



Fairfax CONNECTION

Fairfax High School Dance Team marches in Homecoming Parade.



Senior Living

Fairfax High Holds Homecoming Parade

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OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIED, PAGE 14

PHOTO BY SEAN HICKEY/THE CONNECTION




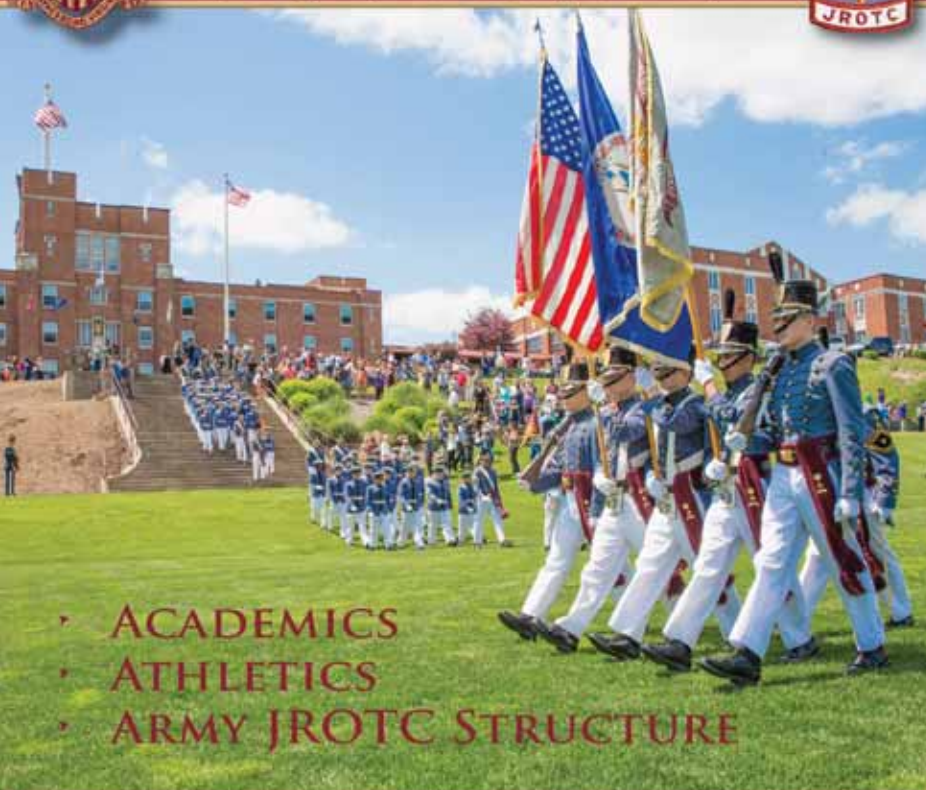
Three Properties Receive Appearance Awards

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Fairfax Fall Festival Is Saturday, Oct. 8

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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 releasing



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.”

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, including the text of the ballot question in both English and Spanish.

NEWS

(From left) are Craig Smith, co-owner Twins Ace Hardware, with his daughter Martin and Young Lockhard; Karen Marksteiner; Mayor Steve Stombres; Ricky and Christina Garris; and Kirk Holley.



BONNIE HOBBS/THE CONNECTION



The Lockhard home in Farrcroft has a strong, street presence.

PHOTOS COURTESY OF KIRK HOLLEY

Three Properties Are Recognized

Homeowners receive Residential Appearance Awards.

BY BONNIE HOBBS
THE CONNECTION

When it comes to homes, looks count – and three properties in the City of Fairfax were recently honored with Residential Appearance Awards. They were presented during the Sept. 13 City Council meeting by Kirk Holley, chairman of the Community Appearance Committee.

The winning properties belong to: Martin and Young Lockhard, 3827 Farrcroft Drive; Karen Marksteiner, 9937 Pinehurst Ave.; and Ricky and Christina Garris, 10900 Scott Drive. “These were the

spring nominations, and they were professionally judged on four criteria,” said Holley. The criteria were:

- ❖ Landscape design quality – balance, seasonal interest and appropriate for home and neighborhood;
- ❖ Residence and building quality – craftsmanship, materials and complementary to setting;
- ❖ Maintenance of landscape and building;
- ❖ Sense of place – unique, special character.

Holley told the Council that, “Among the many attractive properties in Farrcroft, the winning entry is a little more refined and has a strong street pres-



Judges liked the fence bouquets at the Marksteiner home on Pinehurst Avenue.

SEE APPEARANCE AWARDS, PAGE 5

He She

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NEWS

The Garris house on Scott Drive features mature plantings.



PHOTO COURTESY OF KIRK HOLLEY

Appearance Awards Presented

FROM PAGE 4

ence. Bold colors and manicured plant forms contrast and complement the building.”

As for the Pinehurst property, “This half-hidden gem in Country Club Hills attracted the judges due to its simplicity and natural setting,” explained Holley. “This inviting, corner-lot property complements surrounding homes in the community. The street-side touches are nice, as are the maintained, mature plantings.

He noted that “Layered vegetation, a well-maintained home and splashes of annual color are all evident. And the home’s simple, border fence with brick pillars topped with bouquets for community enjoyment [illustrate how such touches] can make a property distinctive.”

Re the winning property on Scott Drive, Holley said the judges found this home “strikingly simple and

clean, [with] tasteful and well-scaled additions. It is a well-maintained jewel in the neighborhood. We are impressed with the consistent use of color, scale and materials in the main cottage house, the addition [and] the outbuilding and deck area.”

The judges further wrote that, “In this home, these features are well-integrated with the original building and lot. The entry features are simple and inviting; each element creates harmony with the entire property. The maintained mature plantings make this home feel “grounded. It is a cornerstone in the neighborhood and an excellent example of an appearance winner.”

Craig Smith, co-owner of Twins Ace Hardware, gave \$75 gift cards to each winning property owner. These residents will also display mountable plaques identifying their properties as 2016 Residential Appearance Award winners.

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City of Fairfax Urgent Election Notice

The registration deadline to vote in the November 8, 2016 City General Election is Oct 17, 2016. Applications must be postmarked by this date or received in-person by 5 p.m. You may also apply online by 11:59 p.m. at www.vote.virginia.gov
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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 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
Absentee Fax: 703-324-3725
Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711

ON THE BALLOT IN FAIRFAX COUNTY:

- President and Vice President
- 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/

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)



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 annual 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

Mason Student Senate Opposes Meals Tax

To the Editor:

Earlier this month, the 37th Student Senate of George Mason University voted to stand with members of the Fairfax community in opposition to the meals tax referendum, which will appear on the November ballot. This resolution expresses the concern of many students that a meals tax will be regressive towards lower income individuals within our community, many of which are our fellow students, as they are higher consumers of prepared food items. While many of us have benefited from public education and recognize the importance of funding our local school system, we cannot support a tax that will disproportionately impact those in our community who depend the most on dining options that would be affected by this tax. The Student Govern-

ment of George Mason University strives to promote an affordable college experience for every student at Mason and in a year where tuition and fees have increased across the board, we cannot support yet another increased cost that students will have to cope with. Therefore, pursuant to Resolution #2 passed by the Student Senate on Thursday, Sept. 8, 2016, we encourage all members of the Fairfax community to vote "NO" and actively oppose the 2016 Meals Tax Referendum in the upcoming general election.

Caleb J. Kitchen
Speaker of the Student Senate
George Mason University

Supporting Clean Power Plan

To the Editor:

After reading Kelsey Crane's letter-to-the-editor ("Facing an Urgent Threat," Fairfax Connection, September 29-October 5, 2016) I would like to echo her support for the Clean Power Plan and to offer my thoughts as an Oakton resident and concerned citizen. I've lived in Oakton for 26 years, attending Emmanuel Lutheran Church in Vienna and participating in the Audubon Society of Northern Virginia. I'm not only a mother, but also a grandmother to five, and I care very deeply for this community.

As Kelsey mentioned, climate change places various aspects of our communities at risk, from our economic stability to public health and safety. I have lived in Oakton for many years and seen the communities around me thrive, and I'm disappointed by the opposition to the Clean Power Plan. The Clean Power Plan will address climate change concerns to increase intergenerational equity and secure the future of our children. Some of my grandchildren live close to me. Will air quality and storm frequency in Oakton remain the same for my grandchildren's generation? I am concerned about the kind of world our children are growing into and the legacy we are leaving them.

By upholding the Clean Power Plan, we are not only preventing more damage to our world today and improving our current quality of life, but we're ensuring the quality of life for our children's futures. It is time for our lawmakers to take action with effective and comprehensive climate change policy, such as setting limits on carbon pollution, like those in the Clean Power Plan, and enacting energy efficiency measures to keep dangerous fossil fuels in the ground.

Kristy Liercke
Oakton

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

Letters to the Editor
The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
info@connectionnewspapers.com

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NEWS

Presenting the resolution to Harold Skeins's family, (front row, from left) granddaughter Haley Skeins; wife Patricia Skeins; and daughter and son-in-law, Becky and Carey Cole, are (back row, from left) Council members Ellie Schmidt, Jon Stehle, Jeff Greenfield, David Meyer and Janice Miller; and Mayor Steve Stombres.

BONNIE HOBBS/THE CONNECTION



City of Fairfax Honors Skeins

Names basketball court in Ratcliffe Park in his memory.

BY BONNIE HOBBS
 THE CONNECTION

Harold Skeins was 78, but he was a fixture at Ratcliffe Park, happy to play basketball there as often as he could. His three-point shot was legendary, and he could hold his own with players young enough to be his grandchildren.

But his life ended suddenly, Aug. 8, while eating breakfast with a buddy at the Courthouse Plaza McDonald's. An elderly man trying to park his car instead crashed into one of the restaurant's walls. The impact killed Skeins and sent his friend to the hospital in critical condition.

Skeins's family and friends mourned him, and the community gathered at the basketball court for a candlelight vigil in his honor. Basketball players from Fairfax High spelled out the words, "Harold's House," in plastic drinking cups on the chain-link fence bordering the court. And talk began about honoring Skeins in a more permanent way.

Last Tuesday night, Sept. 27, the Fairfax City Council did just that, approving a resolution to name that basketball court after him. "The idea came about almost immediately following Mr. Skeins's untimely death, from many people both within the City and across the United States," said Councilman David Meyer. "There were numerous emails."

PROPOSING THE RESOLUTION to the Council, Parks and Recreation Director Cathy Salgado said Skeins was a City resident for more than 50 years, a regular basketball player and unofficial caretaker of the court at Ratcliffe Park. "He was often seen sweeping the court and changing the nets, always at his own expense," she said.

"Over the decades, Mr. Skeins reached out to hundreds of youth in the City, mentoring them, coaching and playing basketball with them," continued Salgado. "He took an interest in their lives, on and off the court. His ability to connect with young people was a gift that left a lasting impression on them. In honor of Harold's dedication to the youth of the City, we're asking that the Council adopt the resolution and that staff work with the family to design an appropriate memorial that would be placed on site."

Meyer then made a motion to approve the court being named for Skeins in recognition of his "decades of friendship, mentoring and coaching young people in the City of Fairfax," with Councilman Jeff Greenfield seconding. Meyer stressed that "It's a rare



PHOTO COURTESY OF
 CAREY COLE

Harold Skeins

"Over the decades, Mr. Skeins reached out to hundreds of youth in the City, mentoring them, coaching and playing basketball with them."

**—Parks and Recreation Director
 Cathy Salgado**

ity that we have a citizen in this community that makes these kinds of contributions consistently, decade after decade, generation after generation."

"There's nothing in the world that will bring Mr. Skeins back to his family," added Councilwoman Janice Miller. "But I hope that naming the basketball court after him will, in some measure, soothe their hearts and their feelings and let them know that the community appreciates all he did. We are keeping his wife and family in our thoughts and prayers."

SPEAKING DIRECTLY to Skeins's family, Mayor Steve Stombres said, "We're a community of over 20,000 people, and you can sometimes forget that one person can have such an impact on the community, just by setting an example of being a wonderful person, having a wonderful family and playing basketball. He will be missed greatly and, on behalf of our entire community, we want you to know what an impact his life had on us."

Stombres then read the resolution out loud, officially proclaiming the basketball court at Ratcliffe Park to "now and forever be known as the Harold Skeins Sr. Basketball Court."

"If Harold were here, he would be honored and very humbled," said Skeins's son-in-law, Carey Cole. "I'd like to thank you from all his family and friends, everybody he ever played basketball with and everybody he ever knew or influenced in a positive way. Thank you from all of us."

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THE CONNECTION

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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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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 125th 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 or visit the SALT web site at www.saltva.org

www.S-A-L-T.org, Upcoming Events page.

Inova HealthSource Offers Fitness Classes

Inova HealthSource offers a variety of fitness classes throughout Northern Virginia to help participants meet their fitness goals. The instructors are highly skilled and can work with a range of fitness levels, ages and physical limitation. Classes run year round and are offered at affordable prices.

The next session starts the week of Monday, Oct. 10.

Visit www.inova.org/creg, keyword: fitness, or call: 703-698-2441.

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.

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.

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SPECIAL CONNECTIONS CALENDAR 2016

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

- 10/12/2016.....HomeLifeStyle
 - 10/19/2016.....A+ Camps & Schools
 - 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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- Great Falls Connection
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- Mount Vernon Gazette
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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 40th 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., Rocknoceros; 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.



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

CALENDAR

Send notes to the Connection at 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.

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.

Fairfax Rotary Club Meeting. 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. 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.

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.

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 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

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. 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 outside 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-strawberry-park/>

Antioch Baptist Church Elderly Care Ministry Conference October 15, 2016 8:30 a.m. to 2:00 p.m.

*"The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection."
Psalms 18:2*

"Protecting Our Seniors"

Elder abuse is a single, or repeated act, or lack of appropriate action, occurring within any relationship where an expectation of trust is used to cause harm or distress to an older person.

-- World Health Organization

REGISTER NOW

Online: www.antioch-church.org
Email: cthreat@antioch-church.org / aaustin@antioch-church.org
Phone: 703-425-0710

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.

PHOTO COURTESY OF ANTIOCH BAPTIST CHURCH

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 or Gayle Parsons, 703-644-4485, email gparsons3@cox.net.

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.

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/

Shot in the Dark Nite Tournament.

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

Learn to Pray and Heal

by Nate Frederick, C.S.

Come explore the how-to of spiritual healing. Learn to have more faith in Life, understand God as Love itself, and express Love in a way that heals.

Sunday October 23 at 2 p.m.
Sherwood Community Center
3740 Old Lee Highway, Fairfax, VA 22030

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on Oct. 8!



NATE is a spiritual adventurer who's traveled the globe sharing healing insights, exploring new cultures and performing music. As a media producer, Nate launched and produced the award-winning Daily Lift podcast, as well as the Time4thinkers Weekly Musician for his church, The First Church of Christ, Scientist, in Boston. Now as Christian Science practitioner he's doing what he loves most—praying with others and experiencing first-hand the healing power of God's love.

This lecture is sponsored by your neighbors at the Christian Science Church, Fairfax. Visit us at: thinkdifferentlyfairfax.com

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

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/ 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.



Fairfax County Farmers Market & Food Trucks began in may and runs through Oct. 27 at the Fairfax County Government Center (12000 Government Center Pkwy) on Thursday's from 3 - 7 p.m.

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, 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, 2016

Election Day. General election.

Visit www.sbe.virginia.gov/ and www.fairfaxcounty.gov/elections/upcoming.htm

COMMUNITIES OF WORSHIP

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Sunday School 10:10 AM
Sun. Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
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Visit our Website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170

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www.messiahumc.org

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Fairfax High School Choir.



Fairfax High Holds Homecoming Parade

Fairfax High's Homecoming Parade was held Friday, Sept. 30.

PHOTOS BY SEAN HICKEY/THE CONNECTION



FHS Principal Dave Goldfarb.



Swim and Dive Team.



Fairfax High school marching band in homecoming parade.



Color guard leads the Fairfax high school homecoming parade.



A view from above as teams arrive for the 12th Annual Down Syndrome Association of Northern Virginia Buddy Walk.

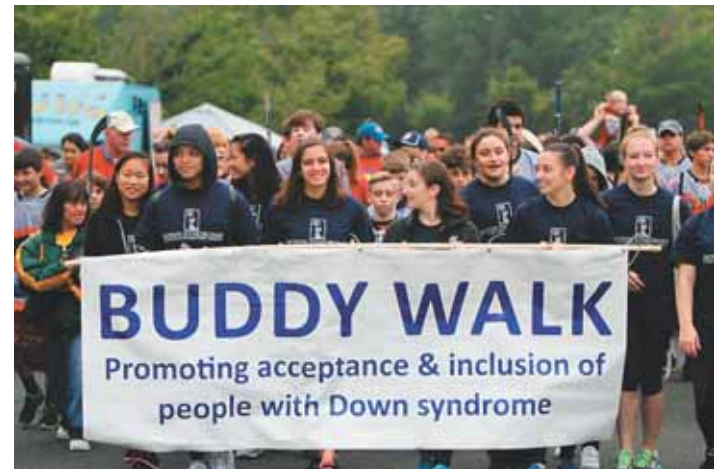
Celebrating Down Syndrome Awareness Month

The 12th Annual Down Syndrome Association of Northern Virginia Buddy Walk took place Sunday, Oct. 2, around the Mason Pond at George Mason University. The Buddy Walk was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome.



Benjamin Petrick, 6, from West Springfield, laughs after event staff lifted him up onto the Velcro wall. Benjamin has participated in the walk for the past six years.

PHOTOS BY TOM MANNING/THE CONNECTION



Volunteers lead the way at the start of the 2016 Buddy Walk around Mason Pond at George Mason University on Oct. 2.

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Send notes to the Connection at 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.

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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.

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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 or 800-552-3200.

21 Announcements **21 Announcements**

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The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

21 Announcements **21 Announcements** **21 Announcements** **21 Announcements**

VDOT
Virginia Department of Transportation

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.

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. Also visit 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 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 703-324-5777, TTY 711, or 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 or 703-266-3548 or 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 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 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 (barbmale@yahoo.com) or Gayle Parsons (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 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.

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.

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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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 backyard. 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.
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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!
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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, hwdw 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

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Senior Living

FALL 2016

Marge McNare from Fairfax is one of 22 women to bowl in the Senior Olympics at Bowl America Shirley on Edsall Road on Sept. 12. She is bowling in the 90-94 year old age group. McNare is bowling on lane 10 wearing a Senior Olympics 1987 green shirt but says, "I started bowling the year before that but I lost that shirt." McNare says she used to bowl about 140 until she hurt her shoulder last month. Her first game this time was 124. "I'll take what I can get."

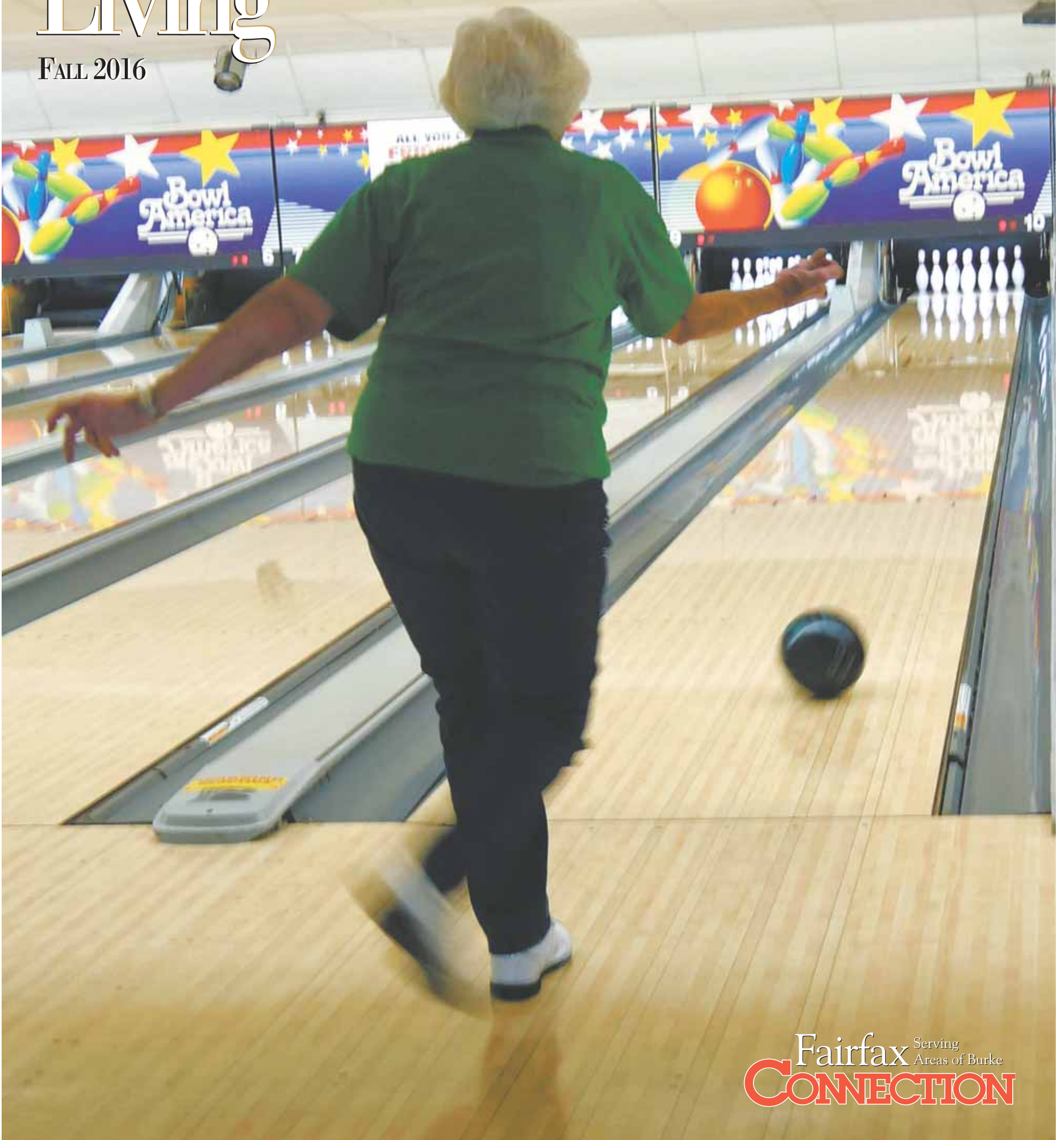


PHOTO BY SHIRLEY RUHE/THE CONNECTION

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Senior Living

From the Beginning to the End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

The 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 SHIRLEY RUHE

Marge McNare from Fairfax bowls in the Senior Olympics 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



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.

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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/ to see which of the thousands of Park Authority classes are most popular among Baby Boomers and the 50+ crowd. Find out about concerts, fairs, festivals and other park events that appeal to older residents. Book a tee time at a golf course, register for an art or gardening program, or find activities to entertain the grandchildren. Visitors to the site can also explore ways to give back to their community through paid and volunteer opportunities in the parks.

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.

Seminars on Downsizing

The Retiree Real Estate Education Association announces free public service seminars for October on Decluttering, Aging in Place, and Downsizing, given at McLean, Falls Church, and Marshall High schools. These are part of a series of eight free seminars on real estate issues relevant to retirees.

Seminars are free to the public and are presented in the evenings at Fairfax County public schools. For more information, or to register for a seminar, go to RetireeRealEstate.org.

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Senior Living

Regaining Mobility

Local orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL
THE CONNECTION

Tired 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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