

Springfield CONNECTION

Franconia ♦ Kingstowne
Newington

From left, West Springfield High School juniors Minhtu Tran, Joe Gumpf, Michael Montoya, Isabelle Barckhoff and Nick Chastain run a bake sale on Supe Tuesday to raise money for class expenses during their senior year.

Clinton and Trump Take Virginia on Super Tuesday

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WELLBEING

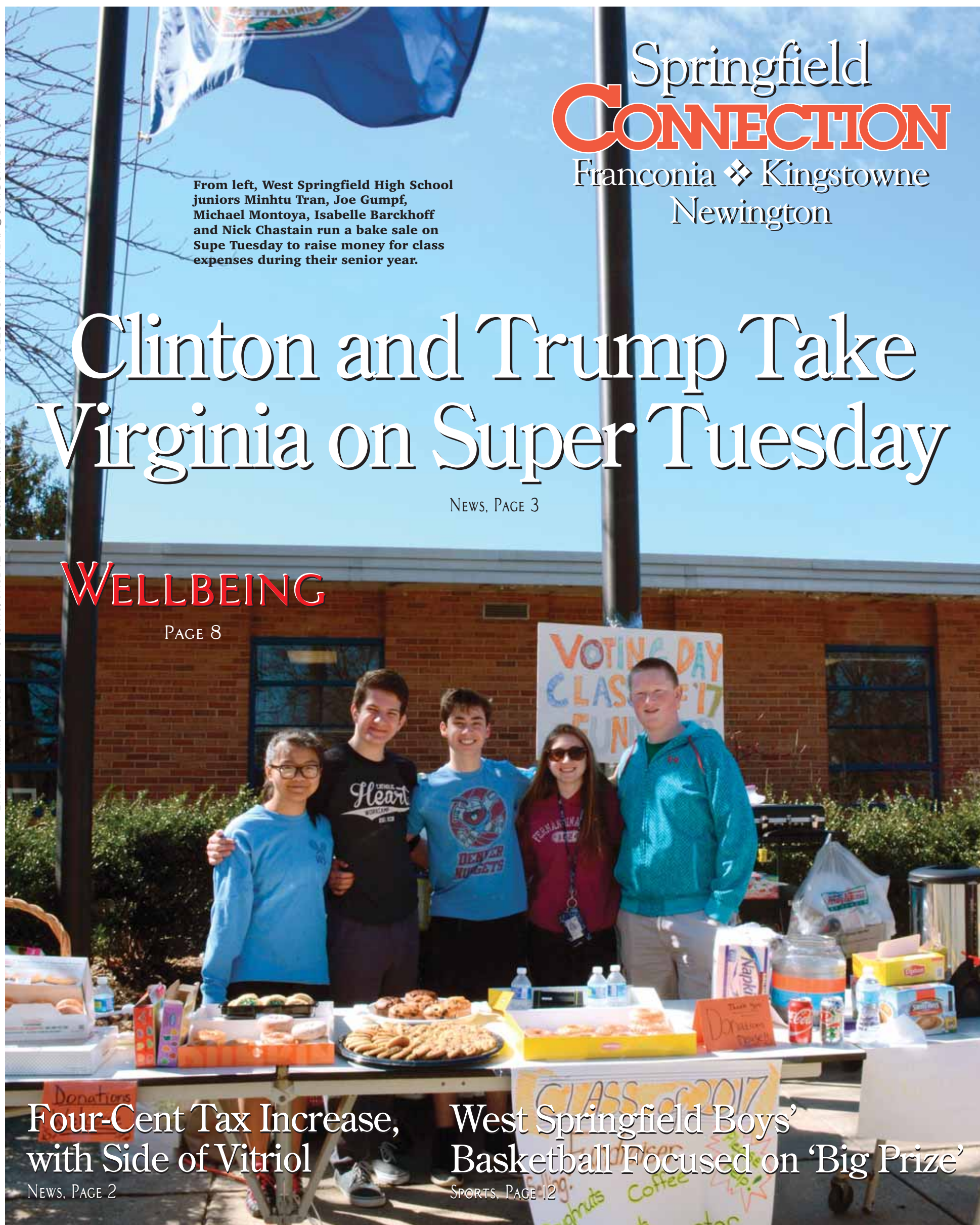
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Four-Cent Tax Increase,
with Side of Vitriol

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West Springfield Boys'
Basketball Focused on 'Big Prize'

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Four-Cent Tax Increase, with Side of Vitriol

Reconsideration hours later gives same result; board will consider putting meals tax to referendum in November.

BY KEN MOORE
THE CONNECTION

Tuesday morning, the Fairfax County Board of Supervisors voted for a four-cent tax rate increase, advertising a tax rate of \$1.13 per \$100 of assessed value. Hours later, a call to reconsider a higher rate sparked bitterness, anger and even disgust.

In the end, the outcome was the same. The board rejected Budget Chair Jeff McKay's motion for a five-cent increase on a 5-5 vote and Mount Vernon Supervisor Daniel Storck's motion to have a six-cent increase by a 3-7 vote.

But hours later Tuesday afternoon, March 1 after afternoon public hearings were finalized, Supervisor John Foust's motions to reconsider its advertised tax rate raised jointly by Sully Supervisor Kathy Smith — a tool permitted by Roberts Rules of Order — set off fireworks.

"I'm sorry, it's appalling, it's embarrassing," said Providence Supervisor Linda Smyth. "We're starting a budget session on the worst foot. We had a full discussion this morning."

"A robust discussion," said Hunter Mill Supervisor Cathy Hudgins.

Hudgins said she had come to the meeting planning to advocate for a five-cent increase, but said she was "disturbed" by the reconsideration. "This is childish play, that once you didn't get your way, you're going to bring it back."

Speaking of the School Board, she added, "You can't always have it your way."

Mason Supervisor Penny Gross: "I don't think we should be supporting voter's remorse."

"The ends do not justify the means," said Braddock Supervisor John Cook, who had reluctantly supported the four-cent increase. "I don't want anybody thinking there was a mistake."

Foust kept composed. If there's not enough support, he said, "we'll find out. We have this process available to us."

Lee Supervisor McKay said, "I support this, to get back to the original, responsible motion that I made," for a 5-cent increase.

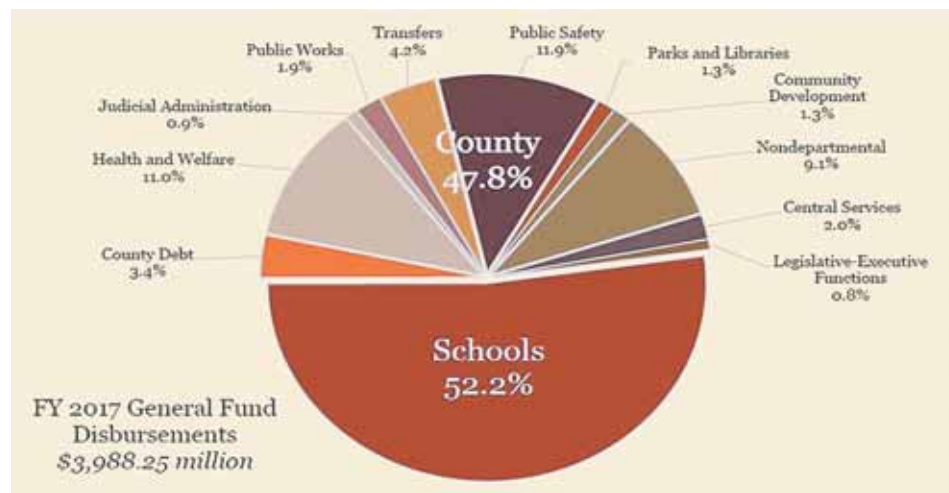
Chairman Sharon Bulova kept order, and supported the motion to reconsider.

"There's a process that allows for this," said Bulova. "So I am respectful that a member asked for it to be reconsidered."

The motion to reconsider failed with a 5-to-5 tie vote.

THE BUDGET BUILT and presented by County Executive Ed Long calls for a four-cent tax rate increase, about \$300 for the average household in Fairfax County, but also left Fairfax County Public Schools with a shortfall of \$68 million.

The Fairfax County School Board, parents



Budget Town Meetings

❖ Sully District / Sully District Council Budget Meeting

Monday, March 7, 7 p.m., Rocky Run Middle School - "Little Theatre" - 4400 Stringfellow Road, Chantilly

❖ Providence District Budget Council Budget Town Hall Meeting

Wednesday, March 9, 7 p.m., Providence Community Center - 3001 Vaden Drive, Fairfax - Multi-Purpose Room 2

❖ Mason District Budget Meeting

Wednesday, March 16, 7 p.m., Mason District Government Center, 6507 Columbia Pike, Annandale - Main Community Room

❖ Springfield District Budget Meeting

Wednesday, March 23, 7 p.m., West Springfield Government Center - 6140 Rolling Road, Springfield - Community Room

❖ Dranesville District Budget Meeting / McLean Citizens Association (MCA)

Wednesday, March 23, 7:30 p.m., McLean Community Center, 1234 Ingleside Avenue, McLean

❖ Braddock District Budget Meeting

Monday, March 28, 7:30 p.m., Robinson Secondary School - "Recital Hall" - 5035 Sideburn Road, Fairfax

❖ Lee District Association of Civic Organizations Community Budget Meeting

Wednesday, March 30, 7 p.m., Lee District Governmental Center - 6121 Franconia Road, Alexandria

❖ Dranesville District / Great Falls Citizen's Association Budget Meeting

Thursday, March 31, 7 p.m., The Great Falls Grange, 9818 Georgetown Pike, Great Falls

and other school advocates have been leaning heavily on the Board of Supervisors to advertise a higher tax increase to "fully fund" the school budget. The discourse has not always been collegial.

"The Board of Supervisors' decision today to set the advertised (maximum) tax rate at four cents is disappointing because it guarantees that the county and schools budgets cannot both be fully funded, denying the community its rightful role in that conversation. Today's decision is discouraging for the thousands of community members who have reached out to the School Board and the Board of Supervisors this year to advocate for a voice in this very important conversation about values and priori-

ties," said School Board Chairman Pat Hynes.

Cook directed a rebuke at the School Board. "If we don't do it exactly the way you want, [you say] 'you are bad people.' We're not. I have children in the school system too."

THE BOARD OF SUPERVISORS can adopt a tax rate that is lower, but not higher, than what was advertised at its board meeting Tuesday, March 1.

Each penny on the real estate tax rate provides \$23 million in revenue.

The motion to advertise a four-cent increase passed 7-to-3.

"I'm disappointed that the same people

who advocated for flexibility voted against flexibility," McKay said. "They've boxed in the Board of Supervisors and tied our hands. It's now nearly impossible to meet the superintendent's request. I strongly believe that would have been possible at 5 cents and that is why I put forward this responsible rate."

Springfield Supervisor Pat Herrity spoke against raising the tax rate. "Our residents are having to make difficult decisions around their kitchen tables as job and wage growth stagnates. We need to get our economy going and the commercial tax base back. ... Until then, we have to make the same tough choices that our residents are having to make and until we do I cannot ask them to absorb a six-percent increase this year."

"The Board of Supervisors' decision today to set the advertised (maximum) tax rate at four cents is disappointing because it guarantees that the county and schools budgets cannot both be fully funded, denying the community its rightful role in that conversation."

— School Board Chairman Pat Hynes

The board also asked for more information regarding putting a meals tax on the ballot in November. The board's legislative agenda has supported diversifying the tax base, taking some tax burden off homeowners, according to a statement by the county. Under state law, if the board wishes to adopt a meals tax, the voters must decide in the form of a referendum. The restaurant industry and chambers of commerce have strongly opposed a meals tax.

The County Executive's Advertised Budget, which calls for a four-cent increase, transfers more than \$2 billion to FCPS and provides over 52 percent of County General Fund revenues to the schools, according to county documents.

There are a number of opportunities for residents to share comments and concerns regarding the county budget between now and April 19. In addition to budget town meetings and forums throughout the county, three days of budget public hearings will be held at the Fairfax County Government Center on April 5-7.



Election officers at West Springfield High School managed to avoid lines of people waiting to vote. The polling location was moved to a different cafeteria than the November 2015 election due to this being a Presidential primary.



PHOTOS BY TIM PETERSON/THE CONNECTION

Katie Hugo, right, daughter of Del. Tim Hugo (R-40), left, turned 18 at the beginning of February and insisted she cast her first official vote with dad, who she said is the reason she's involved and interested in politics.

Clinton and Trump Take Virginia on Super Tuesday

Rubio controls Fairfax County, Sanders supporters nearly doubled by Clinton voters.

BY TIM PETERSON
THE CONNECTION

Katie Hugo, daughter of Del. Tim Hugo (R-40), turned 18 at the beginning of February and insisted she cast her first official vote with dad, who she said is the reason she's involved and interested in politics.

The two of them arrived at the Clifton precinct polling station around 7 a.m. on Super Tuesday.

"It's important that everyone has the chance to have a say in how government is involved in their life," Katie Hugo said, "how much it's involved."

Tim and Katie Hugo both said they voted for Republican candidate Marco Rubio.

"Abortion was a very big issue for me," Katie said, "eliminating abortion. I believe everyone has a right to life."

Delegate Hugo has chaired Rubio's Virginia campaign, and said he's encouraged by the increased Republican turnout in other states' primaries. "With all the excitement, the different candidates' visits to Virginia, I'm expecting a bigger turnout," he said.

When final results were announced, Republican Donald Trump and Democrat Hillary Clinton each carried Virginia decisively. According to the Virginia Public Access Project's unofficial results, Trump's 352,833 (34.78 percent) votes from across the Commonwealth bested closest competi-

VIEWPOINTS

Who did you vote for, and what are some of the most important issues for you in this election?

—TIM PETERSON



Jill Chastain of Springfield (left)

"Marco Rubio. I like what he stands for, the way he's handled himself so far. National security is way up there for me, dealing with terrorist threats. And I want someone who will work with the other side. I'm tired of the divide."

Angela Montoya of Springfield (right)

"Marco Rubio. I do feel like he will work with Democrats and Republicans. He's a man who lives up to his word, has integrity, at least I hope so. I care about national security and immigration, and I think

he will handle immigration fairly, with some compassion. I do think we're a nation of immigrants, we can't forget that."

Amanda Whitney of Burke

"John Kasich. He's the more moderate option. I really don't want Trump to win and I want a more moderate fiscal budget, with more equitable wealth distribution. Also, I'm going to be a nurse practitioner and equitable health care is important to me."



tors Marco Rubio's 323,445 (31.88 percent) and Ted Cruz's 171,527 (16.91 percent).

In Fairfax County, however, Rubio edged Trump with 51,211 votes (40.07 percent) versus the flashy businessman's 32,051 (25.08 percent). John Kasich also moved ahead of Cruz in the County totals, with 22,480 votes (17.59 percent).

On the Democratic side, former Secretary of State Hillary Clinton's 497,581 total votes (64.34 percent) dominated Vermont Senator Bernie Sanders' 271,839 (35.15 percent).

Numbers at the Fairfax County level were

consistent with the rest of the Commonwealth, as Clinton's 84,855 votes (63.15 percent) handily defeated Sanders' 48,798 (36.32 percent). Former Maryland Governor Martin O'Malley was still on the ballot as they were printed before he exited the race — he received 713 votes (.53 percent).

ANTICIPATING HIGHER VOTER TURNOUT, Fairfax County Public Schools closed for the day, which election officers said helped prevent parking lot jams and kept hallways clear for voter foot traffic.

Bill Patterson of Springfield, assistant chief election officer at the West Springfield High School polling precinct, said 771 ballots had been cast as of about noon. "We didn't know what to expect, but it's been steady with little lines," Patterson said. "But sixteen people were in line when we opened at 6."

No school also meant students had the opportunity to participate in the major political event in other ways. For members of the West Springfield High School Junior class, that included setting up a large bake sale in front of the school to raise money for expenses when they become seniors.

Junior Michael Montoya is 17 now but will be 18 and eligible to vote in the November election.

"The economy is more important to me than ethical issues," Montoya said. "If I had to choose, it would be between Rubio and Sanders. I prefer Rubio to other Republicans because he's not as strict on immigration policy. Bernie is focused on climate change, which is something we need to address in the United States right now. But I bounce back and forth, I can't affiliate with one party, and I don't think that's a horrible thing."

South County High School senior Megan Clark is 18 already, and used part of her day off to vote at Silverbrook Elementary School.

"People make fun of younger people for not voting," she said. "It felt important to represent the young population."

Chief election officer at West Potomac High School Doris McBryde of Mount Vernon observed many parents bringing their children with them to the polls.

"They're seeing their parents voting," McBryde said, "and seeing the importance of it."

SEE SUPER TUESDAY, PAGE 15

Uncovering the Roots of Slavery

Local student creates slave index to help descendants trace family history.

By MARILYN CAMPBELL
THE CONNECTION

A local college student is spending much of her senior year scouring the last wills and testaments of residents of Northern Virginia. While many of the documents contain antebellum treasures like silver serveware, rifles and horses, Georgia Brown is looking for more haunting line items: slaves.

"Nobody had ever combed through all 120 years of will books line by line before, so we had no idea what I would find," said Brown, a George Mason University student. "It is pretty exciting seeing George Washington's and George Mason's wills and inventories as it gives me a peek into their households... It is fascinating to see what people considered important enough to pass on to a specific person once they were gone. Some people were very worried about their riding horses or slaves, while others cared more about their...silver spoons with their monogram."

BROWN, who is a veteran of the United States Navy and a senior majoring in history at George Mason University, began an internship at the Fairfax County Circuit Court Historic Records Center as part of her degree program.

After expressing an interest in the Civil War and slavery, Brown was asked to comb through the probate records index. The index includes wills, inventories, and estate accounts from 1742, the year Fairfax County was founded, to 1865, when the Civil War ended. Each time a slave was mentioned in an estate, she recorded the slave's name, age, the owner's name and other details.

"We didn't know if the slaves would be listed with names, first or last, if there would be family groups, or if they would be mentioned in wills, just like livestock," said Brown.

Brown was surprised to find not only the names of slaves, but birthdates, emancipations, descriptions of character, sales and bequeathments showing trails of ownership. "After constantly showing my exciting findings to the archivists and [Maddy McCoy] a historian who specializes in African American genealogy, we started working on ideas for a way to capture this information in a database that would make the data searchable to the public," said Brown. "I would say that after reading the first few documents mentioning slaves we knew we would need to capture all the information I was finding in the will books."

Heather Bollinger, assistant archivist at



George Mason University student Georgia Brown organizes the Fairfax Court Slavery Index by searching more than 10,000 references to slaves in the Fairfax Circuit Court Historic Records Center will and deed books that date from 1742 to 1870.

"We didn't know if the slaves would be listed with names...or if they would be mentioned in wills, just like livestock."

— Georgia Brown

Fairfax Circuit Court Historic Records Center, supervises Brown and other interns and helped formulate the idea of a slavery database. "To determine which of the people own slaves – we realized an abundance of information that needed to be captured," she said.

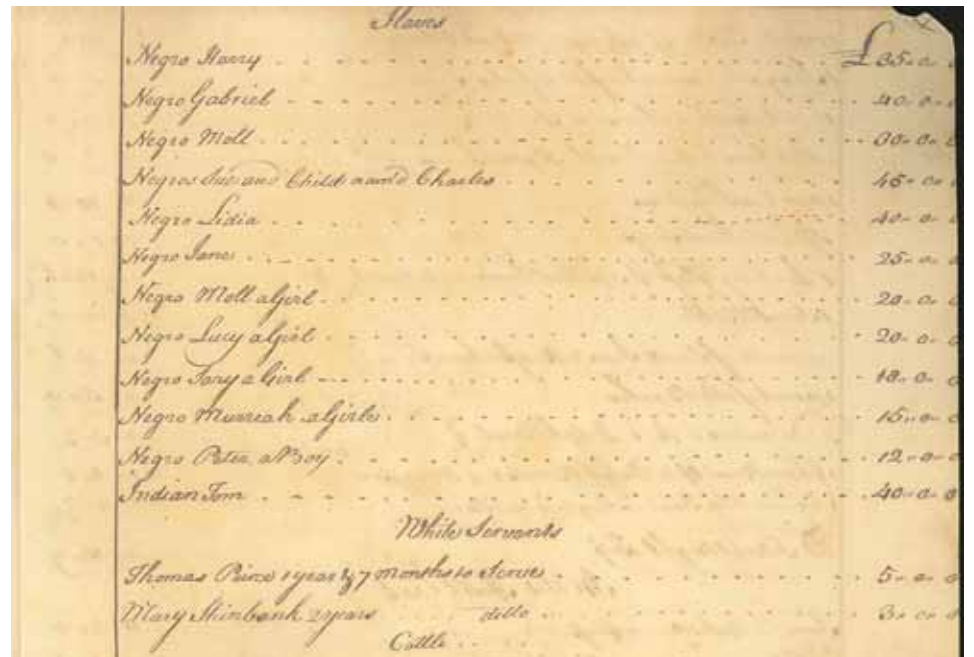
An index card is created for each slave and owner, creating a slavery database that is searchable by the names of both the slave and owner.

While the slavery index is still in its infancy, Brown hopes that, when complete, it will provide answers for those who have questions about their ancestry, answers that, for the descendants of slaves, are often hard to find.

"Our database currently is a 3x5" card catalog so it is very low tech," said Brown. "This project is a bit of a trial run."

When the project is complete, "it will be helpful to people living not only in Fairfax County, but Arlington and Alexandria, too in tracing ancestral family lines and understanding slave economy as it functioned in Fairfax county," said Bollinger.

Brown adds, "It will also be useful to historians doing research in African American history or history on early Virginia."



PHOTOS COURTESY OF GEORGIA BROWN

This is one of the documents that contained data for the Fairfax Court Slavery Index.

ONE SUCH HISTORIAN is Maddy McCoy who had been researching slavery in Fairfax County for the last decade. "Once the index is complete, I will utilize that data to interpret slavery in this county in a way that has never been able to be done before," said McCoy who is serving as a consultant on the Fairfax County Slavery Index project "This is an amazing project and they are doing a great job."

Originally from Oregon, Brown says she was surprised that some of her beliefs about slavery and the south were unfounded. "From the limited education I have on slavery, I predicted that most of the slave owners would treat their slaves as chattel, or worse," she said.

By combing through documents, Brown concluded that the relationships between slaves and masters were more complicated than she originally imagined. "It seems that because Fairfax County was made of smaller farms, the relationships between slaves and their masters, for better or for worse, were more intimate," said Brown. "It was actually quite rare to see a will where the slave owner was indifferent or wanted his slaves sold. Unless a sale was absolutely necessary to provide for their families, most owners would do anything to keep their slaves."

For More Information

Anyone interested in searching the Fairfax Court Slavery Index should contact the Fairfax Circuit Court Historic Records Center at 703-246-4168 or historicalrecords@fairfaxcounty.gov

THE MOST FASCINATING wills, says Brown, were those that included emancipations. "Every time I saw 'to be freed' my heart would skip a little," she said. "Some emancipations were straight to the point, while others were almost a love letter to their former slaves. I will admit that some of the words of respect made me tear up a little."

Brown hopes that her project will serve as a model for counties in other parts of the south. "A project such as this is very doable," she said. "The process can be grueling, but it is definitely a labor of love when we see all the people who are no longer lost in the archives."

Bollinger and others in the research group say they haven't had anyone find an ancestor from the database compiled so far, and they estimate that it will be more than one year before the project is complete. Anyone interested in searching the records should contact the Fairfax Circuit Court Historic Records Center at 703-246-4168 or historicalrecords@fairfaxcounty.gov.

"Saturday Night in the Suburbs" for Parents

Do you want to know what really goes on with teens on Saturday nights? The Unified Prevention Coalition of Fairfax County (UPC) will host two "Saturday Night in the Suburbs" programs in March: at Woodson High School on Tuesday, March 15, and at Westfield High School on Thursday, March 17. The program is open to adults in the community and begins at 7 p.m. at each school.

The program features a panel of high school seniors who talk openly about alcohol and drug use, teen parties, social media, parent supervision and enabling, and communication with parents. Middle school and high school parents

are encouraged to attend.

"Parents find this to be somewhat eye-opening," said UPC's Jennifer Lewis-Cooper, who will facilitate the events. "We will not ask the panel specific names, dates, places of events or put them on the spot — their job is not to 'snitch' on others but to educate parents to understand what teens are dealing with and help parents to set better limits."

Only adults will be admitted to the presentations.

For more information, visit www.unifiedpreventioncoalition.org or www.facebook.com/unifiedpreventioncoalition.



PHOTO COURTESY OF FAIRFAX COUNTY

Members of the public are invited to attend a meeting to learn about revising the master plan for 449-acre Lake Accotink Park in Springfield.

Public Invited to Lake Accotink Park Planning Meeting

Members of the public are invited to attend a meeting to learn about revising the master plan for 449-acre Lake Accotink Park in Springfield.

The last revision to the park's master plan was 1993. Since then, a 37 percent growth in population in Fairfax County and suburban development upstream has resulted in much more silt in the lake and a shallower bottom, which has numerous negative effects on wildlife, recreation and conducting pollution.

Addressing that increased silt accumulation, Fairfax County said, will be a key area of focus as the master plan is revised again.

A public information meeting to review the revision process is scheduled for Monday, March 14 at 7 p.m. at Cardinal Forest

Elementary School, located at 8600 Forrester Boulevard in Springfield.

Board of Supervisors Chairman Sharon Bulova, Supervisors John Cook (R-Braddock), Jeff McKay (D-Lee) and Pat Herrity (R-Springfield), as well as Fairfax County Park Authority board representatives have planned to attend the event.

Lake Accotink Park is located at 7500 Accotink Park Road in Springfield. Interested community members are encouraged to send comments or opinions electronically to parkmail@fairfaxcounty.gov. More information about the park and its master plan are available at <http://www.fairfaxcounty.gov/parks/plandev/lakeaccotink.htm>.

—TIM PETERSON

WEEK IN SPRINGFIELD

Lee High Library Seeks Book Donations

The Robert E. Lee High School Library is accepting donations of gently used books for its annual book sale through April 2016. All types of books are welcome—fiction, nonfiction, children's books, cookbooks, college textbooks and more! All proceeds will go toward new materials and computers for students. For further information or to make a delivery, contact the library at 703-924-8370.

Climate Solutions Class: 'Change is Our Choice'

Accotink Unitarian Universalist Church,

10125 Lakehaven Court in Burke, is hosting a Northwest Earth Institute (NWEI) course on climate solutions titled "Change is Our Choice." The course will help you determine your carbon footprint and create an action plan to reduce your impact. Then you can join others in planning actions to address local issues and to lobby lawmakers for broader changes. The course material is available in electronic format from NWEI for \$27 (www.nwei.org/discussion-course-books).

Both a daytime and an evening class will be offered: Tuesdays at 7 p.m. beginning on March 1 or Thursdays at 1 p.m. beginning on March 3. The classes consist of four 1.5 hour sessions, starting the first week in March and ending the last week in March (skipping the spring break week of March 20 – 26). Facilitators include Claire Brown, Julie Floyd, Mary Rose Janya and Marsha White. Open to all. 703-503-4579. www.accotinkuuc.org

NEW Year's Resolutions:

- LOSE weight
- Quit smoking
- EXERCISE
- Volunteer!**

Are you looking for a unique and meaningful way to give back to your community?

Safe and reliable transportation is the key to ensuring that seniors who wish to continue to live independently in their homes can continue to do so successfully. Sign up to be a volunteer driver, and give the gift of a lift today! Call NV Rides at **703-537-3071** to find out how to become a volunteer driver, or about other volunteer opportunities. Visit us online at www.nvrides.org and "like" us on Facebook.

61st Spring Anniversary Sale

King's Jewelry

**Storewide
20% - 40% Off
Fine Jewelry,
Watches & Giftware***

Now thru March 31, 2016

*Discount does not apply to Rolex and Shinola watches.

KingsJewelry.NET
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Closed Sundays

**609 King Street
Old Town Alexandria
703-549-0011**

OPINION

The Senate Budget Emerges

By SCOTT SUROVELL
STATE SENATOR (D-36)



This week, the seventh of this session of the Virginia General Assembly, both the Senate and House of Delegates are considering the state's two-year budget. After each house passes a budget, a joint conference committee resolves the differences. The Senate budget has good news and bad news.

GOOD NEWS

Revenues have increased more than expenses for the first time in seven years, offering opportunities to address unmet needs. The Senate Budget makes significant investments in education including an additional \$80 million for Fairfax County, \$32 million for Prince William County and \$22 million for Stafford County over last year's appropriations including \$16 million for a program called "Cost to Compete" which is supplemental funding for high-cost areas like Northern Virginia to pay teachers and support staff. The plan also includes a two-percent salary increase for all elementary-secondary school teachers.

The budget increases funds for our state col-

leges and universities by \$223 million, increases student financial aid and limits tuition increases to three percent. The Senate budget has about \$1.4 billion in construction projects, including \$350 million to modernize the Port of Virginia, construct college buildings and renovate state park facilities. It adds over 800 "waiver" slots due to the closure of Virginia's training centers and an additional 400 new slots for adults with developmental disabilities so they can receive needed services.

The Senate budget begins the closures of Virginia's Juvenile Detention facilities, adds 11 new mental health positions in probation offices and provides \$2.5 million for mental health pilot projects in our jails. It also funds one new General District Court judge position in Prince William County and one Circuit Court spot in Stafford County.

The Senate budget includes my amendment to increase funds for court-appointed criminal attorney by \$1.2 million, the first increase since the program's inception.

It also includes funds to keep down costs at Dulles Airport and to begin planning the widening Interstate 66.

BAD NEWS

A major disappointment to me is the omission of Gov. Terry McAuliffe's proposed Medicaid expansion, to provide healthcare to more low-income and disabled people. Rejecting Medicaid and the available federal funding represent legislative malpractice, but the votes simply are not there to pass it.

Second, the budget fails to fund three desperately needed Fairfax County judgeship positions — Circuit, General District and Juvenile and Domestic Relations Court. Fewer judges means more delays in access to justice.

Unfortunately, the Senate budget also cuts capital improvements to Widewater State Park. This desperately needed project would create the only public access to the Potomac River in Stafford County.

I am working hard to pass a budget that addresses our needs and to get my bills passed by the mid-March adjournment. Please share your views and suggestions at scott@scottsurovell.org.

COMMENTARY

LETTERS TO THE EDITOR

Subjected to Indignity

To the Editor:

(An open letter to members of the Fairfax County Board of Supervisors — Feb. 29)

Today was my second attempt to reach the court before the Fairfax County Court House closes at 4 p.m. After rushing from work to get to the building (I got there at 3:55 p.m.), I was subjected to an oppressive, intrusive and demeaning security regime, just like

what one finds at an airport.

I had to empty my pockets and put the items into a plastic tray, which was then passed through an X-Ray machine. And that was not enough. I then had to remove my jacket, and that was not enough. I then had to remove my belt, and that was still not enough. I then had to remove my shoes, and that was still not enough. All the removed items were also passed

through an X-Ray machine and I had to walk through a body-scanning machine.

When I was finished conducting business, the building was by then closed, and the security personnel (about a dozen) at the entrance/exit were just sitting around, but they were still not finished subjecting me to their security regime. On the way out, I was taking what appeared to be the most obvious

exit path, but no, I had to endure one final insult. I was told that I had to use some other exit path.

I respectfully ask you supervisors: Are you aware of these indignities citizens must endure to enter their buildings? This insanity in the name of "security" must stop.

Steve Brown
Springfield

Questioning (Some) Rules

To the Editor:

I have two children in the Fairfax County School System. The principal is mandating a doctor's note after a set number of absences. Excused or unexcused. This news was delivered in a form letter generated by attendance numbers. Nothing else.

In FCPS policy 2232.3, it states, "The principal or his designee determine whether or not absences will be excused and may require a physician's note in cases of chronic or long-term illness."

The principal may request a doctor's note every time a child misses class, it's his choice, but it is not reasonable.

The administration should approach the situation with the assumption that parents have their children's best interest at heart and know their children best. The

administration can't possibly know what is best for each of their 2400 students, especially if there has been no dialogue with the family.

The Supreme Court has even addressed the importance of parental discretion even when some parents do not act responsibly: That some parents "may at times be acting against the interests of their children" . . . creates a basis for caution, but it is hardly a reason to discard wholesale those pages of human experience that teach that parents generally do act in the child's best interest. The statist notion that governmental power should supersede parental authority in all cases because some parents abuse and neglect children is repugnant to American tradition. (Parham v. J.R.)

We need to foster a mutual respect between the students, teach-

ers, and the administration. Don't waste your teacher's time, don't make extra work for your teacher, and don't be late to class—it's rude. In return, the administration should respect the students and their parents.

Rules are important and they usually make common sense, but when they don't, they should be questioned.

Lisa Helmer
Annandale

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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By e-mail: south@connectionnewspapers.com

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Jermaine Butler, 29, of Miami Gardens, Fla.

Three Florida Men Arrested in Springfield, Charged with Credit Card Fraud

Jermaine Butler, 29, Markeem Ho-Sang, 25, and Roderick Norman, 25, all residents of Miami Gardens, Fla., were arrested Thursday, Feb. 25 and charged with multiple counts of credit card fraud and possessing devices to forge credit cards.

The release from Fairfax County Police said Butler was also charged with forging a public document, obstruction of justice and falsely identifying himself to officers.

Patrol officers in Franconia first identified the three men in the 6800 block of Springfield Boulevard around four o'clock in the afternoon. The units "observed

suspicious activity," the release said, that included seeing one of the men carry a backpack and put it in vehicle. One of the officers smelled marijuana emanating from the room where the man with the backpack left.

Police called a drug-sniffing dog to the scene.

Officers made contact with the three men at the vehicle, searched it based on the positive alert from the dog, and discovered the fraudulent credit cards, credit card-forging materials and a "small quantity of suspected marijuana," the release said.

—TIM PETERSON

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WELLBEING

Managing Medication Can Be Challenging

“Let’s Talk about RxSM” helps seniors avoid prescription drug mishaps.

BY MARILYN CAMPBELL
THE CONNECTION

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

“She was having bad hallucinations, and it turns out that she’d taken the wrong combination of medicines,” said Russell. “She was on about 11 different medications, some for her blood pressure, and she was administering them to herself.”

MEDICATION ERRORS are not uncommon, according to a recent survey by Home Instead Senior

Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

“If you notice a change in personality or thinking, or if they’re having a mobility issue or if they seem sluggish, those are signs of medication mismanagement,” said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program called “Let’s Talk about RxSM” (prescription self medication). This program is designed to



For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>

A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.

PHOTO COURTESY OF
HOME INSTEAD
SENIOR CARE

inform seniors’ families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

“Our goal is to keep seniors at home and safe,” said Lovejoy. “We want the daughter and the son not

have to focus on the pill bottle.”

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

“If an adult child sees that their parent is on many medications, I

would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit,” said Omobola Oyeleye, an assistant professor of nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

Small Lifestyle Changes Can Have Big Impact

Researchers found that moderate weight loss improves health.

BY MARILYN CAMPBELL
THE CONNECTION

Dropping as little as five percent of one’s body weight can lead to significant health improvements, according to a new study published in the Cell Metabolism journal.

Researchers studied 40 obese people who lost five, 10 and 15 percent of their body weight, and found that even a five percent body weight loss was enough to lower the risk of heart disease and type 2 diabetes.

“That’s what we see clinically, so it’s nice to see that validated,” said Domenica M. Rubino, M.D. and director of the Washington Center for Weight Management and Research, Inc. in Arlington, who was not involved in the study. “It doesn’t require a tremendous amount of weight loss to see the improvement in quality of life and well being.”

In releasing their findings, researchers underscored the fact that obesity is a major risk factor for chronic health conditions like diabetes, heart disease and cancer. They expressed opti-

mism that their findings could help motivate obese people to achieve manageable weight loss targets.

“[This study] should inspire people to say, ‘I can make some smaller changes and get some improvement,’” said Rubino. “It makes weight loss a little more approachable. It’s less intimidating than if someone said the only way to get improvement in your health is to lose 60 pounds.”

The study suggested that if a 200-pound woman lost 10 pounds she could improve her health profile. “You can make modest lifestyle changes and improve your wellbeing,” said Rubino.

When attempting even a small weight loss, make your goals realistic [and] break down the project into smaller, more manageable parts, recommends Potomac, Md.-based nutritionist Janet Zalman, director of Zalman Nutrition.

“Don’t try to change everything at once,” she said. “Begin with less sweets, less refined carbohydrates and then lower your total fat consumption.”

“My husband is on 10 different medications, and we’re able to manage his medications, but there are people who can’t do that. Those people tend to rely on family,” said Sheila Moldover of the Potomac Community Village in Potomac, Md. “They need children or close friends who handle it for them.” The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as

long as possible.

Gaining empathy from a parent and making it about the child’s feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. “It’s important to communicate the emotional stress that potential medication mistakes can cause for a loved one,” he said. “Let your parent know that you are concerned. Your parents don’t want you to be upset.”

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SPECIAL CONNECTIONS CALENDAR
Advertising Deadlines are the previous Thursday unless noted.

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3/16/2016.....A+ Camps & Schools
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4/6/2016.....Wellbeing – Senior Living Pullout
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ENTERTAINMENT

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

THURSDAY/MARCH 3

Cupcake and Wine Pairing. 6:30-8:30 p.m. Cupcaked, 12644 Chapel Road, Clifton. <http://www.cupcakedbakery.com/>.

SATURDAY/MARCH 5

Grow Your Health. 10 a.m.-5:30 p.m. Fairfax High School, 3501 Rebel Run Fairfax. Celebrate home gardening, sourcing organic and local food, and nutrition and wellness. This is a family focused event that includes education and entertainment for children of all ages. <http://www.growyourhealthnova.com/>.

Campfire Saturday: Stargazing. 6:30 p.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy a stroll along the shores of the lake and learn about the constellations, their stories and other features of the night sky. Our astronomical naturalist will identify the stars for you, along with having some telescopes on hand for folks to try out. The program concludes with a campfire s'mores ingredients provided, hot dogs welcome. Children must be accompanied by an adult registered in the program. www.fairfaxcounty.gov/parks/burkelakepark/rides.htm.

Walking Washington D.C. 11:30 a.m.-1 p.m. City of Fairfax Regional Library (Meeting Room A/B), 10360 North St., Fairfax. Author Barbara J. Saffir shares hidden gems of Washington D.C. neighborhoods

highlighting history, architecture, eateries, art and fun. Copies of her book will be available for sale. All ages. Free. 703-293-6227 ext. 4.

An Evening with Mozart. 7:30 p.m. St. Mark's Lutheran Church, 3800 Backlick Road, Springfield. The Northern Virginia Chorale with the Northern Virginia Community College Chorus will perform works by Mozart, highlighted by his last work "Requiem." Free-\$20. www.northernvirginiachorale.org. 703-239-2180.

Fairfax Art League Meeting and Demo. 10 a.m.-noon. The Village Gallery, 3950 University Drive, Fairfax. Art demo by Atti Vakili to follow the meeting. New members welcome. Free. www.fairfaxartleague.net. 703 587-9481.

Making Justice Work. 2-4 p.m. United Christian Parish, 11508 North Shore Drive, Reston. This is the second of two forums on Criminal Justice in the U.S. Subtitled "Police Practices" and will have a local orientation. Free. Open to all. ucpreston.org.

SUNDAY/MARCH 6

Capitol Steps. 7 p.m. Russell Theatre, Robinson Secondary School, 5035 Sideburn Road, Fairfax. The Rambunctious Theatre Company — in affiliation with Robinson Drama — is hosting the Capitol Steps for a one night only political comedy fundraiser. \$35. www.robinsondrama.org.

WSHS Basket Bingo. 1-4 p.m. West Springfield High School Cafeteria, 6100 Rolling Road, Springfield. Rowing team will raffle items include iPad, FitBit, gift cards. <https://wscbcbasketbingo.ticketbud.com/>

CrewBingo. www.spartancrew.org. **Purim-It's a Laugh.** 3-5 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Activities include making your own hamantaschen with Lauren Katz, the winner of ABC's Great Holiday Baking Show; The Great Zucchini; a children's costume Purim Parade; making gift bags for the hungry; and crafts for all ages even newborns. \$5. Free to children under 2. Register at JCCNV.org, code #7343. 703-537-3019.

TUESDAY/MARCH 8

Robinson Orchestra Concert. 7 p.m. Russell Theater, Robinson Secondary School, 5035 Sideburn Road, Fairfax. High school students will be featured in five ensembles, including our full symphony orchestra. Free. 703-426-2143.

WEDNESDAY/MARCH 9

Springfield Christian Women's Connection. 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Program on "Serendipity of Occoquan." Also, Ernie Parker-Wood, a retired teacher and world traveler, will share Weaving a Tapestry, the Dark Threads Enhance the Silver and Gold. \$20. Reserve by March 4. 703-922-6438. SpringWmConn@yahoo.com.

FRIDAY/MARCH 11

Woodbridge Flute Choir "A Touch of Irish." 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Twenty-five members who play flute, piccolo, alto flute, bass flute and contrabass flute. Part of Bonita

Lestina Performance Series. www.fairfaxva.gov.

SATURDAY/MARCH 12

Real Food for Kids-Culinary Challenge and Wellness Expo. 10 a.m.-2 p.m. Robinson Secondary School, 5035 Sideburn Road, Fairfax. Culinary Challenge and Wellness Expo: Learn about food writing and photography, family meal planning, school gardening and school food. Watch 11 student teams compete to create a delicious school breakfast, lunch or snack. <http://realfoodforkids.org/expo.html>.

Richmond Ballet II. 7:30 p.m. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. A performance of classical and contemporary dance, including "The Friar's Tale," "Excerpts from Stolen Moments," and "Rachmaninoff Rhapsody." \$20-\$34. www.jccnv.org. 703-537-3000.

Sarah Kaufman. 6:30 p.m. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Pulitzer Prize winning dance critic Sarah Kaufman talks about her book, "The Art of Grace." Free. www.jccnv.org. 703-537-3075.

Concerts from Kirkwood-Beau Soir Ensemble. 3 p.m. Kirkwood Presbyterian Church, 8336, Carrleigh Parkway, Springfield. Celtic-themed spring concert with harp, viola and flute. Free. www.kirkwoodpres.com. 703-451-5320.

SUNDAY/MARCH 13

Jewish Plays Project Contest. 6:45 p.m. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Readings of three plays selected from the top 10

Jewish Plays Projects plays of 2016. The audience will vote on the winning play. \$10-\$18. www.jccnv.org. 703-537-3000.

Silhouette Artist. Noon-5. Dawn Price Baby, 2905 Distirct Ave., Fairfax. Original silhouettes are \$25, duplicates are \$15, and framing is available for \$20. Reserve a spot at <https://fairfax2016.eventbrite.com>.

The Saga of Martha Washington's Will. 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Katrina Krempasky with the Fairfax County Circuit Court Historic Records will relate the travels of the First Lady Martha Washington's will following its removal from the Courthouse by a Union soldier during the Civil War until the document was returned to Fairfax County in the early 20th-century. Free. 703-385-8414.

Jewish Plays Project. 6:45 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Part play reading and part American Idol, the Contest is a night of theater, drinks, and conversation which invites audience members to help decide the future of Jewish arts by using their cell phones to vote on the best new play. \$10-\$18. jccnv.org.

MONDAY/MARCH 14

AARP Virginia Dinner Group-Franconia. 4-8 p.m. Lucky's Sports Theatre and Grill, 7027 B Manchester Blvd., Franconia. AARP has reserved the private room of Lucky's Sports Theatre and Grill for our members and friends to enjoy dinner together with a 10 percent discount on dinner entrees. Register at <https://aarp.cvent.com/Franconia31416VA>.

SEE CALENDAR, PAGE 15

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March 25 - Good Friday service at 7:30 pm
March 26 - Easter Egg Hunt at 10 am
March 27 - Easter Sunday worship at 8:00, 9:30, and 11 am
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'Warrior Art' on Display

Workhouse creating arts opportunities for active and retired Service members.

BY DAVID SIEGEL
THE CONNECTION

A year ago, the Workhouse Arts Center launched a "Military and the Arts Initiative." It was initially a collaboration with Fort Belvoir, the USO of Metropolitan Washington-Baltimore and the Northern Virginia Regional Commission (NVRC). A year later, it has grown stronger, expanding opportunities and providing welcomed arts activities for veterans and Service members.

Located in proximity to many military installations in the metropolitan D.C. area from Fort Belvoir to the Pentagon and with a significant population of retired military service members, the Workhouse is considered a centrally located geographical fit for the program.

Over time the original military arts initiative has expanded to be known as SCAPE (Service Mem-

ber Community Art Partnership and Exchange). SCAPE provides an ongoing opportunity for active and retired armed forces service members to express themselves through visual and performing art. The program also offers a forum for exchange and open dialog within the broader community while building individual resiliency.

The Workhouse has selected the first resident artist for the military and arts initiative. He is Martin Cervantez (U.S. Army Retired). He has been creating art works in a Workhouse campus studio and has been a key ambassador to the general community, speaking about the military and the arts activities before the Virginia Commission for the Arts. Previously, Cervantez was a resident artist for the U.S. Army Center of Military History.

One visual arts feature of SCAPE is permanent exhibit space in the Workhouse's Vulcan Gallery called "Warrior Way." The space provides



have unique, piercing stories to tell. A distinctive aspect of the created artwork; the paper used is handmade paper made from military uniforms.

The SCAPE program grew organically from the interest of the community and local governments. "Not only do Service members and the general public identify strongly with the programing, but so does the military leadership," said Brett Johnson, director, visual arts, Workhouse. "The SCAPE program exemplifies the power of art, its humanity and how it connects people."

Current SCAPE partners and collaborators include Fort Belvoir,

an opportunity to show the striking SCAPE artworks. The art is regularly rotated. Military service member/veterans



"Transcendental" abstract painting by Martin Cervantez

Where and When

❖ Currently ongoing "Warrior Way" visual art exhibition on "Combat Paper" at Workhouse Arts Center, Building W-16, 9518 Workhouse Way, Lorton.

❖ Large scale abstract paintings by Martin J. Cervantez "Transcendental" exhibition at Workhouse Arts Center, W-16, McGuireWoods Gallery, 9518 Workhouse Way, Lorton. Exhibition March 5 to April 17, 2016.

❖ Monthly "Fourth Friday SCAPEnights" special events. Next scheduled "SCAPEnight," Friday, March 25, 7 to 9 p.m. with music and words; Friday, April 22, 7 to 9 p.m. new "Warrior Way" art exhibit and open mic.

Northern Virginia Regional Commission, USO Metro Washington-Baltimore, Booz Allen Hamilton, Northern Virginia Veterans Association, Combat paper NJ, Warrior Writers, Hope for Warriors and

others with additional partners expected.

"People in the Service are our community and have been a part of the Workhouse from our beginnings," added Johnson.

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West Springfield guard Spencer Askew led the Spartans with 17 points against West Potomac on Feb. 27.

West Springfield Boys' Basketball Focused on 'Big Prize'

Spartans to face Oscar Smith in state quarterfinals.

BY JON ROETMAN
THE CONNECTION

The West Springfield boys' basketball team entered the Conference 7 tournament as the No. 1 seed but lost to West Potomac in the championship game.

The Spartans had a four-point lead and possession late in the fourth quarter of their region semifinal contest against Westfield but failed to close, losing in overtime.

Having fallen short of a title at the first two levels of the VHSL postseason, West Springfield now enters the state tournament in search of the third and final prize, which is also the most prestigious.

West Springfield, the No. 3 seed from the 6A North region, will travel to take on Oscar Smith, the 6A South runner-up, in the state quarterfinals at 9 p.m. on Friday, March 4 at Old Dominion University in Norfolk. The winner will advance to take on the winner of Battlefield and Cosby in the semifinals at 3:30 p.m. on Tuesday, March 8 at VCU in Richmond. The state final is scheduled for 9 p.m. on March 9 at VCU.

DESPITE THE TOUGH LOSS to Westfield, West Springfield closed the region tournament on a winning note, beating West Potomac



Head coach Durmia Marshall and the West Springfield boys' basketball team will face Oscar Smith in the state quarterfinals on Friday.

63-60 in the third-place game on Feb. 27 at Robinson Secondary School.

"What I said to them [after the Westfield loss] is, 'You know what? The big prize is still waiting for us,'" said Spartans head coach Durmia Marshall, the Conference 7 Coach of the Year. "We didn't get the other two, so let's get the big one."

Facing Westfield, the defending region champion and state runner-up, West Springfield was in control, leading 54-50 with possession and 22.9 seconds remaining in regulation. However, the Spartans made just 1 of 5 free-throw at-

tempts down the stretch and lost in overtime, 67-61.

"It hurt a lot, but I think we gained a lot of confidence from it," West Springfield senior forward Brock Vaughn said. "Westfield is a really good team and I think we showed ourselves we had the game, we just gave it away off undisciplined stuff. Honestly, I think it helped our confidence a little bit after we got over the fact that we lost."

The following day, the Spartans earned the No. 3 seed with a 63-60 victory over Conference 7 foe West Potomac. West Springfield never trailed and led by as many as 13 points, when a bucket by senior guard Spencer Askew gave the Spartans a 46-33 advantage with 1:47 left in the third quarter.

ASKEW LED West Springfield with 17 points. Vaughn scored 15 points, senior forward Lewis Djonkam finished with 13 and sophomore guard Gabriel Kier added eight.

"We wanted to win," Djonkam said. "We were hungry for a win, especially after last night, that loss [to Westfield]."

West Springfield enters states with a 23-5 record. The Spartans won 17 of their first 18 games.

Oscar Smith has a 22-4 record, according to maxpreps.com, and finished runner-up to Woodside in Conference 2 and the 6A South region.

Djonkam is confident the Spartans can get the job done at the state tournament.

"We're going down to win," he said. "That's our goal."



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Jalita Montgomery and the Fairfax girls' basketball team will face Cosby in the state quarterfinals on Friday, March 4.

Fairfax Girls to Face Cosby at States

The Fairfax girls' basketball team will take on two-time defending state champion Cosby in the state quarterfinals at 7 p.m. on Friday, March 4 at Robinson Secondary School.

The Rebels received the 6A North region's No. 2 seed after losing to Oakton 46-36 in the region championship game on Feb. 27. Cosby is the 6A South's No. 3 seed.

Fairfax entered the fourth quarter of the region final with a 23-20 lead after holding undefeated Oakton scoreless in the third. The Cougars

outscored the Rebels 26-13 in the final period, however, and repeated as region champion.

Senior guard Noe'll Taylor, the Conference 6 Co-Player of the Year, and junior guard Karah Murphree each scored 10 points for Fairfax. Senior guard Jalita Montgomery and senior guard Alexandra Wendling each scored six points.

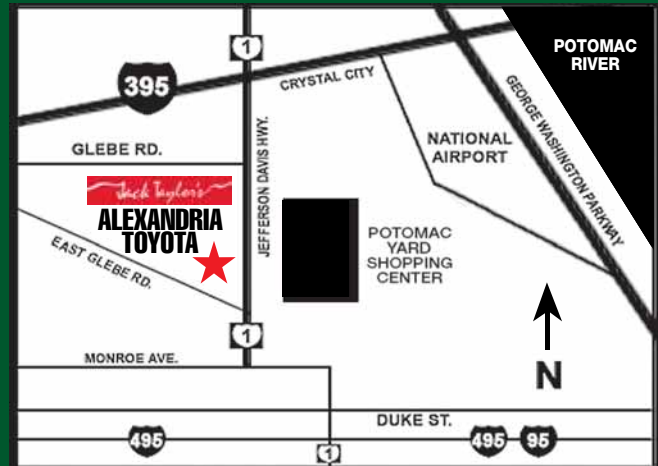
The loss dropped Fairfax's record to 27-2. Both of the Rebels' losses came in championship games, including a 42-38 defeat against Langley in the Conference 6 tournament final on Feb. 20.



West Springfield senior Brock Vaughn scored 15 points against West Potomac in the 6A North region third-place game on Feb. 27.

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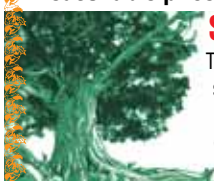
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21 Announcements

21 Announcements

Notice of Public Hearing

Concerning Proposed Financing of up to \$680,000
By the Burke Volunteer Fire and Rescue Department, Inc.
For the purchase of a new 2016 Pierce Fire Engine

Please take Notice that the Burke Volunteer Fire and Rescue Department, Inc. (the "VFD") will hold a public hearing at 7:00 p.m. on Monday, March 21, 2016. The hearing will be held in the Banquet Hall of the Burke Volunteer Fire Department, 9501 Old Burke Lake Road, Burke, VA 22015.

The purpose of the public hearing is to take public comments on a proposal for the VFD to finance \$680,000 for the purchase of a new 2016 Pierce Velocity Class A Pumper. The VFD expects that the financed property will be located at the Burke Volunteer Fire and Rescue Department, 9501 Old Burke Lake Road, Burke, VA 22015.

Anyone wishing to comment on the proposed financing, the location or nature of the project or any other aspect of the proposed undertaking may appear at the public hearing. Interested persons may also submit written comments on the subject of the hearing or may obtain additional information on the subject of the hearing from Patrick Owens, President, Burke Volunteer Fire and Rescue Department, 8501 Old Burke Lake Road, Burke, VA 22015.

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News

Super Tuesday

FROM PAGE 3

IN PREPARATION FOR NOVEMBER, Fairfax County piloted a new voter sign-in procedure using Apple iPads to scan the voter's driver's license.

Former Board of Supervisors Chairman and current member of the Fairfax County electoral board Kate Hanley said 21 precincts tried the iPads Tuesday, with the hope of getting them in each precinct by the fall. And though the speedier technology should help keep waiting lines to a minimum, Hanley stressed there's no replacement for a warm-blooded election officer.

"This is a big year," Hanley said, referencing the November decision as the "Super Bowl" of elections. "We always need election officers. Voting is really the bedrock of American democracy. Facilitating it

is an important part of civic duties."

At the Clifton Presbyterian Church polling site, the iPads were working like a charm.

Election officer Steven Birk, a Clifton resident since 1988, appointed himself a greeter, asking voters to have their driver's license out and ready to make the tablet scanning check in go even faster.

"It's worked very well, very consistently," Birk said of the pilot system. In addition to his regular election officer training, Birk said the new iPad-based program required another three-hour education session.

"They're iPads, so they're pretty intuitive," said Chief Election officer Kerry Wilson of West Springfield.

For more information about working at a polling site, visit www.fairfaxcounty.gov/elections/working.htm.

BULLETIN BOARD

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

SATURDAY/MARCH 5

Caregiver Bootcamp: Dementia 101. 9:30 a.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Day-long training event covering many essential caregiving topics! The bootcamp will include presentations from experts in the fields of financial planning, medical issues, legal needs, and care management. Free. RSVP to 703-204-4664. InsightMCC.org.

WEDNESDAY/MARCH 9

Refugee Resettlement in Northern Virginia.

1:30-3:30 p.m. 12000 Government Center Parkway Conference Center. Resettlement regulations and process, programs and responsibilities. How faith communities can assist and partner. A Faith Communities in Action networking meeting. Patricia S. Maloof, of Catholic Charities of the Diocese of Arlington; Razan Osman of Refugee and Immigrant Services Lutheran Social Services of the National Capital Area; and Alison Burke Northern

Virginia Family Service speakers. RSVP by March 7 at 703-324-5185.

THURSDAY/MARCH 10

Finding Balance When a Parent Movies In.

3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn how to balance your time and establish boundaries while caring for your children and your aging parents. Free. RSVP to 703-204-4664. InsightMCC.org.

TUESDAY/MARCH 15

Saturday Night in the Suburbs.

7 p.m. W.T. Woodson High School, 9525 Main St., Fairfax. The program features a panel of high school seniors who talk openly about alcohol and drug use, teen parties, social media, parent supervision and enabling, and communication with parents. Middle school and high school parents are encouraged to attend. www.unifiedpreventioncoalition.org. www.facebook.com/unifiedpreventioncoalition.

CALENDAR

FROM PAGE 10

TUESDAY-SUNDAY/MARCH 15-20

Used Book Sale. 7:30 a.m.-6 p.m. On Sunday, book sale is open from 2-5 p.m. Geshner Jewish Day School, 4800 Mattie Moore Court, Fairfax. Gently read books for sale from \$0.50 to \$3. 703-978-9789.

THURSDAY/MARCH 17

Lunch N'Life. Noon-2 p.m. Jubilee Christian Church, 4650 Shirley Gate Road, Fairfax. The guest speaker will be Fairfax County Supervisor, Mr. John Cook (R-Braddock). Reserve by March 11 by calling 703-620-0161. 410. If you need a ride to the event, call 703-323-4788.

FRIDAY-SATURDAY/MARCH 18-19

2016 Mason Gala Dance. 8 p.m. George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. Event supporting scholarships for School of Dance students. Special guest Robert Battle artistic director of Alvin Ailey American Dance Theater. \$15, \$25. cfa.gmu.edu. 888-945-2468.

SATURDAY/MARCH 19

Music at the Box Office. 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. City of Fairfax band welcomes the coming of

spring with an evocative selection of classic compositions for the silver screen. The program features music of famous 20th-century Hollywood composers. \$10, \$16. www.fairfaxband.org.

The Peace that Almost Was. 2 p.m. The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Author Mark Tooley, president of the Institute on Religion and Democracy, will tell the story of the 1861 Washington Peace Conference, a bipartisan, last-ditch effort to prevent the Civil War. 703-591-0560.

SATURDAY/MARCH 20

NOVA Pro Wrestling. 5-7:30 p.m. Annandale Sports Center, 6728 Industrial Road, Springfield. "Last Exit to Springfield," with Sonja Dutt, Logan Easton Laroux, Arik Royal, et al. \$20-\$25. novaprowrestling.tumblr.com. novaprotickets@gmail.com.

MONDAY/MARCH 21

Art Therapy Day at NVTRP.

9 a.m.-noon. NVTRP, 6429 Clifton Road, Clifton. A morning of therapeutic art activities designed to encourage self-confidence, socialization, and creative expression! Multi-media activities may include painting, movement, music, group art, drawing, creative play, and more. Ages 5-12. \$100. Sign up at office@nvtrp.org.



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