

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Marilyn Bidgood accepted a Congressional Record honoring her late husband, Colonel Fred Bidgood, from U.S. Rep. Barbara Comstock (R-10) at Huntsman Square Starbucks in Springfield.



Honoring Col. Bidgood

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More Mindful, Less Lethal

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Girl Scout Shows Other
Teens How to Fix Stress

NEWS, PAGE 10



Award-winner Sun Design Remodeling created a kitchen solution for a Clifton home that eliminated a bearing wall between the kitchen and the family room. The makeover was named the Washington-area's "Best kitchen for over \$150K" (Merit) in the recently concluded Contractor of the Year (COTY) awards. The kitchen will be open to the public April 9, noon-4 p.m.



The island is positioned for easy service to the new breakfast table, but also works as a dining counter. The base itself is equipped with an antique copper farm sink, a microwave and a dishwasher.

Region's Best Kitchen Design Over \$150k

PHOTOS BY GREG HADLEY

Tops-in-category "COTY" winner opens for tour April 9.

BY JOHN BYRD

An expansive Clifton kitchen recently named the Washington area's "Best for over \$150,000" will be opened to the public Saturday April 9 from 12-4 p.m.

The makeover won a "Contractor of the Year" (COTY) merit award for Sun Design Remodeling. The COTY award, which judges metro-area home improvements by category and budget range, is conferred annually by the National Association of the Remodeling Industry's (NARI) metro D.C. chapter.

The winning kitchen solution is in the Clifton home of Tom and Mary Healy, 7521 Cannon Fort Drive.

The honor is particularly gratifying for Craig Durosco, Sun Design's founder and chairman: "This is a very competitive category. Kitchens are the most frequently renovated part of the house, and a real frontier for remodelers these days."

Durosco notes that there's an ongoing homeowner preference for open floor plans, uncluttered sight lines and interactive spaces, "yet a kitchen still must function as a place where meals are prepared and dirty dishes can accumulate."

"For those of us who are concerned with the aesthetics of the big picture, the burden is on us to design-in masterful efficiencies: work triangles, invisible routes for wiring and plumbing, custom storage that brings everything to your fingertips. In the end, it's all about perpetuating a beautiful illusion in an everyday working environment. Walls and surfaces must give the eye something to enjoy — so that there's a peaceful, festive atmosphere in all directions."

Visitors in search of remodeling ideas will

also find a trip to the Healy home enlightening.

"This is really an exceptional transformation," says Roger Lataille, the design consultant who guided the 4,700-square-foot residence from a vague set of options to a crisply defined interior plan now on display.

"Our revisions and renovations really shows what you can do with an open floor plan in a larger home surrounded by beautiful views."

Looking back, the 22-foot-by-20-foot kitchen that homeowner Tom Healy had a hand in designing in 1997 certainly had its charms. Surrounded by a course of divided light windows on two sides, the breakfast room offered a glimpse of backyard landscaping. Morning light was usually available, if not as abundantly so. The pine-facing cabinets, while dark, exuded a kind of rustic American ambiance.

On the other hand, the cooktop island and dining counter didn't work well. There was a range oven on one side; stools and place settings on two opposite corners. With the children now away at school, this was layout that could be improved upon.

Ditto the L-shaped counter configuration separating the kitchen from the large family room. The family room was a "step down" — a sunken affair set off by an interior colonnade and a coffered ceiling. But sequestering the space only closed it off visually from the kitchen, a plan which no longer held much allure to the Heals as they looked ahead.

"What really made sense was stronger unity between a redesigned gourmet kitchen and the family room," Lataille said. "To do this, [we] needed to raise the family room floor eight inches to level with the kitchen, and delete an interior kitchen elevation, which was also a bearing wall."

To hold up the home's second floor, Sun Design employed an I-beam bolstered by three vertical supports which would be wrapped in wooden facings that match the existing colonnade. Installing a subfloor, in turn, raises the family room floor to level with the kitchen. With existing kitchen tile



The family room's former sunken floor was raised 8 inches to be level with the kitchen. Hickory flooring built on a subfloor now visually unifies the 800-square-foot space great room. The running windows frame a panoramic view of the pool and well-landscaped surroundings.

removed, both rooms have been re-floored in fine hickory stained to suit the Healy's aesthetic preferences.

To augment natural light availability, the original slider was replaced with a divided light door bordered by sidelights and transom. "The light effects are pretty impressive throughout," Lataille said.

In all, the nearly 800-square-foot expanse from kitchen to family room opens up vigorous sight lines in all directions. From the cook's station behind the new granite-surfaced food preparation island one gazes forward into the living room with its blazing hearth, or outside to the lushly landscaped surroundings.

To better rationalize nearby amenities, Sun Design enlarged and reorganized the pantry, re-tiled the mudroom, powder room and laundry, and upgraded powder room fixtures and cabinet facings.

Better yet, the interior finish work scheme by Sun Design's Katie Coram is a study in soft textural contrasts. The corner gas-pow-

ered fireplace in the former breakfast zone is now set off by a stacked stone hearth; smaller format stones of the same type were used to build the backsplash behind the range oven.

The African granite food prep island surface, a rare strain known as Namibia, was cut to emphasize the natural veins that run through the middle of a slab. The slab was selected to complement the custom-designed base. The base itself is equipped with an antique copper farm sink, a microwave and a dishwasher.

The island parallels the gas-powered cooktop and convenient roll-out spice racks, warming drawers and wine cooler. The gracefully arching slope extending past the base is perfectly situated for service to a new breakfast table aligned for a direct view to pool and gardens.

John Byrd (byrdmatx@gmail.com, www.homefrontsnews.com) has been writing about home improvement topics for 30 years.

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More Mindful, Less Lethal

New decision-making training meant to alter how police officers approach use of force.

BY TIM PETERSON
THE CONNECTION

Making decisions can be instinctual, from the gut. It can also be practical and informed, coming to the best judgement considering all variables. For police officers responding to calls where there might be a threat of violence to civilians and or themselves, their decision whether to use force and which type to neutralize the situation quickly must be a hybrid.

In Fairfax County, Police Chief Edwin C. Roessler, Jr. has begun implementing a policy change in use of force decision-making that mandates officers “use time as leverage” and attempt to slow their reaction to a situation in order to engage a supervisor and better consider the subjects with whom they’re dealing.

A recent example Roessler gave is the March 2 barricade incident where 19-year-old Sayed Robbie Javid of Alexandria came out of his home carrying what police said appeared to be pistol but was later found to be a starter revolver. After he initially refused commands to surrender, officers used “less-lethal force” including firing a 40mm rubber bullet and bean bag shotgun, as well as the K9 unit to apprehend him.

“Deployment of deadly force would’ve been legal three times in my opinion,” Roessler said at a media event held at the Fairfax County Criminal Justice Academy in Chantilly on March 29. But in this case, Roessler said officers successfully followed the new policy by calling in a supervisor, taking a deep breath, assessing the scene and slowing it down.

“Preserving the sanctity of human life” is the end goal, he said, which the officers accomplished.

ROESSLER said this “re-engineered” concept for critical use of force decision-making has been in development since he took charge of the department in July 2013. He sought input from the Washington, D.C.-based policy organization Police Executive Research Forum, visited Police Scotland and worked with the vendor Polis Solutions to craft a plan for the Fairfax County force.

In June, 2015, PERF executive director Chuck Wexler presented the organization’s 71 recommendations at a meeting of the Fairfax County Ad Hoc Police Practices Review Commission, including changing critical decision-making policy. Many of PERF’s suggestions were folded into the 142 recommendations the commission would eventually make to the Board of Supervisors. Those were broken down into categories including use of force, communications and mental health.

“This is a department that wanted to get better,” Wexler said at the March 29 meeting. “They embraced the ideas, which are not risk-free.”

One reporter asked whether the new model that calls for more factors to be con-



Officers confront a virtual scenario where a woman becomes involved in a bar-beating.

PHOTOS BY TIM PETERSON/THE CONNECTION



Board of Supervisors Chairman Sharon Bulova

“I was very impressed at the speed at which we’ve been able to implement a culture change.”

—Board of Supervisors Chairman Sharon Bulova

sidered before taking forceful action, as well as bringing in a supervising officer, creates a safety concern for officers who otherwise might have been more decisive in less time.

“That’s not the reality here,” Roessler answered, saying that officers were involved in customizing the training program and that care was taken to ensure the new policy wouldn’t be unsafe.

Lieutenant Matt Owens of the Sully Dis-



Supervisor and Public Safety Committee Chair John Cook (R-Braddock).

trict station said he and other officers have been coming into the new training with open minds and “don’t feel less safe at all.”

Board of Supervisors Chairman Sharon Bulova applauded the “drastic and impressive” development in mindset and thought process of how officers respond to critical situations. “I was very impressed at the speed at which we’ve been able to implement a culture change,” she said.

Supervisor and Public Safety Committee Chair John Cook (R-Braddock) said that while the training is making the role of the police officer more complicated — asking them to be social workers and sociologists, among others — he’s excited for the county to be on the “cutting edge” of 21st-century policing.

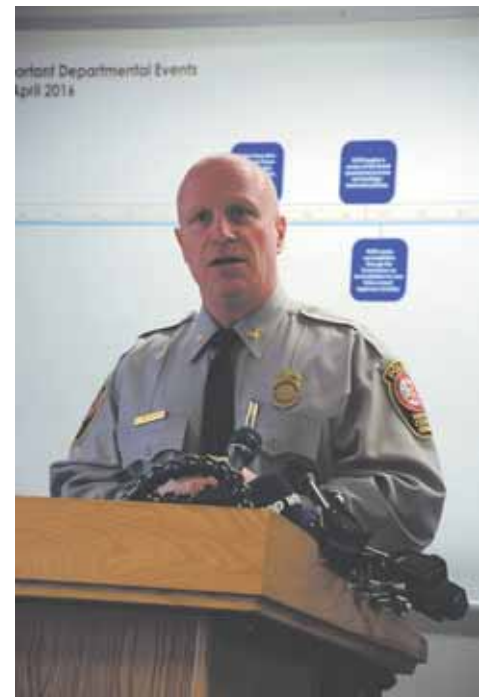
“In Fairfax County,” he said, “we strive to be the best.”

Media observed two training modules for officers that were supposed to reflect the policy change. One was a room with a projection on the wall showing a potential scene officers might encounter in the field, such as a suspicious man walking around a suburban neighborhood or a bar fight.

THE OFFICERS were able to essentially interact with pre-recorded video clips to work through each scenario and decide whether or which type of force would be necessary, be it pepper spray, baton, taser or firearm. Practicing communication, before using force, with subjects in context was a key part of the exercise.

Afterward an instructor would review the crucial factors that led to the use of force decision, asking the officers to justify their actions.

Lieutenant Owens called the virtual training “invaluable” for helping keep officers’



Chief of Police Edwin C. Roessler, Jr.

verbal compliance skills sharp. “It’s as close to real life as it gets.”

The second module involved officers entering the home of a man who was potentially an “emotionally disturbed person.” In the scenario, the man’s sister had called police reporting that her brother was suicidal. Upon entering the home, officers saw that the man was sitting on a couch with a large knife close by on an end table.

Officers then practiced moving the knife away and talking the man through his options for evaluation and treatment at the Merrifield health center (or Fairfax-Falls Church Community Services Board).

Instructor Master Police Officer Peter Davila said the exercise was an extension of Crisis Intervention Team training. The goal, he said, is to “mitigate any potential for force, focus on communication, de-escalation and talk to the individual as a human being.”

NEWS

Eating Smart

Profile: Jean Janssen, force behind area's Smart Markets.

BY ALEXANDRA GREELEY
THE CONNECTION

Food shoppers should take their collective hats off to Jean Janssen. She is the motivating spirit behind the area's Smart Markets, a collection of farmers' markets that showcase locally grown and raised produce and meats, plus a few temptations, such as hand-made sausages, popcorn, and baked goods (as in divine French pastries).

But once you know that Janssen has been in the food world since childhood, you can understand why these privately run markets are such a smashing success. A native Virginian, Janssen grew up in a family that purchased most of its goods from local farmers or from her grandfather's large garden plot. Also her parents were great cooks, a basic food influence for a youngster.

As an adult, Janssen worked as a caterer in the metro area for 20 years, during which time she often purchased goods from the now-defunct farmers' market in Vienna's Nottoway Park. "When I decided to retire from catering," said Janssen, "the Nottoway market was needing a new market manager. It was a volunteer position, but it sounded like it would keep me involved in the food world." Not only did she take that position, she was later asked to open a new market for Fairfax County on Braddock Road at Wakefield Park, and she ended up managing both markets.

In 2008, however, Janssen decided that the local producers needed better showcasing to improve sales, and that hosting local farmers' markets could be a great community resource. So with the support and encouragement of vendors, she decided to open Smart Markets. "The first market was down street from our present Oakton market," she said, "and I was led there by Nottoway Park shopper who encouraged me to talk to someone at her church. After that, others have come to me and asked me to do a market."

As in any enterprise, there are ups and downs, and as Janssen has found not every location is a good fit, and in one instance, an office property was sold out from under them. "I must deal with that," she said, "because we are on the bottom of the totem pole," since a market sets up usually only once a week. But when an agency or community residents see that a Smart Market helps them, a business may step in and offer space.

Because she does not pay to advertise, word-of-mouth attracts vendors, who then approach Janssen about setting up their stall at one of her locations. Once they start and sell successfully, she urges them to attend more than one market to enhance visibility and sales. "Our vendors do well compared with others," she said, "and we work



PHOTO CONTRIBUTED

Arno's Pastries at the Chantilly Smart Markets.

Jean Janssen's Fettuccine with Mixed Vegetables

Serves 4 to 6 as a main course

This is my very favorite pasta sauce and it can easily be converted to a vegetarian dish with a few substitutions and/or omissions. You can vary the quantity of the individual vegetables as I have done here while adapting from a recipe in the September 1974 Gourmet. You can also adapt it to a winter recipe with good results using canned tomatoes. It's still a great vegetable medley to serve over pasta.

In a large sauté pan, cook two slices of bacon till nearly done but not crisp. Remove bacon, drain, and add 1/4 cup good olive oil to the pan. Add one small onion, two small carrots, two garlic cloves, two radishes, all finely minced, and 1 to 2 tablespoons finely chopped fresh basil. Simmer, covered, for 12 to 15 minutes. Add three cups thinly shredded cabbage, 1/2 pound each of diced zucchini and tomatoes, 2 small green peppers, seeded and diced, and 1/2 cup chicken or vegetable stock. Season with one teaspoon each of salt and pepper. Simmer for another 10 to 15 minutes.

Meanwhile, cook one pound of fresh spinach noodles or packaged fettuccine in a large pot of boiling water with 2 tablespoons salt till done. Drain the noodles and toss them with up to 6 tablespoons butter, 1/2 cup each of Parmesan cheese and the chopped bacon. You may also add some finely chopped prosciutto at this point. Add the vegetable mixture and serve with additional grated Parmesan.

Smart Markets Locations

WEDNESDAY

Reston Station

1900 Reston Station Blvd.
Reston, VA 20190
3 to 7 p.m.
Open April 2016

THURSDAY

Chantilly

St. Veronica Catholic Church
3460 Centreville Road
Chantilly, VA 22051
3:30-6:30 p.m.
Open Spring 2016

THURSDAY

Huntington

New Location to be Determined
Alexandria, VA 22003
3-7 pm
Open Spring 2016

SATURDAY

Oakton

2854 Hunter Mill Road
Oakton, VA 22124
10 a.m.-2 p.m.
Open Year-Round

SATURDAY

Springfield

Springfield Town Center
6699 Spring Mall Drive
Springfield, VA 22150
10 a.m.-2 p.m.
Open Spring 2016

SUNDAY

Bristow

Piney Branch Elementary School
8301 Linton Hall Road
Bristow, VA 20136
Winter Hours - 10:30 a.m. - 1:30 p.m.
Open Year-Round

SUNDAY

Tysons

8400 Westpark Drive
McLean, VA 22012
(NADA Building)
10 a.m.-2 p.m.
Open Spring 2016

with them to help them succeed." Janssen notes that her rules are strict, too, and insists that vendors must arrive early to set up, and must be the owners of the farm or other business to interact with customers.

And, not surprisingly, Janssen has found that fresh, seasonal fruits and vegetables are the biggest sellers. She has also concluded that farmers reap bigger profits from farmers' markets sales than from selling their goods to wholesale merchants. "Small farmers, to exist," she said, "must sell directly to consumers."

Note: For the list of Smart Markets locations, visit the website: <http://smartmarkets.org>.

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WEEK IN SPRINGFIELD

Homicide at Celtic Drive in Alexandria

William G. Martinez-Palma, 29, of Alexandria died after sustaining what Fairfax County Police said appeared to be a stabbing wound to his leg.

Officers responded to the 5100 block of Celtic Drive in Alexandria after receiving a call around 8 p.m. on March 25 from a citizen reporting an unresponsive man lying on the ground. Police identified the man as Martinez-Palma and said he lived on that block.

Martinez-Palma was first taken to Inova Springfield Healthplex, then Inova Fairfax Hospital. He died late that night, police said.

—TIM PETERSON

CAREGIVING

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, April 12, 7-8 p.m.** Learn techniques for effective communication and holding family meetings that will help keep communication open and more productive. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Caregiver Support. Call **703-324-5484**, TTY 711.

Fairfax County and partners are sponsoring the **Living Well, Aging Well Summit** on **Saturday, April 16, 9 a.m.-3 p.m.** at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This free event explores multiple ways to age well and features a transportation/mobility expo, technology fair, volunteer opportunities, a CarFit program, health screenings, presentations and more. Register at www.livingwellfairfax.org or call **703-324-7647**, TTY 711. Call 703-324-5219, TTY 711 for ADA requests.

Meet dozens of job recruiters at the **50+ Employment Expo** on **Monday, April 18, 10 a.m.-2 p.m.** Attend seminars on changing careers, online job searching, continuing education, starting your own business, job training, and job interviewing. Chief Meteorologist Doug Hill from ABC 7/WJLA-TV News is the keynote speaker. This free event is sponsored by Fairfax County, Jewish Council for the Aging of Greater Washington, D.C. and partners. It takes place at Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. Find out more at www.accessjca.org/50plusjobexpos or call Micki Gordon at **301-255-4209**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, April 20 at noon** at the Burke Regional Library, 5935 Freds Oak Road, Burke. A public comment period begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Fairfax County is offering the following **Free Seminars for Family Caregivers of Older Adults**:

Making Life Easier: Gadgets,
WWW.CONNECTIONNEWSPAPERS.COM

Foster Walk at Lake Accotink Park

Virginia Chapter of the Foster Care Alumni of America will hold their Annual Foster Walk on **Saturday, May 14 from 10 a.m.-2 p.m.** at Lake Accotink Park in Springfield.

This walk helps to bring awareness to the community about Foster Care and raise money in assisting former foster care youth.

The event will be at the McLaren-Sargent Shelter at 5660 Hemming Ave., Springfield. Lunch will be provided and the walk is free to the public.

For more information, visit <https://www.crowdrise.com/NOVAFOSTERWALK>.

Gizmos and Home Modifications, Tuesday, April 5, 7-8:30 p.m. Learn about technology, home modifications, and inexpensive devices that can help you or your loved one maintain independence at home. George Mason Regional Library, 7001 Little River Turnpike, Annandale. Find out more at www.fairfaxcounty.gov/olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

AWARD-WINNING MAIN-LEVEL REMODELED HOME TOUR

Saturday, April 9th, 12pm-4pm

7521 Cannon Fort Drive, Clifton, VA







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Visit www.restorenova.org for a list of items we accept and to schedule a free donation pick up!

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Saturday, April 2
10am – 6pm
Sunday, April 3
11am – 4m




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CHILDREN 12 & UNDER FREE

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Money to Treat Addiction, Mental Health Issues

Poor people without health insurance in Virginia are being unnecessarily tortured, in some cases to death, by a General Assembly that refuses to expand Medicaid. They deny healthcare to as many as 400,000 Virginians despite the fact that for the first three years, there would be no additional cost to the Commonwealth, and after that Feds would pay at least 90 percent of the cost.

A new report released on Monday by the U.S. Department of Health and Human Services points to an area beyond preventative medicine and primary care. According to the report, in Virginia, 102,000 uninsured people with a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act. The report estimates that more than a third of low income people in Virginia without health insurance have "behavioral health" needs.

As Virginia and the rest of the nation wrestles with huge growth in heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when

it is most needed. People die as a result. In Northern Virginia, heroin-related deaths increased 164 percent between 2011 and 2013. In Fairfax County, in just one year – from 2013 to 2014 – the number of deaths from heroin overdose doubled. Virginia is one of 14 states identified in a recent Centers for Disease Control reports with significant increases in overdose deaths in the last few years. Nationally, heroin overdose death rates increased by 26 percent from 2013 to 2014 and have more than tripled since 2010, according to the CDC. A mind boggling statistic: In 2014, there were approximately one-and-a-half times more drug overdose deaths in the United States than deaths from motor vehicle crashes.

EDITORIAL

Turning away resources to treat this eviscerating epidemic ensures that some people who need treatment but cannot access it will die. Turning away this money makes no more sense than sending back federal funding for building rail to Dulles.

Depression and other mental health disorders result in significant economic cost as well. This week's HHS report estimates that if Virginia expanded Medicaid, 16,000 fewer individuals would experience symptoms of depression, which would make them far more likely

to be able to work.

Under the Affordable Care Act, states have the opportunity to expand Medicaid coverage to individuals with family incomes at or below 138 percent of the federal poverty level.

Get involved, Budget

Next week, Fairfax County residents will have three opportunities to weigh in on what has so far been a fairly contentious budget season.

Sign up to attend a public hearing at the Fairfax County Government Center on the proposed FY 2017 Budget:

- ❖ April 5, beginning at 4 p.m.
- ❖ April 6, beginning at 1 p.m.
- ❖ April 7, beginning at 1 p.m.

Email your feedback and comments to dmbinfo@fairfaxcounty.gov through mid-April, be sure to copy the Connection to have your comments be considered as a letter to the editor, editors@connectionnewspapers.com,

More information on the budget, and a link to sign up to speak can be found at

<http://www.fairfaxcounty.gov/news2/many-ways-to-provide-your-input-on-the-fy-2017-budget/>.

Progress on Ad Hoc Commission Recommendations

Thoughtfulness and deliberation should not be construed as resistance or foot dragging.

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY BOARD OF
SUPERVISORS

Fairfax County is fortunate to be the safest jurisdiction of its size in the country. This is the result of many factors including a superior public safety system. Our first responders – police, fire and EMS – enter harm's way every day in order to keep this county safe. For that, we as public officials owe them gratitude and respect.

Fairfax County is committed to finding ways to enhance and improve how we serve our community, especially when it comes to building public trust between our residents and our public safety family. I created the Ad Hoc Police Practices Review Commission just over a year ago in order to enhance the public trust. The commission met for seven months and adopted a slate of recommendations in mid-October. A tremendous amount of progress has already taken place to implement many of these recommendations.

As was covered by this paper (www.ConnectionNewspapers.com) all sworn patrol officers have completed the classroom portion of the training for a new critical decision-making process for the Fairfax County Police Department, and the scenario-based practical portion is underway. It emphasizes de-escalation and sanctity of all human life,

two key underlying aspects of the Ad Hoc Commission's recommendations. The training includes seven core principles: be balanced; be real; control yourself to control others; be smooth; be empathetic; create lasting positive effects; never humiliate. Chief Roessler has made annual training in this process a priority.



The Police Executive Research Forum (PERF) has asked FCPD to help design a national syllabus based on the FCPD's efforts.

The Chief of Police has reorganized the Police Department's Public Information Office which is now called the Public Affairs Bureau (PAB). The PAB will increase transparency through more robust communications to the community, and the department is in the process of hiring a civilian director of the PAB.

A tremendous amount of progress has been made (and shared with the public) on implementing recommendations related to mental health. For more information on the establishment of Diversion First, including the establishment of the Merrifield Crisis Response Center you can go to <http://www.fairfaxcounty.gov/diversionfirst/>. The ongoing implementation of Diversion First covers numerous Ad Hoc Commission recommendations. Fairfax County's Advertised Budget for FY2017 includes \$7.5 million for the mental health diversion program Diversion First and for a number of recommendations made by PERF and the commission.

During the months ahead our board will continue work toward the implementation of additional commission recommendations, specifically, the establishment of an Office of Independent Police Auditor, as well as an Independent Civilian Review Board. Anyone interested in following the board's progress is welcome to attend our Public Safety Committee meetings.

This is a committee of the whole — all Board of Supervisors are the members. Meetings are held at the Government Center in Rooms 9/10 and are open to the public. The next meeting will be held on May 10 and will focus on the use of force and communications recommendations. Representatives from PERF will be present. The PERF Use of Force report can be found on the county website (<http://www.fairfaxcounty.gov/policecommission/materials/fairfax-county-police-dept-final-report-june19.pdf>). The PERF report on communications will be completed and distributed by mid-April, prior to the Public Safety Committee meeting. The next meeting of the Public Safety Committee meeting will be on July 19 at 1 p.m. and will focus on the civilian oversight recommendations.

I am proud of the work that has been done since the Ad Hoc Commission delivered its report to the Board of Supervisors in October. Important culture changes are being made that require a thoughtful and deliberate approach; thoughtfulness and deliberation should not be construed as resistance or foot dragging. Our board and our Police Department are fully committed to changes and enhancements that I believe will result in Fairfax County becoming a model for enlightened and effective community policing.

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NEWS

Honoring Col. Bidgood

Comstock comes to Huntsman Square Starbucks in Springfield to present honor to veteran's widow.

BY REEM NADEEM
THE CONNECTION

Remembered for his wit, sense of humor and service to country, the late Colonel Fred Bidgood's family accepted a Congressional Record from U.S Rep Barbara Comstock (R-10) on Mar. 24.

Comstock presented the recognition to Bidgood's wife, Marilyn Bidgood, at a Starbucks in Springfield. Comstock also participated in a behind-the-bar-event, where she served coffee and chatted with constituents.

"...A neighbor in the community who recently was widowed, her husband was a decorated veteran, so we had submitted a statement honoring him in a Congressional Record. We thought we'd take this opportunity, while we were in the community, so all of the neighbors could come together and make it easy for them to be here," Comstock said.

Though he died in 2015, friends and family attended the event to honor Bidgood. The Bidgoods were married for 55 years.

"Oftentimes we recognize service members after they're not with us anymore so I think it continues to keep [Bidgood's] memory alive and continues to acknowledge the hard work that our service members do, even if they're not here with us," District



Friends, family and supporters gathered around Marilyn Bidgood and Congresswoman Comstock, after Bidgood accepted the Congressional Record.



PHOTOS BY REEM NADEEM/THE CONNECTION

District Manager Amy Pappas and U.S. Rep. Barbara Comstock (R-10) were guided through a coffee taste test by a barista at Huntsman Square Starbucks in Springfield.

Manager Amy Pappas said. In addition to allowing community residents to interact with Comstock, the event supported Starbucks' national effort to support military families and veterans.

"The goal is to help bring the Congresswoman closer to constituents in the area, as well as really to help promote and support Starbucks' veteran and military spouse hiring initiative. Starbucks is committed hiring veterans and military spouses, as well as really supporting the military community anyway we can, so we're glad to have her," Pappas, who is also a military spouse, said.

To many who helped host the event, this national effort is personal because stepping out of military uniform can be a difficult adjustment. Herrick Ross, military talent recruiter for Starbucks, served in the Marine Corps for 22

years.

"So for a veteran that's transitioning like me, I was looking for a company which has proven their loyalty, a company that definitely wants to do something good and not just be about profit," Ross said. "So that spoke to me, that helped ease my worry a little bit, and they gave me this opportunity to help reach back and help my brethren service members transition well as well, so that definitely helped me grow more in comfort and confidence."

The event not only gave Comstock an opportunity to speak with constituents and support military families, but also reminded her of her first job.

"My first job was at a movie theatre doing popcorn and soda, so this was a little harder," Comstock said after learning how to make Cafe Mocha.

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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 31

LUNAFEST 2016. 5:30 for VIP. 7:30 p.m. Angelika Film Center, 2911 District Ave., Fairfax. \$25/\$35/\$55. Celebrates and inspires women through the art of film and community fundraising. This national film festival features short films by, for and about women. Proceeds go to Girls on the Run of NOVA and Breast Cancer Fund. lunafest.org.

FRIDAY/APRIL 1

Annual Funfair. 6-9 p.m. Cardinal Forest Elementary School, 8600 Forrester Blvd., Springfield. Family friendly event that combines food, a raffle, carnival type games as well as moon bounces, a rock wall and an obstacle course to create an exciting, fun-filled evening. Tickets for sale at the door to purchase food, play games and enter the raffle. More information at https://sites.google.com/site/cardinalforestpta/home/Funfair

FRIDAY-SATURDAY/APRIL 1-2

Children's Consignment Sale. Friday, 9 a.m.-8 p.m. Saturday, 9 a.m.-noon. Cameron United Methodist Church, 3130 Franconia Road, Alexandria. Make some extra cash by selling your children's equipment/toys, and maternity wear while helping other parents outfit their growing children. Sellers receive 60% of the sales price (seller determined) and the UMW receives 40% to support local and national charities. Donations also welcome. For shopping or selling information, call 703-3299-9327. CUMC.UMW.CCS@gmail.com.

SATURDAY/APRIL 2

Local Civil War Sites in Fairfax Station, Clifton and Centreville. 8:30 a.m.-3 p.m. Departs from Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local Civil War Historian, John McAnaw, will lead the tour. Good walking shoes advised. Brown bag lunch or eat at a nearby Centreville restaurant. events@fairfax-station.org. 703-425-9225.

Spring Forward. 9:30 a.m.-3 p.m. Providence Community Center, 3001 Vaden Drive, Fairfax. Celebrate foster and adopted families with face painting, balloon making, and more for the whole family. Free/\$5. formedfamiliesforward.org. 703-539-2904.

SUNDAY/APRIL 3

Hands On Activities Day. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A variety of education activities including train modeling and history will be featured. Local experts may be available to demonstrate techniques with track layouts, scenery design, building and painting. Other activities might focus on artifact restoration and preservation. Materials are included in the admission. Free-\$4. www.fairfax-station.org. 703-425-9225.

"The World Unseen" by Greg Skrtic, 2014, acrylic on canvas, 66 x 38 inches, will be on display at Epicure Cafe in Fairfax from Feb. 19 to April 9.



PHOTO CONTRIBUTED

residents to see the treasured Asian elephants before they are moved to their permanent home at the Ringling Bros. Center for Elephant Conservation in Florida. ticketmaster.com. Ringling.com.

THURSDAY/APRIL 7-SUNDAY/APRIL 17

Northern Virginia Jewish Film Festival. Angelika Film Center and Cafe at Mosaic, 2911 District Ave., Fairfax. Festival will screen 14 contemporary Jewish-themed and/or Israeli-made feature films that explore identity and place in the world. \$10-\$70. For schedule and showtimes, go to jccnvarts.org.

FRIDAY/APRIL 8

Fairfax Volunteer Awards. 8 a.m. The Waterford, 6715 Commerce St., Springfield. Join Volunteer Fairfax, Chairman Sharon Bulova and the Fairfax County Board of Supervisors, and other community leaders to celebrate the work of volunteers. Purchase tickets by April 4. \$50. www.volunteerfairfax.org.

SATURDAY/APRIL 9

City of Fairfax Yardsale. 8 a.m.-1 p.m. Green Acres, 4401 Sideburn Road, Fairfax. Proceeds benefit the 2016 City of Fairfax Independence Day Celebration. Donated items may be dropped off at Green Acres on Friday, April 8 between 5-8 p.m. Do not price items. No adult clothing or books. Free. 703-485-7858.

Opening Reception. 6-9 p.m. W-9, Workhouse Arts Center, 9601 Ox Road, Lorton. Artist Kathy Strauss will be present for her exhibit "Reflections of the Spirit." workhousearts.org. **Infant Toddler Family Daycare Dinner.** 5-7 p.m. Sydenstricker United Methodist, 8508 Hooes Road, Springfield. ITFDC hosts the 2016 International Dinner. For more information, call 703-352-3449.

SUNDAY/APRIL 10

T-TRAK Scale Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Free/\$2/\$4. fairfax-station.org. 703-425-9225.

Shamanism - An Introduction. 2-4 p.m. Unity Spiritual Center, 8136 Old Keene Mill Road, Springfield. Three-part series exploring the fundamental aspects of Shamanism. \$20/\$55. 410-723-0904.

Pohick Church EYC Coffeehouse Event. 6-8 p.m. Pohick Church, 9301 Richmond Highway, Lorton. Episcopal Youth Community (EYC) will present an evening of entertainment, snacks, coffee and hot chocolate. Free but donations accepted. 703-339-6572.

"Private John S. Mosby, First Cavalry." 2 p.m. The Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Historian and author Gregory P. Wilson will lead a discussion of his biography of the Confederate leader, who as a private in 1861, spent his time picketing in Fairfax County. Free. 703-385-8414.

THURSDAY/APRIL 14

Luncheon. 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Springfield Christian Women's Connection will discuss INOVA's Future. \$20. Reserve by April 11. SpringWmConn@yahoo.com. 703-922-6438.

BULLETIN BOARD

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

SATURDAY/APRIL 2

Breathe Out. 10 a.m.-2 p.m. Fairfax United Methodist Church, 10300 Stratford Ave., Fairfax. Breathe Out has been developed to address teen stress. Registration required. breatheoutnow.wix.com/goldaward.

Donation Drop-Off. Noon-3 p.m. The Historic Sydenstricker Schoolhouse, 8511 Hooes Road, Springfield. Community drop-off for household items, clothing, etc. to be sold at upcoming yard sale. Donations tax-deductible. sydenstrickerschoolhouse.org.

Town Hall Meeting on Climate. 1 p.m. Unity Church of Fairfax, 2854 Hunter Mill Road, Oakton. By Faith Alliance for Climate Solutions and Interfaith Power and Light. Titled "Working Faithfully with Our Leader on Climate Solutions." For registration information go to gwipl.org or faithforclimate.org.

SUNDAY/APRIL 3

Richmond Wrap-Up. 2-4 p.m. Virginia International Conference Room, 4401 Village Drive, Fairfax. Learn what your area legislator did during the Virginia General Assembly. Hear from state legislators. Bring your questions. Join the discussion. For more information go to s-a-t-t.org/ or call 703-591-7042 ext. 352.

Plant NoVA Natives. 2-4 p.m. NVRC Office, 3040 Williams Road, Suite 200, Fairfax. Learn about native plants and to be a Plant NoVA community leader. https://www.novaregion.org/. 703-642-0700.

MONDAY/APRIL 4

Citizen Town Hall Meeting. 7 p.m. Sangster Elementary School, 7240 Reservation Drive, Springfield. Elizabeth Schultz, School Board

Member, invites parents, students and community members to a Town Hall meeting to discuss interests, issues and concerns in the Springfield District. 571-423-1055.

WEDNESDAY/APRIL 6

The Business Case for a Best Case to Work. 6-8 p.m. 2910 District Ave. Suite 300, Fairfax. Join a panel of business leaders to hear the intentional approaches they are taking to infuse their organizations with values of inclusion, collaboration, trust, passion, accountability, inspiration and mission. \$25. nvsv.org/care-launch. 571-748-2871.

THURSDAY/APRIL 7

Jared Meyer. 7 p.m. The Hub VIP 2, George Mason University, 4400 University Drive, Fairfax. Economist talk titled "How DC is Betraying Millennials." Sponsored by College Republicans. For information contact taylor@enlightenedwomen.org.

SATURDAY/APRIL 9

"Bullying in Plain Sight." 2 p.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Discussion and signing with author Dr. Dan Chandler. 703-278-8527.

TUESDAY/APRIL 12

Library Forum. 7-8:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/library. 703-324-8319.

THURSDAY/APRIL 14

Library Forum. 7:30-9 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/library. 703-324-8319.

FAITH NOTES

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

Jubilee Christian Center of Fairfax is restarting its "Living Free" support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss and Grief." There will also be support groups meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703(-)383-1170, email livingfree@jccag.org or seewww.jccag.org.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.ftministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism.

The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit http://www.guhyasamaja.org for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carrlidge Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday 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 children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or HYPERLINK "mailto:LaurieA@jccnv.org" LaurieA@jccnv.org.



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/13/2016.....Real Estate Pullout – New Homes

4/20/2016.....A+ Camps & Schools

4/27/2016.....A+ Camps & Schools Pullout

4/27/2016.....Mother's Day Celebrations, Dining & Gifts I

4/27/2016.....Spring Outlook 2016

MAY

5/4/2016.....McLean Day Pullout

5/4/2016.....Mother's Day Dining & Gifts II

5/4/2016.....Wellbeing

Mother's Day is May 8

5/11/2016.....HomeLifeStyle

5/18/2016.....A+ Camps & Schools, Proms, Summer Planning

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5/25/2016...Summer Fun, Food, Arts & Entertainment

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THE CONNECTION
NEWSPAPERS

Girl Scout Shows Other Teens How to Fix Stress

Stress management workshop to be held Saturday, April 2, in the Fairfax United Methodist Church.

BY MARTI MOORE
THE CONNECTION

It doesn't matter what Molly McCracken's personal issues were last year. The 17-year-old Fairfax High School junior felt frustrated and sluggish. She needed to shake it off but didn't know how.

"I was overwhelmed with family issues and school work," she explained. McCracken knew there was a simple fix but didn't get the results she needed after asking teachers, friends and counselors for help.

Her mother took her in May to a Fairfax County Public Schools symposium on teen stress. However, the teen noticed more adults – teachers, counselors and parents – than her peers attended the conference filled with 82 work sessions.

McCracken was convinced her solution was as simple as reaching into a mental health toolbox to grab the right gadget to fix her problem.

She set a personal goal to empower teens between seventh and 12th grades with methods to relieve stress at a shorter program tailored to their needs. This multitasker also is using this initiative to earn her Girl Scout Gold Award.

HER STRESS MANAGEMENT WORKSHOP — held Saturday, April 2, in the Fairfax United Methodist Church at 10300 Stratford Ave. — will teach participants practical stress management skills from 10 a.m. to 2 p.m.

School counselors will define teen stress for participants and offer useful solutions for coping. Diane Tuininga is a guest speaker and school psychologist who teaches at Northern Virginia Community College. She knows high school "is a tough time for teenagers and their parents to manage."

The talk is followed by a traditional yoga session that teaches students "how to focus on their breathing to reduce stress" says Fairfax resident Anna Kim, certified yoga instructor.

Teens are offered quick and easy workshops at five activity stations that appeal to the sense of taste, touch, smell, hearing and sight. Each stress management tool takes up to 15 minutes to learn.

"The centers are kind of laid back," McCracken insists. She doesn't want her guests to worry about completing a checklist and set up the environment so individuals can spend more time at the work stations they find most interesting.

Teens can pick and choose from healthy options at a salad bar —followed by Girl



Molly McCracken holds a meeting March 16 with her adult volunteers to discuss everyone's readiness status for their stress management seminar for teens April 2 from 10 a.m. to 2 p.m. in the Fairfax United Methodist Church at 10300 Stratford Ave., where teens will learn healthy ways to cope with anxiety at "Breathe Out!"

Online Resources

Fairfax teen Molly McCracken shows her peers healthy ways to just breathe and relax at breatheoutnow.wix.com/goldaward and her Facebook page. Scroll down the list of top posts using the search words "Breathe Out!"

The Josh Anderson Foundation is dedicated to the memory of a Fairfax County teen who took his own life in 2009. This Vienna nonprofit is on a mission to stop teen suicide.

See how at www.joshandersonfoundation.org or on Facebook at The Josh Anderson Founda-

tion page.

The Fairfax-Falls Church Community Services Board offers mental health assistance to Northern Virginia residents at 703-383-8500. Visit www.fairfaxcounty.gov/csb.

Laughter Yoga International contains numerous articles about the health benefits of this exercise at www.laughteryoga.org.

Find other tips for coping with teen stress at the National Institute of Mental Health through its Child and Adolescent Mental Health division at www.nih.gov.

Scout Cookies for dessert. Then they can experience how the simple act of petting a dog can calm people down with a little help from a handler from Canine Companions for Independence. An aromatherapy specialist will demonstrate the soothing effects of scented oils extracted from plants, such as lavender.

Laughter yoga is a funny exercise designed to relieve stress. Kim will lead pupils through a series of comical role-play activities that are serious about elevating mood.

Comfortable clothing is recommended for teens willing to improve their attitude through a good belly laugh.

Tuininga feels some examples of teen stress may create a formula for a mental health crisis: divorce, death of a loved one, moving to a new home, illness, peer pressure plus school assignments compounded by parental expectations for college success.

Furthermore, technology has helped us

become more connected to the world at breakneck speed from the palm of our hands. Smartphones show us news of the latest school shooting before we get home and turn on the television. Tuininga feels instant access to information increases teen stress and adds cyber bullying is a big thing now.

"They are so connected every minute," she admits, "and so anxious."

"I feel like people are the first to know everything in social media," McCracken said. Tuininga appreciates the teen's idea to call this April 2 stress management event "Breathe Out!"

"Waiting to exhale is what we do to alleviate stress," Tuininga explains.

Mechanics is the driving force behind McCracken's idea of a mental health toolbox for her peers.

McCracken submitted a proposal last summer for approval then reached out to the community. She garnered support from



Coloring is the favorite stress management tool of Fairfax High School junior Molly McCracken. She and other volunteers will provide teens with tools on how to relax Saturday at her workshop in Fairfax United Methodist Church at 10300 Stratford Ave.

the Woman's Club of Fairfax and the Josh Anderson Foundation, a teen suicide prevention program in Vienna.

THE TEEN scouted for project funding and spent two weeks applying for a local grant. McCracken was awarded \$385.50 last fall from the Fairfax-Falls Church Community Services Board.

"There is so much to think about for a teen for just one event," said Mary Driver-Downs of Fairfax — McCracken's Gold Award advisor. Her Girl Scout assembled a crack team of nearly 10 adults assigned various tasks from web design to washing dishes.

"I think it is a good opportunity for our church to participate in meeting some of the needs of our students and teens," says FUMC lead pastor David J. Bonney.

Although he wasn't a preacher's kid himself, Bonney understands the social pressures faced by his own four children. The pastor — who earned his master of divinity degree from Duke University — claims it's demanding on children to have parents who work a lot, are gone often and have to please a lot of people.

McCracken admits learning a lot through planning this event. It has transformed her stress into her message to help other teens. Breathe Out! attendance is free and registration is required online at breatheoutnow.wix.com/goldaward.

"Walk-ins are welcome" McCracken says as long as their parents sign a waiver. "I don't want to have to turn a kid away."

County Budget Discussed

Supervisor Herrity hosts annual Budget Town Hall Meeting.

BY MARISSA BEALE
THE CONNECTION

On March 23, Springfield Supervisor Pat Herrity's annual budget town hall meeting took place at the West Springfield Government Center. At the meeting, Herrity addressed citizens' concerns and suggestions, and provided an overview of the FY 2017 advertised budget.

The top priority is Fairfax County Public Schools (FCPS), which takes up 52.2 percent of the proposed budget.

"Each year funding for schools keeps getting cut back at the state level," said County Executive Edward Long. According to the report, since FY 2009, the State has reduced its share of funding for public education by more than \$1 billion annually, and State funding on a per pupil inflation adjusted basis has decreased from \$4,275 per pupil in 2009 to \$3,655 per pupil in FY 2015. While Virginia is in the top 10 in both per capita and in median household income, it is in the bottom 10 for

public education funding at the state level.

Amy Jordan, a Springfield resident and public defender, believes that funding for schools is crucial for keeping at-risk youth safe.

"Half of my clients are all juveniles," she said. "The problem is they don't do extracurriculars. If we don't fund school programs, it causes more juvenile delinquency."

Teachers raised concerns as well, particularly about how money is being handled. Healthcare and pensions were mentioned as two areas needing reform.

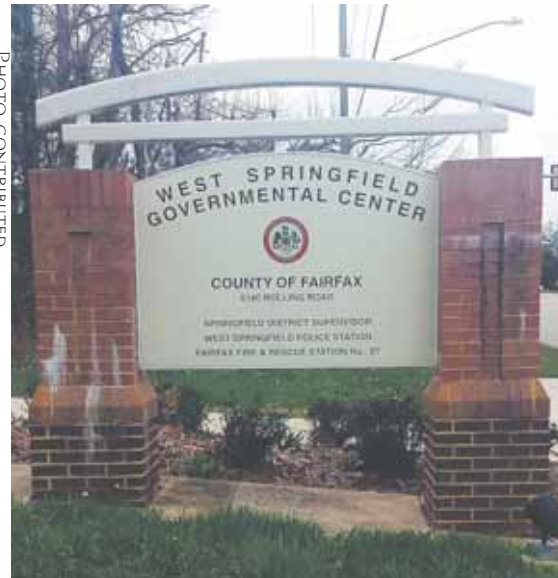
The March 17, 2016 Herrity Report stated that "In 2001, the school system (following the County's lead) added a second pension plan which now costs \$76 million per year and represents over five percent of total compensation. This significantly reduces the funding available for teacher salary increases. The second pension plan also encourages our experienced teachers to retire in their 50s and does little to attract the best and brightest of today's young millennial teachers."

But according to the Educational



Supervisor Pat Herrity.

PHOTO BY
MARISSA BEALE
THE CONNECTION



Community members had an opportunity to discuss the FY 2017 proposed budget with Supervisor Pat Herrity and County Executive Edward Long. It was an opportunity for community members to ask questions and state their concerns as well.

Employees' Supplementary Retirement System of Fairfax County (ERFC), "Neither the ERFC 2001 plan nor the VRS hybrid plan for new hires encourages retirement for teachers in their 50s." Further-

more, by 2001 the average retiree age in FCPS had increased beyond age 55, the average age of an FCPS retiree in FY 2015 was 62 with 22 years of service. A retirement system designed to facilitate early

retirement no longer served teachers well, especially those who took off to raise a family, returned to the area or pursued additional education. "It was disappointing to see the inaccuracy with retirement," said Kimberly Adams, president of the Fairfax Education Association. "It's too expensive to retire in Fairfax County. The pension issue is targeting those who are predominately female."

Long's biggest concern about the local economy is job loss due to federal cutbacks. An office vacancy rate of 17.2 percent was reported in the County. In mid-2015 that number was 16.5 percent. The local real estate market was only up by 2.1 percent in the Washington, D.C. metro area, but prices were up by 5.8 percent nationally through November 2015.

There will be public hearings on the FY 2017 Budget on April 5, 6 and 7. The entire FY 2017 advertised budget plan and the FY 2017-FY 2021 Capital Improvement Program (CIP) can also be viewed online at www.fairfaxcounty.gov/budget.

Office to Prevent and End Homelessness Build a Village Campaign

All proceeds of the Build A Village Campaign go to the non-profit partners who serve veterans and homeless in our hypothermia program. We still have about \$45,000 to raise, or nine virtual houses to build, to meet our \$100,000 goal. Donate today.

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Woodson sophomore Logan Dougherty scored six goals against Lake Braddock on Tuesday.



Woodson junior Emma Vinall navigates through the Lake Braddock defense on Tuesday night.

Woodson Girls' Lax Dominates Lake Braddock in Second Half

Sophomore Dougherty leads Cavaliers with six goals.

BY JON ROETMAN
THE CONNECTION

“**L**ackadaisical” is the term junior midfielder Emma Vinall and head coach Bill Lewis used when describing the Woodson girls’ lacrosse team’s first-half performance against Lake Braddock on Tuesday.

“Dominant” would be an accurate way to describe the Cavaliers’ second-half effort.

After taking a 5-3 lead into halftime, Woodson came out firing in the second half and blew out the Bruins 18-4 at Lake Braddock Secondary School.

Woodson sophomore attack Logan Dougherty scored all six of her goals in the second half, Vinall finished with four and the Cavaliers improved to 3-1 overall and 2-0 in Conference 7.

“I think we started out pretty rough,” said Vinall, who is committed to American University. “We came in kind of lackadaisical but I think we realized we were the better team and picked it up by the end.”

Woodson built an early 5-1 lead but failed to score for the final 11 minutes, 21 seconds of the opening half. Lake Braddock goals by senior Dwyer Neal and junior Madison Lear cut the Cavalier lead to two entering halftime.

The second half was a different story, however, as Woodson scored 11 straight goals before Lake

Braddock junior Bailey Edwards found the back of the net with 3:15 remaining, breaking a Bruins scoreless streak of roughly 29 minutes.

“I felt like we decided that we needed to start actually playing and not underestimate our opponents,” Dougherty said. “Once we started scoring it just kept going. They couldn’t really catch up after.”

Dougherty had a huge second half, scoring six goals, including three in the first six minutes.

“The engine that could,” is how Lewis described Dougherty. “[She] keeps on doing all the little things — working hard, wanting to get better, always wanting to improve. Practice is over and she’s out there working on free position shots to make sure it’s better.”

Vinall scored twice in each half. Her fourth goal came from free position with 14:44 remaining and gave the Cavaliers a 12-3 advantage.

Vinall is a “great leader,” Lewis said. “We follow her lead. She [was] dominant on draws again.”

Sophomore attack Natalie Gates and junior defender Claire Cooke each had two goals for Woodson. Junior attack Meghan Byrnes, junior midfielder Meredith Mackay,

senior attack Grace Stephan and senior attack Emily Williams each had one.

Neal scored two goals for Lake Braddock. Lear and Edwards each had one.

Lewis is in his first season as Woodson head coach. He coached the Hayfield boys’ team last year, but has several years of experience coaching girls’ lacrosse at the club level.

Lewis takes over a program that has won seven consecutive district/conference championships.

“I’ve taken over a tough program,” he said.

Woodson will host West Potomac at 7:30 p.m. on Friday, April 1 in a rematch of last season’s Conference 7 tournament championship game.

Tuesday’s loss dropped Lake Braddock’s record to 4-1 overall and 1-1 in the conference. The Bruins will travel to face Mount Vernon at 7:30 p.m. on Friday.

“It was good competition,” Lake Braddock head coach Deb Maginnis said. “It was good for our girls. It was a fast-paced game; [Woodson] moved the ball well, so we’ve just got to get better.”

“I felt like we decided that we needed to start actually playing and not underestimate our opponents. Once we started scoring it just kept going. They couldn’t really catch up after.”

— Woodson sophomore Logan Dougherty

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



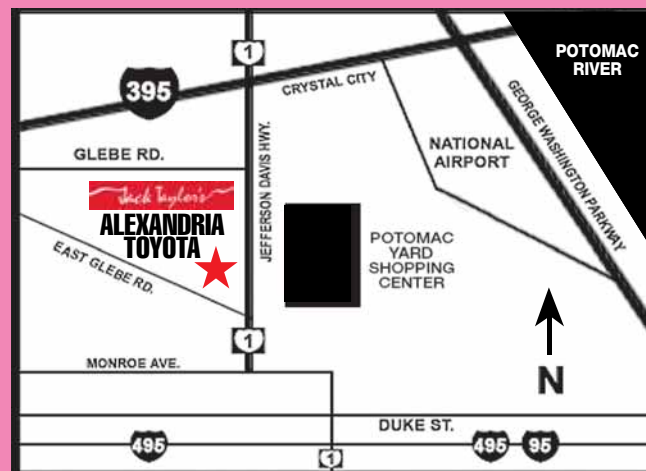
Woodson’s Emily Williams, right, defends against Lake Braddock’s Maggie Komoniewski during Tuesday’s contest in Burke.



Bill Lewis is in his first season as head coach of the Woodson girls’ lacrosse program.

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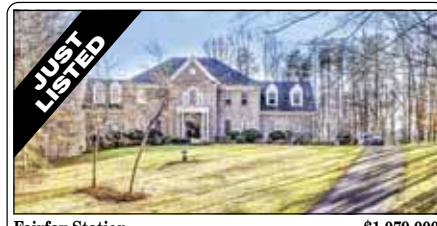


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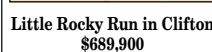
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