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PHOTO CONTRIBUTED



# Burke CONNECTION

Right, Del. Eileen Filler-Corn (D-41) speaks at the Virginia General Assembly about HB 2404, which would create an advisory council to study and raise awareness of PANDAS and PANS.

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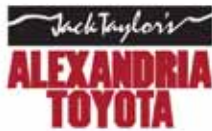
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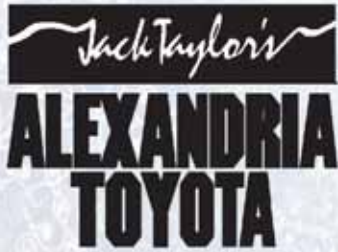
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# Hugo's Opioid Prescription Limit Bill Passes

Deaths from prescription opioids have more than quadrupled since 1999.

BY TIM PETERSON  
THE CONNECTION

Rob Anderson was prescribed 30 days-worth of hydrocodone for pain, after he had four wisdom teeth removed in 10th grade. “I took one of them and I didn’t like it, it gave me a sick feeling,” Anderson said. “And I had another 29 days worth of these painkillers that I could’ve done anything with.” Anderson said he just threw them away. He could have sold them, given them away, but he didn’t.

He didn’t question the prescription when at the oral surgeon’s; his parents took care of picking it up, though they thought the regimen was “crazy too.”

Many like Anderson have been hanging on to those excess addictive pain pills, and taking the full prescription for no other reason than to finish it.

According to the Centers for Disease Control, the majority of drug overdose deaths in the United States involve an opioid — a trend on the rise and arguably linked to the amount of those meds being prescribed. Deaths from prescription opioids such as oxycodone, hydrocodone and methadone have more than quadrupled since 1999, according to the CDC.

Heroin use is also trending up, and experts say 75 percent of new users reported abusing prescription opioids before switching to heroin — a cheaper alternative.

Fairfax County and Virginia aren’t excluded from what’s being called an epidemic.

“We’re still better than some jurisdictions in Virginia,” said Supervisor Pat Herrity (R-Springfield), “The Shenandoah Valley, Roanoke area, it’s devastating down there.”

“But the situation is getting worse here,” Herrity added. The supervisor has hosted several town hall meetings to raise awareness to the issue. In a newsletter earlier this year, he reported that in the final week of 2016, there were four heroin overdose deaths in Fairfax County in a two-day period.

“We must face the fact that the opioid crisis is in our neighborhoods and schools,” Herrity wrote.

The CDC recommends improving opioid prescribing to reduce people’s exposure to the drugs and prevent and stop addiction.

Working with Herrity, Del. Tim Hugo (R-40) developed and introduced a bill to limit prescriptions of opioid pain medicine.

“It’s heartbreaking to hear some of these stories,” Hugo said. “People get addicted, have family members addicted. You feel for



PHOTO CONTRIBUTED  
**Del. Tim Hugo (R-40) is joined by constituent Sam Hillenberg, who’s working as a General Assembly page during this legislative session. Hugo’s HB 1885 limiting opioids prescriptions has passed both the House of Delegates and Senate.**

them. Everyone’s realizing there’s a great problem out there.”

Anderson is a legislative aide for Hugo. When he told the delegate about his own experience with excessive prescribing, it only further solidified how pervasive it is.

Hugo’s bill HB 1885, which passed both the Virginia House and Senate as of Feb. 15, and will go before Gov. Terry McAuliffe, limits opioid prescriptions to seven days. Otherwise the prescriber is required to request information about the patient from the Prescription Monitoring Program.

“Too often patients are intentionally visiting more than one physician and are being prescribed multiple opioids,” said Hugo said in a statement. “Directing physicians to verify a patient’s prescription history can prevent inadvertent overprescribing and help in reducing opioid addiction.”

Though Hugo considers the bill a win, he likens the overdose epidemic to the scourge of sex trafficking that he pushed legislation to curb for at least four years. “I assume we’re going to be doing the same thing here,” said Hugo. “We have to keep chipping away at it. This is one definitely worth fighting for.”

“We’ve got a big fight on our hands,” Hugo added, “but this is a big step in the right direction. It’s something attacking all socioeconomic groups. I really think you have to push back.”

## Filler-Corn’s HB 2404 Passes with Amendments

Bill would create PANDAS advisory council.

BY TIM PETERSON  
THE CONNECTION

Overnight, Alexandria resident Carol Quick’s 9-year-old son developed an eating disorder — an obsessive-compulsive disorder, anxiety. “He started displaying very unusual and alarming symptoms, when he was 9,” Quick said. “Enough so that we sought help from the pediatrician, had to go to emergency room for dehydration.” At the time, Quick’s pediatrician dismissed the symptoms as simply anxiety.

Two years later, Quick’s son became significantly worse. A psychiatrist suggested he might be suffering from Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS).

After waiting months for an appointment with a specialist, the Quicks’ first PANDAS diagnosis was confirmed. Their son was barely able to leave the house to attend school, he was so underweight due to self-imposed restricted eating.

“For an 11-year-old to have such severe, despondent, depression, he didn’t under-

stand.” Quick said. “He knew something was wrong, but didn’t know why. He was sad, embarrassed. Just by not wanting to be at school, feeling so scared when he was there.”

In PANDAS, the body produces antibodies in reaction to the strep bacteria, some of which target the brain, which can result in inflammation, OCD tics and other neuropsychiatric symptoms.

Diagnosing PANDAS is clinical, rather than laboratory-based, and many physicians don’t have a protocol for treating it, according to the National Institute of Mental Health. The PANDAS Network information and advocacy nonprofit estimates PANDAS and the related Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) affects as many as 1 in 200 children.

“They also were still very skeptical this was an actual, true, diagnosis,” Quick said of her experience with various doctors, “which is just so disheartening when you’re trying to help your child. Finally you realize what he has can be treated. And your pediatrician says I don’t really think that’s true.”

Quick said it’s very difficult to get treatment for PANDAS because there are so few specialists, and those that exist don’t take insurance.

Teresa Champion of Springfield had a similarly slow and frustrating process with her son becoming diagnosed and treated for

PANDAS.

But Champion’s son, 23, had a pre-existing condition of autism that “muddied the water” for a lot of practitioners. That was seen as the root of other issues.

Like Quick’s son, he had sudden-onset separation anxiety, panic attacks and an eating disorder.

“This is a diagnosis that waxes and wanes,” Champion said. “It isn’t just bacterial, it can be viruses, cold, flu, that triggers the immune system to respond. The difference is my son really didn’t get treatment. The diagnosis teased out from autism until much older. It was determined to be pediatric, many practitioners don’t think it carried over into adulthood, which is absurd.” Quick and Champion agree, by far the most challenging aspect of PANDAS is getting medical treatment. They’re hoping that that will change, for their sons and other living with either diagnosed or undiagnosed PANDAS or PANS, with a bill brought to the Virginia General Assembly by Del. Eileen Filler-Corn (D-41).

**HB 2404 CALLS FOR** creating an advisory council on PANDAS and PANS. The purpose of this body, according to the bill summary, would be to “advise the Commissioner of Health on research, diagnosis, treatment, and education relating to these identified disorders and syndrome.”

Champion hopes a group like this would

be able to raise the level of education and training for physicians in Virginia, so there can be more treatment, including antibiotics, steroids and cognitive behavioral therapy.

Filler-Corn’s bill passed the House of Delegates on Feb. 7. The senate passed it with amendments on Feb. 20. One day later, the House agreed to the amendments and adopted it by a vote of 93 to 4.

“Having the opportunity to work with Ms. Champion, Jessica Gavin and so many other Virginians who have loved ones are affected by this disease is a reminder of why I ran for office in the first place — to help make people’s lives better,” Filler-Corn said in a statement. “For many parents, it takes an average of three years and eight different doctors before their child is diagnosed with PANS. Creating this advisory council will bring much needed awareness to this debilitating disease. I am grateful for the overwhelming bipartisan support this bill has received.”

Quick said their hope is that with this legislation, more and more pediatricians will recognize it. “There are probably a lot of kids suffering from symptoms that are related to PANDAS,” she said, “and not getting treated. Because people don’t know what it is.” For more information, visit [www.nimh.nih.gov/labs-at-nimh/research-areas/clinics-and-labs/pdnb/web.shtml](http://www.nimh.nih.gov/labs-at-nimh/research-areas/clinics-and-labs/pdnb/web.shtml) and [www.pandasnetwork.org](http://www.pandasnetwork.org).

# NEWS

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PHOTOS BY TIM PETERSON/THE CONNECTION

Many of the students, due to their disability, have difficulty focusing on something beyond themselves. Programs on the iPads give them the ability to demonstrate and experiment with cause-and-effect relationships real time, another skill with which many of the Key students struggle.

## Koinonia Donates iPads to Key Center

At the Key Center school for students with severe intellectual disabilities, Apple iPads are a game-changer. That's according to Fairfax County school-based technology specialist Nicole Bracken.

"There's this immediate connection," Bracken said, of students using educational applications on the digital tablets. "They can figure things out... there's an element of interaction, immediacy."

Many of the students, due to their disability, have difficulty focusing on something beyond themselves. Programs on the iPads give them the ability to demonstrate and experiment with cause-and-effect relationships real time, another skill with which many of the Key students struggle.

Six years ago, Key began a pilot program with iPod Touch devices, which Bracken said was very successful. Having a tactile device that allowed students to communicate and express themselves was invaluable. The iPads took that to another level.

Key had been operating with 28 iPads, at least one in each classroom. On Feb. 16, the school received a donation of 18 more from the Koinonia Foundation.

Koinonia is a non-profit organization based in Franconia that has been providing emergency relief services to people living in Lee District for the last half-century. That includes a food pantry, clothing closet, Hopper's bike donation program and Christmas Wishes, where clients make an appointment to shop for donated toys, clothing, games, gift cards for their families.

After a formal presentation program, Koinonia executive director Robert Petitti toured the school with Bracken to see some of the older iPads in use.

In some classrooms, they can be linked to the teacher's computer to make the lesson more accessible and easy to follow for the student.



The Koinonia Foundation donated 18 Apple iPads to the Key Center School in Springfield on Feb. 16.

In other classrooms, the iPad can be used as a reward for good behavior or completing a task. Five minutes of free time is most often used to watch videos on YouTube, Bracken said, like any other student.

Petitti said about 90 percent of the funding for the iPads came from one Koinonia donor. And while the Key Center is situated in Springfield, it services students from half of Fairfax County and the iPads donation was a great outreach of the foundation's mission.

The Key Center school is located at 6404 Franconia Road in Springfield, attached to Key Middle School.

— TIM PETERSON

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# Five Suspects Charged with Gang-Related Murder

**Roessler calls killing “savage and brutal.”**

BY TIM PETERSON  
THE CONNECTION

**F**ifteen-year-old Damaris Reyes Rivas’ death was caused by multiple forms of trauma to the upper body, the medical examiner reports. But Fairfax County Chief of Police Edwin Roessler called the Gaithersburg, Md., resident’s killing “savage and brutal.”

Remains of the teenager’s body were found in the 7100 block of Wimsatt Road in Springfield on Feb. 11. After attending a multi-jurisdictional meeting led by the Prince William County Police Department, FCPD determined there were two Fairfax County juveniles linked to a homicide investigation.

“We discovered video evidence that suggested Damaris had been murdered in the Lake Accotink area of Fairfax County,” Roessler said at a press conference Feb. 15.

FCPD was able to identify 10 suspects involved in the case, bringing charges of abduction, gang participation and murder.

As of the 15th, Roessler said 10 arrests had been made, six of which were of juveniles. Five murder charges were issued, three of those were against juvenile suspects

— aged 17.

“As demonstrated in this case,” Roessler said, “the law enforcement agencies and our community members in the D.C. region always team up to make sure that the tireless work of our men and women protects our community at all times.”

Roessler said the arrests were a result of a multijurisdictional effort, including the Montgomery County Police Department, Prince William Police Department, Northern Virginia Gang Task Force, Prince George’s County, Lynchburg, the FBI and Homeland Security investigations department.

Roessler said that “gangs are an issue” in the case but would not discuss which gang is suspected to be involved in the murder.

Jay Lanham, director of the Northern Virginia Gang Task Force, said illegal gangs are recruiting juveniles at a greater clip than ever before. “We’re seeing a lot of increase in recruiting in high schools and middle schools,” he said, “which is alarming to us.”

Lanham said gangs offer protection, security, things youths think they need. But they’re also dangerous to separate from, he said.

Lanham and Roessler both encouraged



PHOTO COURTESY OF MARK MOGGE



PHOTO CONTRIBUTED

**Fifteen-year-old Damaris Reyes Rivas’ death was caused by multiple forms of trauma to the upper body, the medical examiner reports. But Fairfax County Chief of Police Edwin Roessler called the Gaithersburg, Md., resident’s killing “savage and brutal.”**

**“We discovered video evidence that suggested Damaris Reyes Rivas had been murdered in the Lake Accotink area of Fairfax County,” FCPD Chief of Police Edwin Roessler (right) said at a press conference Feb. 15. FCPD was able to identify 10 suspects involved in the case, bringing charges of abduction, gang participation and murder.**

parents to be on the lookout for their children, to be involved with their lives and knowledgeable of their whereabouts.

“This is difficult to combat,” Roessler said, “but we have great detectives. We’ll be tireless in making arrests. And teamwork is

what’s needed. That’s what we did to bring 10 individuals to justice.”

Roessler said it’s not known whether the dead teenager was being trafficked, nor would he comment on a motive for the killing or details of the injuries.

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## Budget Season in Fairfax County

**Attend a town hall meeting and express your priorities.**

**A**lexandria and Arlington each have a meals tax, both enacted without a referendum because as urban forms of government in Virginia, their local elected bodies were authorized to enact the tax legislatively.

Fairfax County Board of Supervisors had to put the meals tax on the ballot for voters to decide, and after a heated campaign, the tax was voted down decisively.

Elections have consequences, a fact being affirmed on every level right now.

In Fairfax County, this means a more difficult budget process going forward than might otherwise have been the case. The vast majority of Fairfax County's \$3.99 billion budget is financed by property taxes, and the proposed budget is based on no property tax increase.

The meals tax would have provided about \$80 million for the schools; the current budget falls \$61 million short of the FCPS request.

While County Executive Ed Long has said there can be no new programs in the budget defined by no tax increase, we all know that some things could be cut to make room for new, needed programs. Long will conduct an online chat answer budget questions on Friday, Feb. 24, at 3 p.m. Submit questions here: [www.fairfaxcounty.gov/AskFairfax/mobile/ActiveDiscussion.aspx?roomid=131](http://www.fairfaxcounty.gov/AskFairfax/mobile/ActiveDiscussion.aspx?roomid=131)

The county will hold a series of budget town hall meetings which will include a presentation, time for questions and feedback.

The Connection welcomes letters for publication on the budget, send to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

**EDITORIAL**

### FAIRFAX COUNTY BUDGET

#### TOWN HALL MEETINGS

Tuesday, Feb. 21 - 7:30 p.m., Great Falls Citizens Association, Great Falls Library - 9830 Georgetown Pike, Great Falls

Saturday, March 4 - 9 a.m., Hunter Mill District Community Meeting, Frying Pan Park, Visitors Center - 2739 West Ox Road, Herndon

Wednesday, March 8 - 7 p.m., Providence Community Budget Meeting, Providence Community Center - 3001 Vaden Drive, Fairfax - First Floor Multi-Purpose Rooms

Wednesday, March 8 - 7 p.m., Sully District Budget

Town Hall Meeting, Rocky Run Middle School - 4400 Stringfellow Road, Chantilly

Thursday, March 9 - 7 p.m., Mason District Budget Town Hall Meeting, Mason District Government Center, 6507 Columbia Pike, Annandale - Main Community Room

Thursday, March 16 - 7:30 p.m., McLean Budget Public Meeting, McLean Community Center - 1234 Ingleside Avenue, McLean.

Monday, March 20 - 7 p.m., Springfield District Budget Town Hall Meeting, West Springfield Government Center - 6140 Rolling Road, Springfield - Community Room

Wednesday, March 22 - 7 p.m., Lee District Budget Town Hall Meeting, Franconia Governmental Center - 6121 Franconia Road, Alexandria

Monday, March 27 - 7:30 p.m., Braddock District Budget Town Hall Meeting, Robinson Secondary School - Recital Hall - 5035 Sideburn Road, Fairfax.

### Correction

Last week's editorial implied that in November 2017, the Virginia Senate will be on the ballot. The 40 seats in the Virginia Senate will next be on the ballot in November 2019. All 100 seats in the House of Delegates are on the ballot this November, 2017, along with Governor, Lieutenant Governor and Attorney General.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Coal Ash Bill Passes

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



**W**e have one week to go in session and negotiations are rapidly reaching conclusion as we push to finish our work so we can get back to our families and our jobs.

This past week, my legislation to raise Virginia's threshold between misdemeanors and felonies from \$200 to \$500 failed.

**COMMENTARY** Virginia's threshold has not changed since 1981. Our existing system unnecessarily focuses 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.

The House of Delegates passed my legislation requiring Dominion to provide better information on coal ash pollution, disaster preparedness, and recycling. I am not happy that a permitting moratorium was removed, it is better than no bill at all and the Governor will also have a chance to amend the legislation.

The House is also poised to pass my legislation that would require the police to provide police records to next of kin in deaths involving suicide or unattended deaths. Some police departments refuse to provide this information. I think

it will help families achieve closure and assure high quality policing.

Two of my more significant bills have been referred for further study. As a part-time legislature, we frequently refer meritorious, but complex proposals to groups who meet outside of session that have better staff support, can take a deeper dive into policy choices, and provide a longer period for stakeholder vetting.

My legislation that would require school systems to purchase personal computing devices for all students expected to use electronic textbooks was sent to the Future of Public Elementary and Secondary Education Joint Committee. I am hopeful we will finally come up with some guidelines to make a personal digital device an essential learning tool in the Commonwealth.

Also, my legislation requiring regulation of predatory internet lenders was sent to the Virginia's Bureau of Financial Institutions who was directed to create a working group to propose a regulatory framework in 2018. Today, internet lenders are making loans in Virginia at rates north of 500 percent. For example, this week I

went to [www.cashnetusa.com](http://www.cashnetusa.com) and they are offering loans for \$100, \$300, or \$1,800 at a daily rate of 0.8192 percent or in other words — an APR of 299 percent before you include the 15 percent “transaction fee” on your initial loan. This means if you borrow \$100 and make no payments you would owe \$458.86 after one year before late fees. Others have seen rates as high as 5,000 percent. We need to get this under control.

This week, I also hope to be part of negotiating the final terms of my legislation placing controls on the City of Alexandria's raw sewage discharges.

The House passed similar legislation that takes a different approach. Also, about 10 more of my

bills are set to pass the House of Delegates this week.

We will begin the process of packing up our office in preparation of moving to temporary office space for the next four years. The current General Assembly Building is an agglomeration of four asbestos-laden, leaky, and unreliable buildings with uncoordinated elevators and lousy accessibility. We will move down the hill for four years as “the GAB” is demolished and reconstructed through 2022. Finally, I have received nearly 400 responses to my Constituent Survey. Please make sure you provide your opinions soon at [www.scottssurovell.org/survey](http://www.scottssurovell.org/survey).

It is an honor to serve as your state senator.

### 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  
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1606 King St.  
Alexandria VA 22314  
Call 703-917-6444

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# Matching Pets to Their Owners

**Animal shelters' counselors help families find the right fit for a pet.** **Recommended Reading**

BY MARILYN CAMPBELL  
THE CONNECTION

Natasha had been abandoned and was wandering the streets of Arlington under the blaze of a hot summer sun when she was rescued and taken to a local shelter. When handlers at the shelter leashed the German Shepherd mix, she became aggressive with other animals. After months of behavior classes, however, she began to trust and her pugnacious disposition became docile. Within months, Natasha was adopted by a family with small children.

"Most people wouldn't think of a German Shepherd as a kid-friendly dog, but that's a great example of how by taking a dog at their face value and looking at their personality rather than their breed, you can end up with a great dog that you wouldn't have thought of before," said Chelsea Lindsey, communications specialist for the Animal Welfare League of Arlington.

Lindsey says that Natasha's adoption dispels a common misconception that certain breeds are better suited than others for families with children. Lindsey and other shelter counselors say that when selecting a family pet, parents should consider factors such as the animal's temperament and the family's ability to afford and care for a dog properly.

"We don't say there are breeds that are better with kids than others. Some pit bulls are great with kids and some aren't," said Lindsey. "You really have to look at the individual personality of the dog. Are they going to let kids tug on their ear or take away their toys? Just because a dog is a lab or golden retriever doesn't mean that they're going to be good with kids."

Before selecting a pet, families should do an assessment of their ability to give the new pet proper socialization, training, exercise, and attention. "You have to be realistic and honest with yourself," said Lindsey. "Puppies are appealing and hard to turn down, but they're a lot of work. Maybe your family is looking for an adult dog that is already house trained."

One of the first steps to successful pet ownership is beginning with an animal that is the right fit. Counselors are on hand at local shelters to help with the adoptions process. "We want to understand your family's environment and match it up with the best dog," said Gina Lynch, outreach coordinator for the Humane Society of Fairfax County, Inc. "Half the people who walk in to adopt a specific dog end up adopting something else after they talk to a counselor. You might want a puppy, for example, but if you're gone a lot during the day, an older dog that doesn't need as much attention might be a better match."

"When anyone adopts a dog, it's important to work closely with the counselors who know the dog best, so they can tell you about any personality issues," continued Lynch. "If a dog has recently lost its owners, for example, it might be depressed."

Becoming familiar with an animal's history before deciding to adopt is one of the recommendations

Lynch offers. "It's like when you buy a used car, you want to know all you can about the car so that you can be an informed buyer," she said.

One-on-one counseling for families to help with the adjustment of adding a pet to a family is recommended, says Lynch. "We teach families that dogs have to have their own space and an area to eat," she said. "We want to give the best advice to make it a good situation. That's why the whole family has to be there. Until the dog gets used to your household, it's best to give the animal their space."

Often, young children don't have the emotional maturity necessary to control their feelings or the skill set and physical strength needed to care for an animal, says Lynch, so interactions with family pets must be observed closely by a parent to help ensure safety.

"With regard to bringing a pet home, supervision is key in all interactions to make sure that both the child and the animal are safe and comfortable and being handled appropriately," said Joanna Fortin, community outreach and adoptions manager for the Animal Welfare League of Alexandria. "It can take weeks to months to get acclimated, particularly if the pet hasn't lived with a child before. We encourage

parents to be vigilant for a few months. We advise them about the potential issues that could arise so that they can coexist peacefully."

"When the family does bring the animal home, we do encourage people to use caution around

food, toys or other items of high value to the dog," added Fortin. "Proactively setting boundaries with the child, like [not] touching [the dog] when he's eating or taking toys out of his mouth. Respecting those boundaries can generally set them up for success."

Parents must watch vigilantly for the signs that a new family pet is uncomfortable or fearful, says Fortin. "Those signs include growling, avoidance, like the animal choosing to keep its distance, or things that they're visually communicating like looking fearful. Most of the time the dog will give lots and lots of warning before it bites," she said. "Children should use proper behavior and not be too loud or too rough with the animal. There is a potential for an injury to occur, but that is not the norm."

"Kids often want to watch the dog eat, which is fine as long as they stay at an appropriate distance and respect the dog's boundaries," continued Lynch. "Just like you don't want a dog eating off your plate at the table, a dog doesn't want you trying to pull his food away from him."

There is a return on the significant investment that goes into animal adoption with benefits ranging from self-confidence to communications skills development. "Pet ownership teaches kids about responsibility if they are actively taking part in [caring for] the animal," said Lindsey. "It teaches them compassion. They learn to listen and pay attention to non-verbal cues because they don't speak the same language as the animal. Kids who grow up with animals in their homes are also more aware of animal welfare issues."

For those considering adopting a pet, see [www.livingwithkidsanddogs.com/](http://www.livingwithkidsanddogs.com/).

**"We want to understand your family's environment and match it up with the best dog."**

**— Gina Lynch, Outreach Coordinator, Humane Society of Fairfax County, Inc.**

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### Pugsley & Lola

**Introducing Pugsley and Lola Tobin: Pugsley (left) is 13 years old and Lola (right) is 11 years old. They are best friends who love cuddling, watching TV, eating anything and relaxing on the deck during the fall. Pugsley (right) is pictured in her wheelchair because she has a back disease that causes her back legs to become paralyzed — although, this doesn't stop her! These two are the best additions to our family.**

— THE TOBINS, SPRINGFIELD



PHOTO BY TIM PETERSON/THE CONNECTION

### Overseeing Editorial Work

**Connection Newspapers community reporter Tim Peterson doesn't always work at a desk, but when he does, one roommate's calico Sassy Chupacabra often likes to oversee editorial operations.**



### Cherry Juice

**Here are two photos of our daughter Sydney Bryant and her cat Cherry Juice - one when she was 3 years old and Cherry Juice was a newly adopted kitten from a barnyard litter and a recent photo of a high school grad and her loving pet. Sydney picked Cherry Juice from the many kittens in the litter and also picked his unique name. Cherry Juice passed away on Feb. 1, 2017 after 15 years of loving companionship with Sydney. They grew up together. Our family is saddened at the loss of Cherry Juice — especially his devoted owner Sydney. Rest in Peace Cherry Juice.**

— DOUG BRYANT, CLIFTON



### Mojo

**Mojo, of Fairfax Station, playing with with a Hatchable at Christmas time.**



**Mojo enjoying the Sunset on Smith Mountain Lake.**

# PET CONNECTION



## Lap Dog

Eddie, 8, with Mabel, 2. When trying to get a picture, Mabel finally sat down on Eddie's lap. This is our 125 lb. lap dog, Mabel!

— JENNIFER ZAPTIN, FAIRFAX STATION

## Riley

This is our sweet poodle Riley with our daughter, ENS Julia Van Beek just before her first deployment in October 2016. Riley was adopted as a puppy and has been with us for 14 1/2 years. My daughter has been on deployment since Oct. 14 on the USS Makin Island (LHD-8) (based out of San Diego) and she is missed by all, especially Riley, and cannot wait to have her back home safely.

— GAY VAN BEEK, FAIRFAX STATION



## Cocoa Latte

Mike Salmon of Lorton with Cocoa Latte overlooking the Potomac River.

## Max & Priss

Max (5) and Priss (not yet 2) are certified therapy dogs with Therapy Dogs International. I have shown Max in obedience and will be showing Priss. With the partnership of Kaiser Permanente Medical Group of Mid-Atlantic, I started a dog therapy pilot program in 2015. We visit about 20 medical centers including infusion/chemotherapy and behavioral health departments. The dogs bring humor and warmth to both members and staff. They are wonderful additions to our complete health care program.

— SHERRI LOCKE,

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# COMMUNITY



## West Springfield Senior Honored

West Springfield High School senior Catherine Kiser was honored by the Thomas Lee chapter of the Daughters of the American Revolution in Fairfax as its 2016-17 Good Citizens Awardee at an awards luncheon Saturday, Feb. 11 at Cedar Knoll in Alexandria. The Good Citizens award recognizes a senior who exemplifies dependability, leadership, service and patriotism.



PHOTO CONTRIBUTED

From left, Supervisor Pat Herry (R-Springfield), Mount Vernon Fairfax County School Board representative Karen Corbett Sanders and Supervisor Dan Storck (D-Mount Vernon) lay a wreath at George Washington's tomb.

## Laying a Wreath

Supervisors Pat Herry (R-Springfield) and Dan Storck (D-Mount Vernon) were joined by Mount Vernon Fairfax County School Board representative Karen Corbett Sanders in laying a wreath at the tomb of President George Washington on Presidents' Day. "No better way to

start President[s'] Day," Herry wrote in a post on his Facebook Page. In addition to the paying of respect to America's first Commander in Chief, the leaders visited the slave memorial and took in the Mount Vernon estate grounds.

— TIM PETERSON

## A Very Special First Birthday at Fire Station 13

BY CAPTAIN II BILL LYNCH  
STATION COMMANDER - FIRE STATION 13,  
DUNN LORING

Over the weekend, firefighters from Fire Station 13, Dunn Loring, went to a very special birthday party. What made this party a little more special than most was the fact that Jim was able to attend his daughter's first birthday. In October, he went into cardiac arrest. 911 was called

and Engine and Medic 13 responded. For over 25 minutes he remained without a pulse, eventually responding to cardiopulmonary treatments.

Thanks to the training and efforts of the firefighters and paramedics on B-Shift, Jim was able to celebrate his daughter's first birthday.

Jim was presented with a Fire Station 13 challenge coin and Charlotte was given a Fire Station 13 uniform patch for her baby book. 13 is definitely a lucky number for this family.

## SCHOOL 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.

**Benjamin Levenson**, of Burke, was named to the dean's list for fall 2016 at Seton Hall University (South Orange, N.J.).

**William Gregorits** and **Thomas Gregorits**, of Burke, were named to the dean's list for fall 2016 at University

of the Sciences (Philadelphia, Pa.).

Fairfax County Public Schools (FCPS) students from 21 high schools have been named semifinalists by the National Merit Scholarship Corporation (NMSC) for 2017. Semifinalists from West Springfield High School include: **Mary Jane MacArthur**.

**Mary Oliver**, of Springfield, was named to the honors list for fall 2016 at Mary Baldwin University (Staunton, Va.).

## 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.

### WEDNESDAY/MARCH 1

**Ash Wednesday Worship.** Masses at 12:15 p.m. and 7 p.m. at King of Kings, 4025 Kings Way, Fairfax. Call 703-378-7272 for more.

### 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 are available at <http://www.BurkePresChurch.org>. They are \$25 for Friday and Saturday sessions and \$15 for a single session. Tickets are limited.

### 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 <http://www.guhyasamaja.org> for more information.

**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 HYPERLINK "mailto:Laurie.Albert@jccnv.org" 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 [admin@franconiaumc.org](mailto:admin@franconiaumc.org) or [www.franconiaumc.org](http://www.franconiaumc.org).

**RCIA, Rite of Christian Initiation of Adults**, is for people interested in becoming Catholic or learning about the Catholic Church. RCIA classes are held on Tuesdays beginning September 15 and continuing through April. The classes are usually from 7:30 pm until 9:00 pm and they meet in the Guadalupe Room in the Parish Hall, 3700 Old Lee Highway, Fairfax. A group will begin meeting every Wednesday starting September. Sessions are in the Old Parish Hall. All are welcome. Contact Carolyn Smith at 703-273-5369 or [carolynsmith.stleos@gmail.com](mailto:carolynsmith.stleos@gmail.com).

# NEWS



## GMU Lobby Day

Del. Tim Hugo (R-40) takes a break during "Crossover," the halfway point of the 2017 General Assembly session, to gather with a group of George Mason University students and staff on GMU Lobby Day.



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## Dentist Corner

...Evelyn Samuel, DMD

**Q. How can I prevent white spots after my braces are taken off?**

**A.** Most people are generally excited about having braces removed. When working toward the goal of having that ideal smile, straight teeth, this day is long awaited. But what if after every bracket is removed, there are white spots and what is the cause of them? Due to the nature of braces, metal brackets and arch wires, it becomes somewhat more difficult to clean the teeth. Plaque may accumulate and food may easily become entrapped. Nonetheless, good oral hygiene is very important. Plaque contains bacteria which can cause cavities, bad breath, and damage the enamel around the braces leaving white spots (decalcification) on the teeth. To prevent this from occurring one must keep the teeth extremely clean. Brushing and flossing are recommended in the morning, at night, and within five minutes after each meal, even snacking. Flossing is necessary, as brushing alone may not remove plaque and food debris between teeth. There are several over the counter flossing agents that may be used with braces. Floss threaders, super-floss, and proxbrushes are all reliable interdental agents that get underneath the braces and in between the teeth. Remarkable results can be achieved with concentration on keeping braces as clean as possible and seeing the dentist for regular check ups and cleanings. Have a dental question? Email your question to [info@drevelyntheague.com](mailto:info@drevelyntheague.com)

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## ONGOING

**FPA Television Series.** Through Feb. 28, various times on Verizon FiOS TV and Cox Communications in Fairfax County, and by Comcast in Reston. The specials will air on FPA CHANNEL 10, FPA INTERNATIONAL CABLE 30, and FPA SPIRITUAL TV 36. Fairfax Public Access (FPA), will premiere a special series of new movies and documentaries throughout February, in recognition of Black History Month.

**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.fairfaxva.gov](http://www.fairfaxva.gov). 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>

**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/FEB. 23

**Volunteer Awards.** 2 p.m. at Greenspring Village, 7470 Spring Village Drive. Service Awards to residents and non-residents who volunteer both at Greenspring and with Greenspring-related service activities in the greater community. Call 703-451-4256 for more.

## FRIDAY/FEB. 24

**Angry Birds Event and Movie.** 6-8:45 p.m. at Sherwood Community Center, 3740 Old Lee Highway. Games, snacks and movie. \$15. Call 703-385-7858.

**Cello and Piano Concert.** 8 p.m. at Old Town Hall, 3999 University Drive. The Bonita Lestina Old Town Hall Performance Series with cathedral Brass is under the direction of L. Thomas Vining. Call 703-385-7858 or visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts).

## SATURDAY/FEB. 25

**Black History Month Commemoration.** 9 a.m. at the Kings Park Community Library, 9000 Burke Lake Road. Call 703-978-5600 or visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov) for more.

**Brothers at Arms in the American**



Through Feb. 28 Fairfax Public Access (FPA), will premiere a special series of new movies and documentaries throughout February, in recognition of Black History Month. The specials will run at various times on Verizon FiOS TV and Cox Communications in Fairfax County, and by Comcast in Reston. The specials will air on FPA CHANNEL 10, FPA INTERNATIONAL CABLE 30, and FPA SPIRITUAL TV 36.



BY ARTIST KATHY STRAUSS

**"Environmental Freedom" is part of the "Her Story" art exhibition at the Workhouse Arts Center, 9518 Workhouse Way. Show focuses on how women have a role in inspiring and shaping our society. The show runs March 8-April 2 and is open during gallery hours, Mon.-Fri: 11 a.m.-6 p.m.; Sun: 12-5 p.m. 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.**

**Revolution.** 11 a.m. at City of Fairfax Regional Library, 10360 North St. Book talk by local author, Larrie D. Ferreira. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) or call 703-293-6227 x6.

\$25 per child/adult pair. Call 703-648-3130, email [info@childsci.org](mailto:info@childsci.org) or visit [childsci.org](http://childsci.org) for more.

**Art and Lunch.** Noon-3 p.m. at Village Gallery, 3950 University Drive. Bring lunch and enjoy the company of other artists. Free and open to the public. New members welcome. Please visit the Fairfax Art League on Facebook or at [www.fairfaxartleague.net](http://www.fairfaxartleague.net) or call 703-587-9481.

**Civil War Interpretive.** 2-4 p.m. at Historic Blenheim, 3610 Old Lee Highway. Retired educator Wes Bouchard will unfold the incredible story of a mulatto slave related to Blenheim's Willcoxon family, his escape from slavery and the choices he made as a free man. Call 703-591-6728 for more.

## SUNDAY/FEB. 26

**American Youth Philharmonic Orchestras.** 3-5 p.m. at Fairfax High School, 3501 Rebel Run. Sibelius, Finlandia and Liszt, Les Preludes concert. Visit [www.aypo.org](http://www.aypo.org) for more information.

**Burke Historical Society.** 3:30-5 p.m. at Pohick Regional Library, 6450 Sydenstricker Road. Brian Slawski, BHS Vice President and Programs Chair, will conclude his series on jazz in Northern Virginia and the District, past and present, with a look at local jazz festivals, instruction, and radio. Free. Visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org) for more.

**Into the Joy of Spring.** 4 p.m. at Lanier Middle School, 3801 Jermantown Road. Fairfax Band concert. Free. Visit [fairfaxband.org](http://fairfaxband.org) or a call 571-336-CFBA (2322) for more.

## MONDAY/FEB. 27

**Funday Monday.** 10:30 a.m. at Old Town Hall, 3999 University Drive. Music, movement, storytelling, performances, crafts, and more. Call 703-385-7858 or visit [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) for more.

**Discovering Fossils.** 10:30-11:30 a.m. at Fair Oaks Mall, 11750 Fair Oaks Mall. Learn to recognize differences between trace and body fossils, learn about where fossils are found and excavated, handle real fossils. For children in grades 3-5.

## 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

**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

**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.

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# BULLETIN BOARD

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

## FEBRUARY

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more information.

## SATURDAY/FEB. 23

**Bicycle Improvements Meeting.** 6:30-8 p.m. in the cafeteria of Little Run Elementary School, 4511 Olley Lane, Fairfax. Meeting will focus on proposed bicycle improvements on Braeburn Drive from Olley Lane to Guinea Road. Visit [www.fairfaxcounty.gov/fcdot/](http://www.fairfaxcounty.gov/fcdot/).

## SATURDAY/FEB. 25

**NAACP Breakfast.** 9-11 a.m. at Kings Park Community Library, 9000 Burke Lake Road, Burke. Network with county officials and NAACP members and hear more about plans for 2017. Call 703-978-5600 for more.

**Community Tax Assistance Day.** Deloitte presents its 10th annual Community Tax Assistance Day or Volunteer Income Tax Assistance Day (VITA) to serve qualified individuals and families. Deloitte employee/volunteers will assist families with 2016 Federal and state tax returns for households with a total income of \$54,000 or less. Translations services in Spanish, Korean and Vietnamese will be provided. In addition, American Sign Language interpreters will be available. Location is Fairfax SkillSource Center, Heritage Center, 7611 Little River Turnpike, Annandale. Appointments are recommended: e-mail [taxday@volunteerfairfax.org](mailto:taxday@volunteerfairfax.org) or call 703-246-3896. Walk ins are welcome. Additional information is available at [www.nvacash.org](http://www.nvacash.org). On tax preparation day, clients should bring all pertinent documentation. For a complete list, visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

## MONDAY/FEB. 27

**Understanding Financial Credit.** 6:30 p.m. at the Richard Byrd Library, 7250 Commerce St., Springfield. Learn why a good credit score is important, how to improve it and how to protect from cyber crime. For more information call 703-451-8055.

## TUESDAY/MARCH 7

**Application Deadline.** The U.S. Small Business Administration is reminding businesses in Virginia that working capital loans are still available to small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and private nonprofit organizations affected by the severe storms and tornadoes on Feb. 24, 2016. Deadline to file is March 7, 2017. <https://disasterloan.sba.gov/ela>. Visit [www.sba.gov/disaster](http://www.sba.gov/disaster) or email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

## MARCH 10-11

**Free Dental Care for Adults.** Various times at NVCC, Medical Education Campus, 6699 Springfield Center Drive, Springfield. Free dental care will be provided to adults with

income at or below 200 percent of Federal Poverty Guidelines. Dental care is generally limited to one service per client and may include a filling, cleaning, extraction, or root canal. Call 703-222-0880 for appointment.

## SATURDAY/MARCH 11

**Camp Fair 2017.** Noon-4 p.m. at Audrey Moore RECenter, 8100 Braddock Road, Annandale. Get details about Park Authority camps. Visit [www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps) or call 703-324-9201.

## 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 are available at [www.BurkePresChurch.org](http://www.BurkePresChurch.org). They are \$25 for Friday and Saturday sessions and \$15 for a single session. Tickets are limited.

## 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 [www.BurkePresChurch.org](http://www.BurkePresChurch.org). They are \$25 for Friday and Saturday sessions and \$15 for a single session. Tickets are limited.

## TUESDAY/MARCH 7

**Virginia Railway Express Hearing.** 7 p.m. at "The Commons" Community Center, 5701 Roberts Parkway. Public hearings to solicit comments on a proposed increase to fares. Written comments will be accepted through Friday, March 17. Please mail to the attention of: VRE, Public Comment, 1500 King Street, Suite 202, Alexandria, VA 22314. Send comments via email to [publiccomment@vre.org](mailto:publiccomment@vre.org) or by fax to 703-684-1313.

**The U.S. Small Business Administration** is reminding businesses in Virginia that working capital loans are still available to small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and private nonprofit organizations affected by the severe storms and tornadoes on Feb. 24, 2016. Deadline to file is March 7, 2017. Visit [disasterloan.sba.gov/ela](http://disasterloan.sba.gov/ela) or [www.sba.gov/disaster](http://www.sba.gov/disaster). Email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

## WEDNESDAY/MARCH 8

**FICA Network Meeting.** 1:30 p.m. at Fairfax County Government Center, Rooms 9 and 10, 12000 Government Center Parkway. Discover what faith groups need to know about building new houses of worship and renovating existing spaces. Email [ncsinterfaith@fairfaxcounty.gov](mailto:ncsinterfaith@fairfaxcounty.gov) or call 703-324-3453.

## MONDAY/MARCH 20

**Budget Town Hall.** 7 p.m. at the West Springfield Government Center, 6140 Rolling Road, Springfield. Supervisor Pat Herrity will be hosting, with Fairfax County Executive Ed Long. Visit [www.fairfaxcounty.gov/springfield](http://www.fairfaxcounty.gov/springfield) for more.



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-Werner Heisenberg

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# COMMUNITY

**Chris Boullire welcomes fundraisers from around the area to the Wall of Hope reception, handing out awards for fundraising "champions."**



PHOTO BY EDEN BROWN/THE CONNECTION

## A Record Year

**Alzheimer's Association of the National Capital Region honors its supporters.**

BY EDEN BROWN  
THE CONNECTION

**M**egan Newman told her story at the Alzheimer's Association "Wall of Hope" reception at Tyson's Corner on Feb. 9. She was only 18, a senior in high school, when her mother started to ask the same question more than once. They both attributed it to stress. They laughed about it. A few months later, it became clear to Meghan that what was wrong with her mother was more than stress. She convinced her to see a doctor, but it took many tests and many neurologists later before she was diagnosed with Alzheimer's.

It came at a difficult time for Megan, as she was headed off to college. She was supposed to be at the "best years of your life" stage. She laughs about it now, but switching roles with her parent at that point in her life was anything but funny. When she went to college, her mother went with her. When she moved off campus, she moved with her mother. The long days of caregiving, studying and managing the lives of two people took a toll on Megan. Her mother didn't really appreciate being told she had to brush her teeth or that she wasn't going to be able to drive her car any longer. Alzheimer's patients don't always exhibit a good-natured response to having children tell them what to do. Megan wasn't always patient and forbearing. And that bothered her. When it became time for her to hold down a job, Megan couldn't manage both

tasks anymore. That is why she was so grateful to find the Alzheimer's Association, and why she will always give back to this organization: they helped her manage her mother and supported her, she said. The reception on Feb. 9 recognized event participants and supporters who distinguished themselves through leadership and exemplary fundraising during the year. Supporters were able to see the unveiling of new plaques on the Wall of Hope, which honors those who suffered from the disease and their friends and family who gave in their name. Attendees at the event made up 2 percent of the fundraisers and sponsors who raised over 45 percent of total funds from events. In 2016, 7,700 participants raised a record \$1.78 million. And they had a good time doing it. Chris Boullire, the CEO of the National Capital Area Alzheimer's Association chapter, honored the 29 cyclists who created the "Ride to Remember," riding 100 miles and raising more than \$20,000; the 260 Longest Day participants who raised over \$118,000 participating in creative activities; the "Blondes v. Brunettes" (a flag football game for women,) which had 80 participants and raised over \$85,173; and the biggest event for 2016 in this area: the Walk to End Alzheimer's had 7,300 participants at seven walks throughout the region who raised \$1.53 million.

The Alzheimer's Association in the area is always looking for additional Walk volunteers and teams for 2017. Interested people can visit [www.alznca.org/walk](http://www.alznca.org/walk).

**Megan Newman told the story of being a senior in high school when her mother was diagnosed.**



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



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1 pm to 3 pm

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**West Springfield High School**  
Saturday, April 1  
12 pm to 2 pm

Co-sponsored by West Springfield HS Student Government and Greater Springfield Chamber of Commerce

**South County Secondary School**  
Saturday, April 29  
11 am to 1 pm

Co-sponsored by Supervisor Dan Storck, South Fairfax Chamber of Commerce, South County Federation, and South County Secondary School

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)

# Work Group to Examine Predatory Lending

Panel to investigate internet loans, car-title loans and open-end lines of credit.

BY MICHAEL LEE POPE  
THE CONNECTION

**T**he growing chorus of criticism about predatory lending in Virginia may not have prompted lawmakers to start passing laws to crack down on the industry. But it has accomplished one thing, formation of a work group.

“In this town, if you are in the minority party in a chamber that’s two-thirds Republican, you take victories where you can,” said Del. Mark Keam (D-35). “I’d like to think something good can come out of this if we can bring stakeholders together.”

Lawmakers are concerned about several aspects of high-interest loans. One is the bait-and-switch nature of many of the businesses, where customers walk into a car-title business but walk out with an open-end line of credit instead. Another issue is the completely unregulated nature of open-end lines of credit, originally created for department stores but now used by car-title lenders and internet lenders. Regulators don’t track them, and lenders don’t need a license to offer them. Recent years have seen online lenders from around the world offer them with interest rates of up to 5,000 percent.

“If the work group doesn’t deal with the open-end loans, it’ll be a waste of time,” said Jay Speer, executive director of the Virginia Poverty Law Center. “You can make rules about the Consumer Finance Act, and

then all the internet lenders will just switch to open-end loans and it’ll all just be a waste of time.”

**WORKING GROUPS** are a common way for lawmakers to punt, essentially putting off making decisions and outsourcing solutions to a panel that makes recommendations. Sometimes the groups end up making recommendations that are adopted by the General Assembly. Recent years have seen successful working groups that made significant changes to energy policy and worker’s compensation. Many lawmakers view them as an ideal way to consider difficult issues outside of the frenzied pace of the General Assembly sessions.

“There are what I believe to be plus sides to being a part-time legislature, and there are downsides to being a part-time legislature. One of the downsides is you can’t keep working during one session in a short ses-

**“If the work group doesn’t deal with the open-end loans, it’ll be a waste of time. You can make rules about the Consumer Finance Act, and then all the internet lenders will just switch to open-end loans and it’ll all just be a waste of time.”**

— Jay Speer, executive director, Virginia Poverty Law Center.

sion,” said Del. Peter Farrell (R-56). “Sometimes it takes a year.”

For critics of predatory lending, the chief goal of the working group will be to regulate open-end lines of credit. These have become the tool of choice for car-title lenders and internet lenders to offer unlimited



PHOTO BY MICHAEL LEE POPE

**Del. Peter Farrell (R-56) wanted lawmakers to force internet lenders to follow the same rules as other kinds of lenders in Virginia.**

amounts of interest. And lawmakers don’t know the scale of the problem because state regulators don’t track them. That’s a problem that critics say has an easy fix — require a license to offer open-end lines of credit, and make them abide by the same rules as car-title lenders or payday lenders.

“I hope that we see a path forward for all lenders to be licensed,” said Dana Wiggins, who answers the Predatory Lending Hotline at the Virginia Poverty Law Center. “If they’re operating in the state of Virginia, they should all be licensed and they should all have to follow the same rules.”

**THE SHADOWY WORLD** of internet

lending is also in the crosshairs of the work group. Some companies offer loans at interest rates from 600 percent to 5,000 percent. Some of these companies try to get around laws designed to protect consumers by claiming to have affiliations with Indian tribes, allowing them to take advantage of uncertainty surrounding a law from 1918 — long before the World Wide Web revolutionized modern American finance. Last month, Attorney General Mark Herring helped secure a \$15 million settlement against a California-based company that was using a fraudulent relationship to a North Dakota tribe to evade Virginia lending laws.

“In the absence of action, the internet becomes a lawless place that plays by different rules than traditional commerce,” said Kevin Mauer, associate director of the Virginia Catholic Conference. “Without protective regulation, the commonwealth’s vulnerable consumers may fall prey to more and more opportunistic lenders.”

## IN SESSION

### No More Psych Beds

**Robert Johnson** of Woodbridge understands the mental health crisis from a personal perspective. Back in 2011, he was struggling with a serious bout of depression and ended up handcuffed to an emergency room bed for nine hours. That’s because no psychiatric beds were available in Prince William County. So he had to wait for one to be available in Fairfax.

“Think of a horse-drawn carriage, and the nearest hospital is 20 miles away and you’re riding over speed bumps. That’s what I’m going through emotionally. That’s the kind of pain that I’m feeling handcuffed to that bed.”

Johnson presented his story to lawmakers last week and asked them to

support a bill introduced by Republican Del. **Peter Farrell** (R-56). But lobbyists for hospitals opposed the bill because they don’t want lawmakers to change laws requiring hospitals to have certificates of public need, known as COPN. Farrell says he’s frustrated people in need won’t get help because hospitals are concerned about their bottom line.

“I don’t think it has anything to do with psych beds.

I don’t think they want anything at all having to do with COPN reform period,” said Farrell. “I don’t think they want anything to go anywhere because they don’t want things to change. They enjoy having their cake and eating it too.”

One silver lining, Farrell says, is that the issue will go to the Deeds Commission, which was set up after Democratic Sen. Creigh Deeds (D-25) was attacked by his son because a psychiatric bed was not available.

### Ethics Reform or New Loopholes?

Should lawmakers be allowed to receive unlimited steak dinners from lobbyists at Ruth’s Chris Steakhouse if they are at a meeting of the National Conference of State Legislatures? What about a three-martini lunch paid for by coal executives at a meeting of the American Legislative Exchange Council? All of that would be legal under ethics reform adopted by lawmakers this year.

“The bill says that any meal provided for attendance at such a meeting is not reportable,” said state Sen. **Adam Ebbin** (D-30), the only senator to vote against the ethics package. “I don’t see why we need more loopholes.”

Some say that lawmakers are standing up for ethics reform, literally. One provision in

the ethics package would allow lawmakers to receive unlimited and unrepeatable food — if it’s eaten standing up. That’s a provision pushed by Del. **Todd Gilbert** (R-15), who recounted a personal experience to justify the legislation. A few years ago, he said, he went to a lavish reception where he ate some finger food and drank some soda. Several months later, he got notification that the event was valued at several hundred dollars.

“This just is trying to clean up that whole process so that people don’t get caught in unwary traps while they are standing around eating finger good and having a glass of cola or something.”

The bill also allows the state to redact the home addresses of General Assembly members.

— MICHAEL LEE POPE