



# Burke CONNECTION

FCPS Superintendent Karen Garza (rear, right) laid out FY2018 required expenditure assumptions totalling over \$58 million. Enrollment growth, retirement rate increases and health insurance rate increases were among those costs Garza said "are going to fluctuate but we have no choice but to pay."

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**CENTRE VIEW**

# Meals Tax Statement Debated During Joint Budget Meeting

Text prepared by  
Board of Supervisors  
and FCPS board chairs.

BY TIM PETERSON  
THE CONNECTION

There continues to be division, at least among several members of the Fairfax County Board of Supervisors and School Board, on whether voters should approve a referendum allowing the government to levy up to a four percent additional tax on prepared foods and beverages at restaurants, as well as ready-to-eat foods from grocery and convenience stores.

Following presentations forecasting FY2018 budgets for both FCPS and Fairfax County, BOS chair Sharon Bulova introduced a statement on the “meals tax” prepared jointly with FCPS school board chair Sandy Evans.

Fairfax County claims the tax would raise an estimated \$100 million in a year, of which 70 percent would be directed to FCPS and their effort to make teachers’ salaries more competitive with the market and surrounding school districts. The other 30 would go to other county services such as public safety, mental health, libraries and parks.

FCPS Superintendent Karen Garza laid out FY2018 required expenditure assumptions totalling over \$58 million. Enrollment growth, retirement rate increases and health insurance rate increases were among those costs Garza said “are going to fluctuate but we have no choice but to pay.”

**THE TOTAL** nearly matches up with the standard three percent increase in transfer from the Board of Supervisors. That would leave out projected compensation needs including a planned step increase in teachers’ salaries — a \$44 million change alone from FY 2017 — and teacher scale implementation — a \$44.3 million increase.

Supervisor John Cook (R-Braddock) thanked Garza for “the cleanest fall presentation” he’s seen in his time on the board. “This tells us what we need to know,” he said. “If the meals tax passes, you get it, if it doesn’t, you don’t.”

There was confusion initially over whether the statement would be issued on behalf of both boards and therefore reflect their collective views. It was pointed out neither board had voted on the statement’s content.

Springfield District school board representative Elizabeth Schultz said in no uncertain terms she wouldn’t vote for releas-



PHOTO BY TIM PETERSON/THE CONNECTION

**FCPS Superintendent Karen Garza (rear, right) laid out FY2018 required expenditure assumptions totalling over \$58 million. Enrollment growth, retirement rate increases and health insurance rate increases were among those costs Garza said “are going to fluctuate but we have no choice but to pay.”**

## Joint Statement on Meals Tax

Joint statement from Chairman Sharon Bulova, Fairfax County Board of Supervisors, and Chairman Sandy Evans, Fairfax County School Board:

“The meals tax is intended to diversify county revenue and to supplement and not supplant support for school and county services.

The meals tax would create a new revenue source, paid by diners in Fairfax County who are county residents, tourists, and workers who live in neighboring jurisdictions.

The School Board has committed that its share, estimated to be almost \$70 million in new funding, will be used primarily to address teachers’ salaries, which have lagged behind neighboring communities.

Almost \$30 million would be available to address general county services or capital improvements such as in public safety, mental health services, libraries, and parks, as well as providing for property tax relief.

Note: the meals tax, if approved, would not be levied in the Town of Clifton, or in the Towns of Herndon and Vienna, where a meals tax has already been implemented.”

ing the statement. She said she was critical of the statement omitting text to help voters understand the “magnitude of the impact” the tax would have, especially on low income families.

Supervisor Pat Herrity (R-Springfield) spoke to some criticism the BOS has received over previous public mailings on the meals tax coming across as intended to influence voters to vote in favor of it.

“It depends on whether you think you have a spending problem or a revenue problem,” Herrity said. “This is PR.”

Chairman Sharon Bulova explained the statement was developed by both chairs to be used to explain how funds from the meals tax would be used.

Budget committee chair Supervisor Jeff

McKay (D-Lee) asked if any supervisor or school board member thought anything in the statement wasn’t factual.

Sully District school board representative Tom Wilson called the move for a meals tax “premature,” and that the Supervisors don’t have good information on the implications of the meals tax, if passed, on restaurants, families and other businesses.

“I don’t think it will have a negative impact on restaurants and staff,” responded Supervisor John Foust (D-Dranesville). “The opposition, they haven’t stepped forward,” with proof the meals tax will be the blow they say it will.

Schultz continued her opinion, following the meeting, calling the statement “classic liberal tax-and-spend mentality.”

“Instead of being more jobs- and economic growth-oriented, we’re going to make it more difficult to live in Fairfax County.

To Herrity, Schultz and others, Supervisor Dan Storck (D-Mount Vernon) said his response is, “Show me where we’re spending \$100 million wrong. I hear bits and pieces, but they’re small pieces. The issue is we’re talking about a much larger challenge.”

Storck said he’s supportive of finding other ways to fund education and reduce the burden on real estate property tax, but that the Virginia General Assembly limits the County’s options by withholding income tax and constraining other taxing power.

“I lament, I’m frustrated because state legislature needs to give local communities the trust they say they have in us,” Storck said, “to make the kind of local decisions frankly democracy was founded on. Give us those choices, those opportunities. I think that the referendum is a way to do that. We have to at least make an effort to see it through.”

**MORE INFORMATION** on the 2016 Meals Tax Referendum is available at [www.fairfaxcounty.gov/mealstax](http://www.fairfaxcounty.gov/mealstax), including the text of the ballot question in both English and Spanish.

# Debating Pro & Con on Meals Tax

## League of Women Voters hosts forum on Meals Tax issue.

BY ANDREA WORKER  
THE CONNECTION

**T**he League of Women Voters of the Fairfax Area sponsored a debate-style panel discussion on the Meals Tax issue which will go before county voters in the Nov. 8 General Election. At question is whether the county's Board of Supervisors will be granted the authority to implement a 4 percent tax on certain prepared foods and beverages — an enactment that requires approval by voters.

While an ordinance detailing the specifics of the tax will not be written unless the referendum passes, the general framework includes all ready-to-eat prepared food and beverage in restaurants, lunchrooms, cafeterias, coffee shops, cafes, taverns, delis, push carts, hot dog stands and food trucks, as well as ready-to-eat foods — like deli items and salad/hot food bars — at grocery and convenience stores. Among the exemptions would be general groceries and vending machines, as well as schools, hospitals, employee-only cafeterias, and churches and nonprofits serving meals as fundraising activities. If the referendum is passed, the Board of Supervisors has indicated that it may hold public meetings to determine if additional exemptions are needed before the ordinance goes into effect.

**IN REQUESTING** this new source of revenue, the Board of Supervisors states that they are looking to reduce dependence on real estate taxes, while shoring up gaps in the county's budget. Of the estimated \$99 million that the board projects will be generated by the Meals Tax, 70 percent of the net revenues would be earmarked for the Fairfax County Public Schools and 30 percent to "county services, capital improvements, and property tax relief."

Plenty of impassioned opinions on both sides of the Sept. 29 debate were displayed by panel members and members of the audience at Luther Jackson Middle School in Falls Church.

Two teams each offered opening statements for and against the proposal and then tag-teamed the questions put to them by moderator Mary Kimm, editor and publisher of the Connection Newspapers.

Representing those in favor were Fairfax County School Board member Pat Hynes (Hunter Mill) and former School Board member Phil Niedzielski-Eichner, a management consultant. Supervisor Pat Herrity (R-Springfield) and Jon Norton, CEO of Great American Restaurants (a Fairfax-based restaurant company), took to the stage in opposition.



**From left: The Meals Tax forum panellists were management consultant Phil Niedzielski-Eichner and School Board member Pat Hynes representing the proponents, and Supervisor Pat Herrity (R-Springfield) and Great American Restaurants CEO Jon Norton, opposing the proposal. Mary Kimm, editor and publisher of the Connection Newspapers, was the moderator.**

PHOTOS BY ANDREA WORKER/THE CONNECTION



**From left: Fairfax County teachers Elaine Saunders and Precious Crabtree are with School Board member Pat Hynes (Hunter Mill District) after the Meals Tax Forum. All three are in favor of the referendum. "It's the right thing to do for the kids and the schools," said Crabtree, who thought that the opposition didn't offer any practical solutions to replace the proposed tax.**

From a business perspective, Norton warned that passage of the meals tax could hurt area restaurants, cause establishments to hire less, and mean less tips for employees.

Hynes argued that meals taxes were in place in surrounding jurisdictions and that "people still eat out."

Niedzielski-Eichner also disputed the validity of the study Norton used to support his position, pointing out that it was just one study, conducted by a college student in Kentucky.

Despite major cuts to the central office and services and increased class sizes, the

county now spends \$1,000 "real dollars" less per child in the school system than in 2008, Hynes said and that "Richmond doesn't leave us many options. This is one of the few ways we can independently raise revenue." She is determined to see the monies raised utilized to increase Fairfax County teachers' salaries, among other school needs. Comparisons show that teachers in Fairfax County earn about \$20,000 less per year than those in surrounding school districts.

"This is a referendum on the quality of life in Fairfax County," added her team partner Niedzielski-Eichner. The rise in the

county's population and the increase in residents needing some form of assistance has put an additional strain on the county's resources. Niedzielski-Eichner and Hynes made a case that the quality of life and the economic health of the region are tied to the quality of our schools. "People expect excellent schools here," said Hynes, and a failure to deliver on that expectation will have a serious negative impact.

Herrity disagreed that there are no other options except to enact what he calls a "regressive tax," that will negatively affect low-income residents, and "working moms and the elderly." Herrity advocates more fiscal responsibility from the Board of Supervisors. He pointed to "\$12 million that went out the door" at the last board meeting on projects that he does not see ever coming to fruition.

Herrity also believes that a revived commercial tax base is a part of the solution. According to Herrity, studies show that the county's "culture of 'No'" is contributing to the historically low commercial occupancy rates the area is currently experiencing. Fixing that problem and addressing spending issues is what needs to be done, rather than continuing to "feed the revenue monster," he said.

As to the lack of funds that come back to the county from Richmond, Herrity said that the county needs to go to the General Assembly with a plan: "We need to do it smart." The supervisor said that there are ways to request funds for specific programs that will bring more money back to the community, rather than the 25 cents per dollar that is Richmond's current return to the county.

Hynes reminded the opposition that good schools and high-functioning safety services are required to build the commercial base, as well as the residential base. Hynes used the recent Washington Post article that suggests that Fairfax County, once a "model of wealthy suburban living" is "starting to fray at the edges," but Herrity countered that he did not believe that services were deteriorating. "We still have one of the best school systems in the country," he said.

Hynes agreed, but cautioned that low teacher salaries are causing good teachers to leave the system, and Fairfax County public schools face new challenges, with nearly 30 percent of students now eligible for free and reduced-price meals, while enrollment continues to grow, especially in the lower income brackets.

Ever-increasing taxes would precipitate an exodus from the county, in Herrity's view.

Herrity also suggested seeking more creative ways to fund schools, citing the use of name-endorsement to re-build a high school in Winchester. Hynes didn't think that was an effective solution, replying "Winchester has the one [high] school. We have 180 schools in Fairfax County."

Niedzielski-Eichner doesn't necessarily disagree with all of Herrity's solutions, but

SEE MEALS TAX, PAGE 12

WWW.CONNECTIONNEWSPAPERS.COM

## News

On Sept. 25, 2016, the Shepherd's Center of Fairfax-Burke celebrated their 10th anniversary with a dinner for volunteers, clients and sponsors at the Fairfax Country Club.



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# The Road to Independence

Shepherd's Center of Fairfax-Burke helps seniors age in place with free rides program.

BY TIM PETERSON  
 THE CONNECTION

It was the first time Fairfax residents Marilyn Hanick and her husband Robert ever asked for any help. She can drive herself to doctor's appointments at her Fair Oaks area hospital, but for the couple to get Robert to Tysons Corner for appointments for eye injections, his back and hearing problems make it much more difficult.

The Hanicks live in the Olley Glen Senior Residences in Fairfax.

"There comes a time in people's lives when people have to give it up," Marilyn said about driving and getting older. "We finally bit the bullet."

The Hanicks asked for help from the Shepherd's Center of Fairfax-Burke, a 501-c3 non-profit organization with the stated mission "to support and enrich older adults in our community, enabling them to live independently with purpose and dignity."

"It was difficult at first," Marilyn said, "especially when you think independently. We've always done things on our own."

Providing free round-trip rides for local older residents to get to doctor's appointments and go shopping is the bulk of what the Shepherd's Center of Fairfax-Burke has been doing since launching in the fall of 2006.

They also host six-week "Adventures in Learning" program every spring and fall, with a light exercise component that's been expanded into an additional class with light yoga-based activity. Additional programs include a Dementia Caregivers Support Group and Friendly Visitors/Callers service for shut-ins.

THE SHEPHERD'S CENTER OF

PHOTOS COURTESY OF THE SHEPHERD'S CENTER OF FAIRFAX-BURKE



Left, Verdell Wiles of Fairfax gives a medical transportation ride to Cleveland Hudgins of Fairfax (right), a service from the non-profit Shepherd's Center of Fairfax-Burke.

Burke-Fairfax began after (Ret.) Pastor Ron Qualley at Lord of Life Lutheran Church in Fairfax took a survey of the congregation in 2005 and learned many were concerned about being able to stay in their homes as they grew older.

The church's outreach coordinator Arlene Darke of Burke looked to the national Shepherd's Centers of America organization for guidance and was directed to Bill Kirby of the Shepherd's Center of Oakton-Vienna. Kirby was able to mentor Darke and a task force was formed to launch the Fairfax-Burke center.

On Sept. 25, 2016, the Shepherd's Center of Fairfax-Burke celebrated their tenth anniversary with a dinner for volunteers, clients and sponsors at the Fairfax Country Club.

The volunteer force has grown from 20 in the first year to more than 160 now. From that number, a corps of around 65 drivers allows the Shepherd's Center to provide

an average of 180 rides each month for older residents.

There are four other Shepherd's Centers in northern Virginia, however Darke, now chair of the Fairfax-Burke center board of directors, said her site is the only one able to regularly meet 100 percent of their ride requests.

Clients for the transportation service range anywhere in age from 55 to 98, Darke said. Most are widowed, are living with disabilities and may not have children, or children who live close.

Last year alone, volunteers gave 2,000 round-trip rides, according to Shepherd's Center board of directors vice chairman Barry Wickersham of Fairfax City.

George Gallimore of Burke has been giving rides two to three times per week for the last seven years. When he signed up for the service, he thought he would be

SEE SHEPHERD'S CENTER, PAGE 8

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# OPINION

## Voting Never Mattered More

Consider voting absentee in person since more than 500,000 other voters are likely to turnout on Election Day.

With more than 655,000 active voters in Fairfax County, and as many as 500,000 voters turning out on Election Day, it's a good time to consider voting early, and preparing for a longer-than-usual process if voting on Election Day.

While the Presidential election will take top billing, every seat in the U.S. Congress is on the ballot, with one hotly contested race in Northern Virginia.

In Fairfax County, voters will decide whether to enact a four percent meals tax.

The Town of Herndon will have its first November election, moving from May in past elections, with the office of Mayor and six Town Council seats on the ballot. <http://herndonva.gov/government/mayor-and-council/town-elections>

Fairfax County voters will decide on three bond questions, including \$120 million in transportation bonds for Metro; \$107 million in bonds for parks; and \$85 million for building and renovating senior and community centers, and homeless shelters. More at <http://www.fairfaxcounty.gov/bond/>

## Virginia Voter ID

Virginia has a significant voter identification requirement, plan to bring photo identification with you to vote, whether that is absentee or on Election Day. But you can get a voter ID card if you don't have one of the other acceptable identifications.

Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

**Any registered voter who does not have** one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

### Provisional Ballot Process for Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

## Absentee Voting in Person in Fairfax County

Voting begins Sept. 23, and with record turnout possible, voting early if you qualify is a good choice.

There are 19 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day, which basically means anyone who commutes to a job. Check the Virginia Department of Elections list to see if you are eligible. <http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

### Absentee Voting Begins Sept. 23

Fairfax County Government Center, Conference Room 2/3,  
12000 Government Center Parkway, Fairfax,  
22035

Weekday Schedule:

❖ Sept. 23 to Oct. 14, Monday, Tuesday, Wednesday and Friday: 8 a.m. to 4:30 p.m.; Thursday: 8 a.m. to 7 p.m., Closed, Monday,

## VOTE: Upcoming Dates

❖ To vote in November's election, you must be registered by Oct. 17: Voter Registration Deadline - In-Person: 5 p.m., Online [www.vote.virginia.gov](http://www.vote.virginia.gov) ❖ 11:59 p.m. To determine whether you are eligible and registered to vote in this election, visit the Virginia Department of Elections website at <http://elections.virginia.gov/> or call Fairfax Elections office at 703-222-0776.

❖ In-Person Absentee Voting began Sept. 23 and will continue until Nov. 5. <http://www.fairfaxcounty.gov/elections/absentee.htm>

❖ Nov. 1: Last Day to Apply for an Absentee Ballot by Mail, Fax, Email or Online: 5 p.m.

❖ Nov. 5: Final Day for In-Person Absentee Voting

❖ On Election Day, Tuesday, Nov. 8. Polls are open from 6 a.m. - 7 p.m.

❖ Nov. 8: Absentee Ballot Return Deadline: 7 p.m.

For more information on voting in Fairfax County:  
Voter Registration: 703-222-0776, TTY 711  
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- ❖ U.S. House of Representatives, 8th, 10th, or 11th District
- ❖ Meal Tax Referendum
- ❖ Three Proposed County Bond Questions
- ❖ Two Proposed Constitutional Amendments

See the Connection's community guide on how to vote and what's on the ballot at [www.connectionnewspapers.com/news/2016/aug/25/how-vote-fairfax-county/](http://www.connectionnewspapers.com/news/2016/aug/25/how-vote-fairfax-county/)

Oct. 10, Columbus Day.

❖ Oct. 17 to Nov. 4, Monday - Friday, 8 a.m. to 8 p.m.

❖ Saturday Schedule: Oct. 1, 8, 15, 22, 29 and November 5, 9 a.m. to 5 p.m. Nov. 5 is the last day to absentee vote in-person.

Absentee Voting at Satellite Locations

Saturday Schedule: Oct. 1, 8, 15, 22, 29 and Nov. 5, 9 a.m. to 5 p.m.

Weekday Schedule: Oct. 17 to Nov. 4, Monday - Friday, 2 p.m. to 8 p.m.

### Satellite Voting Locations:

❖ Providence Community Center - 3001 Vaden Dr., Fairfax, 22031

❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria, 22310

❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean, 22101

❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston, 20190

❖ West Springfield Governmental Center - 6140 Rolling Rd., Springfield, 22152

❖ Mason Governmental Center - 6507 Columbia Pike, Annandale, 22003

❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria, 22306

❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly, 20151

❖ Lorton Library - 9520 Richmond Hwy., Lorton, 22079 SATURDAYS ONLY (Closed Weekdays)

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## COMMENTARY

# Why Meals Tax?

Should it fail, the County will continue to rely predominantly on property taxes to generate revenue.

BY JEFF MCKAY  
SUPERVISOR (D-LEE DISTRICT)



**B**y now, you've no doubt heard about the meals tax referendum Fairfax County voters will face this November.

Should it pass, the Board of Supervisors will have the authority to implement a 4-percent tax on prepared foods to generate money for our school system, capital improvements, and to help with real estate tax relief. Should it fail, the County will continue to rely predominantly on property taxes to generate revenue.

But what I'd like to discuss today is how we arrived at this point.

As the chairman of our Board's Budget and Legislative Committees, I'm constantly looking for ways to fully fund our world-class school system and great County services while also ensuring we're not taxing our most vulnerable and aging residents out of Fairfax County.

Virginia law severely limits the ways the Board of Supervisors can raise revenues. In fact, real estate and personal property taxes accounted for approximately 79.7 percent of General Fund revenues in our recently-adopted Fiscal Year 2017 budget. The state does give the Board the authority to place a meals tax referendum on the ballot, however.

I supported this action because I believe our residents should weigh in on how best for us to diversify our tax base. Such a tax is estimated to generate \$100 million in new revenue, one-third of which is expected to come from non-residents visiting Fairfax County. It's certainly not the silver bullet

for our budget challenges, but constantly increasing property taxes is not the answer.

The needs of Fairfax County Public Schools (FCPS) are growing; our residents expect our county programming to remain fully

funded and operate at best-in-the-nation standards; yet our ability to look elsewhere to fund our budget is basically nonexistent. This is why you hear about significant potential cuts to school and County programming and budget shortfalls.

What's more, the Commonwealth chronically underfunds FCPS, only adding to our dilemma here in Fairfax County. It costs roughly \$13,000 to educate a student in our school system. Of that, Fairfax County pays about \$10,000. The state pays about \$3,000. In neighboring Prince William County, however, the county-state funding split is 50/50. It costs \$10,000 to educate a Prince William student, of which the state pays \$5,000 and the County pays \$5,000. This inadequacy is because of an outdated funding formula that primarily only measures wealth with no cost of living consideration in deciding how much money each school system in the state should receive. As you can imagine, this puts us in a real bind when compared to the rest of the state. The Board of Supervisors and School Board is working hard with most of our Northern Virginia delegation to help solve this, but it's no quick fix.

So when you send in your absentee ballots, vote in-person at one of our satellite locations, or hit the polls on Nov. 8, I'd hope you consider the predicament the County is in.

nual revenue.

❖ 28 percent of the revenue generated is anticipated to come from non-county residents and visitors to Fairfax County.

❖ 70 percent of net revenues from the Meals Tax are to be dedicated to Fairfax County Public Schools, 30 percent to County services, capital improvements, and property tax relief.

❖ The tax does not apply to groceries. It does apply to ready-to-eat foods sold by grocery stores, including food from the deli counter or salad bar. However, food from vending machines or served from food trucks is not included in the proposed tax.

❖ Alcoholic and non-alcoholic beverages served with a meal are included in the Meals Tax.

**Tom Repczynski, Chairman**  
South Fairfax Chamber of Commerce

## LETTERS

### South Fairfax Chamber of Commerce Supports Meals Tax:

To the Editor:

Fairfax County voters face several important decisions on the November ballot including a controversial Meals Tax.

The South Fairfax Chamber of Commerce (SFCC) Board of Directors has voted in favor of supporting the proposed county-wide 4 percent Meals Tax as a business-neutral, budget gap-filling option preferable to anticipated alternative County revenue generating options expected to be shouldered by local business owners.

The Board sees the Meals Tax as the reasonable, better alternative to anticipated broader-based hikes with less pass-through opportunity, such as on already high commercial real estate taxes, business and personal property taxes, and business licenses.

Tax Facts:

❖ The proposed Meals Tax is projected to generate \$90-\$100 million dollars in an-

## HEALTHCARE CAREER FAIR!



**Thursday, October 13, 2016**  
**1:00p.m – 5:00p.m**

**Greenspring Village, an Erickson Living Retirement Community in Springfield Virginia, is hiring for our Skilled Nursing and Assisted Living Communities:**

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## NEWS

# Shepherd's Center of Fairfax-Burke Celebrates 10th Anniversary

FROM PAGE 5

more of a "passive agent" in transporting seniors to their medical appointments.

"What a wonderful surprise," he said. "You start meeting these people and listening to their life stories, and learning tips on how to live your own life."

Gallimore has grown close with several of his clients; as part of the service he stays with them for nearly three hours as they go to appointments, wait in doctors' offices and drive back and forth.

"The tip is how to really overcome adversity," Gallimore said. "Many clients are in some way challenged, they have disabilities. To see how well these people adapt to their environment, their lifestyle, and still maintain a positive attitude about life is quite remarkable."

**FOR CLIENTS** like Marilyn Hanick and her husband, having

drivers who spend time talking and getting to know them helps put them at ease during what would otherwise be stressful times.

"It restores my faith," Marilyn said. "After all the news we go through, you start to think, 'Is everyone bad?' When I meet these people, they're just delightful."

Marilyn said having the transportation service also allows her to not lean on her daughter for help. Although she doesn't live far away, the family is busy with school and outside social and extracurricular activities. Marilyn doesn't like to ask her for help if she doesn't have to.

The Shepherd's Center gives her and her husband that freedom.

"Some people, they've given up," Marilyn said, "just lock themselves in the apartment. You can't do that. I was too active a person."

For more information on the Shepherd's Center of Fairfax-Burke, visit [www.scfbva.org](http://www.scfbva.org).

## AREA ROUNDUPS

### Greater Little Zion Baptist Church Celebrates 125th Anniversary

The pastor and congregation of the Greater Little Zion Baptist Church in Fairfax invite the community to join them in celebration of their 125<sup>th</sup> Anniversary on Sunday, Oct. 16, 2016 at 9:45 a.m. The theme for this year's anniversary is "125 Years: Remembering, Reconciling, and Rejuvenating", 1 Corinthians 2:9. The guest speaker will be the Rev. Dr. Leonard N. Smith, Pastor of Mt. Zion Baptist Church, Arlington.

In the week leading up to this service, there will be five nights of "Old-Fashion Revival" starting at 7:15 p.m. each night. The following guest ministers and their congregations will be joining:

- ❖ Monday, Oct. 10 - Rev. Gregory L. Spurlock, Oak Grove Baptist Church, Sterling,
- ❖ Tuesday, Oct. 11 - Rev. Dr. Robert F. Cheeks, Jr., Shiloh Baptist Church, McLean,
- ❖ Wednesday, Oct. 12 - Dr. Vernon C. Walton, First Baptist Church of Vienna, Vienna,
- ❖ Thursday, Oct. 13 - Rev. Dr. Charles A. Lundy, Ebenezer Baptist Church, Woodbridge,
- ❖ Friday, Oct. 14 - Rev. Dr. Howard-John Wesley, Alfred Street Baptist Church, Alexandria.

Greater Little Zion Baptist Church is located at 10185 Zion Drive, Fairfax.

Pastor: Rev. Dr. James T. Murphy, Jr. Call the Church Administration Office at 703-764-9111.

### SALT to Host Advocacy Training Conference

Social Action Linking Together (SALT) will sponsor the SALT Fall Advocacy Training Conference on Saturday, Oct. 15, 9 - 11:30 a.m., at the Virginia International University (VIU), Conference Room (VD-102), 4401 Village Drive, Fairfax.

Mark Shriver, President of Save the Children Action Network, will be the keynote speaker. Mark is the son of the late Sargent Shriver and Eunice Kennedy Shriver. He is the author of "A Good Man," an inspirational and deeply personal story about a son discovering the authentic meaning of his father's legacy.

There will be an additional presentation by Virginia Delegate Alfonso Lopez ("Tools for Effective Advocacy in the State Legislature").

This event is free. All are welcome. Come early for the book signing by the keynote speaker and to meet and greet other social justice advocates in the community. For more information: Contact John Horejsi at [jhorejsi@cox.net](mailto:jhorejsi@cox.net) or visit the SALT web site at [www.S-A-L-T.org](http://www.S-A-L-T.org), Upcoming Events page.

### Forge Brew Works to Host Oktoberfest

Lorton Community Action Center (LCAC) and Forge Brew Works have teamed up for the first Oktoberfest on Saturday, Oct. 22 from noon to 6 p.m. at Forge Brew Works, 8532 Terminal Road, Lorton. Entry to the event is free and it is \$10 for a 12 oz. cup with 3 tasting tickets included. Each additional tasting ticket is \$5. To check out Forge Brew Works' flagship and specialty beers, visit [forgebrewworks.com/beers](http://forgebrewworks.com/beers).



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**SPECIAL CONNECTIONS CALENDAR 2016**  
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10/26/2016.....	Connection Families
10/26/2016 .....	Election Preview
Halloween is October 31	
NOVEMBER	
11/2/2016.....	Wellbeing
11/9/2016.....	HomeLifeStyle
11/16/2016.....	A+ Camps & Schools
11/16/2016.....	Holiday Entertainment & Gift Guide I
11/23/2016.....	Connection Families: Celebrations & Gratitude
Thanksgiving is November 24	
11/30/2016.....	Holiday Gift Ideas
DECEMBER	
12/7/2016.....	Wellbeing; Holiday Entertainment & Gift Guide II
12/14/2016.....	HomeLifeStyle; Home for the Holidays
12/21/2016.....	A+ Camps & Schools; Holiday Entertainment & Gift Guide III
12/21/2016.....	Connection Families: Safe for the Holidays

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## NEWS

A rider pulls onto the streets on a newly rented bike in Alexandria.

PHOTOS BY MIKE SALMON/  
THE CONNECTION



# Bike Sharing Stations Open up Transportation Options

Capital Bikeshare expands to Reston, Tysons area.

BY MIKE SALMON  
THE CONNECTION

Near the corner of Union Street and Prince Street in Old Town, Alexandria, there is a row of red Capital Bikeshare bikes for commuters, tourists and locals to rent, to offer biking as a transportation option without the hassle of congestion or parking that plagues the area. This bikeshare station near the waterfront is one of eight stations in Alexandria that is part of a nationwide approach to some of the problems plaguing metropolitan areas in this country.

Bikeshare is not a wave of the future, "it is a wave of the present," said Paul DeMaio, one of the leaders at Metrobike that manages Capital Bikeshare.

Capital Bikeshare stations are all over the Northern Virginia area, but mainly located in urbanized areas to increase their potential use. The stations are all over Arlington, especially in the transit-oriented development section of the Wilson Boulevard corridor through Clarendon and Rosslyn. In that area, it's easy for commuters to ride a bike to employment destinations across the Potomac River, and dock at one of the many stations in the District of Columbia.

**IN SEPTEMBER**, Capital Bikeshare expanded into Fairfax County with two satellite networks along Metrorail's Silver Line in Tysons and Reston. Officials are planning 15 stations in Reston near the Wiehle-Reston East Metrorail station and the Reston Town Center area and 14 stations in the Tysons Corner area serving multiple Silver Line stations, employment centers, and shopping and recreation destinations, according to their website.

DeMaio sees the advantages of Capital Bikeshare as "less traffic congestion, improved health of the rider, increased economic activity at the businesses near bikeshare stations, access to a wider range of jobs for low-income individuals, and a low carbon footprint," DeMaio said, via email.

The Capital Bikeshare stations are lumped under the umbrella definition of "transit," and although there is a cost to the rider, they are not sustained through user fees and sponsors. On average, only 54 percent of the bikeshare cost is recovered, and the rest is funded by local jurisdictions. In Washington, D.C., where the riderships are relatively high due to population density "there is a higher cost recovery



**On the Potomac River, a ferry can be seen in the distance, just past the rental bikes and pedestrians in Old Town, exemplifying the variety of transportation available in Alexandria.**

but I wouldn't say it's profitable," DeMaio said.

The red Capital Bikeshare bikes are made by Devinci, a Canadian company that manufactures the Bixi model, a rugged, thick-wheeled model that looks like they could ride through just about anything, and they just about can according to Any Truchon, media relations representative for Devinci. The Bixi was created for the city of Montreal in 2008, and are now available in 15 major cities in the world on three separate continents, Truchon said. In the design process, a rider went around the city with a computer in his backpack, going down stairs, over gaps, holes, and unpaved sections for a realistic experience. "None of them came back broken, it's a great source of pride for us," said Truchon in an email.

**THE BIKES** do sit in the stations for a majority of the time, exposed to the elements and potential vandalism. In Alexandria, there have been few complaints about the condition of the bikes, but according to Hillary Orr, program manager of the city's "Complete Streets," program, there's a way to report it on the station's computer. "If a bike is not working, a person can just dock the bike and lock it down by hitting the wrench key that will alert a technician that there's an issue with the bike," she said, via email. In August 2016, the city recorded an average of 246 Capital Bikeshare trips per day and each trip was just over two miles, the city statistics showed.

All fees are rendered via credit card but there is a cash option for those who do not have credit cards. In D.C., there is a program called "Bank On," where users deposit \$50, and in Arlington, users can sign up at any of their five Commuter Store locations.

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- lost (adj): 1. unable to find the way.  
2. not appreciated or understood.  
3. no longer owned or known



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The Vigilantes will rock the crowd from 5:30-8:30 p.m. at Old Town Square.



Addison Considine feeds a llama at last year's petting zoo.

# Fairfax Fall Festival is Saturday, Oct. 8

Promises  
entertainment  
and fun for  
all ages.

BY BONNIE HOBBS  
THE CONNECTION

The City of Fairfax is the place to be this Saturday, Oct. 8, for the 40<sup>th</sup> annual Fairfax Fall Festival. (Rain date, Oct. 9). Admission is free and the live music will continue after dark. Vendors will be there from 10 a.m.-5 p.m., the carnival runs until 8 p.m. and musicians will jam in Old Town Square until 8:30 p.m.

Children will enjoy Touch-a-Truck on University Drive near Armstrong Street, where they can see and explore City work vehicles and equipment. There's also a Harley Davidson show-and-tell.

Crafts booths will line both sides of University Drive, Main Street and Sager Avenue, where more than 400 artisans will sell their handiwork. Visitors may also stroll

through the community market and business expo.

When hunger hits, people may feast on everything from burgers to barbecue, ice cream and pie. Food courts are at University Drive and Sager Avenue, and also at University Drive beside the SunTrust Bank parking lot. Three beer gardens are at: the Main Stage at University Drive and South Street, in Old Town Square and at University Drive and Sager Avenue.

❖ Old Town Square, at the corner of University Drive and North Street, will feature live entertainment into the night. From 10 a.m.-noon, Main Street Community Band; 12:30-3 p.m., Alex Hilton Band, (country music); 3:30-5 p.m., Wicked Olde (Celtic, bluegrass and blues); and 5:30-8:30 p.m., The Vigilantes (Top 40 music and classic rock).

❖ Also there will be a petting zoo, mechanical bull, baseball pitch game and silent disco (dancing to music via wireless headphones).

❖ The Main Stage and beer garden, at South Street and University Drive, will host from 11 a.m.-



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Mirage covers Fleetwood Mac and Stevie Nicks songs.

1:30 p.m., Vinyl Invention, playing classic and modern rock, R&B and funk; and 2:30-5 p.m., Mirage, playing Fleetwood Mac and Stevie Nicks songs.

❖ Old Town Hall, at 3999 University Drive, will host Art Alive! There'll be painting and a chalk festival, and attendees may do free, paint-and-take pottery or mosaic pumpkin plaques.

❖ The Children's Stage, in the SunTrust Bank parking lot, 4020 University Drive, will present: From 10:30-11:15 a.m., Mr. Skip; 11:30 a.m.-noon, Turley the Magician; 12:15-12:45 p.m., eMotion Dance & Fitness; 1-1:45 p.m., Rocknocos; 2-2:30 p.m., Tiger Eye Tae Kwon Do; 2:30-3 p.m., Reptiles Alive! (exotic animals); 3:15-4 p.m., Mad Science; and 4-5 p.m., Bach2Rock.

❖ Carnival rides will be there, too, plus face painting, balloon art and fake tattoos. Parents will find a baby rest stop at Sager Avenue.

Open houses will be at Fire Station 3, 4081 University Drive, in-

cluding Sparky's Harvest Bash, teaching children fire prevention and safety; City of Fairfax Museum and Visitor Center, 10209 Main St.; and Ratcliffe-Allison House, 10386 Main St. Or visit the Historic Blenheim and Civil War Interpretive Center, 3610 Old Lee Hwy.

Fairfax Circuit Court Historic Courthouse and Records, at 4000 Chain Bridge Road, will open for tours from 10 a.m.-3 p.m. See pages from George and Martha Washington's original wills and other historic documents.

Park at The Judicial Center parking garage B on Page Avenue and the Old Town Village parking garage on Chain Bridge Road. Shuttle buses run from Fairfax High and GMU's Rappahannock Parking Deck from 9:30 a.m.-5:30 p.m. Handicapped parking is at City Hall, 10455 Armstrong St., and Old Town Village parking garage. For more festival information, call 703/385-7858 or see [www.FairfaxFallFestival.com](http://www.FairfaxFallFestival.com).



Mr. Skip is a popular, children's entertainer in Fairfax.

## CALENDAR

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

### ONGOING

**Batting Cage Occoquan Regional Park** 9751 Ox Road Lorton. Open through Oct. 30 Occoquan offers a baseball/softball batting cage, for hitters of all levels. Pitching machines offer other pitches like curveballs. Cost: 14 balls \$1.50 Team Rentals Per Cage: 30 min. \$18 60 min. \$34 <https://www.novaparks.com/parks/occoquan-regional-park/things-to-do/batting-cage>

**Farmers Market & Food Trucks:** 3-7 p.m. Thursdays through Oct. 27 at the Fairfax County Government Center front parking lot.

**Rock the Block!** 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Concert series. Food is available for sale. Bring chairs and or blankets to sit on. Kids - wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. [fairfaxva.gov](http://fairfaxva.gov).

**The Farmer's Market at Springfield Town Center.** May 7- Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. [springfieldtowncenter.com](http://springfieldtowncenter.com).

**Fairfax Rotary Club Meeting.** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. [fairfaxrotary.org](http://fairfaxrotary.org).

**Plant Clinic.** 9 a.m.-noon. Sundays through Sept. 30 Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. [fairfaxgardening.org](http://fairfaxgardening.org).

**Carolina Shag.** Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise.** Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**EXERCISE PROGRAM** Mondays and Fridays at 9:30 am year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

SEE CALENDAR, PAGE 11

# CALENDAR

## Plan Ahead Events

### FRIDAY/OCT. 21

#### Superintendent's Revenge

2016. 10 a.m. Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. Obstacle-filled layout. \$160 per team. Roberta.Korzen@fairfaxcounty.gov.

### FRIDAYSUNDAY/OCT. 21-23, 2016

#### Annual Craftsmen's Fall Classic Art & Craft Festival.

Friday and Saturday, 10 a.m.-6 p.m. Sunday, 10 a.m.-5 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Features original designs and work from hundreds of talented artists and craftspeople from across America. Visit [http://www.gilmoreshows.com/craftsmens\\_classics\\_chantilly\\_fall.shtml](http://www.gilmoreshows.com/craftsmens_classics_chantilly_fall.shtml)

### SATURDAY-SUNDAY/OCT. 22-23

#### Fall Harvest Family Days.

9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Enjoy autumn activities including wagon rides, wheat treating, 18th-century dancing demonstration, and straw bale maze, and more. Included in estate admission. Visit [www.mountvernon.org/](http://www.mountvernon.org/) for more.

### WEDNESDAY/NOV. 2

#### Chronology of the Civil War in Fairfax County, Part I (1859-part of 1863).

Preservationist and former Topographer, Ed Wenzel, will discuss his recent book at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Doors open at 7 p.m. Forum begins at 7:30. Copies of Wenzel's book will be available for purchase and signing. The Forum is free and open to the public. [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR). 703-425-9225.

### SATURDAY/NOV. 5-6

#### Cox Farms Pumpkin Madness.

10 - 5 p.m. Cox Farms, 15621 Braddock Road, Centreville. Come out and smash, throw, and launch those old pumpkins. Bring back your used Jack-o'-lantern...We'll help you recycle it. Last admission 4 p.m. Visit: <http://www.coxfarms.com/fallfestival.aspx>.

### TUESDAY/NOV. 8, 2018

#### Election Day. General election.

Visit [www.sbe.virginia.gov/](http://www.sbe.virginia.gov/) and [www.fairfaxcounty.gov/elections/upcoming.htm](http://www.fairfaxcounty.gov/elections/upcoming.htm)



PHOTO COURTESY OF COX FARMS

This ariel view of Cox Farms captures the scene at the Fall Pumpkin Madness Festival. This year's events will begin Saturday Nov. 5 at 10 a.m. at 15621 Braddock Road, Centreville. [www.coxfarms.com/fallfestival.aspx](http://www.coxfarms.com/fallfestival.aspx).

FROM PAGE 10

#### Cafe Ivrit (Hebrew Cafe).

Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

**Smoke Free Bingo** (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

**First Sunday Jazz Brunch** 11 - 2 p.m. Recurring monthly on the 1st Sunday at **Bazin's on Church** 111

Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit: <http://www.fxva.com/listing/bazins-on-church/1686/>

#### Stories From Strawberry Park

10 - 11 a.m. Tuesdays in **Mosaic - Strawberry Park** 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outdoors in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>

#### Singers wanted for the Celebration Singers.

A women's show choir performing at various community sites in Northern Virginia. Do you love to sing? Make new friends? Bring joy to others through music? Come join us. Practice is held 10:30 am - 2:30 pm, starting again in September on Wednesdays in Burke. Contact: Barb Male, 703-250-5294, email [barbdmale@yahoo.com](mailto:barbdmale@yahoo.com) or Gayle Parsons, 703-644-4485, email [gparsons3@cox.net](mailto:gparsons3@cox.net).

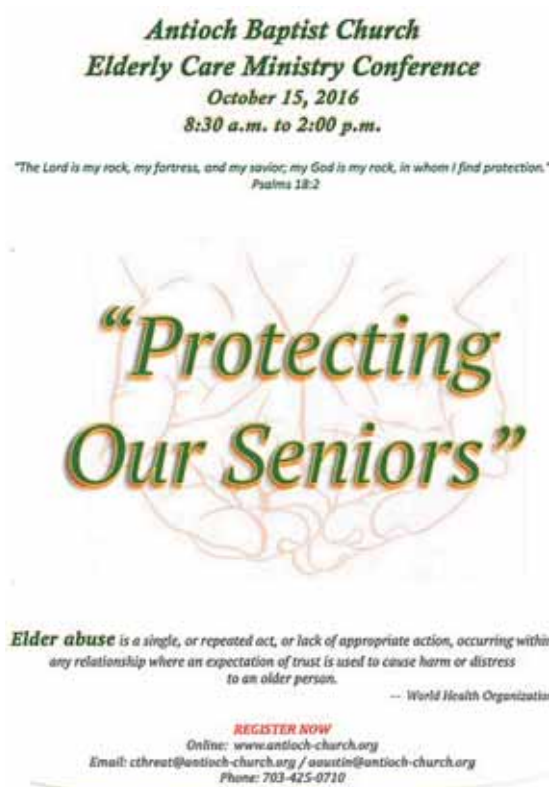


PHOTO COURTESY OF ANTIOCH BAPTIST CHURCH

An elderly care conference will be held at Antioch Baptist Church (6525B Little Ox Rd. Fairfax Station) on Saturday Oct. 15 from 8:30 a.m. - 2:30 p.m. The keynote speaker will be Michele Leith, of NOVA Community Outreach, Offices of the Attorney General. Registration is required. Visit the website to register for the event. [www.antioch-church.org](http://www.antioch-church.org).

### FRIDAY-SUNDAY/OCT. 7-9, 2016

#### Fall Wine Festival and Sunset

**Tour.** 6-9 p.m. Mount Vernon Estate, 3200 George Washington Memorial Pkwy., Mount Vernon. Enjoy live blues and spectacular views of the Potomac River while sampling wine from Virginia wineries. Visitors learn about the successes and failures of our Founding Father's wine endeavors, enjoy live blues music, and meet "George and Martha Washington" on the Mansion's piazza. Visit [www.mountvernon.org](http://www.mountvernon.org).

### FRIDAY/OCT. 7

#### Junior Computer Camp for Grades 1-3

9 - 3 p.m. 11948 Fair Oaks Mall, Fairfax. This fall break camp introduces participants to computer/programming principles through hands-on learning. During this camp children will: Learn basic concepts related to Scratch, robotic

programming, HTML website development, and Java. Learn predicting, problem solving, analyzing data, engineering, and spatial reasoning. Admission \$12. [childsci.org/](http://childsci.org/)

#### Shot in the Dark Nite Tournament.

7:30 p.m. Burke Lake Golf Course, 7315 Ox Road, Fairfax Station. Teams of 2 play a 9-hole scramble using glow-in-the-dark balls. Hors d'oeuvres served beginning at 6:30pm. Fee includes 1 glow ball and flashlight. \$65. Roberta.Korzen@fairfaxcounty.gov.

### SATURDAY/OCT. 8

#### Fall Festival in Old Town Historic Fairfax.

10 a.m.-5 p.m. 10209 Main Street, Fairfax. What started out as a small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children's activities and entertainment for all ages. Visit <http://www.fairfaxva.gov/about-us/special-events/fall-festival>

### SUNDAY/OCT. 9, 2016

**Clifton Day.** 9 a.m. - 5 p.m. Town of Clifton, corner of Main Street and Chapel Road. The town's annual arts and crafts fair. Visit: <http://www.cliftonday.com/>

### SATURDAY/OCT. 15

**Protecting Our Seniors** 8:30 a.m. - 2 p.m. Antioch Baptist Church 6525B Little Ox Rd. Fairfax Station. The Antioch Baptist Church Elderly Care Conference will address trends in elder abuse and exploitation. The Keynote speaker is Michele Leith, NOVA Community Outreach Coordinator, Offices of the Attorney General. Cost: Free. Contact: Adrienne Austin 703-425-0710 [aaustin@antioch-church.org](mailto:aaustin@antioch-church.org). Or visit [www.antioch-church.org](http://www.antioch-church.org). Registration is required. Visit the website to register for the event.

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Deer-vehicle collisions can cause extensive damage/injury.

## Fall Driving: Be Alert for Deer

**A**utumn is approaching and white-tailed deer will be on the move. Fall is the breeding season for deer. Drivers may expect to see increased numbers of the deer on and near roadways as deer search for mates. Deer movements and behaviors are unpredictable and deer-vehicle collisions are a serious public safety concern according to Fairfax County Police Department Public Affairs Bureau.

According to a September 2016 State Farm report, Virginia has the 13th highest rate in the nation for deer-vehicle collisions. The odds that a Virginia driver will have an insurance claim in 2016 as the result of a deer-vehicle collision is 1 out of 94; a 3.2 percent increase from last year. Over 61,000 Virginia drivers are projected to file insurance claims for comprehensive vehicle damage resulting from a deer-vehicle collision. The national cost per claim average is \$3,995.

Approximately one-half or more of all deer-vehicle collisions generally occur during the months of October, November, and December. Deer are especially active pre-dawn to mid-morning and dusk to early evening. These periods of activity correspond with the time when many Fairfax County residents are commuting to and from work or school. Fairfax County Police urge motorists to drive cautiously during this time and be on the lookout for deer crossing roadways.

The Fairfax County Wildlife Management Specialist and Fairfax County Police urge motorists to be alert, drive with caution and remember these safety tips:

- ❖ Always drive the posted speed limit.
- ❖ Always wear your seat belt when in a vehicle.
- ❖ When driving, particularly at dusk and dawn, slow down and be attentive.
- ❖ Watch for eye shine along roadsides. Deer travel in herds. If you see one, others may be near.
- ❖ Use high beams when traffic permits



**Be aware of posted “Deer Crossing” signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.**

to spot deer at a greater distance.

❖ Be aware of posted “Deer Crossing” signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.

❖ If a deer is stopped in the roadway, reduce speed and flash your headlights. Deer can become mesmerized or blinded by bright steady lights.

❖ If a deer jumps in your vehicle’s path, continue to reduce speed and grasp steering wheel firmly with both hands.

❖ Never swerve to avoid deer on the road. Swerving can cause loss of control of your vehicle and greatly increase the chance of more serious damage or injury.

❖ Take foot off brake at time of impact. This action reduces the likelihood of deer crashing through a windshield or windows upon impact.

❖ Never depend on hood whistles, car horns, or other devices to scare deer out of your path. Several studies have shown that these methods do not always work.

If a deer is injured or killed, immediately report the collision to the Fairfax County Police Department (non-emergency) at 703-691-2131.



PHOTO BY ANDREA WORKER/THE CONNECTION

**Peggy Knight (left) and Helen Kelly of the League of Women Voters of the Fairfax Area helped the organization sponsor a forum on a proposed Meals Tax referendum that will be decided by county voters on the Nov. 8 ballot.**

## Meals Tax Debated

FROM PAGE 4

calls them “decades in the making” when the meal tax monies would stay locally and could be used immediately. “We are in deficit, we have real needs now ... for schools, firefighters and police equipment.”

Another major portion of Herrity’s solutions to address school funding shortfalls involves possible cuts to the pension plans and social security supplements of new-hire county employees. Seeing the current system as a major spending problem, Herrity doesn’t believe that offering something that doesn’t affect them until age 55 or older is really much of an incentive for new, younger job seekers.

Several of his attacks on spending practices had been applauded by the audience, but this one met with less enthusiasm from the crowd. Cheers greeted Hynes’ reply, “Our employees deserve a dignified retirement after a lifetime of serving the community.”

Kimm continued to referee the count-pointer count between the opposing teams. Before wrapping up, she said, “It seems like much of this debate is based

partly on trust.” She asked the panel if they thought the Board of Supervisors would do what they said they would if the referendum is passed.

“It was worded to give it the best chance to pass,” was Herrity’s response. With no guarantees on where money will go, he repeated that the school’s budget would be determined next April.

“The referendum is a clear signal to the board,” responded Hynes. Hynes and other proponents say the board will be held to account to use the money as planned, as an addition to the general budget process and for the purpose of raising teachers’ salaries and other school needs.

**THE LEAGUE OF WOMEN VOTERS** is a nonpartisan political organization that encourages the participation of citizens in government and works to increase understanding of major public policy issues. As an organization, the LWVFA has taken a position in favor of the Meals Tax, but hosted the Meals Tax Forum without comment or expressing their opinions during the debate in order to allow for unbiased discussion and public education.

### AREA ROUNDUPS

## Merrifield Multicultural Health Fair Connects Many to Health Care Resources

More than 80 people attended the Multicultural Health Fair at the Merrifield Center on Sept. 28, hosted by the Fairfax-Falls Church Community Services Board and community partners. The event was part of the CSB’s “BeWell” initiative and the county’s ongoing effort to improve the overall health of people receiving CSB services through integrated behavioral and primary health care, along with wellness and health

promotion activities.

By the end of the festivities, over half of the participants had been newly connected with primary health care providers. In addition, attendees received a variety of free health screenings, including tests of blood pressure, liver function, vision, hearing, and more. CSB staff demonstrated the life-saving REVIVE! training that teaches people what to do if they are with someone who experiences an opioid overdose.

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Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) 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.

### ONGOING

**Burke Lake Seniors Golf League** seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season - April 1 through October 31 - are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

**Fairfax County** needs volunteers to **drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

**Shepherd's Center of Western Fairfax** needs volunteer drivers for medical/foodbank appointments. Shepherd's Center serves 50+ residents in Clifton and western Fairfax/Fairfax Station, helping them remain independent and age in place at home. Office help also is needed for coordinating drive requests. More info is at [www.scwfc.org](http://www.scwfc.org) or 703-266-3548 or [scwfc.office@gmail.com](mailto:scwfc.office@gmail.com).

The **Wakefield Senior Center** in Annandale needs **Front Desk Volunteers** on Monday, Tuesday, Wednesday and Friday, 9:45 a.m.-1:45 p.m. and Fitness Instructors. Volunteer instructor positions **could** lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Volunteer Fairfax** seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at [www.volunteerfairfax.org](http://www.volunteerfairfax.org) or call 703-246-3460.

**Singers Wanted for the Celebration Singers.** The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. at the Burke United Methodist Church, 6300 Burke Center Parkway. Contact either Barbara Male ([barbmdale@yahoo.com](mailto:barbmdale@yahoo.com)) or Gayle Parsons ([gparsons3@cox.net](mailto:gparsons3@cox.net)) for more information.

**Online Scavenger Hunt.** Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the [fxva.com](http://fxva.com) website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. [www.fxva.com/online-ambassador](http://www.fxva.com/online-ambassador).

**American Red Cross CPR, First Aid and AED.** Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$90-110. [www.redcrossna.org](http://www.redcrossna.org).

**VOLUNTEERS NEEDED as DRIVERS & OFFICE WORKERS** Volunteer Drivers are needed for trips Monday - Friday to medical appointments and companion shopping within the Fairfax/Burke area. Office Workers are needed to answer phones in the SCFB office Monday - Friday to assist individuals requesting rides and to match an available driver for each request. If you can volunteer your time or if someone you know is unable to get out and needs weekly calls and visits, or you would like to be a caller or visitor, please contact the SCFB office at 703-323-4788.

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Emerson

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- Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette
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### 3 RE for Rent

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### 21 Announcements

### 21 Announcements

#### LEGAL NOTICE

According to the Lease by and between Jadrien Wallace (of unit 1074) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bag, totes, ect. Items will be sold or otherwise disposed of on Friday October 21, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Barbara Franceschi (of unit 1069) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: totes, bed, furniture, home decor, ect. Items will be sold or otherwise disposed of on Friday October 21, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

### 21 Announcements

### 21 Announcements

### 21 Announcements

### 21 Announcements

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### 21 Announcements

### 21 Announcements

### 21 Announcements

### 21 Announcements

#### ABC LICENSE

Punceatyme II inc trading as Squisito Pizza & Pasta, 8971 Ox Rd, Ste 245, Lorton, Fairfax County, VA 22079. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages. Christopher Rodney, Owner  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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### 21 Announcements

### 21 Announcements

### 21 Announcements

### 21 Announcements



## SEALED BID SALE SALE OF REAL ESTATE 2828 and 2830 GALLOWS ROAD FAIRFAX, VIRGINIA

Sealed bids will be accepted by the Virginia Department of Transportation (VDOT) in the office of the Property Management Agent located at 1401 E. Broad Street, Richmond, Virginia 23219, until, but no later than, 11:00 a.m. Tuesday, November 1, 2016 for the following property:

The vacant commercial lot located at 2828 and 2830 Gallows Road, also known as Tax Map Numbers 049-2-01-0026B and 049-2-01-0020B in the county of Fairfax, Virginia containing 0.772 acre.

The value placed on this parcel is \$3,096,000.00.

Employees of VDOT, their immediate families or any person employed with the valuation and/or acquisition of this property are ineligible to bid. The property is being sold "as is" with conveyance by deed without warranty. For further information and proposals, contact VDOT at the above address or call Lee Strathy at (804) 786-3172.



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Beautiful Middelridge. Quiet cul-de-sac location. Lots of TLC. New Kitchen. Newer Baths. Hardwood Floors. New Carpet UL. Lovely Porch/SunRoom with Sliders to Deck.  
**Sheila Adams 703-503-1895**



**Burke** \$639,900  
Open and Bright! 4 bedrooms, 3 full baths, screened and covered rear deck, backs to common space. Great commuter/GMU location. Updated kitchen and baths, new carpet, and freshly painted.  
**John Astorino 703-898-5148**



**Fairfax**  
\$405,000  
Fantastic in Fairfax! Newly renovated and freshly painted, this 3 BR, 2.55 BA TH is a must see! Hardwood foyer & dining room. New SS appliances, new ceramic tile, new counters in kitchen and more. Finished lower level rec room. Backs to woods.  
**Barbara Nowak 703-473-1803**  
**Gerry Staudte 703-309-8948**



**McLean** \$369,900  
End unit condo with wrap around balcony! Beautiful views from this 12th floor unit. Two bedrooms, two baths, 1300+ sq ft and garage parking! Luxury building with concierge, gated entry, outdoor pool, and more. Walkable to Silver Line metro.  
**Marsha Wolber 703-618-4397**



**Lorton** \$285,000  
Lovely 3-level townhouse with two master bedrooms w/bath on upper level. Hardwood floors in foyer and dining room. Newer carpet & paint. Lower level rec room W/O to landscaped fenced treed back yard. Close to Metro, 495, Ft. Belvoir, Fairfax County Parkway.  
**Judy McGuire 703-581-7679**



**Alexandria** \$683,500  
Landmark Mews! Outstanding close-in location. Rarely available spacious end unit with an elevator. 2 large Master suites with baths and walk-in closets. 3rd bedroom/office/loft with storage room. Private slate patio with landscaping.  
**Carol L. Manning 703-517-1828**



**Fairfax Station** \$825,000  
This spectacular, light-filled home, sited on a .27 acre wooded lot has been lovingly updated & maintained. Offering 5BR, 4.5BA, formal living & dining rooms, family room with fireplace, updated kitchen, updated bathrooms, spacious MBR, walkout lower level with full bath.  
**Ngoc Do 703-798-2899**



**Centreville** \$278,900  
Move in ready townhome in London Town West. Three finished levels include three bedrooms, gas heat, end unit and updates. Granite and stainless kitchen, new lighting fixtures. Quick occupancy!  
**Ellie Wester 703-503-1880**



**Lorton** \$765,000  
Brand new kitchen opens to Family Room with cathedral ceiling and raised hearth fireplace. Main level study and hardwood floors throughout. 4BR, 3.5BA and unfinished basement. 1/2 acre cul-de-sac lot. Great location for commuting and shopping.  
**Eddie Bierly 703-690-1257**



**Woodbridge** \$650,000  
Spectacular 5,200+ sq ft home sited on a private cul-de-sac lot offering 4/5BR, 3.5BA, light-filled gourmet kitchen, MBR w/retreat, fully finished lower level with expansive recreation area, full bath, den/5th BR & 2 additional rooms, spacious deck & professional landscaping complete with fire pit.  
**Ngoc Do 703-798-2899**



**Burke**  
\$339,000  
Near VRE! 3 BR, 2.5 BA, 3 level TH eat-in kitchen, rec room to walkout. Fenced-in patio! Cul-de-sac. Short sale.  
**Cheryl Hanback 703-864-4321**



**Fairfax**  
\$549,900  
Stately 3 Level Townhouse in sought after Buckleys Reserve with 3 Bedrooms and 3 & 1/2 baths. Hardwood floors on all 3 levels, 2 car garage, fenced rear yard.  
**John Astorino 703-898-5148**



**Burke** \$339,900  
Well maintained and updated 3BR, 3BA townhouse minutes to shopping and VRE. Granite and SS Appl. Bamboo floors. Updated baths.  
**Courtney Jordan 703-786-5330**



**Alexandria** \$357,500  
2 BR, 1.5 BA, 2-level end unit condo in Parkfairfax. Spectacular Renovation Top-to-Bottom! Open floor plan with loads of natural light. Chic design with too many bells and whistles to list!  
**Carol L. Manning 703-517-1828**



**Occoquan** \$309,000  
Small Town Charm! This home is truly one of a kind. Sited blocks from Historic Occoquan this 2BR, 1.5BA home features an updated eat-in kitchen, light-filled living room w/woodstove, MBR w/FP & WIC, loft & laundry. Minutes from I95 & VRE.  
**Ngoc Do 703-798-2899**



**West Springfield** \$174,500  
Newly renovated ground level 1 bedroom condo in amazing West Springfield location. Brand new carpet. New Maple cabinets. Stainless Appliances. Granite Countertops. Beautifully remodeled bath. New Windows/Sliding Glass Door. Very low condo fees includes water, sewer, trash collection, and outdoor pool.  
**David Levent 703-338-1388**



**Alexandria** \$819,000  
Near King St. Metro. 4 BR, 2.5 BA, 2 car garage, sfd, large rooms, family room off kitchen, finished basement, cul de sac, almost 3000 sq ft.  
**Cheryl Hanback 703-864-4321**



**Arlington** \$272,400  
Cambridge Courts. Turn-key condition. Shows like a model. Secluded end-unit. Prime location tucked away in back of neighborhood. Fireplace in LR. Separate DR. Large BR w/walk-in closet. Multiple improvements to include remodeled bathroom, new windows, new appliances, granite counters, hwd floors, fresh paint & more. Low condo fee. 1.2 mi to Clarendon Metro. This is a "10."  
**Jim Fox 703-503-1800**



**Annandale** \$499,000  
Spacious colonial in sought-after neighborhood. 2700 sq ft of "Great Bones." Needs a little TLC. First floor boasts spacious foyer, expansive rec rm w/wet bar, fam room w/gas frpl & cath ceiling, bedroom & full bath. Big LR w/picture window & 2nd frpl. DR w/SGD to gorgeous yard. MBR w/half bath. Nice-sized bedrooms. Upscale neighborhood in top school district.  
**Ki Hatch 571-214-1870**



**Woodbridge** \$399,900  
Stunning, large, upscale, large 2BR, 2BA condo; waterfront, resort living, including water views from bedrooms, kitchen and living room, newer kitchen, ss appliances, granite, beautiful wood floors, gorgeous built ins, luxury bath, balcony, marina, VRE (1 mi.) garage.  
**Mary Jo Ripani 703-250-8915**

Access the Realtors' Multiple Listing Service: [www.searchvirginia.listingbook.com](http://www.searchvirginia.listingbook.com)

# Senior Living

FALL 2016

Phil Doherty from Burke backhand volleyed the tennis ball in the men's doubles semi-finals match in the 80-89 age group held on Sept. 15 at Wakefield District Park in Annandale. He has been playing tennis off and on for about 50 years and tries to play twice a week. According to Doherty, "I have probably played in the NVSO about five times. I have won two Golds, two Silvers and one Bronze. I have also won a Gold in singles in the Virginia Senior Olympics. To be honest I don't make too big a deal of winning the medals. I am very competitive but just love the game."

PHOTO BY TOM MANNING/THE CONNECTION

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# Senior Living



PHOTO BY SHIRLEY RUHE/THE CONNECTION

**Marge McNare from Fairfax bowls in the Senior Olympics at Bowl America Shirley on Edsall Road on Sept. 12 in the 90-94 year old age group.**

PHOTO BY TOM MANNING/  
THE CONNECTION

**Springfield resident Kathy Wilson sports a Bryce Harper jersey as she competes in the Softball Hit event in the 55-59 age group at Wakefield District Park in Annandale on Sept. 14. Wilson hit the softball 97' 10" to take home a silver medal.**



**Phil Doherty from Burke and his doubles partner Neil Lane from Reston won bronze medals in the men's doubles semi-finals match in the 80-89 age group held on Sept. 15 at Wakefield District Park in Annandale. They lost their match 9-7 (8 game pro set) after battling back after a slow start.**



PHOTOS BY TOM MANNING/THE CONNECTION

## From the Beginning to the End

**982 participants signed up for 2016 Northern Virginia Senior Olympics.**

**T**he Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE



PHOTO BY TOM MANNING/THE CONNECTION

**Phil Doherty from Burke playfully uses a towel to fan Bob Shellhouse from Alexandria and Wayne Bell from Annandale during a changeover during their 80-89 age group championship match on Sept. 14 at Wakefield District Park in Annandale.**

## TJ Student Creates 'HeartScribe' for Seniors

**Mobile app helps manage health data.**

BY TIM PETERSON  
THE CONNECTION

**W**hen Vienna resident Rohan Taneja's grandfather experienced heart failure last year, he was inspired to create a mobile application that would help senior citizens to better manage their health metrics and share them with caregivers and doctors.

When a "Shark Tank"-style assistive technology challenge for Fairfax County High School students came across his radar, Taneja

decided it was the perfect opportunity to develop his app.

In March of this year Taneja, now a senior at Thomas Jefferson High School for Science and Technology, presented his project called HeartScribe to the challenge judges as a finalist.

"Many seniors have to measure their blood pressure, glucose and other things every day, and write all that down," Taneja said. "This makes that job a whole lot easier. In a matter of seconds, you can record all that data on your phone and bring it to your doctor. It's an

electronic way of doing what they were already doing."

Using the app saves seniors time and the stress of losing their documentation, he said.

Taneja won first place in the competition, along with around \$1,300 in prize money. He used the money to make informational flyers, buy devices to demonstrate the app and help launch it.

Taneja wanted to take the project further. He started visiting several senior centers and talking with elderly people about his app, what they liked and didn't like.

"That's when I realized it could be really helpful," he said.

Though he wrote the app by

himself, he's also reached out to the tech world for advice, including the Refraction co-working space in Reston.

From his senior feedback, Taneja has made numerous tweaks to the app, including making the buttons significantly larger and simplifying the interface to make it easier to use.

The app is live and available for free in the Google Play store, and works with any Android device. Taneja makes no money from it. "I guess you could call it one big service project," he said. "It was fun making it."

The TJ senior chose Google to start because he learned the Java



PHOTO CONTRIBUTED

**When Vienna resident Rohan Taneja's grandfather experienced heart failure last year, he was inspired to create a mobile application that would help senior citizens to better manage their health metrics and share them with caregivers and doctors.**

coding language for Google in a programming class. However he's currently working on versions for iPhone and web browsers.

## Senior Living

### Park Authority Offers 50+ Web Portal

The Fairfax County Park Authority has launched a website specifically for residents age 50 or older. The 50+ Engage-Connect-Play portal provides one-stop shopping for information on Fitness & Wellness, Arts & Learning, Gardening & Adventure, Giving Back, and more that's geared toward Baby Boomers and active seniors.

The Park Authority is making it easier for older residents to find new ways to engage as family and work demands change. In Fairfax County, 23.2 percent of households include adults who are 65+, and this group represents 11.5 percent of the county's total population.

Go to [www.fairfaxcounty.gov/parks/fifty-plus/](http://www.fairfaxcounty.gov/parks/fifty-plus/) to see which of the thousands of Park Authority classes are most popular among Baby Boomers. Book a tee time at a golf course, register for an art or gardening program, or find activities to entertain the grandchildren.

This initiative is part of the larger, countywide effort aimed at addressing the needs of a rapidly aging population in Fairfax County. U.S. Census figures show that there is a net in-migration to Fairfax County of persons age 85+. Among Fairfax County residents age 80 or older, 47.5 percent have one or more of the following: serious difficulty with walking and/or climbing stairs, difficulty dressing and/or bathing, or a cognitive disability.



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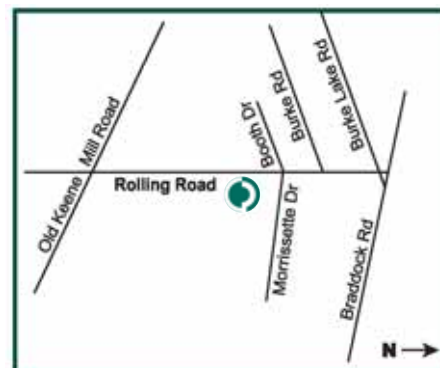
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# Multigenerational Living

BY JOSH BAKER  
BOWA BUILDERS

**P**lanning for multigenerational living has been on the rise in recent years. With life expectancies increasing and early baby boomers entering their golden years, this trend is expected to continue. As with any remodeling project, there are a number of factors to consider when planning a renovation for a growing household.

## A Space of Their Own

A self-contained guest house or in-law suite offers the most privacy for all generations. Including a full bathroom and kitchenette, as well as a separate entrance in this space, allows an older family member to retain their independence and privacy. Adding a small sitting area allows the occupant to entertain guests without feeling as if they're intruding. When planning, be sure to incorporate extra storage space, as it can be difficult for some folks to part with their belongings, particularly those that hold sentimental value. Finally, as interaction with the family is important, it's nice to ensure the home's main kitchen is sufficiently sized and a comfortable gathering area is accessible to include everyone for cherished family time.

## Existing Space Strategies

If you don't have room for an addition, either on your lot or in your budget, reworking existing space and incorporating elements of universal design can help with the transition. One cost-effective solution to consider is a residential elevator. An existing closet space or other small area can be retrofitted to accommodate the elevator, or if existing space is at a premium a small addition just large enough for the elevator shaft can be built. This can give family members with mobility issues access to more areas of the home. Recent empty nesters might repurpose their children's rooms on the upper level to accommodate the needs of aging parents, or a small suite might be planned in a finished lower-level. If an elevator isn't an option, a cozy second master suite might be created from a seldom used room on the first floor, such as an office or den.

## Universal Design

Whether you're reconfiguring space that's already there or adding on, there are various ways to design a home with accessibility in mind. Widening hallways and doorways can help ease maneuverability issues for family members who use a wheelchair or walker. A spacious, roll-in shower

with grab bars and a hand-held showerhead is ideal in the bathroom. Adding a comfort-height toilet, the height of the average chair, is helpful for those who have joint or balance concerns. Planning some sinks and countertops at lower heights in the bathroom or kitchen can offer seated individuals easier access and greater autonomy. Given the wide variety of fixtures, finishes, and accessories available, a little careful planning can help you to achieve a home that is both stylish and accessible. An added benefit of a well-planned renovation to accommodate senior parents is the space is already access-friendly if one should decide to remain in the home and age-in-place themselves.

Even if you don't intend to have someone living with you full time, having a home that offers "visitability," a movement that has grown increasingly popular in the accessible design community, provides a safe and comfortable environment for all visitors and loved ones.

*Josh Baker is the founder and co-chairman of BOWA. BOWA has more than 28 years of experience and has earned nearly 200 awards for business, design and construction excellence, including being named National "Remodeler of the Year" by Professional Remodeler magazine. Visit [www.bowa.com](http://www.bowa.com) or call 703-734-9050.*

## Senior Living

# Regaining Mobility

## Local orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL  
THE CONNECTION

**T**ired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

"I had been debating for months about whether to have it," she said. "I was in so much pain, though, that I don't really think I have anything to lose."

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Most patients will feel better, and feel better quickly.

Addressing overall health issues like high blood pressure, diabetes and obesity can boost the chances that a joint replacement surgery will be successful, says Dr. C. Anderson "Andy" Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. "Work on both your overall health and conditioning," he said.

Patients should be up and out of their hospital beds as soon as possible. "Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots," said Dr. Mark P. Madden, an orthopedic surgeon with OrthoVirginia. "We start out with patients using a walker and having someone assist them in walking, and they generally progress to become fully weight bearing without any assistance at all."

Also, have a support system in place prior to surgery, whether it's a significant other, grown child or close friend. Often dubbed coach or advocate, that person might at-

tend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

"The more eyes and ears in addition to the patient's, the better," said Engh, explaining why it's so helpful to have someone with the patient at appointments and throughout the recovery. "We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker."

The coach should be able to spend a significant amount of time with the patient during the early recovery period. "That person can expect to be with you 16 hours a day for two to five days after surgery," said Engh. "I don't want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery."

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to determine how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. "Having these types of things handled before you go into surgery can only help the recovery process."

Patients should plan ahead to safety-proof. "Do everything you can do to avoid a fall within the first two to three months after your surgery," said Engh. "Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stairways to help prevent falls."

Timing also plays a role in the success of joint replacement surgeries. "Some patients ask if they're too old to have surgery," said Engh. "Don't wait until you're home bound to have this surgery because the recovery will be quite long."

To decide whether joint replacement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one's quality of life.

"There's no right answer for every patient," said Madden. "The real answer is to work with your doctor to find the right treatment."



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