Lei Hahn Yango, 10, and brother Ehren, 3, of Fairfax enjoy Sno-Cones during the Mosby Woods Elementary School's 50th anniversary last Friday.

Mosby Woods Turns 50

Recalling Defining Moments at Fairfax High School

The City of Fairfax to Host Fall Festival
Inova is the only local health system with all five of its hospitals ranked among the DC region's top 15 by U.S. News & World Report.

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Recalling Defining Moments At Fairfax High School

Former teacher there returns for class's 50-year reunion.

By Bonnie Hobbs  
The Connection

In the foreword to her book, "One Moment," Joan Williamson Higgs writes, "The moments that define us are almost never predictable or expected. We go through life thinking we are immune to its inevitable tragedies and its heartbreaking surprises."

But in her personal life and during her time teaching English and theater at Fairfax High, she learned no one is immune and life-changing events can happen in an instant. She explores some of them in her book and, on Saturday, Oct. 5, she’ll be at the Hyatt Fair Lakes for the 50-year reunion of the Class of 1963.

At 3 p.m., plus the next day at 10 a.m., Higgs will sign her book in the Fairfax Room and chat with her former students. And together, they’ll share fond memories of her class’s senior year.

SHE TAUGHT AT FAIRFAX—then located in the building now housing Paul VI High—from 1962-66. And traditionally, the junior class performed a comedy each fall and the senior class did a spring drama. But when Higgs discovered many of her actors were also talented singers, she decided 1963’s seniors should put on the school’s first-ever musical.

That spring, they did “Bye, Bye Birdie,” and it was a huge success. “Those kids came together with very little money to put on a stellar show,” said Higgs. “We didn’t have theater boosters then; but for every play, everyone who donated $5 got their name in the playbill.”

When the curtains went up for the show’s opening number, she said, “The audience stood and applauded before the first song even began, because the set was so fantastic. I’d never seen that happen before.”

In March 1964, Higgs’s thespians performed the compelling courtroom drama, “Inherit the Wind.” But it wasn’t easy—three weeks into rehearsal, their lead actor was killed.

His name was Bob Thompson and he was playing the part of Clarence Darrow. “The first time I heard [him] read, I was blown away by his powerful, yet understated, interpretation of the character,” said Higgs. “He was a natural. I was so impressed with him because he was perfect for that role.”

But a head-on collision on Route 29 took the lives of Thompson and his girlfriend, Randi Wesley, Fairfax High’s homecoming queen. He was driving 35 mph in a station wagon, she was in the passenger seat and some friends were in the back seat.

According to Higgs, a speeding car going 90 mph hit them head-on. The driver and his two passengers were all in the front, bench-type seat. “There were beer cans all over the back seat and the police were chasing this car before the crash,” she said.

“I always wondered what would have happened if the police had been able to stop them,” continued Higgs. “But they weren’t, and five kids died—all three in that car, plus Bob and Randi. Their back-seat passengers were in the hospital for months; it was terrible.”

She was just 26 then and as stunned and shocked as her students. But somehow, she found the strength to lead them. “It was a somber, heartbreaking time for everyone,” she said. “But I had to set an example of being strong, staying focused and keeping it together.”

FOR AWHILE, rehearsals were cancelled and the fate of the school play was unknown. But eventually, the actors decided the best way to honor Thompson’s memory was to perform the show in which he’d been cast, and Higgs said they did a great job.

Afterward, she became close with Thompson’s family and, said Higgs, “His father told me how excited Bob was to have that role, and that made me feel good.”

“This tragedy and this production were moments in time that forever changed the lives of hundreds of people,” she wrote in her book. “It is a testament to the Class of 1964 that they overcame and persevered. I have no doubt that, to this day, when asked about their high school experience, this moment is one that defines it.”

Higgs later married, moved to Pennsylvania and became a mother and grandmother, still teaching English and theater until retiring in 2000. After her granddaughter died in 2007, she decided to write a book about loss and how to recover from it.

Besides, she added, “I always wanted to write a book about teaching because I loved it so much, plus the relationship I had with my students. And I feel blessed that I had those years at Fairfax.”

Now, she’s eagerly looking forward to reuniting with her students from 1963. “Back then, we thought Fairfax High was the most special place on the planet,” said Higgs. “It’ll be fun to go back and relive some of our memories.”
News

A giant caterpillar makes its way down Chain Bridge Road in Old Town Fairfax during the city’s 2012 Fall Festival.

The City of Fairfax to Host Fall Festival

Crafts, children’s activities, rides, music and food will fill the downtown Fairfax streets during the Fall Festival from 10 a.m. to 5 p.m. on Oct. 12 (Rain date: Oct. 13). Entry is free, fees are charged for various rides and children activities.

The City of Fairfax has redesigned the activities of Fall Festival. The city will be closing University Drive from North Street to Armstrong Street and also Armstrong Street from Chain Bridge Road to University Drive. Main Street from West Street to East Street and Sager Avenue from Chain Bridge to East Street will remain closed as in previous years. These roads will be closed to vehicular traffic during the festival.

Over 400 juried crafters from around the region will sell handmade wares, such as vases, wind chimes, quilts, dolls and toys, jewelry, woodcrafts, needlework and photography. Booths and displays line both sides of University Drive, Main Street and Sager Avenue.

Children’s activities throughout the festival include musical entertainment, pumpkin painting, crafts, amusement rides, pony rides and a petting zoo. The Children’s Stage features School of Rock (10 a.m.), Turley the Magician (11:45 a.m.), Mr. Knick Knack (12:45 p.m.), Blue Ridge Wildlife Center (1:45 p.m.), Rocknocerus (3:15 p.m.) and Blue Sky Puppet Theatre (4:30 p.m.).

The Main Stage, located on South Street near University Drive, will feature live music from 11 a.m.-5 p.m. Main Stage entertainment includes: The Reflex (the ultimate '80s Tribute Band) from 11 a.m. to 2 p.m. and Scythian (rousing and raucous Celtic and world music) from 2:30-5 p.m. The Oktoberfest beer garden and main food court is in the same area.

New this year: The All-American Lumberjack Show & Interactive Lumberjack Camp sponsored by JL Tree Service will be held throughout the day for festival goers to cheer on professional lumberjacks as they compete in 11 different events. See everything from axes, modified racing chainsaws, water events and crosscut saws to audience participation. Showtimes: 11 a.m., 1:30 p.m., 4 p.m. Camp: 2 p.m.

Also new this year: The Country Stage will feature The Morrison Brothers.

The Festival Stage at Old Town Hall throughout the day, features Main Street Band and CAISO Steel Band and more, with the Fairfax Art League Gallery open all day. Check www.fairfaxfallfestival.com or for more details or call 703-385-7858.

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Virginia’s Easy Access to Guns

A parent asks why background checks aren’t better.

By Ruth Hoffman

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

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

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year- and 7-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax were safer from gun violence than, say, the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what the facts around concealed weapons permits in Virginia. When I think of someone with a concealed weapon permit I think of someone with extensive training. But the threshold in Virginia was lowered in 2009. Virginia enacted a law allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and small fee. Handling a gun is not a prerequisite.

I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia. I want complete and thorough background checks before someone purchases a gun in Virginia. Why would anyone not want that, especially in light of Virginia’s existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I’m in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a concealed weapon or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill. I listened to the governor’s debate on Sept. 25. In a post-Newtown and Navy Yard context, I welcomed Mr. McAuliffe’s strong position for universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns.

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

Ruth Hoffman is a resident of McLean.
**Crash Kills Man, Causes Baby’s Death**

A car crash early Sunday morning on the Fairfax County Parkway killed a Manassas man and caused a pregnant woman to deliver her baby early. Authorities say the newborn did not survive. The incident happened Sept. 29, at 1:40 a.m., just north of Braddock Road.

Fairfax County police say preliminary investigation indicates that Abraham Aragon, 44, of Manassas “was driving his 1993 Mazda MX3 northbound in the southbound lanes of the [parkway]. Some vehicles were able avoid impact by veering away from the oncoming car, but the Mazda struck a 2002 Toyota Avalon head-on.”

Aragon was pronounced dead at the scene. The Toyota’s driver, 30, and his pregnant wife, 29, from Camp Hill, Pa., were transported to Inova Fairfax Hospital for treatment of non-life-threatening injuries.

But because of the woman’s injuries sustained in the crash, their baby daughter was delivered prematurely and died that night, shortly after 8 p.m. According to police, the pregnancy was just 6 months along.

The crash is under investigation by Crash Reconstruction Unit detectives; they’re determining whether alcohol was a factor in the crash. All people in both vehicles were wearing seat belts.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text “TIP187” plus a message to CRIMES/274637 or call police at 703-691-2131.

—Bonnie Hobbs

**Medicare, Caregiving Seminars**

Fairfax County is offering Medicare 101—a two-three hour program on Medicare basics. Find more information and register at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call the numbers below.

- **Medicare 101**
  - Thursday, Oct. 10
  - 10 a.m.-noon
  - Shepherd’s Center of Oakton-Vienna
  - Unitarian Universalist Congregation of Fairfax
  - 2709 Hunter Mill Road
  - Oakton, 703-281-0538, TTY 711.

- **Fairfax County’s free Family Caregiver Telephone Support Group**
  - Meets by phone on Tuesday, Oct. 8, 7-8 p.m.
  - Call 703-324-5484, TTY 711.

- **Fairfax County is offering free Family Caregiver Seminars throughout October and November.**
  - To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

- **Financial Issues for Caregivers**
  - Tuesday, Oct. 8—7 to 8:30 p.m.
  - Pohick Regional Library, 6450 Sydenstricker Road, Burke
  - When Home Is No Longer an Option (Webinar)

- **When Home Is No Longer an Option**
  - Tuesday, Oct. 22-Nov. 26
  - 10 a.m.-12:30 p.m.
  - Brum Chapel United Methodist Church
  - 3035 Cedar Lane

- **Legal Tools for Caregivers**
  - Wednesday, Nov. 20—Noon to 1 p.m.
  - Meet over your computer or telephone.

- **Legal Tools for Caregivers (Webinar)**
  - Wednesday, Nov. 20—Noon to 1 p.m.
  - Meet over your computer or telephone.

- **Caregiving 101**
  - Monday, Nov. 18—7 to 8:30 p.m.
  - Herndon Fortnightly Library, 768 Center Street, Herndon

- **Chronic Illness Management**
  - Wednesdays, Oct. 2-Nov. 6
  - 10 a.m.-12:30 p.m.
  - City of Fairfax Regional Library
  - 10360 North Street
  - Fairfax

- **Mondays, Oct. 21-Dec. 2**
  - 1-3:30 p.m.
  - Reston Community Center Hunters Woods
  - 2310 Calls Neck Road
  - Reston
  - Tuesday, Nov. 26
  - 10 a.m.-12:30 p.m.
  - Great Falls Library
  - 9830 Georgetown Pike
  - Great Falls

- **Thursdays, Oct. 30-Dec. 11**
  - 1-3:30 p.m.
  - Sherwood Regional Library
  - 2501 Sherwood Hall Lane
  - Alexandria

- **Dolley Madison Library, 1244 Oak Ridge Ave., McLean**
  - Legal Tools for Caregivers Seminars
  - Nov. 14—7 to 8:30 p.m.
Car Crash Kills Man, 32

Richard Walker, 32, of Fair Oaks, was killed last week after his car crashed into a tree on Popes Head Road. The tragedy occurred last Wednesday, Sept. 25, at 1:52 p.m., near the Fairfax County Parkway.

According to Fairfax County police, preliminary investigation indicates that he was driving a 2012 Mercedes sedan westbound on Popes Head Road “at an excessive speed” as he approached a curve. He was unable to negotiate the curve, ran off the road to the right and struck a tree.

Police say Walker was pronounced dead at the hospital that day, shortly after 2:30 p.m. Crash Reconstruction Unit detectives are continuing to investigate the crash; they believe he was not wearing a seat belt.

Fairfax High Homecoming Parade

City of Fairfax police remind residents that Fairfax High’s Homecoming Parade will be this Friday, Oct. 4, and will affect local traffic. The parade will begin at 4:15 p.m. at the Country Club Hills pool, traveling north on Old Lee Highway to Fairfax High off of Rebel Run.

Portions of Old Lee Highway will be shut down from approximately 4-4:45 p.m., so drivers are advised to plan accordingly. Police and volunteers will be positioned along the parade route to help divert traffic from the area.

Fairfax Bat Is Rabid

A City of Fairfax police animal control officer responded last Friday, Sept. 27, to the 3800 block of Fair Oak Circle where a citizen had reported that several juveniles had been seen near a sick or injured bat and possibly could have handled it. The citizen didn’t know whether the juveniles had picked up the bat. The officer took the animal to a veterinary hospital where it was euthanized. Subsequent testing by the Fairfax County Health Department determined the bat had the rabies virus. It’s therefore essential that the juveniles be identified to determine if post-exposure measures are required. Anyone with additional information about this incident is urged to call Animal Control Officer Holden at 703-385-7919 or dispatch at 703-385-7924.

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Light the Night Walk on Oct. 5

Fundraiser for 4-year-old girl named 'Ava B,' a leukemia survivor.

By Steve Hibbard
The Connection

“Ava B” of Fairfax Corner was a typical 2-year-old when she came down with leukemia on Dec. 9, 2011. After having a fever for four days, her mom “Jeannie B” took her to a doctor and ran a few tests. A hematologist then confirmed that she had Pre-B Acute Lymphoblastic Leukemia. (The family asked that their last name not be used.)

“Our family was devastated,” said Jeannie B, a stay-at-home mom married to Steve, a computer analyst. “We were heart-broken; our faith and spirit were shattered. We couldn’t understand why our daughter of 2 had leukemia.”

The treatment was immediately effective and Ava went into remission after eight days. Today, at age 4 1/2, the fearless Ava has completed 21 months of chemotherapy and is in the last phase of her treatment, which ends March 21, 2014, before her fifth birthday. Every three months, she has a spinal tap, and gets chemo injected into her spine four times a year.

Ava, who they call a “bubbly old soul,” loves her grandma Baba, and tries to be a normal pre-schooler. A “girly-girl,” she plays Barbies and dresses up like a princess, said her mom. “She does fashion shows for me all the time.”

In a conversation with this reporter, Ava was delighted to be interviewed. I asked her what she enjoys doing, and she said: “I like to watch ‘Sponge Bob’ and ‘Dora’ [The Explorer].” Plus playing with her girlfriends Sasha and Deana.

On Saturday, Oct. 5, a “Light the Night Walk” will be held in Reston Town Center to raise money and awareness for The Leukemia and Lymphoma Society (LLS). Walkers who walk around Reston Town Center will enjoy live music, food and beverages, and family activities. It takes about 20 minutes to complete.

Two other walks will be held locally – Oct. 12 at the Rockville Town Square in Rockville, Md.; and Oct. 19 at Freedom Plaza in the District. The goal is to raise $2.5 million for research and patient services.

This year, Ava is an Honored Hero, a survivor of blood cancer who provides inspiration and support for others. So far, 20 people have pledged about $6,000. Last year, Team Ava raised $8,700. People can also write checks or send cash. If a team raises $5,000, they get a table at the walk; if they raise $10,000, they get their own tent.

“It’s beautiful because they have illuminated balloons,” said Jeannie of the night-time walk.

“The Light the Night Walks provide inspiration and hope for our patients and their families, showing them they are not alone in their fight, while remembering those that have lost their battle,” said Beth Gorman, executive director of LLS’s National Capital Area Chapter.

Each Honored Hero team has their own website and donations can be made at Ava’s fundraising page: http://pages.lightthenight.org/nca/Reston13/ TeamAva. Or visit www.teamava.com or www.lightthenight.org/nca.

The 2013 Honored Heroes include: leukemia survivor Aracelis Vicente of Silver Spring; Manassas resident and lymphoma survivor Richard Zavadovski; Arlington leukemia survivor Moira Hogan; 4-year-old leukemia survivor Logan Taliaferro of Upper Marlboro, and leukemia patient Billind Taib of Centreville.

Because Ava is an Honored Hero, mom Jeannie spoke about LLS at the Microsoft Store in Pentagon City to help raise awareness. Last year the Microsoft Team raised close to $30,000 for Light the Night, and have committed another $75,000 to LLS in 2013. “We hope that no other child and family has to experience what we’re going through,” said Jeannie. “We need to find better cures; it’s so important because if anybody’s going to find a cure, it’s going to be them.”

ClearChannel & WTTG will serve as media partners at this year’s Light the Night Walks. The Northern Virginia walk will be led by 98.7 WMZQ’s Boxer of “The Boxer Show” (“Today’s Country Music”). For more information on forming a team, visit www.lightthenight.org/nca or call 703-399-2941.

What’s interesting to note is the LLS has 59 U.S. chapters, and the National Capital Area Chapter is one of the highest revenue-generating chapters in the nation.

Dr. Woodward ~ Congratulations and best wishes from Pet Medical Center of Springfield on your retirement from Kings Park Veterinary Hospital!

It will be a great loss to our veterinary community to see your hospital close. Your many years of veterinary service and expertise will be missed. We wish you all the best in your future endeavors.

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Entertainment

Charming, Smart, Comedic

Cabaret duo “Marcy and Zina” arriving in Fairfax.

By David Siegel
The Connection

It allows for “intimate storytelling,” almost like mini-musicals, sharing intense feelings about life with an audience.”

“We write about our life’s funny experiences. We write to celebrate life,” said Goldrich, the composer. Performing together for 20 years, the partnership builds upon “a similar spirit, a similar voice, one that loves to look at the crooked specifics of life,” added Goldrich. Their songs range from comical tales of unexpected infatuation, to deep pangs of love, to the bitter-sweet ballads of thwarted love. Their musical style is classic, hummable, vivacious Broadway. Some song titles reveal their range. There is “Taylor the Latte” a comedy song that tells of a flirtation with a barista at Starbucks, “Alto’s Lament” about performing as a harmony singing alto who dreams of singing so- prano melody, to the witty, wry, breezy “Baltimore.”

There are also the heart-filling “Love Like Breathing” and the new “Ever After” about two hearts joined together. The delightful “15 Pounds from Love” always brings sly grins as the last unexpected stanza is performed. The duo has links to the D.C. area, receiving 2011 Helen Hayes Award nominations for “Snow White, Rose Red” and “Ever After” about two hearts joined together. “Dear Edwina.” They penned the score for the “Great American Mousical” a 2012 musical love-letter to Broadway. They are also recipients of the prestigious “Fred Ebb Award,” which recognizes excellence in musical theatre songwriting.

For everyone, non-members and members alike of the JCCNV, the effervescent “Marcy and Zina” Show will bring their special brand of musical theater entertainment ... creativity, energy and fun,” said Dan Kirsch, cultural arts director, JCCNV.

The performances promise to be a most lively enchanting musical lens on life with a special knowing twist and delightful patter.

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Keep in mind, they even rhymed “quesadilla” with “IKEA.”

Where and When

“My Marcy and Zina Show” at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Performances: Saturday evening, Oct. 19, 8 p.m. and Sunday matinee, Oct. 20 at 2 p.m. Tickets available for non-members and members with student and senior discounts. Tickets: $19.82. Call box office 703.537.3000 or visit www.jccnv.org.

Kirkwood Presbyterian Church, 8336 Carriage Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesdays of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register: 703-451-5320.

JCCNV Mother’s Circle program, for women who are not Jewish but are raising Jewish chil- dren. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703.537.3064 or LaurieA@jccnv.org.

Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. 703.971.5115 or admin@franconiaumc.org or www.franconiaumc.org.

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CHamber Orchestra Kremlin, to perform at the Center for the Arts at GMU Sunday, Oct. 6 at 4 p.m. under the baton of founder and music director Misha Rashchevsky.
Sports

Rattanaphone’s Interceptions Lead TC Past Woodson

By Jon Roetman
The Connection

Titans improved to 3-1, Cavaliers drop to 0-4.

With five turnovers, including a lost fumble when victory was all but assured, the T.C. Williams offense allowed winless Woodson multiple opportunities to pull off an upset Saturday afternoon.

Luckily for the Titans, senior defensive back Timmy Rattanaphone was able to close the door on the resilient Cavaliers. Making his first defensive start, Rattanaphone intercepted three passes, including one that ended Woodson’s final drive, as the Ti- tans defeated the Cavaliers 21-14 on Sept. 28 at T.C. Williams High School.

Rattanaphone said he felt ill the night before the game, but showed up ready to play.

“I always knew he could play,” TC defensive back Philip Tyler said about Rattanaphone. “He has speed and stuff, but I didn’t know he was going to do it like that. I’m really proud of him.”

With standout defensive backs Rashawn Jackson and Tyrice Henry out due to injury, Rattanaphone, primarily a recei- ver, made his first start at safety. He ended Woodson’s opening possession with an interception, giving TC the ball at the Woodson 38-yard line. Four plays later, quarter- back Darious Holland connected with Terry Jordan for an 11-yard touchdown, giving the Titans a 7-0 lead.

Rattanaphone’s second interception halted Woodson’s opening drive of the second half and set up a nine-play, 67-yard Titans scoring drive. Lamont Whiteside’s 9-yard touchdown run gave TC a 14-7 lead with less than two minutes re- maining in the third quarter.

The Titans special teams made an impact, as well. Tyler returned a punt 77 yards for a touchdown late in the first quarter, giving the TC a 14-0 advantage.

“IT was return right, and I didn’t have a return right, so I just cut back,” said Tyler, who made his way up the left side of the field. “I saw Kevin Perry [make the] mean- est crackback [block] and … my eyes just opened up and it was a touchdown.”

While defense and special teams played well, the TC offense struggled. The Titans turned the ball over five times, including four lost fumbles.

With TC leading 21-14, Holland’s 28-yard run gave the Titans a first down at the Woodson 46 with less than three minutes remaining.

With the Cavaliers out of timeouts, the Titans were in prime position to bleed the clock. In- stead, TC lost a fumble on its next play, giving Woodson one more chance.

“THE VICTORY” improved TC’s record to 3-1. The Titans are off to their best start since 2005, when TC won its first three but lost its next six and finished 4-6.

“The defense played a major role in Saturday’s win, forcing four turnovers,” HC Avery Williams said. “We played our style of ball,” Rattanaphone said. “We attacked, attacked, attacked.”

Titans’ special teams made an impact, as well. Tyler returned a punt 77 yards for a touchdown late in the first quarter, giving the TC a 14-0 advantage.

“We were really proud of them,” Woodson head coach Joe Dishun said. “They’re very resilient. It kills us not being able to finish that off, but I really like the way they responded.”

Woodson dropped to 0-4.

Riley completed 12 of 29 passes for 142 yards with one touchdown and three interceptions. Jimmy McLaughlin had four catches for 61 yards and a score. His 17-yard touchdown reception early in the second quarter cut the TC lead to 14-7.

Moon scored on a 30-yard run early in the fourth quarter, cutting the Titans’ lead to 21-14. Zane Pritchett carried 17 times for 43 yards.

TC quarterback Holland completed 9 of 17 passes for 68 yards with one touchdown and an inter- ception. He also carried 11 times for 50 yards.

Malik Carney finished with nine carries for 52 yards and Whiteside rushed 17 times for 49 yards.

“We got the shot and it went between [West Potomac goalie- keeper Eve Hauptle’s] pads,” Kachejian said. “I went around her and I did a reverse flick and it started dribbling into the goal. We had no idea if it was going in and then my teammate [Salter] tapped it right in to make sure it was going in.”

West Springfield head coach Rosie Donaldson said the Spar- tans moved the ball well but need to do a better job finish- ing.

“I think getting to the goal, we played really well,” Donaldson said. “We were able to move the ball down the field, we had a good transition, we just couldn’t finish. Twenty-one corners, you’ve got to put it in more than once.”

After a 2-0-1 performance during the Under the Lights Tournament at Lee High School on Aug. 26 and 27, West Spring- field lost four straight against strong competition: Fairfax (re- gion semifinalist last season), Westfield (defending region champion), Herndon (started 9-1 this year) and South County (last year’s region runner-up).

The Spartans have responded with five consecutive victories, beating Hayfield, Robinson, Annandale, Woodson and West Potomac to improve to 7-5-1.

Donaldson said the Spartans, who graduated many key play- ers from last year’s team that finished one win shy of the state tournament, can experience similar success if they can find a way to capitalize on opportunities. “I think having [to face] those really good teams right at the beginning showed everyone they’ve got to pick up their level of play,” Donaldson said. “Un- fortunately, it didn’t help us in the finishing area. … We can do as well as we did last year as long as we can get that final piece.”

West Potomac fell to 4-8, but head coach Dana Hubbard said the team’s offense has im- proved.

West Potomac will travel to face Lee at 5:30 p.m. on Friday, Oct. 4. West Springfield will host T.C. Williams at 7:30 p.m. on Monday, Oct. 7.
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PUBLIC NOTICE
The City of Fairfax
The Virginia Department of Rail and Public Transportation (DRPT) will host its first public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, October 9, from 6:00 p.m. to 8:00 p.m. at the South County Government Center, 40101 Richmond Highway, Alexandria, VA. The public is invited to participate and learn more about this study to improve transit, bicycle, pedestrian and vehicular travel along a 14-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1transit Fairfax.com or call 703-786-4440.

LEGAL NOTICE
The Virginia Department of Rail and Public Transportation (DRPT) is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its programs on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT’s nondiscrimination policies and procedures, please contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 104, Alexandria, VA 22314, 703-765-0700.

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16  ❖  Fairfax Connection  ❖  October 3-9, 2013  ❖  www.ConnectionNewspapers.com
Senior Living Calendar

THURSDAY/OCT. 3
Evelyn Mo Plays Piano. 2 p.m. at Reston Community Center, Center Stage, 2130 Golf Links Road, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoons. "Meet the Artists" concerts cosponsored by Older Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olii@gmu.edu or www.OLLI.gmu.edu.

TUESDAY/OCT. 8
Caregiver Support Group. 7-8 p.m. at Fairfax County’s free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

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

THURSDAY/OCT. 10
Medicare 101. 10 a.m.-noon at Shepherd’s Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2799 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

WEDNESDAY/OCT. 15
Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambler St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-938-7346.

WEDNESDAY/OCT. 22
Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 6350 Richmond Highway, Suite 215, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

THURSDAY/OCT. 23
Annual Seniors Fair. 9 a.m.-noon at Inova Mount Vernon Hospital, 2201 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-494-6682 and press 2.

THURSDAY/OCT. 30
Independent Living Project. 1-3 p.m. at Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Join Fairfax County’s Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults to remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov.

SATURDAY/OCT. 1
Craft Sale. 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1100 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-234-4700 TTY 711.

See Calendar, Page 7

WEDNESDAY/OCT. 16
Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 1200 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail face cards, load Smarttrip cards and read the system map. 55 years and older. Free. Call 703-435-6577 to register.

WEDNESDAY/OCT. 23
Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 6350 Richmond Highway, Suite 215, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

WEDNESDAYS/OCT. 16-NOV. 20
Chronic Disease Management. 10 a.m.-noon at The Shepherd’s Center of Oakton-Vienna, 541 Marshall Road, S.W., Vienna. Free six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/EldeLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-281-0538.

Contact Mauvern Riddel, Shepherd’s Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.
Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

By Marilyn Campbell
The Connection

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins. Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

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

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

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

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well. “On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

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

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

IF THERE’S ONE TREND that’s well underway in Northern Virginia, it’s that seniors are consistently deciding to age in place — even when a major retrofit is called for. In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story elevator in their 10,000-plus-square-foot house. "The owners are in their in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve.”

See Diverse Needs, Page 6

Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility’s birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

“We wish we’d [moved] earlier. You have no idea how much fun it is over here.”

— Phyllis Harkin

See Choosing a Home, Page 4

Diverse Needs, Desires Drive Mobility Solutions

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

By John Byrd

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

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

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

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

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

“Mastering guidelines and practices specific to a particular condition is a good starting point,” Glickman said. “The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well.”

IF THERE’S ONE TREND that’s well underway in Northern Virginia, it’s that seniors are consistently deciding to age in place — even when a major retrofit is called for. In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story elevator in their 10,000-plus-square-foot house. “The owners are in their in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve.”

See Diverse Needs, Page 6
Choosing a Home for the Golden Years

FROM PAGE 3

executive-level senior housing and health care experience, adds that if a person has had a stroke or another condition that affects mobility, living alone is challenging. “If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone,” he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. “If you fall and hit your head and nobody comes, you could die,” he said.

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

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. “I want to go back to my house,” she said. “That is where I want to be.”

Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one’s life makes many seniors resistant to leaving their homes.

“One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing,” she said. “Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring.”

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

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

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from independent living to nursing care in the same facility as conditions change.

“Independent living basically meets a person’s social needs,” said Carle. “Assisted living is for people who have physical needs or limitations. I don’t think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy.”

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, “We have everything from people who are totally independent to people who need help bathing and dressing. We can deliver all of those services.”

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities on campus, which include a game and fitness room, there is support throughout the facility.

“There is a community aspect,” Norberg said. “If someone doesn’t show up for a meal, we notice. We work as a team to make sure we all know the residents, and if they don’t show up for something, someone is going to check on them.”

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

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

“Fox Hill’s... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very attractive and very accessible,” said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening.

“We have the Westminster choir and the Westminsterians, a drama group,” said Carolyn Cleary, a retirement administrator at Westminster. “We also have a resident garden, which the residents tend themselves. They grow vegetables and leave overflow produce for other residents to take.”

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer’s disease and dementia.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. “And I didn’t want to be a burden to my children,” Bixler, a retired oncology nurse, said. “I don’t miss my career and I miss traveling, but I’ve traveled all over the world.”

Bixler says living in an assisted living community allows her to maintain an active lifestyle and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, and for the USO at Washington Reagan National Airport, greeting veterans and passing out flags.

“I’m busy 24 hours a day. I get out and walk every single day,” said Bixler. “I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about.”

Most importantly, said Bixler, she’s still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland. She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. “I don’t have any children, but I am close to my niece,” said Lavoie, a former nurse who served in World War II and the Korean War. “I was living in California, and my niece who lived here wanted me to live near her.”

Another Hermitage resident, John Mutchler, a retired chemist who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. “It is no problem for me to visit with my family often, which is nice for me,” he said. “I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group.”

“It is a great way to retire and a great way to live,” said Jarad Smith, director of marketing and sales at The Fairfax. “Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We’re on 60 acres. There is a lot of nature trail.”
Active Seniors Compete for Glory

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

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

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

Mia Bernett, a 94-year-old line dance competitor, receives a special award from event director Joan Silverman.

The Hawaiian Stars, from the Senior Center, Without Walls took first place. The Hawaiian Stars are: Edna Noe, Annandale; Michelle Bo, Burke; Marilu Morada, Burke; Tessie Buri, Burke; Fran Cornett, Fairfax Station; Rita Perrotti, Springfield; and Melanie Willis, Fairfax.

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

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

The Silver Steppers came in fourth.
A McLean couple in their late-60s had Glickman Design a 60-foot 4-level elevator tower on the home’s right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Since elevator access within the home’s existing structure wasn’t feasible, Glickman’s plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

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

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

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

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

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

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

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

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

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

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

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

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

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

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a “zero step” entry.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

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

While focused and small-scale, the changes have dramatically improved Jaime Marquez’s ability to move freely from driveway to front door and throughout the house. They’ve also bestowed an unexpected benefit.

“The interior now feels much more spacious,” Janice Marquez said, “and the wider doorways allow more natural light.”

Also, she notes, the new front walk adds considerable curb appeal. “Honestly,” she said, “I wish the walk had been in place when I was still pushing the girls in their stroller. It’s just a lot easier for everyone.”

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

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

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a wheelchair — yet would preserve the home’s resale value should the couple eventually decide to move to a retirement home.

“It’s a three-level single-family home,” Glickman said. “So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking.”

The couple’s desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home’s front door has been equipped with a security camera linked to the couple’s laptop.

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

From Page 2

FRIDAY/OCT. 25
Candidate Forum. 10-11:30 a.m. at Fairlington Community Center, 3330 S. Stafford St., Arlington (enter from Quaker Lane on 33rd St.). Discuss aging issues with Arlington’s and Alexandria’s Virginia General Assembly candidates from House Districts 45-49, including 45: Rob Krupicka,* Jeffrey Engle, 46: Charlene Herrington, 47: Patrick Hope, Laura Delhimine; 48: Bob Bratk; and 49: Alfonso Lopez,* Terrence Medlin (* Incumbents). Contact the Arlington Agency on Aging via e-mail AdAA@arlingtonva.us or by phone at 703-228-1700.

THURSDAY/OCT. 31
Family Caregiver Seminars. Noon-1 p.m. When Home Is No Longer an Option - webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 7
Family Caregiver Seminars. 3-4:30 p.m. at Kingstowne Library, 6500 Landowsote Centre, Alexandria. “Behavior as Communication in Alzheimer’s Disease: O To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 13
Family Caregiver Seminars. 7-8:30 p.m. at Alzheimer’s Association, National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax. “Strategies for Difficult Conversations.” To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 14
Family Caregiver Seminars. 7-8:30 p.m. at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. “Legal Tools for Caregivers: O To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 20
Family Caregiver Seminars. Noon-1 p.m. “Tools for Caregivers O — webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

MONDAY/NOV. 18
Family Caregiver Seminars. 7-8:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. “Caregiving 101. O To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

CHRONIC ILLNESS MANAGEMENT
Free Workshops. Fairfax County is offering free Chronic Illness Management workshops. Topics include managing pain and emotions, using medication properly, communicating with health care providers, adopting exercise and nutrition goals and making informed medical decisions. Register and learn more at www.fairfaxcounty.gov/dls/olderadultservices/chronic-disease.htm or call 703-524-5489, TTY 711.

Wednesdays, Oct. 2-Nov. 30, 10 a.m.-12:30 p.m. at City of Fairfax Regional Library, 10360 North St. Fairfax. Mondays, Oct. 21-Dec. 2, 1-3:30 p.m. at Reston Community Center Hunters Woods, 2310 Colonies Road, Reston. Tuesdays, Oct. 22-Nov. 26, 10 a.m.-12:30 p.m. at Brum Chapel United Methodist Church, 3015 Cedar Lane, Fairfax.

THURSDAYS, Oct. 24-Dec. 5, 10 a.m.-12:30 p.m. at Great Falls Library, 9530 Georgetown Pike, Great Falls.

Wednesdays, Oct. 30-Dec. 11, 1-3:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

ONGOING
Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other’s creations. Call 703-819-1690.

Senior Fall Prevention Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instructor is certificated in back and hip rehab. Classes are held Tuesdays and/or Thursday, 1:30-2:30 p.m. At The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. $10 per class. Registration required, call 703-667-9800. Space is limited.

The Parkinson’s Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At The Hollin Hall Senior Center, Rooms 109, 1500 Shenandoah Road. All Parkinson’s patients and caregivers are welcome.

At Home in Alexandria! Those interested in becoming AHA! Friends should call AHA! at 703-231-0824 or download the application form from the AHA! website at www.athomeinalexandria.org. AHA! is a 501(c)(3) organization that supports families, friends, and/or caregivers to form a group to meet once a month to verify meeting information.

Volunteer Opportunities
Volunteer Solutions@fairfaxcounty.gov, or visit www.fairfaxcounty.gov/dfs/olderadultservices and click on volunteers.

Fairfax County’s Volunteer Solutions at 703-324-5406, TTY 703-449-1186,
VolunteerSolutions@fairfaxcounty.gov, or visit www.fairfaxcounty.gov/dls/olderadultservices and click on volunteers.

Fairfax County’s Meals on Wheels Program
VolunteerSolutions@fairfaxcounty.gov, or visit www.fairfaxcounty.gov/dls/olderadultservices and click on volunteers.

Senior Living Calendar


2310 Colts Neck Road, Reston.

Mondays, Oct. 21-Dec. 2.

1-3:30 p.m. at Reston Community Center Hunters Woods, 2310 Colonies Road, Reston.

3035 Cedar Lane, Fairfax.

Thursdays, Oct. 24-Dec. 5.

6301 S. Carlin Springs Road. Call 703-558-6859.

Fairfax Agency on Aging via e-mail AHA@fairfaxcounty.org or visit www.fairfaxcounty.gov/dls/olderadultservices and click on volunteers.

Where else can you watch deer gather in the morning mist to drink from a tranquil pond, walk a forested trail, the silence only broken by the peaceful sound of birdsong, gather with friends for quiet coffee and conversation on a dock overlooking the lake—and that very evening see The National Ballet or catch a performance by the Fairfax Symphony Orchestra, attend a gallery opening in nearby Georgetown or—catch Redskin fever with family and friends at an exciting NFL game. That’s life at Westminster at Lake Ridge!

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The Summoner | Ranch-style single-family homes from the $620s

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703.327.2169
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Westridge
703.327.1563
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The Griffin Hall | Villa-style townhomes from the upper $420s
The Legacy Series | 4 Single-family homes from the $440s

MODEL HOURS: Mon, 1–6; Tue–Fri, 10–6; Sat–Sun, 11–6
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Prices and availability subject to change without notice. See a Sales and Marketing Representative for details.