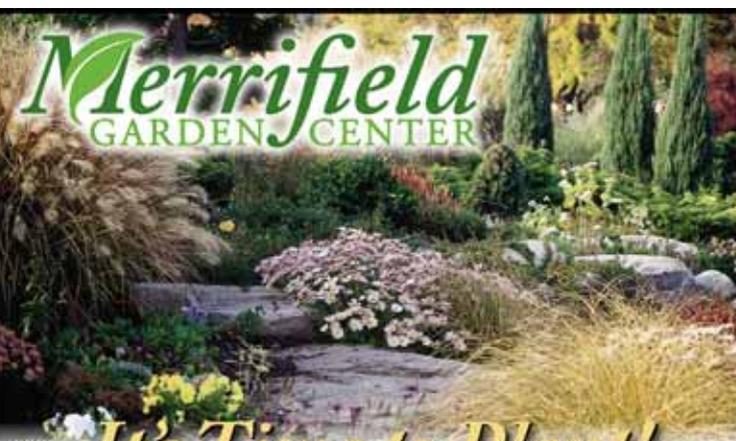
Dear Members of BGCW Fairfax Board:

In an effort to provide an awesome golf event we have elected to cancel our tournament scheduled for this Monday due to the dire weather forecast for our area. We have rescheduled the event for **Monday, October 26th**. All other details are exactly the same. Your support of our kids is greatly appreciated and we look forward to seeing you on October 26th.
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"One Less Thing"



By **KENNETH B. LOURIE**

Forrest Gump knew. Although not having to worry about money anymore because Lt. Dan invested their Bubba Gump Shrimp money into "some kind of fruit company" (Apple) is hardly akin to having cancer and awaiting the results of one's brain MRI, still: worry is worry. And the less of it, and the fewer reasons for it, the better. And a cancer patient, yours truly in fact, receiving an e-mail from his oncologist, saying succinctly: "brain MRI looked good" means I have less to worry about - for now.

Not that I feel (not usually, anyway) as if my life is hanging in the balance. I don't, really, but it's hanging somewhere, and that somewhere is rarely in any kind of balance. More of a cycle. The reason being: your life (at least mine) is a series of lab visits/lab work, urine collections, chemotherapy infusions/targeted treatments, diagnostic scans, face-to-face and/or phone appointments with your oncologist; phase 1, 2 or 3 Study and/or Clinical Trial considerations, and on and on and on; and none of that has anything to do with the many remedies I employ at home. As a consequence, cancer becomes the dominant and recurring theme in your life. You'd rather it wasn't, but a diagnosis of stage IV cancer has a tendency to focus and preoccupy your mind. A mind that, six and half years post-diagnosis, is still finding its way through the cancer labyrinth, and a mind which is not being wasted and one that, at least until my first PET Scan in six and a half years in two weeks, is semi at ease.

It is these intervals that you cherish; when you can sort of sit back and relax, and pretend that all is right with your world and that cancer is not a part of it. But then you wake up and realize that it was only a dream. Still, any dream though, day or night; or moment in time, when you can delude yourself, manipulate your circumstances, alter your ego and/or find respite from the daily grind, is a day to treasure. And it is these post-scan and pre-scan days/weeks when results have indicated (confirmed is a bit too presumptuous; I never want to poke the bear) that for the moment one's status is quo; more specifically, one's brain and/or in my case, lungs, have not succumbed to the resident evil that is cancer, that are my favorites.

So life goes on. Thank God! And thank modern medicine and my oncologist as well; thank Rebecca Nenner, my Certified Holistic Health and Fitness Coach; thanks to friends and family and readers for all their support and encouragement; thank my DNA/genetic code for tolerating and responding to all the various treatments, supplements, alternatives, etc., which have been a part of my survival for these past six and half years, and thank my lucky stars for everything. It's not the most fun I've ever had, but I have to admit, beating the odds and being called a "miracle" by one's oncologist is pretty damn satisfying; and one more "thing" for which I can be extremely grateful.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Weber, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89, Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool

Basketball free throws, field goals and 3 on 3 games took place at the Thomas

Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis, Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon, Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Spring-

field; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

Pickleball, which is similar to tennis with a shorter net, singles (women), 60-69, Judy Aw, Falls Church, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Franz Roland, Arlington, 60-69, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington, 80-89, Horacio Reyes, Arlington. **Pickleball doubles medalists**, women, 50-59, Carolyn Mobley and Roxanne Tigh, Arlington, 70-79, Jo Ferry, Alexandria and Sun Y. Yang, Arlington, 80-89, Alease Brooks and Betty De La Cruz, Arlington; (men) 50-59, Corey Chamness, Falls Church, Stephen

Nurre, Annandale, 60-69, Michael Knight, Falls Church, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington and Jerry Bigenho, Arlington. **Pickleball mixed doubles**, gold medalists, Mary Rousselot and Corwin Umbach, Arlington, 70-79, Sun Y. Yang, and Herb Levitan, Arlington, 80-89, Alease Brooks and Horacio Reyes, Arlington.

Volleyball, Golf, Mini Golf

Seven women's and five men's **volleyball** teams competed in the 2015 Northern Virginia Senior Olympics, held recently at the Chinn Aquatics and Fitness Center in Woodbridge.

Gold medalists were, women, 50-54, Keep Swinging team members Bertha Otoy, Sterling, Maritza Serrano, Falls Church, Maria Barrientos, Alexandria, Olga Navarro, Alexandria, Gloria Ruiz, Springfield, Elizabeth Taylor, Alexandria, 55-59, Play To Win members, Berdette Colbert, Berlin, Sara Abarca, Falls Church, Betty Sifuentes, Centreville, Constance Lindsley, Arlington, Maria Dodd, Vienna, Jean Zamora, Woodbridge, 60-64, VB-Diggers members, Melanie Morton, Reston, Gloria Pinto, Falls Church, Judy Olson, Fairfax, Laura Ponder, Manassas, Kristi Nickerson, Reston, Carmela Miller, Arlington; men, 50-54, Dewey Burns team members, Michael Ryan, Annandale, Peter Silins, Darnestown, William Hazard, Alexandria, Gregory Sadosuk, Fairfax, Lamar Dougherty, Fairfax, Keith Pierce, Gainesville, Kim Grubbs, Annandale; 55-59, Hawkeye team, Andrew Levy, Crofton, Erik Johnson, Arlington, Paul White, Centreville, Rodney Anderson, Manassas, William Bell, Alexandria, David Moss, Arlington

and Glenn King, Springfield.

The Montclair Country Club in Dumfries hosted the NVSO **golf competition** for the first time and players competed in five year age groups by gender. Gold medalists were women, 60-64, Becki Davis, Sumerduck, 65-69, Kathryn Chandler, Falls Church, 75-79, Nancy Huff, Woodbridge; men, 55-59, Mark Wuckovich, Springfield, 65-69, Gary Srey, Arlington, 70-74, Craig Olson, Arlington, 75-79, Lawrence Dawson, Dumfries, 80-84,

Larry Lasik, Herndon and 85-89, Marvin Reed, Oak Hill.

Miniature golf gold medalists were women, 50-59, Sheila Beard, McLean, 60-69, Judy Landolt-Korn, Clifton, 70-79, Barbara Klementz, Annandale, 80-89, Patricia Gallagher, Springfield; men, 50-59, Jon Woodyatt, Fairfax, 60-69, Steve Ferguson, Vienna, 70-79, Erwin Stierle, Vienna and 80-89, Charles Toftoy, Arlington.

Field Events, Tennis and Table Tennis

Field events were held at the Stone Bridge High School in Ashburn. Gold medalists in the **high jump** were (men), 60-64, Steven Kopp, Arlington, 65-69, Gerard Nezet, Arlington, 70-74, Parviz Youseffi, Gainesville, 75-79, Bernard Stamm, Ashburn; **standing long jump**, (women) 50-54, Bethany Grisby, Lorton, 55-59, Keg Good, Woodbridge, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-85, Alease Brooks, Arlington; (men) 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, Alexandria, 70-74, Parviz Youseffi, Gainesville, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington

See Results, Page 3

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Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

NVSO Gold Medalists

RESULTS From Page 2

ton, 85-89, Leonard Kalkwarf, Springfield; **running long jump**, (women) 50-54, Sheila Beard, McLean, 55-59, Kathleen Wilson, Springfield, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-84, Alease Books, Arlington; (men) 65-69, Douglas Hastings, Alexandria, 70-74, Donald Meli, Annandale, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington and 85-89, Leonard Kalkwarf, Springfield.

In the **mini javelin event**, gold medalists were (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez; (men) 50-54, Mark Abbott, Delaplane, 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings,

Alexandria, 70-74, Thomas Sullivan, Oakton, 75-79, Bernard Stamm, Ashburn, 85-89, Leonard Kalkwarf, Springfield; **shot put**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Kathleen Wilson, Springfield, 75-79, Angela Fernandez, Burke; (men) 50-54, Mitchell Frid, Broadlands, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 70-74, Thomas Sullivan, Oakton, 75-79, Roger Webb, Ashburn, 80-84, Jerry Bradley, Oakton, 85-89, Harold Mueller, Oakton; **discus**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 65-69, Margaret Rodriguez, Dumfries, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez, Burke, 85-89, Elizabeth Martin, Falls Church; (men) 50-54, William Johnson, Arlington, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 65-69, Eiji Yasuhara, Sterling, 70-74, Thomas Sullivan, Oakton, 75-79, Carlos Rodriguez,

Dumfries, 80-84, Jerry Bradley, Oakton and 85-89, Leonard Kalkwarf, Springfield.

The Charles Houston Recreation Center in Alexandria was the site of the **table tennis** competition. Gold medalists were (women) 50-59, Jenny Lang, McLean, 60-69, Jieying Shi, Chantilly, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Larry Kirk, Woodbridge, 60-69, Shaw Zee, Fairfax Station, 70-79, John Papp, Nokesville and 80-89, Edward Scccio, Dumfries. Wakefield District Park, Annandale, hosted three days of **tennis competition, singles** 70-79 (women), Sun Y. Yang, Arlington; (men) 70-79, John Lisack, Woodbridge, 80-89, Robert Shellhouse, Alexandria; **doubles** (women), 50-59, Luanne Lohr, Arlington, 60-69, Jacqueline Lawrence, Arlington, 80-89, Kelly McCaffery, Springfield; (men) 50-59, Mark Matsko and James Callan, Arling-

ton, 60-69, John Lisack, Woodbridge and Gary Scavongelli, Burke, 70-79, Al Grossi and Don Tomb, Arlington and 80-89, Phil Doherty, Burke and Neil Lane, Reston **mixed doubles**, 50-59, Brian Bochiccho, Vienna and Barbara Heard, Oakton, 60-69, Albert and Suellen Grossi, Arlington, 70-79, Bob Howe and Sharon Timmons, Alexandria, 80-89, L. Wayne Bell, Annandale and N. Shaila Zadd, Vienna.

Swimming

Gold medals were awarded and 12 records broken in six swimming events at the Northern Virginia Senior Olympics held at the Claude Moore Recreation Center in Sterling. In the **half-mile freestyle**, gold medalists were women, 50-54, Maureen Harp, Annandale, 55-59, Sharon O'Neill, Annandale, 60-64, Jieying Shi, Chantilly, 65-69, Carol Mackela, 70-74, Joan Jackson, Lake Ridge, 75-79,

Gertruida DeRosa, Springfield; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 65-69, Bruce Fisher, Fairfax (new record), 70-74, James Leimkuhler, McLean, 75-79, David Nicholas, Oakton, 80-84, Lawrence Cohen, Sterling (new record) and 85-89, Loren Mead, Falls Church.

Freestyle, 100 yards, medalists were women, 50-54, Ellen Rotchford, Arlington (new record), 60-64, Bobbe Duquette, Herndon (new record), 65-69, Charlotte Miller, Ashburn (new record), 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Frank Millikan, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean (new record), 75-79, David Nicholas, Oakton (new record), 80-84, Lawrence Cohen, Sterling (new record)

See RESULTS, Page 5

Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE).

The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liason

with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele



Local officials and volunteers cut the ribbon for the new McLean Senior Source help desk at McLean Community Center on May 15, 2013.



Social connections are key. Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon.

Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Contact McLean Senior Source

Three ways to reach McLean Senior Source (MSS) include: 1) Phone: 703-300-1751 2) Email: McLeanSeniorSource@gmail.com 3) Visit: the McLean Community Center lobby during operating hours, Tues, Wed, Thurs from 10 a.m. to 2 p.m.

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello." The Potomac Community Village is hosting a theater party at the Round House Theater in Bethesda, Maryland.

"Our social events are a great way to stay engaged and active because it's easy to get out if we've already made arrangements for you," said Garrett. "All you have to do is sign on. You don't have to find an activity or someone to go with."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, Virginia, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

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Senior Living

NVSO Gold Medalists

RESULTS From Page 3

and 85-89, Phil Case, Springfield.
In addition, gold medalists in the **50 yard freestyle** event were women, 50-54, Elaine Clancy, McLean, 55-59, Margo Lassiter, Lovettsville, 60-64, Bobbe Duquette, Herndon, 65-69, Charlotte Miller, Ashburn, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket, 80-84, Mary Simpson, Manassas; men, 50-54, Bill Conover, Purcellville, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield, 80-84, Lawrence Cohen, Sterling and 85-89, Phil Case, Springfield.

In the **50 yard breaststroke** competition, gold medalists were women, 50-54, Elaine Clancy, McLean (new record), 55-59, Margo Lassiter, Lovettsville, 60-64, Jieying Shi, Chantilly, 65-69 Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Edwin Allen, Arlington, 65-69, Kevin Culhane, Lorton (new record), 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield (new record) and 80-84, Lawrence Cohen, Sterling (new record).

Gold medalists in the **50 yard backstroke** event were women, 50-54, Ellen Rotchford, Arlington, 55-59, Margo Lassiter, Lovettsville, 65-69, Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, 75-79, Leo Deege, Vienna, 80-84, Niel Sween, Vienna and 85-89, Phil Case, Springfield.

In the **100 yard backstroke** event, women, 50-54, Elaine Clancy, McLean (new record), 65-69, Carol Mackela, Arlington, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case, Springfield.

Mexican Train Dominoes, Bunco, Horseshoes and Bocce

Mexican Train dominoes, bunco, horseshoes and bocce were among the events taking place the first week of the 2015 Northern Virginia Senior Olympics. Gold medalists in the bocce and horseshoe competition held at the Fairfax Senior Center were, **bocce**, women, 70-79, Dona Hobbs, Lake Ridge, 80-89, Nancy Van Scoyoc; men, 60-69, John Murphy, Fairfax Station, 70-79, Ralph Tapp, Warrenton, 80-89, Lucio D'Andrea, Lake Ridge; horseshoes, women, 60-69, Jackie Peyton, Herndon, 80-89, Margie Miller, Herndon; men, 50-59, Jay Lerch, Manassas, 60-69, Jerome Jackson, Fairfax, 70-79, Carlos Rodriguez, Dumfries and 80-89, Leonard Kalkwarf, Springfield.

Goodwin House Bailey's Crossroads was the site of the **Mexican Train dominoes** event. There are no age or gender divisions. Fran Dudick of Arlington was awarded a gold medal.

Bunco is another event where both men and women of all ages over 50 compete together. Winning gold medals at Hollin Hall Senior Center, Alexandria, were 83-year-old Joan Fogarty of Burke and 86-year-old Audrey Drzemiecki of Herndon.

Cycling

Men and women cyclists over the age of 50 competed in the 2015 Northern Virginia Senior Olympics, held at the Northern Fauquier Community Park in Marshall. There were both 10K and 20K time trial races in five year age groups and divided by gender.

Gold medalists in the **10 K race** were (women) 50-54, Susan Lengel, Fairfax, 55-59, Karen Sullivan, Arlington, 65-69, Lynn Saunders, Gainesville, 70-74 Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Thomas Tice, Centreville, 65-69, James Degoey, Reston, 70-74, Giulio Porta, Annandale, 75-79, Stephen Forman, McLean, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Gold medalists in the **20 K race** were (women) 55-59, Karen Sullivan, Arlington, 60-64, Aparat Siler, Manassas, 65-69, Lynn Saunders, Gainesville, 70-74, Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Jim Gleason, Reston, 65-69, James Degoey, Reston, 70-74, Giulio Porta, Annandale, 75-79, Charles Nelson, Arlington, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Track, Rowing and Diving

Nine track events and a 2K rowing competition took place at Thomas Jefferson Community Center, Arlington, on Sept. 12 plus a diving competition in late afternoon at the Yorktown High School aquatic center in Arlington.

Track competition was held in five year age groups and divided by gender. The first event was a **three mile walk**. Gold medalists were (women) 50-54, Monica Hill, Woodbridge (new record), 55-59, Heather Ketron, Leesburg, 60-64, Maureen Ruel, Ashburn, 65-69, Jennifer Welti, Leesburg, 70-74, Anne Stewart, Falls Church, 75-79, Mandy Whalen, Falls Church (new record), 80-84, Diane Hill, Springfield; (men) 55-59, Arthur Skaer, South Riding, 60-64, Albert Arcand, Woodbridge, 65-69, Thomas Augustine, Woodbridge, 70-74, Victor Litwinski, McLean, 75-79, Karl Mueller, Alexandria, 80-84, James W.C. Chang, Oakton, 85-89, Leonard Kalkwarf, Springfield and 90-94, Jorge Soler, Falls Church.

In the **400 meter walk** competition, gold medalists were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Debbi Miller, Fairfax, 70-74, Kristiw Krowbein, Falls Church, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arl; (men) 55-59, John Schneider, Falls Church, 60-64, Rob Aaront, Centreville, 65-69, Thomas Augustine, Woodbridge, 70-74, Brian Forst, Reston, 75-79, Karl Mueller, Alexandria, 80-84, Tom Quinn, Arlington and 85-89, Kent Halstead, Arlington.

Gold medalists in the **800 meter walk** were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Milan Li, Vienna, 70-74, Natividad Medrano, Fairfax, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arlington; (men) 55-59, John Schneider, Falls Church, 60-64, Albert Arcand, 65-69, Thomas Augustine, 70-74, Brian Forst, Reston, 75-79, Ward Morris, Falls Church, 80-84, Tom Quinn, Arlington, 85-89, Kent Halstead, Arlington (new record).

For more results, see www.connectionnewspapers.com

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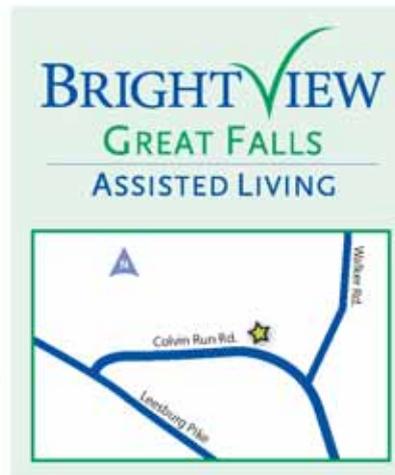
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Senior Living Condo Living Ideal for Recent Retirees

Photos Courtesy of HomeFrontsNews

A pair of luxury baths add comfort and charm to 30-year old unit.

By John Byrd

One of the challenges of modern retirement is creating a space that will serve for the long term; another is stretching the budget.

Approaching retirement, Kathleen David explored both of these considerations recently with husband when they decided to sell their multi-level townhouse and find a suitable one-level living option. The goal was a condominium that could be obtained at a favorable price and upgraded within a budget.

Accustomed to urban living, the couple mainly wanted freedom from stairs, available parking, and a spot for a favorite China cabinet.

"We were quite satisfied with our choice," Kathleen says of the 1,300-square-foot-unit in an 11-story, 30 year old Crystal City complex. "But after we had been in residence for about a year, we started looking for contractors to help us upgrade the master bath, which was terribly dated."

What came as a surprise as interviews got under way was how few contractors were willing or able to work in a condominium.

"There are lots of restrictions," Kathleen recalls. They learned that remodeling a room in a condo can take 20-to-30 percent longer than it takes to complete a comparable project in a single family home. "Several well-known firms wouldn't even meet with us," she said.

As such, Sarah Wolf at Foster Remodeling Solutions headquartered in Lorton was a breath of fresh air.

"We hit it off right away," Kathleen says. "She understood condo remodeling challenges completely.

So much so, in fact, that the single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.

"Condos have always been interesting to me—partly because they require very precise space plans," Wolf says. "In a tight footprint, inches make all the difference and the design effects that add to that crucial sense of spaciousness must be expertly executed. Professionally, it's exhilarating to design out of the picture the apparent limitations in a room, so that only thing an owner is aware of is how attractive the space is, and how well it works."

Beginning with a "style preferences" slide show narrated by Kathleen (who had stockpiled ideas for close to a year), Wolf began by grappling with an unyieldingly compact 220 square feet that could not be enlarged in any direction.

Removing a wall between the vanity and tub in the master bathroom, for instance, added just two inches of floor space, yet the half-wall and frameless glass space di-



The black and white art deco-style ceramic basket-weave pattern for the shower prevents slipping. As an aging-in-place consideration, Wolf, of Foster Remodeling, found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.



A blue-grey-black Cambria quartz counter top has been color-coordinated with vanity cabinet facings lacquered in a black-brush applied mushroom grey stain.



Recognizing that inches count in a tight footprint that can't be expanded, Sarah Wolf at Foster Remodeling Solutions gained just two inches of floor space by removing a wall between the vanity and the tub (left); the half-wall and frameless glass space divider that now surrounds the newly installed walk-in shower (right) invites line of sight that previously didn't exist.

vider that now surrounds the newly installed walk-in shower invites a visual continuum that previously didn't exist.

More to the point, Wolf's softly textured interior design scheme provides the eye with something to enjoy, and narrow spaces now seem much wider.

"Alternation and balance are important when working with small spaces," says Wolf. "In effect, you have a three dimensional canvas formed by walls, floors, ceiling, and each side is a critical part of the whole.

When the design statement is well-made, the finished space feels peaceful, pleasant, a room you want to spend time in. Size becomes unimportant."

That said, Wolf applied considerable engineering skill in designing built-ins to satisfy precisely-measured storage requirements."

"There was nothing but an open cabinet under the vanity before," Kathleen says. "Sarah designed appropriately-sized drawers, shelves and recessed a storage spaces

The single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.

MORE: Foster Design offers occasional free remodeling and design seminars at their Lorton facility. Call 703-550-1371.

for everything. The new sense of order has been wonderful."

As an aging-in-place consideration, Wolf found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.

"Everything has been carefully tailored to our needs," says Kathleen. "We feel fortunate to have gotten such a winning result."

John Byrd has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.

Senior Living

Preparing for Retirement

McLean Community Center offers help for residents facing the many decisions retirement brings.

This fall, McLean Community Center (MCC) has put together a five-part series called "Are You Ready for the Rest of Your Life?" Each presentation will cover key topics that are valuable to anyone looking toward or enjoying the retired life. Attendees can choose to enroll in one, two or all five courses. The cost is \$7 per session, \$5 for MCC tax district residents. The center is located at 1234 Ingleside Avenue.

The courses include:

❖ Are You Ready for the Rest of Your Life? — Wednesday, Oct. 7, 10:30 a.m.-noon

As you begin to plan for or move into retirement, what information is important to share with your loved ones and how do you start the conversation? How do you make sure your loved ones know your wishes? Which papers should you keep and which can you toss and how should you toss them? Presented by Kay Bransford, best-selling author of "MemoryBanc: Your Workbook for Organizing Life."

❖ Practically Speaking: A Real-World Approach to Estate Planning — Wednesday, Oct. 14, 10:30 a.m.-noon

Learn the basics of estate planning and discover which documents everyone should have as part of their overall plan. This session will also cover key questions to ask yourself before planning your estate and introduce the people you need to name in your estate plan (trustee, agent, executor), their importance and the key functions of their roles. The session will cover practical ap-



Kay Bransford



Lauren Keenan Rote



Mark Friese



Chase Phillips



Heidi Garvis



Jim Zalewski

Photos courtesy of McLean Community Center

proaches to planning and understanding what you should discuss with these individuals and what could happen if you fail to. Presented by Lauren Keenan Rote, Estate Planning Attorney.

❖ Addressing Your Biggest Worry: Will My Money Last? — Wednesday, Oct. 21, 10:30 a.m.-noon

This course will focus on the

leading worry of most adults and offer some strategies on how to prepare for unforeseen events that can impact your retirement plans. How does a family prepare for and manage the decline in physical and executive functioning? How does one plan for a tax efficient and streamlined transfer of an estate? Other topics to be addressed include managing rising medical expenses and the planning considerations for long-term care insurance. Presented by Mark Friese and Chase Phillips, Senior Financial Advisors.

❖ Options for Living Out Your Senior Years — Wednesday, Oct. 28, 10:30 a.m.-noon

Learn the options from right-sizing and aging-in-place to other types of communities available for consideration. How will you remain independent in your later years? In this session you will learn: senior housing types and how they differ, home care types and what you need to know and general costs and considerations for each option. Presented by Heidi Garvis, Certified Senior Advisor, Senior Housing and Care Consultant.

❖ When the Times Comes Will Your Family Be Prepared? — Wednesday, Nov. 4, 10:30 a.m.-noon

Will your family know what to do and what you want when you die? Learn how you can get the funeral/burial that you want, what you can do in advance to ease the burden on others and how to plan for the costs. You will leave this session comfortable with your choices, give you the opportunity to make them known to your family and avoid any guilt or guessing. Presented by Jim Zalewski, Funeral Planning Professional.

For more information or to register, call the Center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180; To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.-12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Oct. 21, 2015, 12-5 p.m., Vienna Presbyterian Church – Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Wednesday, Oct. 21, 2015, 6-7:30 p.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Tuesday, Oct. 27, 2015, 10 a.m.-2 p.m., Lewinsville Senior Center – Computer Lab, 1609 Great Falls Street, McLean, VA 22101. To register: Call Michelle Ross at 703-442-9075, TTY 711.

MEDICARE 101

Thursday, Oct. 29, 2015, 10-11 a.m., Unitarian Church, 2709 Hunter Mill Road Oakton, VA 22124. To register: Call the Shepherd's Center of Oakton-Vienna at 703-281-0538, TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.-1:30 p.m. WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.



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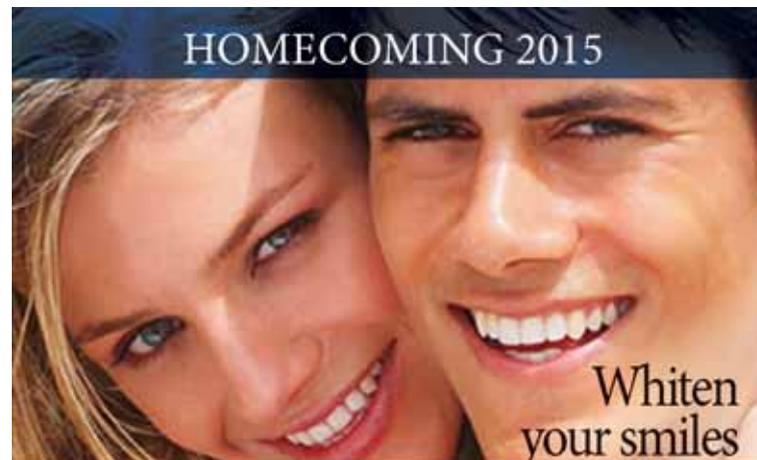
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Getting Exactly What You Want

Kill the living room, maximize the kitchen.

By John Byrd

There's no doubt that the concept of a family kitchen has been radically altered in the past few decades. Homeowners are comfortable with less enclosure; more visual continuum. They are also embracing zoning ideas that make it easier for a hostess to move between food preparation tasks and entertaining guests.

But suppose the proposed solution for more kitchen space is to "lose the living room?" Unthinkable at first, but then — "really innovative, clever... a huge breakthrough."

Such were the revelations of Joy Green, owner of a 3,000-square-foot residence in Oak Hill, as she contemplated a plan to introduce a gourmet kitchen into the rear of traditional-style three level home.

Joy and husband Helmut, both in their mid-60s, had purchased the house new in 1983; raised three boys in it and, like most homeowners of the period, had happily adapted to what the home had to offer.

What the home offered was a 1,000-square-foot first level template consisting of a front foyer with a living room to the left; a family room, kitchen and dining room (moving from right to left) on the rear of the house.

One could walk directly from the foyer to the family room, but each room was less than 150 square feet. "And," Joy adds, "there was an excess doors." Five in the family room alone.

"The traffic through the kitchen was frequently clogged," she said.

Yet, curiously, the spacious front-facing living room was scarcely used.

"When the kids were small, the living room was a kind of containment area for their games," Joy said. "But as they got



Marcelo Dobrauchi of Terranova Construction K&B combined a former family room and tiny kitchen to create a gourmet kitchen nearly three times the size of the original for seniors Helmut and Joy Green of Oak Hill.



The new food prep island features two baking ovens positioned to help Joy Green enjoy one of her favorite culinary pursuits.



The kitchen's work triangles include a farm sink and custom designed cabinetry supporting spacious work surfaces.

Details

Designers at Terranova Construction K&B periodically offer workshops on home remodeling topics at their Tysons Corner showroom. Call 703-761-0604 or email Info@terranovaCKB.com.

online. She came across kitchen design pro Marcelo Dobrauchi of Terranova Construction K&B and set up meeting in her home.

"I had been experimenting with new space plan ideas for months," Joy said.

"I was kind of stumped. But Marcelo put everything into perspective almost immediately. In the end, he drafted eight floorplan variations. He was very thorough on every issue — and there were many."

"I thought an open plan might be better suited to what Joy and Helmut were looking for," Dobrauchi said, "so I sketched out a concept showing how they could convert the living room to a formal dining room while reconfiguring the adjacent kitchen/family room space as a large open kitchen revolving around a food prep island and dining counter."

Since this would entail deleting three interior walls concealing electrical wiring and plumbing, Dobrauchi devised a way to re-route much of the critical infrastructure into a specially-designed 12-foot-by-8-foot passageway conjoining the kitchen to the relocated formal dining room.

Meanwhile, by rerouting HVAC vents, the designer eliminated the need for ceiling-flush bulk-heading, adding the vital inches needed for higher, more capacious cabinets.

To accommodate a wide assortment pots, pans, cooking utensils, the design team built an L-shaped system of floor cabinets fitted out with custom-designed slots and cubbies.

At 16-feet-by-3-feet, the handsome food prep island and five stool dining counter is the kitchen's focal point. A pair of state-of-the-art baking ovens are within easy reach of the white quartz counter surface — which parallels a black quartz surface that includes a wine refrigerator and a glass-facing stemware cabinet.

The built-in works perfectly for the couple's everyday dining requirements, but is also an ideal staging area for the buffet-style service they generally employ for larger parties.

Jana Neudel, a Terranova interior design expert, worked closely with Joy in developing the kitchen's finish work elevations.

Nordic white mission-style cabinet facings present a pleasing shade contrast to the truffle-colored facings of the food prep island. Natural stone tiles with herringbone detail in a 3-inch-by-6-inch brick pattern, meanwhile, present a softly neutral back splash that ends texture to an open sunny space.

Completing the transitional-style interior design statement, walnut flooring and crown molding create a visual unity. Natural light floods in from all directions.

A perfect space for entertaining, and gourmet cooking pursuits.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.