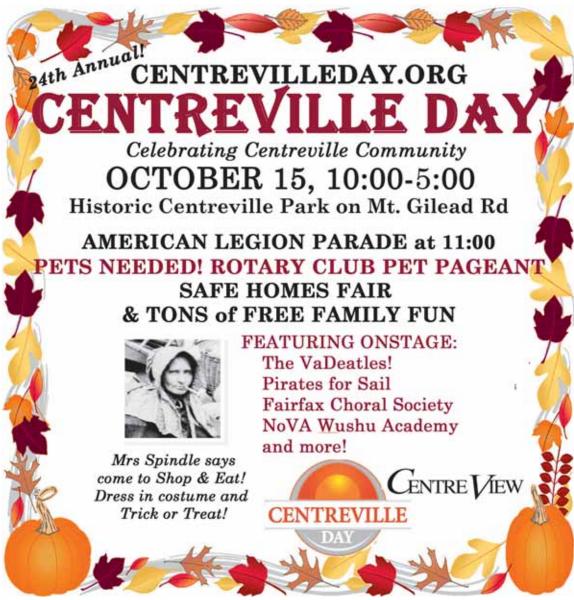


News, Page 4





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.netor visit the SALT web site at 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.

Meals Tax Statement Debated During Joint Budget Meeting

Text prepared by Board of Supervisors and FCPS board chairs.

By Tim Peterson
The Connection

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

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

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

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

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

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

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

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



PHOTO BY TIM PETERSON/THE CONNECTION

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

Joint Statement on Meals Tax

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

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

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

The School Board has committed that its share, estimated to be almost \$70 million in new

funding, will be used primarily to address teachers' salaries, which have lagged behind neighboring communities.

Almost \$30 million would be available to address general county services or capital improve-

ments such as in public safety, mental health services, libraries, and parks, as well as providing for property tax relief.

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

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

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

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

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

Budget committee chair Supervisor Jeff

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

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

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

Schultz continued her opinion, following the meeting, calling the statement "classic liberal tax-and-spend mentality." "Instead of being more jobs- and economic growth-oriented, we're going to make it more difficult to live in Fairfax County.

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

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

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

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



BARBARA COMSTOCK



A Plan to Protect Seniors



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

The Washington Post Bipartisan Doc-fix passes the House

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

Barbara Comstack

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



WWW.BARBARACOMSTOCKFORCONGRESS.COM f 9 PHONE: 703.731.4466 • EMAIL: INFO@BARBARACOMSTOCKFORCONGRESS.COM

Paid for by Comstock for Congress

Playing it Forward

Clifton resident recognized at American Kidney Fund event.

ince Clifton resident
Marcus Garcia planned
the first American Kid
ney Classic youth lacrosse tournament a year ago, he
lost his older brother Matthew
Moody.

Moody was the inspiration for the tournament, held on fields at South Run RECenter in Fairfax Station in November. In October 2011, he was diagnosed with the rare autoimmune disease Goodpasture syndrome.

In Goodpasture's, antibodies attacking the basement membrane in a person's lungs and kidneys can lead to internal bleeding and failure of those organs.

In Moody's case, his kidneys went first, dropping to 15 to 20 percent functioning and lower before he started a regular dialysis and medication treatment.

That continued for five years, until he died in June of this year.

"Whenever my brother was feeling upset or down, I'd try to get his mind on thinking about the future, not what was bothering him," Garcia said.

But in a random conversation they had, they started talking about a lacrosse tournament.

"I decided to just run with it," said Garcia. "To help people raise money for the disease, to do something for other people fighting the same battle he was fighting. We know how stressful it can be, the money, the things that can quickly add up."

THE BROTHERS each played high school lacrosse in Stafford, Va., so they looked up some old coaches for suggestions on launching a tournament of their own.

That search led them to Mark Huber of Woodbridge, commissioner for the Prince William Lacrosse Club. Huber said there are few opportunities for young and beginner to intermediate players in the fall, outside of elite tournaments requiring pricey registration fees and considerable travel.

"Everyone jumped on board, it was such a good cause," Huber said. He brought five teams from the PWLC to participate in the tournament. They were joined by



Marcus Garcia accepts the KIDNEYNATION Excellence Award in recognition of organizing a youth lacrosse tournament inspired by his brother's fight with Goodpasture syndrome.



This year, the American Kidney Classic tournament returns to South Run on Nov. 12.

youth teams from Stafford, Annandale and Springfield, Garcia said.

"The teams that were involved understood what it was all about," said Huber. "It was about a charity, casual lacrosse and having a good time."

From registration fees and additional donations, Garcia said the tournament raised just south of \$10,000, which he then donated to the American Kidney Fund.

This year, the American Kidney Classic tournament returns to South Run on Nov. 12. Garcia expects at least 24 teams to participate and raise more than \$15,000. Ninety-seven percent of that donation goes back to patients and programs.

"He's worked hard to put this together," said Huber. "The first time, he thought, 'Can it save my brother's life?' Now, it's, 'Can it save someone else's brother's life?' It's more poignant, can he leave a legacy."

On Sept. 28, Garcia received the KIDNEYNATION Excellence Award in recognition for the work he's done with the tournament. His mother Marie Garcia introduced him at the ceremony, the 8th Annual The Hope Affair Gala in Washington, D.C.

"During Matt's journey, our entire family rallied around him to gain knowledge, spread awareness and show support," Marie said in her remarks. "His goal was to get a transplant, but equally his goal was to be a role model to his sib-

lings and to share in his nieces' and nephews' lives as much as he could.

"The times when he almost got a transplant that ended up going to someone else, he would say, 'Well, I know someone just as deserving had their hopes and dreams come true," she continued. "I was humbled by his attitude."

MARCUS said his older brother's last request was for the family to pay forward good deeds.

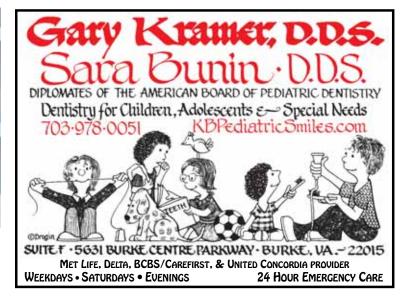
"Help other people, don't be self-centered, that's the type of person he was," Marcus said. "Always encouraging other people to think about other people, to be mindful of other people's situations. Give them that sense that they have somebody there for them, even if they didn't know them."

Marcus said he was honored and grateful to receive the award, but that he's done the work for other people, not personal recognition.

"I knew my brother was with me," Marcus said. "He would be so unbelievably happy and proud."

Marcus currently works in the research department for Virginia Cancer Specialists and is interested in resuming college studies in chemistry and pursuing a future with pharmaceuticals and cancer research.

For more information on the Nov. 12 American Kidney Classic, visit fundraise.kidneyfund.org/campaign/2nd-annual-american-kidney-classic/c88589.





OPINION

Voting Never Mattered More

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

ith more than 655,000 active voters in Fairfax County, and as many as 500,000 voters turn ing 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://herndon-va.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

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 inperson absentee location.

Absentee Voting Begins Sept. 23

Fairfax County Government Center, Conference Room 2/3, lumbia Pike, Annandale, 22003

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.go♦ 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

Nov. 5: Final Day for In-Person Absentee

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

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)

Fairfax Station, Lorton & Clifton

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LETTERS

Re-electing Comstock

To the Editor:

LuAnn Bennett's false attacks against Barbara Comstock are shameful. Instead of running a real race focused on the issues, she's trying to tie our Congresswoman to votes that took place before Comstock was even in Congress. If the best Bennett has on Comstock are things other people said, then that probably says a lot more about Comstock's record.

Comstock has been tirelessly focused on the 10th district since she was elected two years ago. She works hard, is always at community events, has a solid voting record and keeps us informed of it. Just as she should, she always responds to constituent requests timely.

Write

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

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

It's no surprise then that the only thing Bennett's campaign is launching are false attacks against Comstock, attempting to tie her to every Democrat talking point. But those attacks tell me all I need to know. Bennett can't take on Comstock because Barbara's been exactly the kind of Congresswoman we need to re-elect in November.

Ross Snare, IV Fairfax Station

Supporting Comstock

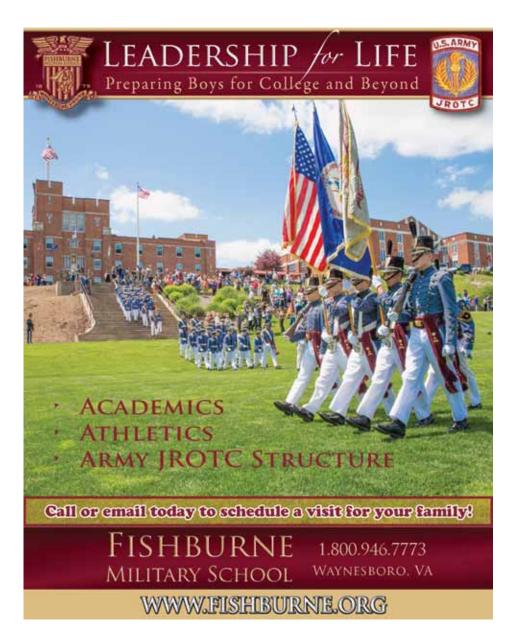
To the Editor:

In November, my family and I will proudly vote for Barbara Comstock. Comstock has been actively engaged with the Northern Virginia Korean community for many years. In the state house, she supported the legislation to require Virginia textbooks to recognize the East Sea by its rightful name. And in Congress, she has consistently supported our community.

Comstock voted for H.R. 1475, which creates a Wall of Remembrance located at the Korean War Memorial in Washington, DC. This memorial honors the brave American sons and daughters who fought to protect my country from the evils of communism. We are grateful for their sacrifices.

Barbara Comstock is the right choice in November.

Harold Pyon Clifton







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BEFORE & AFTER SCHOOL PROGRAMS AGES SIX-ELEVEN YEARS

GRADES 1-6

Transportation provided to Terra Centre, Fairview, White Oaks, Orange Hunt, Sangster, Hunt Valley and Cherry Run Elementary Schools. Emphasis on special events, sports, time for homework, and student's choice of activities.

KINDERGARTEN

Registrations are now being accepted for the 2017-2018 School Year. Two Virginia certified teachers per classroom. Program emphasizes language arts, math, computer literacy, science, social studies, social development, art, music and physical development.

FULL DAY SUMMER CAMP PROGRAM AGES SIX TO ELEVEN YEARS

Program is organized into weekly themes packed with FANTASTIC FIELD TRIPS, A SENSATIONAL OVERNIGHT CAMP OUT, DAILY SWIMMING, SPORTS, DANCING, MUSIC, AND AN END OF THE SUMMER "SMASH" MUSICAL PRODUCTION BY OUR CAMPERS FOR THEIR FAMILIES.

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Burke, Springfield, Fairfax, Lorton Fairfax Station www.kiddiecountry.com

Fall Driving: Be Alert for Deer

Deer-vehicle collisions

can cause extensive

damage/injury.

utumn is approaching and whitetailed deer will be on the move. Fall is the breeding season for deer. Drivers may expect to see increased numbers of the deer on and near roadways as deer search for mates. Deer movements and behaviors are unpredictable and deer-vehicle collisions are a serious public safety concern accord-

ing to Fairfax County Police Department Public Affairs Bureau.

According to a September 2016 State Farm report, Virginia has the 13th highest rate in the nation for deer-vehicle collisions. The odds that a Virginia driver will have an insurance claim in 2016 as the result of a deer-vehicle collision is 1 out of 94; a 3.2 percent

increase from last year. Over 61,000 Virginia drivers are projected to file insurance claims for comprehensive vehicle damage resulting from a deer-vehicle collision. The national cost per claim average is \$3,995.

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

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

- ❖ Always drive the posted speed limit.
- ❖ Always wear your seat belt when in a vehicle.
- ❖ When driving, particularly at dusk and dawn, slow down and be attentive.
- ❖ Watch for eye shine along roadsides. Deer travel in herds. If you see one, others may be near.
- Use high beams when traffic permits to spot deer at a greater distance
- * Be aware of posted "Deer Crossing" signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.
- ❖ If a deer is stopped in the roadway, reduce speed and flash your headlights. Deer



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

can become mesmerized or blinded by bright steady lights.

- ❖ If a deer jumps in your vehicle's path, continue to reduce speed and grasp steering wheel firmly with both hands.
- Never swerve to avoid deer on the road. Swerving can cause loss of control of your vehicle and greatly increase the chance of more serious damage or injury.
 - ❖ Take foot off brake at time of impact.

This action reduces the likelihood of deer crashing through a windshield or windows upon impact.

❖ Never depend on hood whistles, car horns, or other devices to scare deer out of your path. Several studies have shown that these methods do not always work. If a deer is injured or killed, immediately report the collision to the Fairfax County Police Department (non-emergency) at 703-691-2131.







Debating Pro & Con on Meals Tax

League of Women Voters hosts forum on Meals Tax issue.

By Andrea Worker
The Connection

he League of Women Voters of the Fairfax Area sponsored a debate-style panel discussion on the Meals Tax issue which will go before county voters in the Nov. 8 General Election. At question is whether the county's Board of Supervisors will be granted the authority to implement a 4 percent tax on certain prepared foods and beverages — an enactment that requires approval by voters.

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

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

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

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

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



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

Photos by Andrea Worker/The Connection



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SEE MEALS TAX, PAGE 12



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

he 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.-



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.



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

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

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.

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.

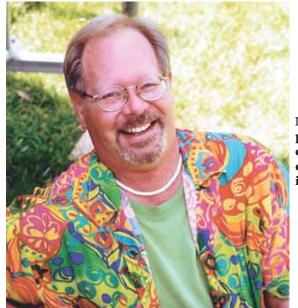
Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise. Thursdays, noon12:50 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-

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



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

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 - 2p.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/mosaicdistrict/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.

FRIDAY-SUNDAY/OCT. 7-9, 2016

Fall Wine Festival and Sunset

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

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.

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 fartress, and my savior, my God is my rock, in whom I find protection.



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.

och-church.org ch-church.org / aaustis 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.



College of William & Mary junior Laura Rutherford of Scotland (right) puckers up for Coulson at the Centreville Animal Hospital's dog-kissing booth. Rutherford was visiting her friend and Clifton native Emily Marter, coinciding with Clifton Day. This year's Clifton Day takes place on Sunday Oct. 9 beginning at 9 a.m. and lasts all day ending at 5 p.m. on the corner of Main Street and Chapel Road Clifton. The town's annual arts and crafts fair.

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.

FRIDAY-SUNDAY/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://

SATURDAY-SUNDAY/OCT. 22-23

www.gilmoreshows.com/ $craftsmens_classics_chantilly_fall.shtml$

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

WEDNESDAY/NOV 2

Chronology of the Civil War in Fairfax County, Part I (1859part 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.



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

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. 7 425-9225.

SATURDAY/NOV. 5-6

Cox Farms Pumpkin Madness. 10 -

5 p.m. Cox Farms, 15621 Braddock Road, Centreville. Come out and

smash, throw, and launch those old pumpkins. Bring back your used Jack-o'lantern...We'll help you recycle it. Last admission 4 p.m.Visit: http:// www.coxfarms.com fallfestival.aspx.

TUESDAY/NOV. 8, 2018 **Election Day. General election.**

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

ONVECTION Newspapers & Online

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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Reaching Suburban Washington's Leading Households



Front row left, Supervisors Pat Herrity (R-Springfield) and Dan Storck (D-Mount Vernon) were also panelists at the Sept. 28 Mount Vernon Council of Citizens Associations meals tax referendum panel. Herrity has spoken out against the referendum and is critical there is no guarantee FCPS will put the estimated \$70 million Fairfax County would raise and direct to the school system towards teacher salaries. Storck supports the referendum though he also wishes the county had more flexibility from the Virginia General Assembly to generate revenue in other ways.

Civic Associations Hold Meals Tax Forums

Jane Hilder with the **Burgundy Civic Association speaks** at the Sept. 28 Lee **District Association** of Civic Organizations meals tax referendum meeting, saying property values depend on how good schools are. "We can't have huge classrooms and experienced teachers leaving," she said.





Lee District representative to the Fairfax County School Board Tammy Derenak Kaufax (center) explains to community members at the Sept. 28 Lee District Association of Civic Organizations meals tax referendum meeting how FCPS is doing a comprehensive study of the school system's employee benefits package. In particular, she said, they're hearing from young teachers retirement benefits are not as important in a total compensation package as salary.



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 9

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 countpointer 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

THE LEAGUE OF WOMEN VOTERS

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

Area Roundups

Merrifield Multicultural Health Fair Connects Many to Health Care Resources

More than 80 people attended the promotion activities. Multicultural Health Fair at the Merrifield 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

By the end of the festivities, over half of the Center on Sept. 28, hosted by the Fairfax- participants had been newly connected with primary health care providers. In addition, attendees received a variety of free health screenings, including tests of blood pressure, liver function, vision, hearing, and more. CSB staff demonstrated the life-saving REVIVE! training that teaches people what to do if they are with someone who experiences an opioid overdose.



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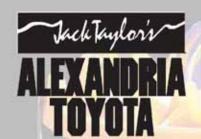


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According to the Lease by and between Barbara Franceschi (of unit 1069) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their 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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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

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.

BULLETIN BOARD

Send notes to the Connection 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

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-

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/ ltcombudsman/.

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 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Shepherd's Center of Western Fairfax needs volunteer drivers for 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 (barbdmale@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.redcrossnca.org.

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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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\$639,900 Fairfax Beautiful Middleridge. Quiet cul-de-sac location. Lots of TLC. New Kitchen. Newer Baths. Hardwood Floors. New Carpet UL. Lovely Porch/SunRoom with Sliders to Deck.

Sheila Adams 703-503-1895



\$639,900 Burke Open and Bright! 4 bedrooms, 3 full baths, screened and o rear deck, backs to common space. Great commuter/GMU location Updated kitchen and baths, new carpet, and freshly painted.

John Astorino 703-898-5148



\$405,000 Fantastic in Fairfax Newly renovated and freshly painted, this 3 BR, 2.55 BA TH is a must see! Hardwood New SS appliances. new ceramic tile, ne counters in kitchen and more. Finished Backs to woods. Barbara Nowak Gerry Staudte



End unit condo with wrap around balcony autiful views from this 12th floor unit. Two bedrooms, two baths, 1300+ sq ft and garage parking! Luxury building with concierge, oor pool, and more. Walkable to Silver Line metro.

Marsha Wolber 703-618-4397



Lorton \$285,000 Lovely 3-level townhouse with two masw/bath on upper evel. Hardwood floors in foyer and dining room. Newer carpet & paint. Lover level rec room W/O to landscaped fenced treed backvard. Close to Metro, 495, Ft. Belvoir, Fairfax County Parkway.

Judy McGuire 703-581-7679



Alexandria 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 Carol L. Manning 703-517-1828



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 fire place, updated kitchen, updated bathrooms, spacious MBR, walkout lower level with full bath. Ngoc Do 703-798-2899



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



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-dsac lot. Great location for commuting and shopping.

Edie Bierly 703-690-1257



Woodbridge 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.



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 Buckleys Reserve with 3 Bedrooms and 3 & 1/2 baths. Hardwood floors car garage, fenced John Astorino



\$339,900 Well maintained and updated 3BR, 3BA townhouse minutes to shopping and VRE. Granite and SS Appl. Bamboo floors.

Courtney Jordan 703-786-5330



\$357,500 Alexandria 2 BR, 1.5 BA, 2-level end unit condo in Parkfairfax. Spectacular Renovation Top-to-Bottom! Open floor plan with loads of natural gn with too many bells and whistles to list!

Carol L. Manning 703-517-1828



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



West Springfield \$174,500 Newly renovated ground level 1 bedroom condo in amazing West Springfield location. Brand new carpet. New Maple cabinets ess Appliances. Granite Countertops. Beautifully remodeled bath. New Windows/Sliding Glass Door. Very low condo fees wer, trash collection, and outdoor pool.

David Levent 703-338-1388



Alexandria \$819,000 rooms, family room off kitchen, finished basement, cul de sac,

rooms, ranny room almost 3000 sq ft. Cheryl Hanback 703-864-4321



Cambridge Courts. Turn-key condition. Shows like a model. Secluded end-unit. Prime location tucked away in back of neighborhood. Fireplace in LR. Separate OR. Large BR w/walk-in closet. Multiple improvements to include remodeled bathroom, new windows, new appliances, granite counters, hdwd floors, fresh paint & more. Low condo fee. 1.2 mi to Clarendon Metro. This is a "10."

Jim Fox 703-503-1800



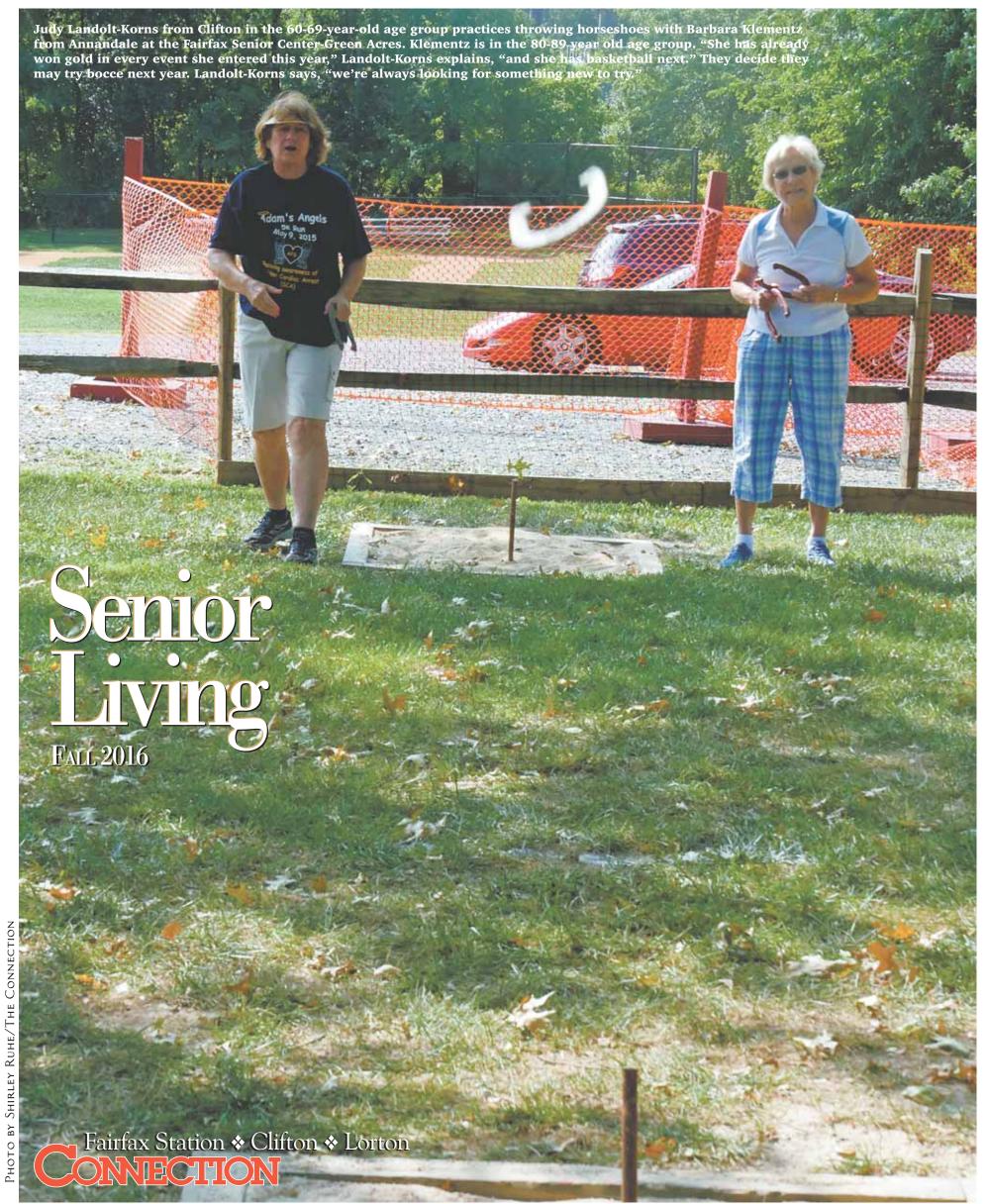
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Senior Living

Regaining Mobility

By Marilyn Campbell
The Connection

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

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

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

Nearly 90 percent of patients who have knee replacement surgery experience less pain. 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 walk-

ing, 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 attend medical appoints 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.

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."

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."

Timing plays a role in the success of joint replacements. "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."



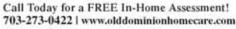
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Senior Living

Planning for Multigenerational Living

By Josh Baker Bowa Builders

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

A Space of Their Own

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



An existing closet space can be retrofitted to accommodate an elevator.

Existing Space Strategies

If you don't have room for an addition, either on your lot or in your budget, reworking existing space and incorporating elements of universal design can help with the transition. One cost-effective solution to consider is a residential elevator. An existing closet space or other small area can be retrofitted to accommodate the elevator, or

if existing space is at a premium a small addition just large enough for the elevator shaft can be built. This can give family members with mobility issues access to more areas of the home. Recent empty nesters might repurpose their children's rooms on the upper level to accommodate the needs of aging parents, or a small suite might be planned in a finished lower-level. If an elevator isn't an option, a cozy second master suite might be created from a seldom used room on the first floor, such as an office or den.

Universal Design

Whether you're reconfiguring space that's already there or adding on, there are various ways to design a home with accessibility in mind. Widening hallways and doorways can help ease maneuverability issues for family members who use a wheelchair or walker. A spacious, roll-in shower with grab bars and a hand-held showerhead is ideal in the bathroom. Adding a comfortheight toilet, the height of the average chair, is helpful for those who have joint or balance concerns. Planning some sinks and countertops at lower heights in the bathroom or kitchen can offer seated individuals easier access and greater autonomy. An added benefit of a well-planned renovation to accommodate senior parents is the space is already access-friendly if one should decide to age-in-place themselves.

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

Josh Baker is the founder and cochairman of BOWA. BOWA has more than 28 years of experience including being named National "Remodeler of the Year" by Professional Remodeler magazine. Visit www.bowa.com or call 703-734-9050.

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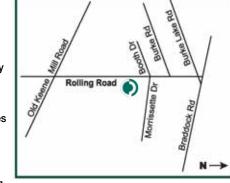
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Peter K. Cocolis, Jr., DMD & Associates

Peter K. Cocolis, Jr., DMD, MAGD **Emily A. DaSilva, DDS, FAGD**



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PHOTO BY SHIRLEY RUHE/THE CONNECTION

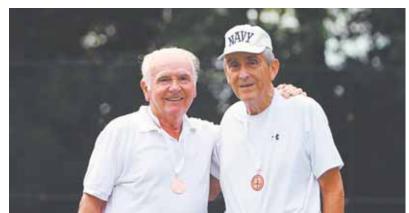
Marge McNare from Fairfax bowls in the Senior Olympics at Bowl America Shirley on Edsall Road on Sept. 12 in the 90-94 year old age group.

Photo by Tom Manning/ The Connection

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



Phil Doherty from Burke and his doubles partner **Neil Lane from Reston** won bronze medals in the men's doubles semifinals 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.



From the Beginning to the End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

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

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

- SHIRLEY RUHE



PHOTO BY TOM MANNING/THE CONNECTION

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

TJ Student Creates 'HeartScribe' for Seniors

Mobile app helps manage health data. electronic way of doing what they were already doing."

By Tim Peterson The Connection

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

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.

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

The app is live and available for Taneja wanted to take the free in the Google Play store, and their health metrics and project further. He started visiting 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



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 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.