

2016
VIETNAMESE
PRESS
ASSOCIATION
Herndon
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.

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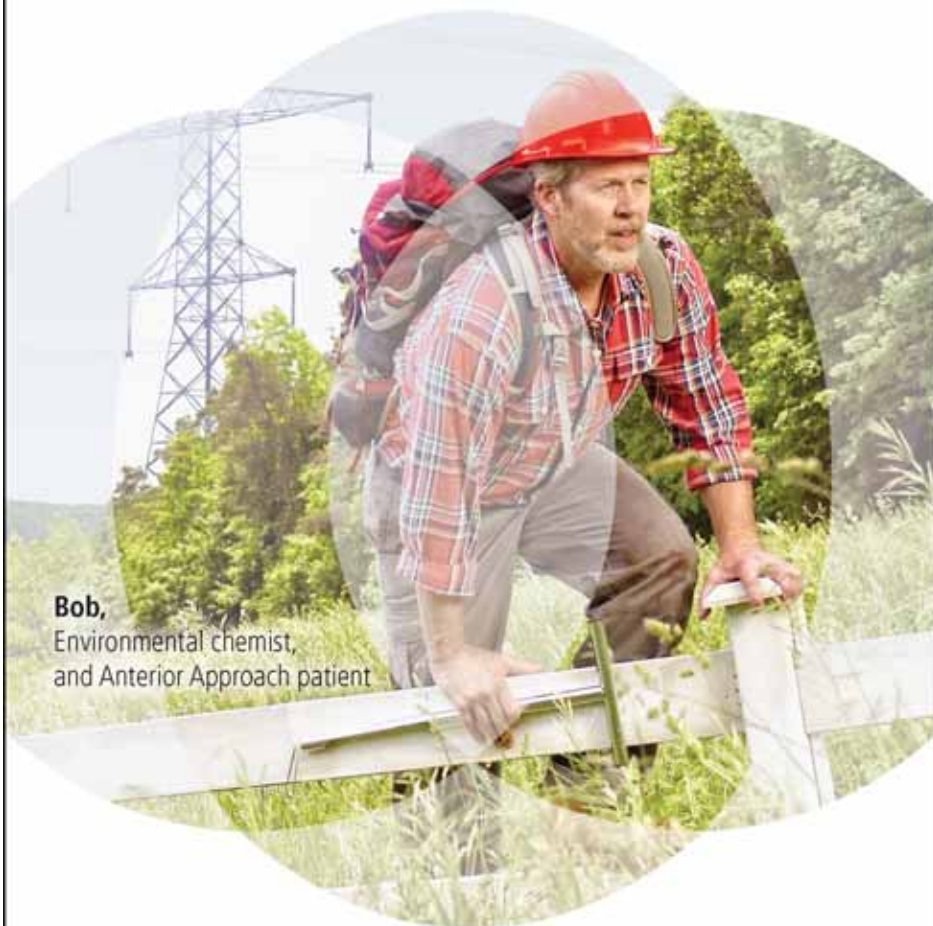
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OCTOBER 5-11, 2016

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Reference: T. Bourne MB, Mariani EM. A Comparison Between Direct Anterior Surgery of the Hip (DASB) and Anterolateral (AL) Surgical Approaches to Total Hip Arthroplasty: Post-Operative Outcomes. Poster Presentation #014, AAOS, Basic Orleans, LA, March 9-13, 2010. Comparison of functional outcomes after Anterior Approach (211 patients) with Anterolateral/Traditional (259 patients).

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OBITUARY

John David Farrell, Sr. MD, 79, Dies

On Sunday, Sept. 18, 2016, Dr. John David Farrell entered into peaceful rest after a long illness at home with his family at his bedside. He was born March 24, 1937, at Mercy Hospital in Pittsburgh, Pa.

He is preceded in death by his father, Dr. Marcus E. Farrell and his mother, Mae Ann (Hurray) Farrell. His first wife, Carol (Aston) Farrell passed away in November 2015 in Raleigh, N.C. He is survived by his wife Nancy, brother Marcus E. Farrell Jr. (wife Ellen); father to John David Farrell Jr. (wife Kerry and grandchildren Victor, Patrick and David); Laura Farrell Page (husband Jeff and grandchildren, Carter, Natalie and Logan); Michael Farrell and Julene Farrell; stepfather to Cynthia Connell (husband Paul and grandchildren Brian and Kevin).

Originally from Clarksburg, W. Va., he is a 1955 graduate of Campion Jesuit High School, a Jesuit boarding school for boys in Prairie du Chien, Wis.; a 1959 graduate of the University of Notre Dame. He completed his medical training in 1965 after his internship at Medical College of Virginia, Richmond, and residency at Children's Hospital of Pittsburgh; Member American Academy of Pediatrics.

After completing his medical training Dr. Farrell served in the U.S. Navy Medical Corps at the U. S. Naval Hospital, Pediat-



PHOTO CONTRIBUTED

Dr. John David Farrell

rics, Camp Lejeune, N.C. In 1968-69 he served in Vietnam pacification program as a Navy pediatric physician advisor

II corps, Milphap Team N-4 in Nha Trang and Saigon treating plaque, malaria and tuberculosis. After being discharged in 1969 he continued to serve in the U. S. Navy Reserves receiving an honorable discharge as Lieutenant Commander April 1975. He received the National Defense Service Medal, Vietnam Service Medal and Vietnam Campaign Medal.

Following his tour in the military, in 1971 he moved to Reston, establishing Farrell Pediatrics in Hunters Woods Village Center. He served as a physician at Inova Fairfax and Reston Hospitals. In 1985 he moved his practice to Sunset Hills Professional Center. The practice still bears his name and continues to provide pediatric care to youth of Northern Virginia.

Family will receive guests 5-8 p.m. on Friday, Oct. 28 at Adams-Green Funeral Home, 721 Elden St., Herndon. Mass will be held 1 p.m. Saturday, Oct. 29 at St. Thomas a'Becket Catholic Church, 1421 Wiehle Avenue, Reston. Reception to follow.

Information and condolences at www.adamsgreen.com

White House Ornaments on Sale

Great Falls Friends and Neighbors have announced that the White House Ornaments are available for sale to benefit Artemis House, Fairfax County shelter for women and children. Artemis House services victims of domestic violence and human trafficking. As always, all proceeds go directly to the shelter and its victims. The ornaments are offered at the usual price of \$25 despite unit increases.

This year's ornament honors President Herbert Hoover, commemorating the Christmas Eve fire of 1929 at the White House. The story behind the ornament is very interesting, and it is in an enclosed booklet that accompanies each piece.

The ornaments are available at the following stores:

- ❖ Great Dogs of Great Falls, 9859 Georgetown Pike, Great Falls, 703-759-3601
- ❖ Studio Hair, 10123 Colvin Run Rd, Great Falls, 703-757-2330

- ❖ Burke Jewelers, 1478 North Point Village Center, Reston, 703-478-2203
- ❖ Studio Hair, 12190 Fairfax Towne Center, Fairfax, 703-261-6268

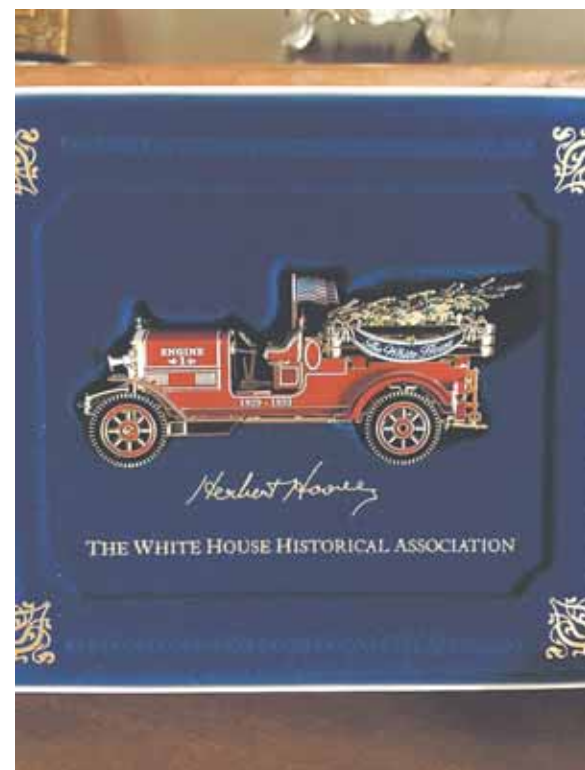


PHOTO CONTRIBUTED

This year's ornament honors President Herbert Hoover, commemorating the Christmas Eve fire of 1929 at the White House.

Debating Pro & Con on Meals Tax

League of Women Voters hosts forum on Meals Tax issue.

BY ANDREA WORKER
THE CONNECTION

The 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 res-



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.

taurant company), took to the stage in opposition.

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 cre

SEE MEALS TAX, PAGE 12

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)





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BARBARA COMSTOCK



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Barbara's parents live with her at her home in McLean.

The Washington Post
Bipartisan Doc-fix passes the House
3/26/15

"As your Congresswoman, I am standing up for seniors. I will continue to vote to replace ObamaCare, restore Medicare, and protect Social Security."

Barbara Comstock

Barbara Comstock will stand up for seniors and protect Medicare.

- › Passed a bipartisan bill to strengthen Medicare so seniors are able to keep their trusted doctors.
- › Passed an amendment that stopped a planned increase in Medicare Part B premiums.
- › Voted for a bill to ensure the Social Security Administration protects seniors from identity theft.
- › Co-Sponsored the 21st Centuries Cures Act – which provides funding to the National Institutes of Health (NIH) for research to find cures for Alzheimer's disease, cancer and diabetes.
- › Passed the Reauthorization of the Older Americans Act, which provides assistance to states and area agencies on aging and model programs.

ELECTION DAY
VOTE NOVEMBER 8TH

ABSENTEE VOTING INFORMATION:
BarbaraComstockForCongress.com/absentee

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Senior Living

Life at Vinson Hall — Living the Difference

BY SHIRLEY RUHE
THE CONNECTION

Mary DeMaris is headed down on the elevator at Vinson Hall with her black case of art supplies, an artist headed to a still life class out of the building. “There is a club here for everything — poetry, art, choral group, photography, book, gardening,” she said.

Vinson Hall residents can use the bus and courtesy car for errands, doctor’s appointments and other scheduled outings.

“The food is excellent. I don’t know I can pick a favorite. Hmmm, the soups here are unique, delicious. The dining director — he’s a real foodie,” said Mike Solari, the purchasing and catering manager at Vinson Hall. “You’ll never believe it but the favorite is chicken livers with a light gravy if they like. And the seafood dishes, oh seafood Newburg. Lots of people use imitation seafood, but we use real shrimp, crab, lobster and scallops in this dish.”

Norman Zalfa from Arlington, said, “Well, I like pound cake. I don’t like a lot of cream and other stuff so I mentioned it to the chef. He made a pound cake for me and had it delivered to my apartment.”

Solari says that in his opinion you eat with your eyes first so he presents a nice plate. Sometimes when he creates the weekly menu, “It’s what I feel like. I try to have one pork, chicken, beef, seafood and pasta every week and to be sure that I’m not repeating the same thing too often.” Solari says he listens to what people ask for and what they don’t like. Solari says the only way he adjusts his menu for older appetites is to take out the salt. “We use herbs instead.”

“Hi Norman,” Zalfa waves at a man going by with his walker. “That’s my next door neighbor. He was a submarine commander.” Vinson Hall independent living is open to commissioned officers and their immediate



Mike Solari, the purchasing and catering manager at Vinson Hall, readies the dessert cart for lunch with coconut cake, chocolate mousse and lemon cakes. Soon it will be full of tarts and other choices offered in the formal dining room.



LaVonne Boyer, 4-year resident at Vinson Hall, says, “There are so many clubs for anything you want to do.” She tries to take advantage of as much as she can. Boyer is on the Chapel Committee.

family from all U.S. uniformed services. They are now accepting government employees of equal rank from the Departments of State and Defense, the CIA and Foreign Service.

Zalfa continued, “We go check on Norman. He is 91-years old. My wife, Grazia — she’s from Italy — went to Eden Center and bought bok choy and other vegetables and made him a bowl of soup today.”

There is no required meal plan at Vinson Hall for independent living so that a person can choose whatever they feel like eating any day from three kitchens — the main dining room, the bistro with cooked to order choices, snacks or light fare.

“My favorite thing is networking with people,” said Zalfa. “It’s small enough you get to know people. It’s a family, really. There is a men’s club that gets together, takes walks, works as a support group.”

LaVonne Boyer, a four-year resident, says it is easy to make friends here and “there are so many interesting, intelligent and ex-

perienced people living here.” She is busy packing for a weeklong trip to Cancun where her family has time-shares and always gather the third week in September. She says right now she has a crazy daily life because her daughter has stage 4 cancer and three children so Boyer does everything she can to help. “Today my daughter is on Capitol Hill where they asked her to lobby for experimental trials and approval of a new medication.” Boyer says when her surgeon husband died early, she went into real estate in Springfield for 35 years to put her children through college.

“I always use the gym. The most appreciated person around here is George, the personal trainer who evaluates each person and then sets up an individual training program,” said Zalfa.

Zalfa reports that he has broken almost every bone from his years of horseback riding in Wyoming, Ecuador and Brazil. “And then there was my motorcycle. And the time I passed out riding my bike and

broke my hip.” But he says that his wife Grazia says no more motorcycles, “and when she says no, she means no.”

Zalfa remembers World War II. “I was 14 when I enlisted but lied and used another kid’s name. I wanted to be a hero.” Now Zalfa runs a business and teaches courses in Arlington on how to organize one’s estate.

Boyer says she uses the gym a lot, the pool and the weight machines. The gym is currently moving into a new expanded space. In addition, new space is being added on the garden level including a dance studio for yoga and stretching, a cyber cafe and some new office space.

A resident’s meeting is underway in the auditorium, also used for community events and guest speakers. Another larger auditorium in the Community Building hosts

dances, performances, and the McLean orchestra performs there as well. A piano sits outside the main dining room which has been set for lunch with white tablecloths and with a sign in front about the wine tasting.

Dave DeClark, the director of marketing says Vinson Hall bottles its own wine from grapes in California. Their specialties are offered at dinner and at happy hours during the week.

DeClark says in addition to independent living Vinson Hall Retirement Community offers assisted living, long-term care and skilled nursing at Arleigh Burke Pavilion and Memory Care at the Sylvestery. DeClark says they draw residents from a seven-mile radius. No military affiliation is required for these residences. He adds that a new addition just opened in November 2014 with 75 new independent living apartments, all named after Presidents “but only one after Washington since there was only one first President of the United States.” Vinson Hall is located at 6251 Old Dominion in McLean.

TJ Student Creates ‘HeartScribe’ for Seniors

Mobile app helps manage health data.

BY TIM PETERSON
THE CONNECTION

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.

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

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."



PHOTO BY TOM MANNING/THE CONNECTION

Men's doubles semi-finals teams in the 80-89 age group pose for a group photo before the match begins. From left are Neil Lane from Reston and his partner Phil Doherty from Burke, Jerry Vance from Annandale and his partner Bob Wilkinson from Fairfax. Vance and Wilkinson won the match 9-7 (8 game pro set) to advance to the finals.

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/THE CONNECTION

Thomas Robinson from Herndon is listed bowling 220 with no handicap. This is his first year entered in the Senior Olympics competition, but he says he has been bowling for over 40 years since he was 10. Robinson says this was sort of an accident. He was signing up for the volleyball competition and just happened to notice bowling. He pulls out his favorite brown ball "that smells like root beer — no kidding" and wipes it off with a cloth to get some of the oil off the ball. Then he swings his long arm back and lets go — another strike. Robinson wins gold in the 50-54 year age group with a score of 726 for three games.

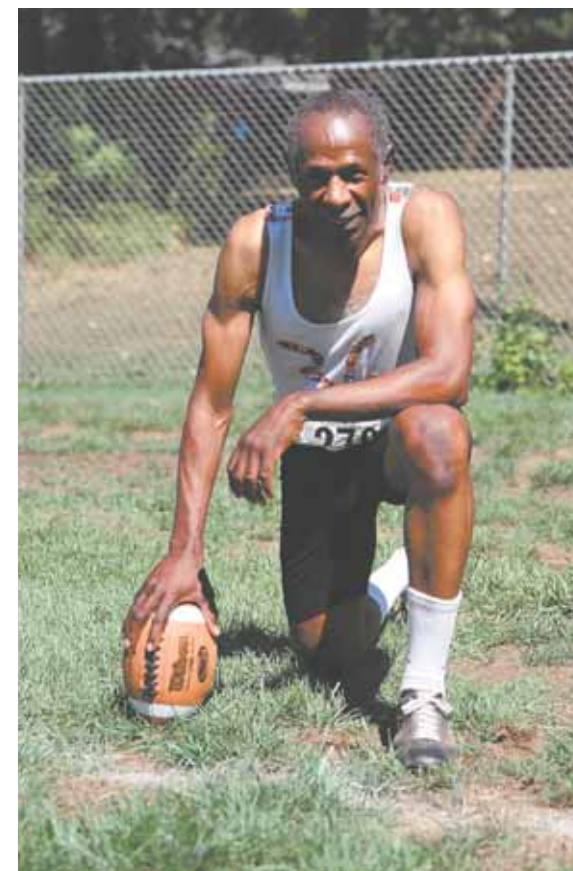


PHOTO BY TOM MANNING/THE CONNECTION

Senior Olympics Football Throw

Clarence John Wells-Martin, 70, from Herndon strikes a winning pose after setting a new record in the Football Throw event on Sept. 14 at Wakefield District Park in Annandale in the 70-74 age group with a distance of 115' 2". Wells-Martin beat the previous record of 104' 3" that was set in 2012.

Herndon to Celebrate Arts Week

The event's theme: **Shining Lights on the Arts in Herndon.**

BY MERCIA HOBSON

Downtown Herndon businesses open their doors to the public for the 6th Annual Arts Crawl, Wednesday, Oct. 12, 5:30 - 8 p.m. The Arts Crawl is one of many free activities scheduled during Herndon Arts Week.

At the Sept. 27 Herndon Town Council Public Session, Councilmember Sheila Olem read the Proclamation by the Town of Herndon recognizing Oct. 10-16, 2016 as Herndon Arts Week in the Town of Herndon.

According to the Proclamation, Herndon Arts Week was started as an initiative by the Council for the Arts of Herndon, now known as Arts Herndon, to promote the many wonderful arts organizations and businesses in the town.

Olem said that the Mayor and the Town Council, "Recognize this important week in our community and commend and support Arts Herndon - the town's official arts agency - along with ArtSpace Herndon, Classical Ballet Theatre, Folk Club of Reston/Herndon, and the Herndon Fortnightly Library for their roles in organizing and hosting Herndon Arts Week."

Evan Hoffman, Executive Director of Next Stop Theatre, Michael O'Reilly, Board President Arts Herndon and Signe Freidrich, Executive Director Arts Herndon thanked the Mayor and members of the Town Council for their commitment to the arts in Herndon and for recognizing Arts Week. "We look forward to continuing our partnership with the town," O'Reilly said. "Working together we'll do great things."

"What a pleasure it is," Freidrich said, "to be working in a town that supports the arts as an integral part of our culture. It is so important".

Freidrich added: "Wednesday of Arts Week is probably going to be the best Arts Crawl we've ever had. There are far more venues than normal. We'll be doing an event at the Green Lizard. We'll be doing something at Copan, which is a first for us, and we will have bi-lingual artists at Copan, so that we are reaching out into the community trying to make sure that businesses and the artists get promotions."

In a later interview, Freidrich talked at length about the Arts Crawl. "Admission to the event is free and it is open to the public. We've added demonstrations by teachers from

HERNDON'S OWN Rhythm Street Dance Center and Fred Astaire Dance Studio. A long time nonprofit community partner of ours, The Folk Club of Reston/Herndon, has committed to provide a bit of background music, and a local studio, The Music Loft, is preparing to teach ukulele classes at one of the arts crawl venues."



PHOTO CONTRIBUTED

On behalf of Arts Herndon, Michael O'Reilly, Board President and Signe Freidrichs, Executive Director accept the Town of Herndon Proclamation recognizing Oct. 10 - 16, 2016, as "Herndon Arts Week."



PHOTO BY MERCIA HOBSON

Signe Freidrich, Executive Director of Arts Herndon, watches Chris Lively as he completes one of his works for Herndon Arts Week's Arts Crawl, Shining Lights on the Arts in Herndon, scheduled for Wednesday, Oct. 12, 5:30-8 p.m.

"Oh, and you don't have to bring a ukulele", Freidrich said. "Laura Readyoff, owner of Music Loft, will provide ukuleles for everyone to use."

Jason Dimambro is Community Outreach Manager for Arts Herndon. He added: "We wanted to expand and include multiple art mediums in the crawl this year, go beyond works in painting and photography. So we sought out local artisans-makers and creators of pottery, fiber arts, mosaics and woodturning to join our Arts Herndon family. They will offer their works for sale to the public, along with the photographers and painters, during the Arts Crawl."

Crawlers are encouraged, Freidrich said, to go from business to business, chat with the artists, enjoy and purchase art if desired. "All proceeds from the sale of art go to the artists," she said.

Dimambro said the Arts Crawl is located within a 1-block area of the downtown district. He added: "One reason we planned for the Arts Crawl to have such a small footprint is to foster inclusiveness. We want to provide an opportunity for people who have limited access to the arts to participate and make it easier for those who are mobility challenged, such as some of our senior citizens or those who might use public transportation, to attend the crawl and experience the arts."

"Arts Herndon's restaurant and business partners are the best," Freidrich added. "They are offering not only space to our artists but complimentary hors d'oeuvres to the first 200 crawl participants."

Noting that the theme for this year's art crawl is Shining Lights on the Arts in Herndon, Freidrich said, LED lit balloons are being placed outside each of participating businesses - Jimmy's Old Town Tavern, Copan Restaurant, O'Sullivan's Irish Pub, The Breeze Restaurant & Sports Bar, Ice House Café, Green Lizard Cycling and Town Hall. LED lanterns will shine on the sidewalk paths between venues, guiding crawlers to their next stop.

"We want passerbys to know something very special is going on Wednesday evening, Oct. 12," Freidrich said. "We want to draw people into the downtown to see what's happening; promote the arts and businesses. It is only with the support of our



PHOTO COURTESY OF WASHINGTON WEST FILM FESTIVAL

Washington West Film Festival volunteers provide information about the upcoming festival. This year's festival begins Wednesday Oct. 19 and runs through Saturday Oct. 25.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Exercise for Parkinson's Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free.parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Shih Chieh Huang. Synthetic Transformations Sept. 16 - Nov. 16. Tuesday through Saturday, 11 a.m. - 5 p.m. Greater Reston Arts Center. Reston Town Center, 12001 Market St #103, Reston. Dynamic gallery experience by Shih Chieh Huang, sponsored by Leidos and the Arts Council of Fairfax County. Huang will present an installation featuring elements created from a variety of media including LED lights and materials such as plastic bags and Tupperware. Cost: Free. info@resonarts.org 703-471-9242.

Meadow Farms Fall Festival Great Falls Oct. 3 - Oct. 31 Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. 10618 Leesburg Pike, Vienna. There will be pumpkins, gourds, cornstalks, mums, pansies, star bales, and everything else you need for the fall look. A huge selection of pumpkins. There will also be moon bounces, giant scarecrows, haunted buses and pipes for the kids to go through, weekend concessions and much more. Let your kids have a blast while you pick out your pumpkins and all your fall needs. www.meadowfarms.com

LRA displays "Courage" at the Jo Ann Rose Gallery Oct. 3 - Oct. 31. Monday through Friday, 9 a.m. - 8 p.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. Experience the artists' courage to break through fears, embrace empathy, and reject conflict through color and brushstroke. Paintings and mixed media work. Presented by the League of Reston Artists. Meet the artists at the reception on Sunday, October 9 from 2 to 4 p.m. at the gallery. www.leagueofrestonartists.org

8th Annual Expressions Portrait Exhibit October 5 - October 28 ArtSpace Herndon, 750 Center Street, Herndon. An exhibit featuring finalists in the 8th Annual Expressions Portrait Competition. Competition juror and renowned artist Jordan Xu made the selections

for the finalists. Local artist and juror Tricia Cherrington-Ratliff will announce winners of the competition during the Awards Reception on Saturday, October 15th 7 - 9 p.m. 703-956-9560. www.artspaceherndon.com

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsoportstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. www.kalypsoportstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsoportstavern.com.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Reston Photographic Society Meetings from 7:30-9:30 p.m. Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston on the third Monday of each month through Nov. 31, the meeting date is changed if the third Monday falls on a holiday. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit the LRA website at www.leagueofrestonartists.org

Beginning / Intermediate Oil Painting - Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 - Nov. 10, 2016. ArtSpace Herndon, 750 Center Street, Herndon. Learn contemporary and classical methods of painting. Recommended for artists who want to improve the realistic appearance of their work. www.artspaceherndon.com 703-956-9560

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

Herndon Regional Ensemble

Practice. Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com Cost: Free

THURSDAY/OCT. 6

Celtic Fiddle Festival: The Barns 1635 Trap Rd. 8 pm "Three of the finest folk violinists anywhere" said The Washington Post. The Barnes Showcase a fascinating combination of international and individual fiddling styles. www.wolftap.org/
Conference on Brain Injury in children and adults. 8 a.m. - 3:45 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Topics will include Concussion, Neuropsychological Testing, Educational Strategies, and Assistive Technology. The program will include a panel of experts and a panel of brain injury survivors. Lunch will be provided. Admission is \$40 for college students (with student ID), \$40 for brain injury survivors or their family members, and \$75 for professionals. Registration at (703) 451-8881.

Teen and Adult art class: Color explorations. 4:15 - 5:45 p.m. Artspace Herndon, 750 Center Street, Herndon. Drawing and painting for emerging young artists students. Part of two-week sessions. Students will expand their drawing and painting skills in landscape, the human figure, portraits, and learn to work

abstractly. Session dedicated to creating a color wheel with tint, tone, and shade. Students will use a range of drawing media and move into watercolor and acrylics. Students will draw and paint in sketchbooks, as well as paper and canvas. Instructor will provide all materials. Cost: \$60. Please reserve your place in class by emailing Denise Dittmar, denise.dittmar@gmail.com. More information at 214 924 8755.

SATURDAY/OCT. 8

Oktoberfest Reston. noon-11 p.m. Sunday, 11 a.m.-8 p.m. Reston Town Center, 11900 Market St., Reston. Food and drinks, live entertainment, a carnival and a chili cook-off at Northern Virginia's largest fall festival. www.oktoberfestreston.com.

Aging in Place: Modifying Your Home to Fit Your Changing Lifestyle 9:30 a.m. - 12:30 p.m. 1234 Ingleside Ave. McLean. As your lifestyle changes in your later years, living in your own home, with accustomed comforts, supports your emotional well-being. Home modifications, even small ones, can enhance your comfort and safety to make a big difference. Attend this workshop to find out how simple changes to your home can create an environment where everyone is welcome and can flourish. Advance registration is required. Light refreshments will be served. Cost: Free. Call AARP at 1-877-926-8300 or http://states.aarp.org/novaevents.

Inside Criminology: A discussion with Ph.D. candidate Jessica Kalbfeld and Ph.D. candidate in Linguistics, Taylor Jones. Following the 2pm performance. 1st Stage in Tysons, 1524 Spring Hill Road. \$30 general

admission, \$27 seniors (65+), \$15 students and military. www.1ststage tysons.org

Virginia Opera: The Seven Deadly Sins and Pagliacci 8 p.m. George Mason University Center for the Arts Concert Hall Fairfax. The final collaboration between Kurt Weill and Bertolt Brecht, The Seven Deadly Sins is a critique of capitalism. cfa.gmu.edu

Partnering for Powerful Citizenship: On the needs of returning citizens, felon re-enfranchisement, photo ICs and advocacy workshops. 2 p.m. - 5 a.m. Lake Anne Community Center, 1609 A Washington Plaza, Reston. Interfaith Partners for Justice (IPJ), a cooperative effort of members of ten Northern Virginia faith communities, invites returning citizens (ex-offenders), people of faith and justice advocates to come together for a come-when-you-can afternoon of opportunities for voter registration and photo IDs, as well as a series of workshops, advocacy tables and conversations on the needs of returning citizens. interfaithpartnersforjustice@gmail.com 703-860-1203.

SUNDAY/OCT. 9

Pumpkin 5k and Kids Pumpkin Dash. 5k begins at 8:15 am. Pumpkin Dash begins at 9:30 am. Participants are encouraged to debut their Halloween costumes or to rock their Oktoberfest Lederhosen and join in the fun with the whole family. Adult admission: \$30, ages 14 and under: \$20, and Pumpkin Dash admission: \$10. oktoberfestreston.com/reston-pumpkin-5k

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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

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

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THE CONNECTION
NEWSPAPERS

A Site To Be Told



By KENNETH B. LOURIE

I have a web site: www.kennywithcancer.com. Original, I know. But now what do I do with it? I mean, other than feeding my ego (a little bit) and providing a more central/accessible location for my nearly 350 cancer columns (published every week since June '09) — and the occasional non-cancer and/or sports-themed column, what is the point of it, really?

I can't really say it's to bring awareness to the cause of this non-celeb because I know very little, even now, nearly eight years post diagnosis. And reading what I write is hardly news or noteworthy. Oh sure, the columns are mildly amusing and moderately informative, but compared to what exactly? Nor do I provide resources for other cancer patients, families or interested parties to educate themselves about this dreaded disease. I offer few facts, few figures, few recommendations, but lots of feelings. I only know what I don't know which, given its rather ample supply, has enabled me to maintain this seven-plus years output of weekly columns, having never missed a deadline during the entirety of my treatment, even during the early days of heavy-duty chemotherapy when occasionally I was down, but not quite out.

I suppose my columns do chronicle a cancer-patient's journey, so to speak, in real time; hopefully not in a boring, self-indulgent tone that turned some of you readers off. Perhaps there was still some meat left on the bone that offered some observations and emotions that drew you in and better acquainted you with the trials, travails and tribulations of a characterized-as-"terminal" stage IV, non-small cell lung cancer "diagnossee."

Writing about that diagnosis and my life as a cancer patient has come naturally to me. It has enabled me to share, which in a way, has lessened the burden on me, almost as if we were all in this together (strength in numbers and all of that). And I suppose that's sort of true since I've involved you regular readers in so many intimate details. I've held nothing back: the good, the bad and the ugly; no, not the movie. As a result, I imagine, I have received correspondence encouraging and commending. I assure you, none of it has fallen on deaf ears. And to be honest, I've not written about my having cancer for the greater good; I've not written about it to make friends and influence people, nor have I written about it to affect any policy change. I've simply written about because it has made me happy to do so.

And what little anecdotal agreement exists in the cancer-patient/treatment world, it is that happiness, laughter, positivity, etc., helps patients in ways that medicine in and of itself seems not always capable of doing. Unfortunately it appears not to be something which can be prescribed — in pill or liquid form, but something nonetheless that needs to be discussed and behavior-modified to attain, especially if it seems not be happening by itself. I'm living proof of that. Rather, I hope my columns are living proof of that. In my posted-columns-to-be, if there is a joke or funny popular culture reference in my column, we will link it to the original, if available in the public domain so visitors can see exactly what I'm saying. I want my site to be more than just for sore eyes, but a sight to see as well; living and breathing, just like me.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

LETTERS

'It's About the Issues'

To the Editor:

Much has been made about the personalities of the two Presidential candidates. All we really have to do is take a close look at the issues.

One candidate has fought for universal healthcare for decades; the other wants to repeal the Affordable Care Act, denying health insurance coverage to millions.

One supports comprehensive immigration reform; the other wants to deny people access to the U.S. based on their religion.

One supports a woman's right to choose under Roe v. Wade; the other wants to punish women for having abortions.

One wants to create jobs by investing in infrastructure, clean energy, and scientific/medical research; the other has a plan that Brookings and Moody's say will create larger budget deficits and higher unemployment.

One supports the nuclear inspections agreement with Iran; the other wants to cancel the agreement which would allow Iranian weapons production to resume.

One is an experienced diplomat who has cultivated long-term relationships with world leaders; the other does not believe in the Geneva Conventions, threatens not to support NATO, and cozies up to Russia.

One supports indexed minimum wage increases; the other does not support changes for a living wage.

One has specific plans to address global warming; the other believes global warming is a hoax.

We get to decide.

Barbara Glakas
Herndon

Meals Tax: A Better Option

To the Editor:

After reviewing Fairfax County's proposed 4-percent meals tax, the Class Size Counts (CSC) board voted to support the Nov. 8 referendum because it decided that it would be better to raise money for Fairfax County Public Schools (FCPS) through a tax on prepared foods rather than through additional increases to County property taxes.

The proposed tax on prepared foods is estimated to raise about \$100 million per year. It would only apply to sales in areas of Fairfax County that do not already have their own meals taxes. About 28 percent of

meals tax revenues would be paid by people who do not live in Fairfax County.

If the meals tax passes, the County's annual transfer of funds to FCPS will include 70 percent of the meals tax proceeds, or approximately \$70 million. Presumably, Supervisors take these meals tax revenues into account in determining how to allocate the County's property tax and other revenues. However, the meals tax would serve to diversify the sources of County funds.

"I think we should have faith that the Board of Supervisors will do the right thing and transfer the full \$70 million to the schools as promised, and also, we have good reason to believe that the school system would use the money to reduce class sizes and increase teacher salaries — two of the biggest issues currently plaguing the school system," said Mike Wasserman, father of two FCPS students.

Reasonable class sizes are also a key component in teacher retention, since very large classes cause burnout. Many of our seasoned teachers are leaving the workforce, citing large class sizes as one of the top factors in their departure. According to one elementary school Principal, this fall, FCPS had more than 80 elementary classroom teacher vacancies that went unfilled for weeks, which made it a challenge for Principals to find experienced, long-term substitute teachers. Last year, more than 200 FCPS classroom teacher positions were unfilled at one point, demonstrating the need for qualified, long-term substitute teachers.

Given all the time that students spend with substitute teachers, CSC also hopes that FCPS will allocate more of its budget to restore the pay supplement for retired teachers who serve as long-term substitute teachers. As Dave Thomas, past board member of the Fairfax Education Association explained, "retired teachers can provide a seamless continuation of instruction" when the regular teacher is on leave, especially when principals are struggling to fill long-term substitute teacher positions.

There aren't a whole lot of alternatives - voters have a choice between additional property taxes or a meals tax. Given this choice, CSC board believes that the meals tax would be the better option, and strongly encourages FCPS to allocate funds from the County's transfer in FY 2018 to reduce overcrowded classes and increase teacher salaries.

Kim Farrell
Communications Director, CSC

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

ONGOING

Children's Book Drive. Oct. 1 - 15. Assistance League of Northern Virginia is holding a children's book drive in support of Make A Difference Day 2016. Bring new or gently used books (K-6) to two Giant Food stores in Herndon: 13330 Franklin Farm Road and 2551 John Milton Drive. Nonprofit will donate books collected to selected Title I schools in NoVA. Event contact, Karen Tinker: tinkers3@gmail.com/www.northernvirginia.assistanceleague.org.
Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning Sept. 13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050,

www.viennapres.org, or send an email to Passages@ViennaPres.org.
The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.
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/.

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

Capital Bikeshare Mission

To transform our community by providing a high quality, convenient and affordable bicycle transit system that will connect people to more places where they live, work and play in the region.

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 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.



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 3

ative 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 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.



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