



# Springfield CONNECTION

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Gov. Terry McAuliffe (right) meets with members of the Robert E Lee High School Chorus at the opening of the new veterans services office in Springfield on Feb. 22.

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## Board Appoints Police Civilian Review Panel

**Residents can submit complaints concerning allegations of abuse of authority or misconduct by Fairfax County police through the panel.**

BY TIM PETERSON  
THE CONNECTION

**T**he ongoing goal of increased transparency and accountability for the Fairfax County Police Department now has nine fresh faces. On Tuesday, Feb. 28, the Board of Supervisors announced its appointees to the inaugural Civilian Review Panel, one of the recommendations of the Ad Hoc Police Practices Review Commission.

"The Police Civilian Review Panel will promote further transparency and openness in community policing," Board of Supervisors chairman Sharon Bulova said. "Each appointed member will bring a valuable perspective, extensive knowledge and years of community involvement to the table."

"Together with their impressive skill sets, this group of individuals will set the bar high for how the Civilian Review Panel will operate," Bulova continued. "I am very proud of our Fairfax County Police Department. This panel will contribute toward making us a model of excellence for the nation."

Earlier in February, the board announced the hiring of Richard Schott as independent police auditor, a full-time paid position whose office is charged with reviewing police use of force cases that involve serious injury or death.

The panel's purview will include public complaints, allegations of abuse of authority or misconduct by FCPD officers. The panel will review completed police internal affairs investigations regarding such complaints and may hold public meetings to go over the investigations with members of the community.

Another function of the panel is the ability to make recommendations for revisions to police policy, training and practices.

Adrian Steel of McLean, a member of the Ad Hoc Commission, was appointed the panel's first chairman. Steel said that the function of addressing policy may be "as important, if not more important in terms of reach of impact, as reviewing an investigation."

First on the Panel's agenda is drafting bylaws for itself. Steel said they plan to look to jurisdictions including Denver and San Jose that have similar bodies for guidance. He intends to set up a first meeting in March, and is hopeful the panel can begin reviewing cases by mid-summer this year.

The volunteer panelists' biographies, as provided by Fairfax County, follow in alphabetical order:

### **Hansel Aguilar, Fairfax**

Aguilar, originally from Honduras, investigates allegations of police misconduct at

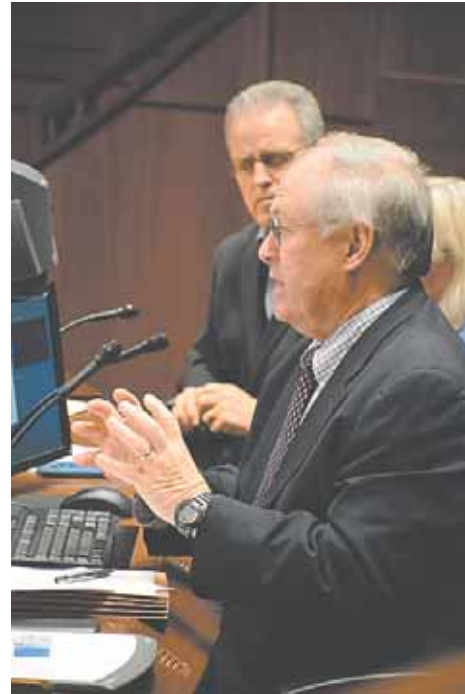


PHOTO BY TIM PETERSON/THE CONNECTION

**Adrian Steel addressing the Board of Supervisors about Ad Hoc Commission recommendations late last year along with Phil Niedzielski-Eichner.**

the D.C. Office of Police Complaints. Aguilar is a former police officer for the George Mason University Police Department and previously worked as a case manager and internal investigator for Youth for Tomorrow.

He has served with the Vinson Hall Retirement Community in McLean and with the Fairfax County Office for Women & Do-

mestic and Sexual Violence Services. Aguilar is bilingual in Spanish and English.

### **Kathleen Davis-Siudut, Springfield**

Davis-Siudut has spent the past 15 years providing training as well policy development and implementation in the areas of sexual violence, human trafficking, and cultural diversity. Davis-Siudut is of Korean descent and has previously worked for the National Underground Railroad Freedom Center, Polaris Project, and the U.S. Marine Corps. She currently works with the Air Force as a sexual assault prevention and response subject matter expert.

### **Steve Descano, Springfield**

During his six years as a federal prosecutor, Descano led numerous investigations conducted by FBI, IRS and USPIS agents. While at the Department of Justice, he analyzed documentary evidence, interviewed witnesses, and reviewed the investigatory work of agents and other prosecutors. Descano currently works as chief operating officer and general counsel for Paragon Autism Services and serves on the Criminal Justice Committee of the Fairfax County NAACP.

Descano also serves on the Fairfax County Trails and Sidewalks Committee, is a graduate of West Point, and was nominated by the Fairfax County NAACP to serve on the Civilian Review Panel.

### **Hollye Doane, Oakton**

A Fairfax County resident for more than

SEE PANEL, PAGE 5

## McAuliffe Helps Open Veterans Services Office in Springfield

**G**ov. Terry McAuliffe was on hand to open the new Virginia Department of Veterans Services Benefits office in Springfield on Feb. 22.

The new office is located at 6564 Loisdale Court and replaces the VDVS Alexandria office.

McAuliffe said one in 10 Virginians are veterans — the fastest-growing population of vets nationwide — and that it's his goal to make Virginia the most vet-friendly state in America.

"It is our responsibility to give back to those who served our country," McAuliffe said in a statement. "From benefit and transition assistance to behavioral health care coordination services, this office truly aims to provide resources to our veterans every step of the way. I am proud to cut the ribbon on the 26th veterans benefits office in the Commonwealth and continue our commitment to making Virginia the best place on earth for veterans and their families to live."

McAuliffe was joined by leaders including Supervisor Pat Herrity (R-Springfield).



PHOTOS COURTESY OF MARK MOGLE

**Gov. Terry McAuliffe was on hand to open the new Virginia Department of Veterans Services Benefits office in Springfield on Feb. 22. The new office is located at 6564 Loisdale Court and replaces the VDVS Alexandria office.**

In addition to the new office, Virginia is also planning to break ground on the 120-bed Puller Veterans Care Center in Fauquier

County before the end of 2017. The Puller Center, named for former Virginia state Sen. Toddy Puller who represented the 36th dis-



**Gov. Terry McAuliffe (center) meets with members of the Robert E Lee High School Chorus at the opening of the new veterans services office in Springfield on Feb. 22.**

trict, will offer in-patient skilled nursing care, Alzheimer's/memory care and short-term rehabilitative care for veterans.

Other services offices are expected to open in Prince William and Loudoun Counties this spring, and another in Williamsburg in the summer.

— TIM PETERSON



# COMMUNITY



PHOTOS BY TIM PETERSON/THE CONNECTION

**Community members and leaders converse following the Feb. 25 NAACP Fairfax community gathering and Black History Month commemoration at Kings Park Library.**



**Engagement and knowledge were two primary themes of the Feb. 25 NAACP Fairfax community meeting and Black History Month commemoration, which was standing-room-only in one of the library's large multi-purpose rooms.**

## Community Urged to Get Involved at NAACP Gathering

**Fairfax chapter hosted meeting at Kings Park library.**

BY TIM PETERSON  
THE CONNECTION

**M**ohib Ullah and Saquib Raheem of Sterling didn't bring their boys to Burke's Kings Park Library on Saturday morning to check out books. The representatives from All Dulles Area Muslim Society came for a community gathering and Black History Month commemoration on Feb. 25.

Raheem said they attended "to be part of a movement."

"You have to be active," he said. "To have a complaint is one thing, you have to do something about it."

Engagement and knowledge were two primary themes of the meeting, which was standing-room-only in one of the library's large multi-purpose rooms.

NAACP Fairfax chapter education chair Ralph Cooper of Springfield gave opening remarks and shared emcee duties with chapter president Kofi Annan.

"Don't you ever forget what happened in the past in our country," Cooper said. "We used to be a model for civil rights, moral rights. I hope we continue on that path."

Annan's message cited minority unemployment, education and criminal justice reform as areas where the country has taken several steps back.

"Progress isn't linear," Annan said. "We should feel emboldened to dig our heels in, and secure the gains we've made thus far."

On a positive note, Annan announced the Fairfax chapter has seen a 10 percent increase in membership in just the past two months.

A hopeful in the race for Virginia's next governor, former U.S. representative Tom Perriello continued the message of involvement and reconciliation, as did Pastor Brett Fuller, senior pastor of Grace Covenant Church in Chantilly.

Supervisor John Cook (R-Braddock) painted a more positive picture of progress on law enforcement issues in Fairfax County, though he said there are still items to address including sexual harassment, bullying, behavioral health — he mentioned referencing a recent report from the Fairfax County Fire and Rescue department.

Supervisor Kathy Hudgins (D-Hunter Mill) also said challenges remain in Fairfax County, including bringing more minorities, and young minorities, to the table where policy is made.

"We need your voice," Hudgins said.

The supervisor explained she has had a seat at the board for 18 years and remains the only African American on the governing body.

Board chairman Sharon Bulova explained the Fairfax County seal to be translated as "put your actions where your words are," echoing the consistent message of community engagement and partnerships.

Attorney General Mark Herring reflected on the recent renaming of the building that houses his office in honor of Barbara Johns, a young civil-rights leader who led a school walkout to protest segregation in 1951.

The Fairfax NAACP has scheduled an immigration discussion panel also to be held at the Kings Park Library, located at 9000 Burke Lake Road in Burke, on March 11 from 10:30 a.m. to 12 p.m.

The panel will include Bulova, state Sen. Scott Surovell (D-36) and representatives from the Fairfax County Police Department, ADAMS Center and American Civil Liberties Union.

The event is free and open to the public. To RSVP or request more information, email Karen Campblin at [politicalaction@fairfaxnaacp.org](mailto:politicalaction@fairfaxnaacp.org).



**Mohib Ullah (left) and Saquib Raheem (right) of Sterling didn't bring their boys to Burke's Kings Park Library on Saturday morning to check out books. They came for a community gathering and Black History Month commemoration on Feb. 25.**



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**Rev. Bessie Taylor Jett, pastor of the Church Without Walls Ministry in Huntly, Va., talked about "emancipation from mental slavery." Lack of knowledge of black history is an example, she said.**



**NAACP Fairfax president Kofi Annan's message cited minority unemployment, education and criminal justice reform as areas where the country has taken several steps back. "Progress isn't linear," Annan said. "We should feel emboldened to dig our heels in, and secure the gains we've made thus far."**



# Board Appoints Panel

FROM PAGE 3

30 years, Doane spent most of her career as an attorney in Washington, D.C. representing an array of clients, including the National Down Syndrome Society and Down Syndrome Research and Treatment Foundation. Doane has been an advocate for the disability community for more than 20 years and understands the importance of building positive relationships between law enforcement officers and people with disabilities.

Her experience as a journalist prior to attending law school gave her an appreciation for clear, timely and transparent communication between government officials and the community. After her retirement, Doane trained as a mediator and facilitator and currently serves as a lay pastoral minister in her church.

## Douglas Kay, Fairfax

Kay is a trial lawyer who has handled civil litigation, criminal defense and personal injury cases for over 20 years. He currently focuses his practice on commercial litigation matters. As a criminal defense attorney, he has represented individuals charged with everything from simple traffic matters to the most serious felony offenses in state and federal courts.

Kay previously served as a judge advocate in the U.S. Navy and Assistant Commonwealth's Attorney for Fairfax County. A lifelong Fairfax County resident, Kay attended Fairfax County Public Schools, coaches his son's youth basketball team, and served on Fairfax County's Ad Hoc Police Practices Review Commission. Kay was nominated to serve on the Civilian Review Panel by the South Fairfax Chamber of Commerce and the Fairfax Bar Association.

## Randy Sayles, Oak Hill

Sayles has over 35 years of law enforcement and criminal investigations experience. He worked as a Federal Agent for the U.S. Drug Enforcement Administration (DEA), U.S. Department of Justice (DOJ), and served as a police officer for the Denver, Colorado Police Department. Sayles gives back to the community by volunteering for the Clean Fairfax Council and Creekside Homeowners Association, and was the recipient of a Fairfax County 2016 Environmental Excellence Award for removing 800 bags of trash and over 1,200 illegal signs along nine miles of Centreville Road.

Sayles served as a member of

Fairfax County's Ad Hoc Police Practices Review Commission and has continued to work with the Board of Supervisors and Fairfax County Police to implement the Commission's recommendations.

## Jean Senseman, Lorton

Senseman is a licensed clinical social worker who has spent many years working with clients who experience mental illness, PTSD and substance use disorders. Senseman has worked in private practice providing treatment and therapy for individuals young and old who experience a variety of mental health disorders.

Senseman taught at George Washington University Medical School and volunteers for her Condo Association Finance Committee. Previously, Senseman worked at the Woodburn Community Mental Health Center and at the Bailey's Crossroads Community Shelter helping residents of all socio-economic backgrounds receive mental health treatment.

## Adrian L. Steel, Jr., McLean (Chairman)

Steel served on Fairfax County's Ad Hoc Police Practices Review Commission and has continued to work with the Board of Supervisors to implement the commission's recommendations. Steel has been appointed by the Board of Supervisors to serve as the first chairman of the Police Civilian Review Panel.

Steel has demonstrated extensive knowledge and a strong commitment regarding 21st century police policies and best practices, including civilian oversight. Steel currently works as a senior counsel at Mayer Brown LLP where he has practiced law for over 35 years, and previously served as special assistant to FBI Director William H. Webster.

## Rhonda VanLowe, Reston

VanLowe was appointed to the Governor's Taskforce for Improving Mental Health Services and Crisis Response and served on the Public Safety workgroup.

She has devoted much of her community service work to serving those with physical, mental, emotional, intellectual or cognitive backgrounds. VanLowe practiced law in law firm and corporate settings, served as board chair of The Northern Virginia Therapeutic Riding Program, Inc., and received the National Women of Color Special Recognition Award at the 2008 STEM Conference. VanLowe is a 36-year resident of Fairfax County.

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# Good, Bad and Missed Opportunities

## Results of the 2017 session of the General Assembly.

### GOOD THINGS

Progress in funding mental health and addressing the opioid epidemic on multiple levels were among the successes of the 2017 General Assembly session.

❖ In addressing the opioid crisis, the General Assembly passed important steps, including Del. Tim Hugo's bill to limit opioid prescriptions to a seven-day supply in most cases; increased access to naloxone, a drug that instantly reverses an overdose; needle exchange programs (to reduce the spread of HIV, viral hepatitis, and other blood-borne diseases); focus on infants born with opioid exposure.

❖ Increased funding for mental health included \$7.5 million to facilitate providing same-day access to mental health screening services by July 1, 2019. (The Fairfax-Falls Church Community Services Board began offering same day, in-person screening for mental health/and or substance use concerns to adults in July 2015 and extended same day access service to youth. The official launch date for youth walk-in service was Feb. 1, 2017.) Also supports for discharge planning and services for people with serious mental illness being released from jail.

❖ The budget included 3 percent raises state employees, increase for teachers and a larger increase for state police.

❖ The Virginia Board of Corrections was given added authority and resources to review deaths in local and regional jails.

❖ Negotiation and legislation will accelerate the City of Alexandria's massive undertaking to fix its sewer system that dumps raw sew-

age into the Potomac River whenever it rains. Wendell Berry's version of the golden rule: "Do unto those downstream as you would have those upstream do unto you."

❖ Scott Surovell's bill requiring Dominion to provide better information on coal ash pollution, disaster preparedness, and recycling.

❖ Eileen Filler-Corn's bill requiring that insurance cover up to a 12-month supply of hormonal contraceptives when dispensed or furnished at one time.

❖ School boards are required to have anti-bullying policies that includes notifying parents that their student was involved in a bullying incident.

❖ Use of FaceBook Live allowed members to stream floor discussion, and report to constituents and answer questions directly.

### BAD BILLS

Gov. Terry McAuliffe has already vetoed some of these, and is expected to veto some others.

❖ Expanded access to concealed weapons; vetoed by Governor. SB1362 would allow anyone with a military ID card to carry concealed weapon; HB2077 would allow guns in emergency shelters and prevents state police or others from prohibiting them for any reason

❖ End funding of Planned Parenthood, vetoed by Governor.

❖ Anti-Sanctuary City Law HB 2000 says no locality shall adopt any ordinance, procedure, or policy that restricts the enforcement of federal immigration laws.

❖ As a reality check on the Virginia General Assembly, HB2025 would allow discrimination against LGBT community under guise of religious freedom, and passed 21-19 in the Senate and 57-37 in the House of Delegates.

❖ HJ 545 would allow special committees of the General Assembly to overturn regulations, upsetting separation of powers. Constitutional amendment (first resolution): "Provides that the General Assembly may suspend

or nullify any or all portions of any administrative rule or regulation."

❖ Photo identification required for absentee ballots.

### MISSED OPPORTUNITIES

❖ The biggest missed opportunity of the 2017 General Assembly session was the failure to advance any redistricting legislation, which passed in the Senate and died in the House of Delegates. It's clear that Virginia voters want an end to gerrymandering, but hopes for reform before the next census in 2020 are diminished.

❖ Mental Health in Jails: \$4.5 million was removed from the Governor's proposed budget that would have paid for desperately needed mental health screening in jails.

❖ Legislation to raise Virginia's threshold between misdemeanors and felonies from \$200 to \$500 failed. Virginia's threshold has not changed since 1981, unnecessarily focusing "police and prosecutors on minor crimes instead of violent crime while tainting thousands of Virginia's suffering from depression or drug addiction with felony charges for life," says Surovell.

❖ Ken Plum's bill to increase and index the minimum wage never made it out of committee.

❖ Bills to address student debt also died during the session, as did bills aimed at reducing student suspensions and expulsions.

❖ Republicans stripped language that would have brought \$6 million in federal funds to provide Long Acting Reversible Contraception (LARC) to those at risk for unintended pregnancy at no cost to Virginia voters.

*Thanks to Ken Plum, Scott Surovell, Marcus Simon, Jennifer Boysko, Adam Ebbin and others whose columns and responses helped inform this editorial. We welcome opinions and additions to this list.*

— MARY KIMM

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### COMMENTARY

## Key Filler-Corn Bills Pass General Assembly

BY EILEEN FILLER-CORN  
DELEGATE (D-41)

My priorities center around protecting our families, strengthening our education system, improving our quality of life in Virginia and ensuring that our workforce is ready and able to compete. I know we can make Virginia an even better place to raise a family and start a business by maintaining our world-class public schools, making sure our students feel secure in high school and beyond, helping people with disabilities and ensuring that Virginians fill the many jobs created in the New Virginia Economy.

During a very productive legislative session, many key priorities I championed passed the Virginia House and Senate this year and made their way to Gov. Terry McAuliffe for his signature, including:

### Teaching Consent in High School:

Filler-Corn's bill, HB 2257, which will codify that the law and meaning of consent education may be taught in high school family life education also passed the House and Senate. This builds upon Filler-Corn's legislation from 2016 (now a law), which requires any high school family life education curriculum offered by a local school division to incorporate age-appropriate elements of effective and evidence-based programs on the prevention of dating violence, domestic abuse, sexual harassment, and sexual violence.

### Encouraging Workforce Development in High School:

HB 1708 will direct the Board of Education to consider including industry credentials in the Standards of Accreditation. This bill can change the way success is measured in schools

across the Commonwealth and has the potential to better prepare many of our students for the many jobs being created in all areas of Virginia.

### Keeping Parents Informed About Bullying:

HB 1709 will direct school principals to notify the parent of any student involved in an alleged incident of bullying of the status of any investigation within 5 school days following the allegation of bullying. This bill will ensure that parents receive timely updates when their child is a part of a bullying investigation, whether they are the victim or the bully.

### Birth Control:

HB 2267 will allow women to obtain a full

SEE BILLS PASS, PAGE 7

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## PEOPLE



PHOTOS BY TIM PETERSON/THE CONNECTION

From left, John Pellegrin with the Rotary Club of West Springfield, Supervisor Pat Herrity (R-Springfield), PFC Kevin Davis and Lt. Col. Mark Sites of the Fairfax County Sheriff's Office.



From left, John Pellegrin with the Rotary Club of West Springfield, Supervisor Pat Herrity (R-Springfield), Virginia State Police troopers Steven Muller and Kress Adamson, and Virginia State Police field Lt. J-P Koushel.

# West Springfield Rotary Honors Sheriff's Deputy, State Troopers

BY TIM PETERSON  
THE CONNECTION

**M**embers of the West Springfield Rotary Club honored three public servants with awards of recognition.

In a morning ceremony on Feb. 22, held at the Springfield Golf & Country Club, PFC Kevin Davis received the Deputy Sheriff of the Year award.

Davis retired from the U.S. Marine Corps and joined the Sheriff's office in 2009, where he works in the Civil Enforcement

Branch and covers both the West Springfield and Burke communities.

Rotary recognized Davis' extracurricular work as a member of the Sheriff's office Honor Guard, participation in Project Life-saver and National Night Out activities.

Supervisor Pat Herrity (R-Springfield) presented all three men with plaques bearing resolutions honoring them from the Board of Supervisors.

Rotary Club members pride themselves on the motto "service above self." Herrity commented that the law enforcement members "live and breathe that every day."

Virginia State Police Troopers Steven Muller and Kress Adamson were both recognized as Virginia State Trooper of the Year at the ceremony.

In August 2015, Muller was dispatched to a vehicle crash on I-495. Muller found an unconscious victim at the scene and began giving rescue breaths and administering CPR.

Trooper Kress arrived at the crash shortly thereafter and assisted Muller. A Fairfax County rescue team relieved them and after their combined efforts, the individual regained a pulse and was transported to INOVA

Alexandria hospital in critical condition.

While some might say Troopers Muller and Kress were simply doing their jobs, the recognition certificates read, "to all in his office and members of the public with whom he has come in contact, and certainly this accident victim, his performance is nothing short of exceptional."

John Pellegrin with West Springfield Rotary announced the club would be making donations of \$250 per honoree to the organization Law Enforcement United of Virginia, which provides assistance to the families of fallen heroes.

## 2017 General Assembly Is in the Books

BY SCOTT SUROVELL  
STATE SENATOR (D-36)

**I**n the 2017 General Assembly session, which ended on Feb. 25, we were able to make some progress in spite of a \$1.1 billion budget shortfall.

First, we approved amendments to the state's biennial budget. After drawing on a \$560 million Rainy Day Fund, the budget funds the state share of a long-overdue two percent salary increase for teachers, a three percent raise for state employees, and a \$7,000-per-year increase in starting salaries (\$36,000) for state troopers. As always, we met our constitutional obligation to balance the budget.

Fifteen of my bills now await Governor McAuliffe's action. The legislature referred two of my bills for further study. In the session's last week, I served on



### COMMENTARY

seven conference committees to negotiate final language for several bills.

My legislation requiring the City of Alexandria to address raw sewage discharges passed both houses. Although the bill will allow Alexandria to discharge an additional 550 mil-

lion gallons of raw sewage into the Potomac River, it requires all discharges to stop by 2025.

While this will cost the city about \$150-\$200 million to fix, I am committed to helping locate state funds to support construction over the next eight years. I especially appreciate Agriculture and Natural Resource Chairman Sen. Richard Stuart's dedication to finding a solution and the support of Sen. Adam Ebbin and Del. Paul Krizek who consistently supported solving this problem.

My legislation requiring owners of coal ash ponds to provide the public better information passed. I hope the Governor will restore some of the key provisions removed in the House of Delegates.

My legislation to make it easier to hold drunk drivers accountable for injuring victims passed both houses unanimously. This bill was necessary in light of the U.S. Supreme Court's *Birchfield v. North Dakota* decision last year which now requires a search warrant for nearly all withdrawals of blood.

I introduced two college transparency bills. One requires 30-days' notice of a proposed tuition increase, an explanation of the need and the date and time of any vote on a tuition increase at state-supported colleges. My second bill requires colleges and universities and community colleges to publish a list of all courses guaranteed to transfer so that students do not mistakenly take non-transferable classes and delay graduation.

During the last year, I have been involved

in cases in which child support payors passed away while in arrears for child support. I was surprised to learn that this was not a priority debt during the administration of an estate and basically gets treated like credit card debt. My legislation to require child support arrearages to be paid before general debts passed both houses without a single dissenting vote.

All bills passed by the legislature now go to the Governor who must either amend, sign or veto them by March 27. Next week, I will cover some other bills that the legislature passed and the following week I will report on some bills that the legislature did not pass.

In the meantime, please complete my constituent survey at [www.scottsurovell.org/survey](http://www.scottsurovell.org/survey) and email me [atscott@scottsurovell.org](mailto:atscott@scottsurovell.org) if you have any questions.

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## WELLBEING

# Beware Early Allergy Season

Experts offer tips to prevent and treat allergy symptoms.

BY MARILYN CAMPBELL  
THE CONNECTION



Allergist Dr. Barbara Mackie, M.D. advises patients who normally have seasonal allergies to begin taking medication early.

PHOTO COURTESY OF  
BARBARA MACKIE

Those experiencing Itchy, watery eyes and seemingly endless sneezing know that spring allergy season is getting an early start this year thanks to this season's mild winter weather.

"Everything is blooming early because of the warm weather," said Dr. Barbara Mackie, M.D., allergist, of Privia Medical Group in Vienna. "People are spending more time outside because the weather is lovely, but they're experiencing allergy symptoms."

One of the keys to surviving allergy season is staying ahead of it. When thermometers are rising above 60 degrees for more than three consecutive days, pollen from plants begins to move through the air. The tree pollen count has reached high concentration levels in the Washington, D.C. region, according to The American Academy of Allergy, Asthma & Immunology's National Allergy Bureau Pollen and Mold Report.

"Most of the time seasonal allergies,

whether it is spring or fall, are caused by pollens that are associated with grass, trees and weeds," said Dr. Victoria A Garrison, M.D. a Student Health Services physician and a professor in the School of Nursing at George Mason University in Fairfax, "In areas that are damp or humid, mold spores can also be a factor. When people have allergies to these substances, the immune system will react and cause symptoms like sneezing, watery, itchy eyes, runny nose, sore or itchy throat, congestion and fatigue."

"Mild winter temperatures cause plants to pollinate early," added Maureen Moriarty, DNP, assistant professor of Nursing at Marymount University in Arlington. "This problem may be compounded by a rainy spring season, leading to increased mold

SEE PREVENTING, PAGE 9

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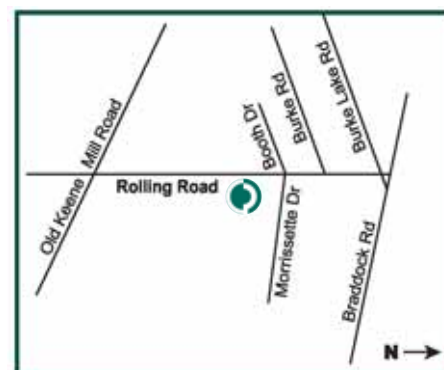
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## WELLBEING

# Preventing Allergy Symptoms

FROM PAGE 8

levels that can drive allergy symptoms in sufferers through fall months."

Instead of waiting for full-blown symptoms, Mackie recommends beginning medications early. "What I usually tell patients who normally have seasonal allergies is to take their maintenance medications early so they're covered when allergy season hits," she said.

"Being prepared can often help slow down symptoms of allergies," added Kathy Grilliot, director of Clinical Education Respiratory Therapy Program at Northern Virginia Community College's Medical Education Campus in Springfield.

"Before the season starts, it is a good idea to start taking a nasal steroid. This medication takes a few weeks to gain full effect so starting before the allergens are everywhere can really help to control symptoms. Eyes can also have allergic reactions, so see a specialist to have a good eye drop for allergen control."

For those who might be perplexed by the distinction between allergies and a common cold: "If it's lasting more than three days with no fever, it's probably not a cold," said Mackie.

**"Everything is blooming early because of the warm weather. People are spending more time outside because the weather is lovely, but they're experiencing allergy symptoms."**

**— Dr. Barbara Mackie, M.D., Allergist, Privia Medical Group**

Some precautions that allergy sufferers can take to decrease their exposure to allergens include wearing a face mask when outside during times when the pollen count is high and resisting the urge to open car and house windows when the weather is warm, especially if the wind is blowing. "Take off your shoes when you enter your house so that allergens don't get spread around the house," said Grilliot. "Be aware where you place clothing that has been outside when you enter your house to prevent allergens from entering your home."

"I advise patients to rinse their hair and take a shower to get the pollen off before going to bed at night," added Mackie. "Otherwise you're getting pollen on your pillowcase and sheets and breathing it in all night."

There are certain times of day when allergy sufferers should avoid being outside. "Mid-morning, afternoon and early evening are peak times for pollen," continued Mackie. "When it's windy, don't go out

because of the pollen."

Pets can spread pollen as well. "Dogs get spring fever too and want to be outside, but they can bring pollen into the house," said Mackie. "Wipe off their coats and paws when they come inside."



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# ENTERTAINMENT

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

## ONGOING

**Senior Line Dancing** 1-2 p.m. Little River Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. [barbriba@hotmail.com](mailto:barbriba@hotmail.com) 703-524-3739

**Fairfax Pets on Wheels New Volunteer Orientation** First Wednesday of each month. 7:30-9 p.m. 3001 Vaden Drive, Fairfax. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit [www.fpow.org](http://www.fpow.org) for each month's location. Prior to attending, please complete the online application found at [www.fpow.org/volunteer](http://www.fpow.org/volunteer). Please do NOT bring pets to this orientation. Also, see weather policy for possible cancellations. [www.fpow.org](http://www.fpow.org), 703-324-5424 or [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

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

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

**“Out of the Blue...” Art Show Workhouse Arts Center.** Through March 8, at 9518 Workhouse Way, Lorton. Building 9 Hours: Wednesday - Sunday 11 - 6 p.m. Part of the Workhouse Arts Center 2nd Saturday Artwalk. “Out of the Blue...” is the featured artist show of Karen Chin. Her collection of pieces are “Out of the Blue” unrelated topics and represent a collection of subject matter that has been accumulating on her art to-do list. The show includes a nod to the hearts, reds and pinks of February.

**Exercise Program** Mondays and Fridays at 9:30 a.m. 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.

**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](mailto:Naama.Gold@jccnv.org).

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

**English Conversation Groups**

weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

**Stories From Strawberry Park** 10-11 a.m. Tuesdays in Mosaic, Strawberry Park, 2910 District Ave., Fairfax. Enjoy a live interactive performance each week. 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. Visit [www.fxva.com/listing/mosaic-district/2326/](http://www.fxva.com/listing/mosaic-district/2326/).

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts)

## THURSDAY/MARCH 2

**Hooligan Sparrow Film.** 4:30 p.m. at Johnson Center Cinema, George Mason University, 4400 University Drive. The film follows activist Ye Haiyan to China's Hainan Province to protest a principal's abuse of elementary school girls. Visit [fams.gmu.edu/events/6438](http://fams.gmu.edu/events/6438).

## FRIDAY/MARCH 3

**Children's Benefit Concert.** 8 p.m. at the Epicure Cafe, 11104 Lee Highway, Fairfax. Caroline Weinroth, Fairfax community member and local Miss America titleholder, Miss Mountain Laurel, will be hosting a benefit concert for Children's Miracle Network Hospitals with her GMU-based band. Visit [carolineweinroth.com/missamerica](http://carolineweinroth.com/missamerica) for more.

## SATURDAY/MARCH 4

**Pop-Up Shopping Fair.** 11 a.m.-1 p.m. at Key Center School Cafeteria, 6404 Franconia Road, Springfield. Vendors such as LulaRoe, Beach Body, Norwex, Stella & Dot and many others will be on hand. 15 percent of proceeds will go to benefit the MOD POD – a multi sensory environment initiative for the school. Contact Kelly Zukosky, [kmzukosky@fpcs.edu](mailto:kmzukosky@fpcs.edu) or call 703-313-4000 for more.

**Film Screening.** 2 p.m. at the Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The screening of the film “Matt Shepard is a Friend of Mine,” a documentary exploring the life and death of Matthew Shepard, a gay student murdered in 1998, in Laramie, WY. The story of Matt Shepard's struggles is told through the personal lens of his friends, family and those who were close to him throughout the years. Visit [mattshepard.eventbrite.com](http://mattshepard.eventbrite.com) for more.

**Single Dinner and Movie Night.** 5 p.m. at Uncle Julio's, 4251 Fairfax Corner Ave. \$32 at door includes dinner, soda, tip and movie ticket. RSVP required. Sponsored by New Beginnings, a support group for separated/divorced men and women. Call 301-924-4101 or visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org) for more.

## WEDNESDAY/MARCH 8

**INOVA Uniform and Shoe Sale.** Wednesday, 9 a.m.-5 p.m. and Thursday, 7 a.m.-2 p.m. at INOVA Fair Oaks Hospital Atrium, 3600 Joseph Siewick Drive, Fairfax. Open



PHOTO CONTRIBUTED

**From left: Olivia Cole, Garrett Niles, Kiera Gilbert and Nick Yoon rehearsing for the musical production of “Joseph and the Amazing Technicolor Dreamcoat.” A cast of 35 7-12 graders, a live band, and a hard-working behind-the-scenes crew will present the family-friendly show March 9-12 at Burke Presbyterian Church, 5690 Oak Leather Drive. Visit [www.burkepreschurch.org/node/453](http://www.burkepreschurch.org/node/453).**

to the public, credit card or cash will be accepted. Call 703-391-3600 for more.

**Irish Luncheon.** 11:30 a.m.-1:30 p.m. at Springfield Golf and Country Club, 8301 Old Keene Mill Road. Springfield Christian Women's Connection will host, with musical entertainment from bagpiper Robert Mitchell. \$20. For luncheon reservations call 703-922 6438 or e-mail [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com) by March 3.

**Managing Screen Time for Kids.** 7-8:15 p.m. at Oakwood School, 7210 Braddock Road, Annandale. Oakwood School Parenting Series features Dr. Michael Oberschneider, Founder and Director of Ashburn Psychological and Psychiatric Services as he discusses “Tips for Managing Screen and Media Time in Positive Ways.” Event is free to public. Space is limited. Register at [www.oakwoodschool.com](http://www.oakwoodschool.com).

## MARCH 8-APRIL 2

**“Her Story” Art Exhibition.** Gallery hours are Mon.-Fri: 11 a.m.-6 p.m.; Sun: 12-5 p.m. at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. Show focuses on how women have a role in inspiring and shaping our society. The artists will be on hand to talk about their work and the processes they use at the opening reception 6-9 p.m. on March 11. Visit [www.workhousearts.org/](http://www.workhousearts.org/) for more.

## MARCH 9-12

**“Joseph and the Amazing Technicolor Dreamcoat.”** Various times at Burke Presbyterian Church, 5690 Oak Leather Drive. A cast of 35 7-12 graders, a live band, and a hard-working behind-the-scenes crew will present the famous and family-friendly show. Visit [www.burkepreschurch.org/node/453](http://www.burkepreschurch.org/node/453).

## SATURDAY/MARCH 11

**Culinary Challenge and Wellness Expo.** 9:30 a.m.-2 p.m. at Lake Braddock Secondary School, 9200

Burke Lake Road, Burke. Rodney Taylor, director of FCPS Food and Nutrition Services, will be a keynote speaker, and the event will feature celebrity chef demonstrations, a student culinary challenge to create dishes for school meals, public food tastings, workshops led by food experts, and prize drawings. Visit [www.realfoodforkids.org](http://www.realfoodforkids.org) for more.

**Frisbee Golf Challenge.** 10 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Professional Disc Golf Association tournament. Call 703-371-4873 or email at [novadiscgolf@gmail.com](mailto:novadiscgolf@gmail.com) for more.

**Polaris Piano Trio.** 3 p.m. at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, West Springfield. Featuring the works of both familiar and less-heard composers. Email [concerts@kirkwoodpres.com](mailto:concerts@kirkwoodpres.com), visit [www.kirkwoodpres.com](http://www.kirkwoodpres.com), or call the church office at 703-451-5320 for more.

**Scholarship Gala.** 6 p.m. at the Springfield Hilton, 6550 Loisdale Road, Springfield. Second Annual Fort Belvoir Scholarship Gala hosted by the Belvoir Enlisted Spouses' Club a nonprofit organization operating out of Fort Belvoir. Email [President@belvoiresc.org](mailto:President@belvoiresc.org) or call 703-372-5574 for more.

## SUNDAY/MARCH 12

**Pop-Up Shopping Fair.** 11 a.m.-1 p.m. at Key Center School Cafeteria, 6404 Franconia Road, Springfield. Vendors such as LulaRoe, Beach Body, Norwex, Stella & Dot and many others will be on hand. 15 percent of proceeds will go to benefit the MOD POD – a multi sensory environment initiative for the school. Contact Kelly Zukosky, [kmzukosky@fpcs.edu](mailto:kmzukosky@fpcs.edu) or call 703-313-4000 for more.

**Purim Carnival and Silent Auction.** 11 a.m.-2 p.m. at Congregation Adat Reyim, 6500 Westbury Oaks Court, Springfield. There are costumes, games and prizes, lunch, and silent auction. Email [publicity@adatreyim.org](mailto:publicity@adatreyim.org) for more.

**Girl's Day Hinamatsuri Festival.** 12:30-2 p.m. The Ekoji Buddhist

Temple, 6500 Lakehaven Lane, Fairfax Station. Celebration includes a traditional Japanese doll display, friendship doll story as told by Girl Scout Troop 6252, Japanese calligraphy, yukata-style kimono try-on, origami dolls and a special souvenir memento. Call 703-239-0500, e-mail [ekojiinfo@gmail.com](mailto:ekojiinfo@gmail.com) or visit [www.ekoji.org](http://www.ekoji.org) for more.

**County Spelling Bee.** 1:10-5:30 p.m. at Lanier Middle School, 3801 Jermantown Road, Fairfax. 2017 Fairfax County Spelling Bee. Free. Call 703-295-9257 for more.

## SATURDAY/MARCH 18

**Book Sale.** 10 a.m.-3 p.m. at Fairfax City Regional Library, 10360 North St., Fairfax. Sponsored by the Friends of the Library. Thousands of gently read books and non-book media organized into categories including picture books, early readers, nonfiction, holiday, chapter books, young adult, etc. \$0.25-\$2.00. Some specials \$3 and \$4. Call 703-644-4870 or visit [friendsoffairfaxcitylibrary@gmail.com](mailto:friendsoffairfaxcitylibrary@gmail.com) for more.

**AAUW 2017 Spring Fling.** 11 a.m.-2:30 p.m. at Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. The American Association of University Women provides advocacy for women through education, philanthropy and research. Molly Smith will be the guest speaker. \$40. Email [SpringFlingAAUW@gmail.com](mailto:SpringFlingAAUW@gmail.com) or call 703-973-3783 for more.

## THURSDAY/MARCH 23

**Greendale Women's Golf League.** 1:30-3:30 p.m. at Kingstowne Library, 6500 Landsdowne Centre Drive. The Greendale Women's Golf Association is an 18-hole league that plays once a week on Thursday mornings at the Greendale Golf Course on Telegraph Road. The league is open to experienced golfers of all abilities. Please join us as we discuss the upcoming golf season. Call 703-399-6496 or visit [gwgl.wordpress.com](http://gwgl.wordpress.com) for more.



## CRIME

### Police Seek Help Identify Suspects in Jewelry Store Theft

Detectives from the Franconia Police District are investigating a case of theft from the Kay Jewelers located at 6809 Springfield Mall, on Jan. 22, around 2:14 p.m. Two men entered the store and stole over \$4,200 worth of jewelry.

Surveillance video captured images of the suspects (pictured).

Both suspects were described as black. The first was described as 30-to-35 years old, approximately 5-feet-10 inches tall with a medium build. The second was described as 40-to-50 years old, approximately 5-feet-9 inches tall, and of medium build.

Anyone with information about this crime, or about the suspects, should contact Detective Burbrink at 703-922-0894 or the Fairfax County Police Department at 703-691-2131 or Crimes Solvers electronically by visiting [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text-a-tip by texting "TIP187" plus a message to CRIMES(274637) or by calling 1-866-411-TIPS(8477).



## CRIME REPORT

The following incidents were reported by the Franconia District Police Station.

**INDECENT EXPOSURE/TRESPASS/ARREST:** 9000 block of Lorton Station Boulevard (Metropolitan Lorton Station), Feb. 21, around 2:45 p.m. Officers responded for a report of a man trespassing on the property and touching himself inappropriately. Officers identified the suspect and obtained warrants. He was located nearby a short time later. A 21-year-old man of no fixed address, was arrested, taken to the Adult Detention Center and charged with trespassing, masturbating in public and indecent exposure.

**POSSESSION WITH INTENT TO DISTRIBUTE NARCOTICS/ARREST:** 6000 block of Burke Commons Road, Feb. 18, around 10:25 p.m. Neighborhood Patrol Units conducted a traffic stop and detected an odor of marijuana. Further investigation revealed the driver and the passenger were both in possession of narcotics. The driver and passenger, both 19, of no fixed address were taken to the Adult Detention Center and charged with possession with intent to distribute narcotics.

**FEB. 24 — LARCENIES**  
7100 block of Braddock Road, property from residence  
5700 block of Kingstowne Boulevard, merchandise from business  
7400 block of Spring Village Drive, property from residence

**FEB. 23 — LARCENIES**  
5400 block of Cheyenne Knoll Place, jewelry from residence  
6500 block of Loisdale Court, merchandise from business  
6600 block of Loisdale Road, shoes from business

**FEB. 22 — LARCENIES**  
10000 block of Richmond Highway, tags from vehicle  
6800 block of Clowser Court, bicycle from house

**FEB. 21 — LARCENIES**  
6500 block of Backlick Road, cell

phones from business  
7000 block of Braddock Road, merchandise from business  
5200 block of Cather Road, license plate from vehicle  
6100 block of Franconia Road, laptop computer from vehicle  
5700 block of Kingstowne Boulevard, merchandise from business  
6500 block of Springfield Towne Center, cash and electronic device from vehicle  
6600 block of Springfield Towne Center, backpack from business  
**STOLEN VEHICLES**  
6800 block of Indian Run Court, 2007 Mazda 3

The following incidents were reported by the West Springfield District Police Station.

**BURGLARY:** 12200 block of Wye Oaks Commons Circle, between 10 p.m. Feb. 19 and 12:55 p.m. Feb. 20. An investigation determined someone used a garage door opener left inside a car to gain access to the home's garage. A bicycle was reported missing.

**FEB. 23 — LARCENIES**  
7600 block of Allman Drive, rings from residence  
7800 block of Heritage Drive, cell phone from residence

**FEB. 22 — LARCENIES**  
8200 block of Gunston Corner Lane, phone from business

**FEB. 21 — LARCENIES**  
8200 block of Alban Road, electronics from business  
10600 block of Braddock Road, liquor from business  
8100 block of Carrleigh Parkway, property from vehicle  
7200 block of Fullerton Road, wallets from business

8200 block of Gunston Corner Lane, wallet and cell phone from vehicle  
8900 block of Ox Road, liquor from business

5800 block of Wye Oak Commons Court, property from residence

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### Support. Information. Hope.

**Date:** Saturday, March 11, 2017  
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9:30-1:00 p.m. - Workshop  
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## COMMUNITY

# Swimmers Raise \$27,000 for AVON Breast Cancer Walk

Seventh marathon brings lifetime total closer to \$200,000.

For the seventh time, members of the Shark Tank Racing Squad swim team completed a marathon of laps to raise money for the AVON 39-Mile Walk for Breast Cancer.

Shark Tank Coach Patty Friedman will be participating in her 10th walk this May 6-7.

The swimmers raised \$27,500 on Sunday Feb. 26 at South Run RECenter, Friedman said. By May, the coach expects to reach a lifetime total of \$200,000.

“By raising money that goes to programs that get care to people, and people to the care they need, more screenings can be done early when there is still time,” Friedman said. “Everyone needs to be screened and everyone needs access to care, and some of the money we raise for the Avon Foundation is going to those programs. The more people that my swimmers talk to about their fundraiser, the more they wear their shirts, the more they share what they’ve learned, the more lives they will save. There is no doubt they are saving lives with what they have done in the last seven years.”

The event T-shirts Friedman references memorialized Red Esfahani, grandmother of seven-year swim marathon veteran Audrey Bowden. Esfahani was the first team grandmother to lose the battle with breast cancer, Friedman said: “She fought through five marathons.”



PHOTOS CONTRIBUTED

For the seventh time, members of the Shark Tank Racing Squad swim team completed a marathon of laps to raise money for the AVON 39-Mile Walk for Breast Cancer.



Shark Tank Racing Squad coach Patty Friedman (left) with Avrie Pfiester of Springfield, who participated in her first swim marathon on Feb. 26.



The swimmers raised \$27,500 on Sunday Feb. 26 at South Run RECenter, Coach Patty Friedman said.

## FAITH NOTES

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

### FRIDAY/MARCH 3

**Rising Above Fear.** Burke Presbyterian Church Distinguished Speakers Series, with Omid Safi, director of Duke University's Islamic Studies Center, 7:30-9:30 p.m. Being Muslim in America: Between ISIS and Islamophobia. Burke Presbyterian Church, 5690 Oak Leather Drive, Burke, 703-764-0456. Tickets at BurkePresChurch.org. They are \$25 for Friday and Saturday sessions and \$15 for a single session.

### SATURDAY/MARCH 4

**Rising Above Fear.** Burke Presbyterian Church Distinguished Speakers Series, with Omid Safi, director of Duke University's Islamic Studies Center, 9:30 - 11:30 a.m. Moving Forward in Love: An

Interfaith Collaboration, Burke Presbyterian Church, 5690 Oak Leather Drive, Burke, 703-764-0456. Tickets are available at <http://www.BurkePresChurch.org>. They are \$25 for Friday and Saturday sessions and \$15 for a single session. Tickets are limited.

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

**Grace Presbyterian Church** offers Sunday school for all ages at 9:15, and a blended worship service 10:30 a.m. every Sunday morning. Coffee and fellowship follows worship. Nursery care is provided from 9:00-11:45. 7434 Bath Street, Springfield. 703-451-2900 or [www.gracepresby.org](http://www.gracepresby.org).

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit [www.guhyasamaja.org](http://www.guhyasamaja.org).

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:50 and 10:50 a.m. 703-323-9500 or [www.Lordoflifeva.org](http://www.Lordoflifeva.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at

10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

**Clifton Presbyterian Church**, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**St. Andrew the Apostle Catholic Church**, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., Latin mass at 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. Additional mass offered Monday-Friday at 6:30 a.m. (except on Federal holidays) and 8:45 a.m. 703-817-1770 or [www.st-andrew.org](http://www.st-andrew.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music.

More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.poplc.org](http://www.poplc.org).

**JCCNV Mothers Circle** program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or [Laurie.Albert@jccnv.org](mailto:Laurie.Albert@jccnv.org).

**Franconia United Methodist Church**, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. 703-971-5151 or [www.franconiaumc.org](http://www.franconiaumc.org).



3

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## COMMENTARY

# Bills Pass General Assembly

FROM PAGE 6

year's supply of birth control pills at one time. Virginia joins only four other states and the District of Columbia offering this option for women. Extending oral contraceptive prescriptions to 12 months will ensure that more women have reliable continuous access to reproductive health care.

#### Suicide Prevention in the Commonwealth:

HB 2258, will require the Department of Behavioral Health and Developmental Services to report about the status of its activities related to suicide prevention by December 1st of this year. This bill is an accountability measure ensuring that the Commonwealth is doing all it can to prevent suicide.

#### Raising Awareness About PANS/PANDAS:

HB 2404 will create an advisory council to study and increase awareness of Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal In-

fections and Pediatric Acute-onset Neuropsychiatric Syndrome. It will advise the Commissioner of Health on research, diagnosis, treatment, and education relating to these identified disorders and syndrome which are referred to by the National Institute of Mental Health as PANS and PANDAS. Virginia will be the second state in the country to take an active look at these syndromes.

#### Creating Missing Persons Day:

Filler-Corn introduced and passed HJ 612, designating April 29<sup>th</sup>, in 2017 and in each succeeding year, as Missing Persons Day in Virginia. This resolution will raise awareness for victims that are sometimes officially "missing" for years. There are currently 630 missing persons in Virginia. This day brings awareness to the issue, not just in Virginia but in surrounding states. It will help shed a light on this issue and help ease the purgatory of suffering and anguish for those whose loved ones are missing.

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#### West Springfield High School

Saturday, April 1

12 pm to 2 pm

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#### South County Secondary School

Saturday, April 29

11 am to 1 pm

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To register as an employer or student, or for more information, please visit  
[www.fairfaxcounty.gov/springfield/teenjobfair.htm](http://www.fairfaxcounty.gov/springfield/teenjobfair.htm)

#### 21 Announcements

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