

Robert E. Lee High School seniors in Mary Schaefer's Geospatial Analysis class, including (rear, from left) Hammad Chaudhry, Timothy Freeman, Hasan Ali, Sothea Sok, Enzo Rodriguez, Jia-Kang Ju, Brian D'Amore, Cameron Smith, Peter Block, James Zurta, Mirza Baig, Solomon Araya, Bilien Woldetatos, Samuel Amarteifio, Alexis Arriaza and (front) Sunny Cushing-Spiller presented mapping projects at the National Geospatial-Intelligence Agency in Springfield.

Springfield CONNECTION

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PHOTO BY TIM PETERSON/THE CONNECTION



Score for Veterans with Chris Cooley



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PHOTOS BY TIM PETERSON/THE CONNECTION

Lee teacher Mary Schaefer and her senior Geospatial Analysis students (from left) Peter Block, Hasan Ali and Sunny Cushing-Spiller locate and tag a piece of trash near the entrance to the high school on a virtual map of the grounds.

Map Quest

Lee seniors take projects to National Geospatial-Intelligence Agency.

BY TIM PETERSON
THE CONNECTION

Robert E. Lee High School senior Peter Block studied two decades of violent crime in Loudoun, Prince William and Fairfax Counties. His classmate Brian D'Amore looked into the need for additional Tesla electric car supercharger locations in Loudoun County. Other peers Solomon Araya and Samuel Amarteifio made predictions for 2016 elections in Virginia. On April 21, they all gave formal presentations and backboard talks at the National Geospatial-Intelligence Agency, as part of their Geospatial Analysis class.

Students from Lee and South Lakes High School in Reston participated in the agency's GIS Fair, an opportunity to present for professionals to deal with all kinds of mapping for a living. (GIS is an acronym for geographic information system.)

"This group was able to help find Bin Laden and also help when there's a disaster like Haiti," said Lee assistant principal

for science Denise Katz. "It's very eye-opening, things they're learning in school definitely have an application in the real world."

2015 is the second year for the fair, as well as Schaefer's class, comprises (largely male) 28 students. Last year there were two classes, next year there will be two again. Students use a cloud-based program called ArcGIS to learn about creating maps for just about any kind of data.

"Mapping is everything," said Schaefer, who gave the example of "Going to prom: I can map shopping, the cheapest places, the shortest way."

Schaefer reached out to the National Geospatial-Intelligence Agency, Springfield neighbors to Lee since moving to the area from Bethesda in 2011, to enhance the class that is partnership with James Madison University in Harrisonburg, Va. Students who take the class pay a fee but have the option of earning three geography elective credit hours that are viable at Madison and other colleges.

GOING TO THE AGENCY was a chance

to interact with professionals from various backgrounds and receive feedback on their work. Each student presented a slide show of their project and fielded questions standing in front of colorful tri-fold backboards.

Over 100 volunteers from the agency reviewed the presentations, according to National Geospatial-Intelligence Agency representative Brittani Beverly. "Everyone mentioned [the students'] ability to speak and present their projects well," she said, "and the detail they gave and included in their maps."

The confidence to present well came from a month and a half of preparing in class. For Peter Block, the experience was "fun and nerve-wracking."

"The professionals gave me helpful tips to make [my project] better, like looking into more variables, why change was occurring, like more liquor stores or gun ranges in the area."

Brian D'Amore was also nervous, but relied on his preparation and "just went with the flow, no regrets." D'Amore is considering criminal justice as a career option and

was interested to see opportunities to apply his coursework in that field within the agency.

"We have so many careers here focused around [Science, Technology, Engineering and Mathematics] it basically comprises the National Geospatial-Intelligence Agency," said Beverly. "That's our future, having students who are working in those fields, see degrees in those fields. Now is the perfect time to introduce them into what NGA is, and to find out there is a place right around the corner from where they went to school."

"It was the perfect storm," Schaefer said of the GIS Fair. "The students get to see you don't have to be a scientist to work there."

IF ANY STUDENTS were lacking confidence prior to presenting at the tightly secured agency, the experience helped them grow.

"It was Dorothy and the Emerald City," said Schaefer. "They had the best time, coming out like 'I'm bad, I've been to the National Geospatial-Intelligence Agency.'"

Motherhood: A New Story

Jack wiggles on Jennifer's lap in front of the computer while she tries to research a grant application. A Zimbabwean tapestry with muted background spotted with an elephant and a giraffe hangs behind her desk. Jennifer Jones and her husband, James Kaelin, adopted Jack from China in January when he was 22 months old. She explains the paperwork was endless, over a year. After all of the fingerprints and stickers, they finally got accepted into the system as eligible parents and learned from their matchmaker Diane that it

could be about six months. "Then we got a call the next day while we were in Louisville for Christmas. They told us we had a baby and needed to be in China in nine days to pick up Jack. There went my plans to learn Mandarin and to get the crib set up and buy the diapers and everything else we needed."

JONES is a collector of women's stories from around the world and has invented the Collective Story Method (CSM) "built upon my now decades of work in empowering individuals to tell their stories." It is

Jennifer Jones empowers women to tell their stories worldwide.

designed to focus first on the personal, then the individual in relation to the collective, and finally on the collective as a whole. "I went from the luxury of working full-time on my company, on the road a lot performing, working on my writing to...well, Jack woke up today at 4:30 a.m." Jones isn't traveling or performing now but is still writing, producing 3-5 minute digital stories with voice makeovers. "This has made me even more organized. I know I have between 2-



SHIRLEY RUHE/THE CONNECTION

Jack bounces up and down on Jennifer's knee as she attempts to write a grant application while occupying her newly adopted Chinese son, Jack.

SEE MOTHERHOOD, PAGE 4

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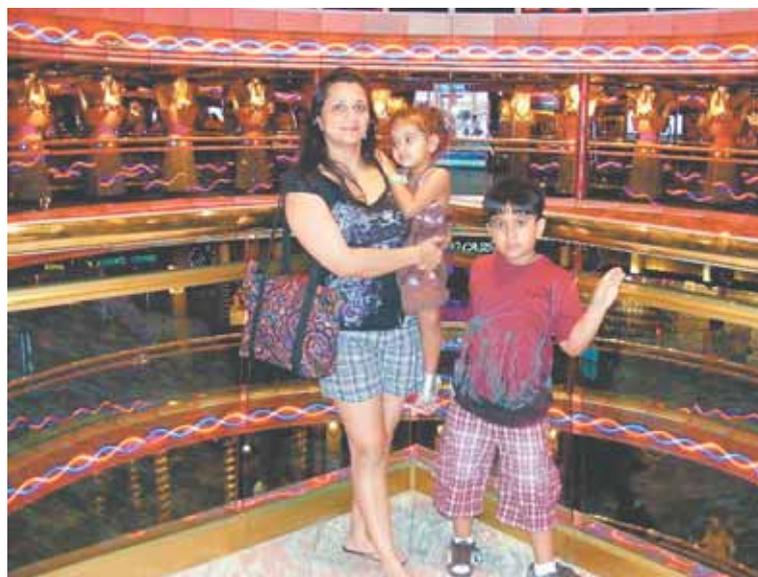
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MOTHER'S DAY PHOTO GALLERY

From left: Briana Beale, Marilyn Beale and Marissa Beale. "Mom, you have been a blessing to us since the day we were born. Thank you for all that you do. Happy Mother's Day! Love, Ris & Bri."



Rima, Kyle and Kendra of Springfield, enjoying vacation time at one of their favorite hangouts.



Mama Deepti and first born Theeran, of Springfield, celebrating their first ever Easter.

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Motherhood: A New Story

FROM PAGE 3

5:30 p.m. to get things done." Jack announces himself in the door waving his train and crawls into the rocking chair, ready to play.

She calls her projects "Letters to Clio" — the Muse of History. The most popular of the shows in the Letters to Clio series is 'Performance of Life,' a story of brutality and loss - but also a story of survival, new life and triumph. A framed poster commemorating her first story, Arab Springs, hangs on the wall adjacent to her tapestry. "But people don't perform Neela's story very much because it just goes from bad to worse. It's very depressing. You can't make a happy ending when it isn't real."

Jones says she views life differently now that she has a son. "I'm changing my views; it's universal to talk to another mother. Now I look at those women so differently. How would I react if I had 24 hours to get my children out of Liberia?" Jones says she had a double major at NYU in theatre and sociology and always wanted to use theatre for change. "I considered myself pretty plugged in. But I was shocked as I learned about the girls trafficked in Nepal, the adoption rights in Ireland."

NEXT on her list of projects is the story of mi-

grants fleeing Liberia. Jones points out that people who were doctors and high-level officials in Liberia come to America and work in grocery stores or do part-time administrative work. The parents still feel betrayed by their government, but there is a twist because the children are going back to rebuild. "I spent some time on the border in refugee camps and was set to go back when ebola hit." She has been interviewing people long enough that they can see what she has done and will talk to her. "But refugees are the hardest. They are afraid to give you something and expect something back, like a ticket for emigration to America." She said they "want to know why does this gringo care. But they want to know their story matters, that they are more than a blip." Now that she has Jack she has her own story to explore. One day she wants to write a book about what it is like to go around collecting stories, common themes, common struggles.

On to the day's schedule: Jack moves to breakfast. He has replaced mostly kimchi with yogurt and scrambled eggs (and Mexican food and he loves Indian). Then playing and playing. "I know every park within 30 miles. He will only take a nap in the stroller so some days I walk for five miles." Kaelin gets home from the State Department about 2 p.m. to take over "with more playing" and Jennifer returns to her stories.

MOTHER'S DAY PHOTO GALLERY



Lorraine and her big babies Simone and Nathan. Here is to you mom.



Mama Sabrina and her chipmunks Jerry, Joe, Nia and Chanel enjoying a day in the park.



"Dear Mommy, Happy Mother's Day. We love you so much. Bobby, Jenny, Andy, Caryl and Sparta."



Simone and Joaquin. Yes mommy, I am listening.



Keifer Michael and mom Caryl of Springfield, celebrating an evening out after a long recovery.



Marie Michael and her kids. Oh these Michaels, they just wanna have fun.



"Dear mom, love you and happy Mother's Day. Love, Wayne."



PHOTO BY LAUREN MILLER

Connection reporter Tim Peterson and his mother Ellen tailgate before a Northwestern University football game in Evanston, Ill.



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OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

EDITORIAL

There are families dealing with hunger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to a report by Feeding America. In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: <http://map.feedingamerica.org/>

COMMENTARY

Law Enforcement, the Mentally Ill and the Pursuit of Justice

BY STACEY A. KINCAID
SHERIFF, FAIRFAX COUNTY

Across the nation, people are having serious discussions about how to alter the dynamic that too often exists between some law enforcement officers and individuals. Out of each case, we learn something that will help us go forward. So, as justice pursues its course in Fairfax County with regard to the tragic death of Natasha McKenna, let's not lose sight of the real underlying problem: the systemic mishandling of mentally ill patients who have few or no resources, and law enforcement's struggle to deal with untreated or undertreated individuals.

There is a teachable moment here for those of us who have dedicated our lives to law enforcement and for members of the community who believe in dignity and

fairness for those who come into contact with the criminal justice system.

All of us are eager — and many are impatient — for the investigation into Ms. McKenna's death to be concluded. This incident has not been forgotten or ignored. From the beginning, the Sheriff's Office has cooperated with the investigation fully. The recent completion of a report by the Office of the Chief Medical Examiner means the investigation is nearing a close. I have not offered more than passing comment because, as both a law enforcement official and a citizen, I do not want to prejudice the outcome of an investigation in advance of the facts by answering questions to which I do not have the answers, or by anticipating actions I might take once all the facts are known. I admit to having been disappointed that someone chose to release internal

documents — for the same reasons I think anyone interested in justice and fairness would be.

In the meantime, and for the foreseeable future, our jail will continue to be a warehouse for individuals with mental illness who have been unable or unwilling to access effective clinical care, social services and housing in the community.

About 40 percent of the inmates in our jail have been identified as needing some level of mental health care during their incarceration. More than a quarter have a serious mental illness — often combined with a substance abuse disorder — that requires intervention, regular treatment and medication management. The Sheriff's Office is working to improve mental health care at the jail, but as of this writing, we have no available options to properly divert individuals under arrest and avoid

The annual food drive is held in more than 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United States.

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

unnecessary incarceration. In no way whatsoever is this intended to justify inappropriate, improper or illegal behavior by law enforcement officers anywhere; it is simply a fact.

As I have done for years, I will continue to advocate locally and in Virginia for more treatment centers for minor offenders who are seriously mentally ill and would be better served in a mental health facility than in a jail.

I have pledged my 28-year career with the Sheriff's Office in service to the safety, security and well being of all Fairfax County residents, and to do so as fairly and transparently as possible. I will continue to work with mental health organizations in search of solutions to an intractable problem facing vulnerable individuals for whom all of us, out of nothing more than common human compassion, must assume some responsibility.

a year to overtly celebrate everything our mothers mean to us with flowers and gifts, it is more important that we also instill the practice of honoring them daily by making them proud of the manner in which we conduct ourselves; as well as attending to their growing needs with the same care, compassion, love, and patience as they once extended to us when we were children.

Aisha Khan
Herndon

LETTERS TO THE EDITOR

Mother's Day and Islam

To the Editor:

A man once asked the holy Prophet Muhammad (may peace and blessings of Allah be upon him), "O Messenger of Allah! Who has the most right to the best treatment from me? The Prophet replied, "Your mother." The man asked, "Then who?" The Prophet said, "Your mother." The man asked again, "Then who?" The

Prophet again said, "Your mother." The man asked again, "And after that?" The Prophet replied, "Your father" (Bukhari and Tirmidhi).

To truly appreciate the awesome significance of this particular incident, one must remember that this took place more than 1,400 years ago, in a completely male dominated society; a society where women were treated no better than slaves.

In Islam the role of a mother is recognized as being so pivotal in the upbringing of the children - as

well as in shaping the future of mankind and society - that Muslims are taught that the attainment of paradise lies under their mother's feet. Not only does this paradise refer to the one in the hereafter, but it also refers to a social paradise in this world...peace, blessings, and security which are obtained after respecting and honoring your mother each and every day, regardless of how difficult the circumstance may be.

So while it's thoughtful and sweet to pause our busy lives once

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OPPOSING VIEWS ON EDUCATION FUNDING

Garza Calls Community to Help #saveFCPS

Superintendent says FCPS faces deficit of more than \$100 million; FCPS excellence at risk.

Statement from Fairfax County Public Schools Superintendent Karen K. Garza following the Fairfax County Board of Supervisors passage of the Fairfax County Fiscal Year (FY) 2016 budget:

Once again, we find that the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools (FCPS). This is extremely disheartening — we entered this budget year making a good faith effort to work collaboratively with the Board of Supervisors. We worked for nearly a year with the County Executive and the Board of Supervisors to develop a reasonable budget that met only the very minimal needs of FCPS, and in the end they did not deliver.

Supervisors are sending a clear message that they are unconcerned about the increasing challenges of our students, our teachers, and our schools. The supervisors refused to fully fund our budget for the 2015-16 school year (FY 2016), when faced with a nominal \$7.6 million deficit. We have grave concerns as to what will happen in the 2016-17 (FY 2017) school year when we face a devastating shortfall of more than \$100 million.

The entire Fairfax County community has a critical decision to make: either we invest the necessary funds in our students and schools, or we will have to work together to decide what to cut — and we cannot cut our way to excellence.

Due to years of chronic underfunding coupled with a decade of significant enrollment growth and increasing student needs, we will not be able to sustain the current quality nor the full range of academic programming we currently offer our students. We have sought to protect the classroom to date, but with the scale of the FY 2017 shortfall, we will have to take a serious look at the programs that we must cut starting



CONNECTION FILE PHOTO

Karen K. Garza

in the 2016-17 school year. These cuts will likely affect all current academic programming including limiting elective choices, reducing career and technical programs, impacting advanced offerings, and again raising class sizes at all levels. We must make these difficult choices by December 2015 because students begin their course selections in January 2016.

Since 2008, we have cut 2,175 positions and nearly a half-billion dollars from our budget affecting every school and department. We have fallen so far behind in teacher salaries that we are no longer competitive and are losing talented staff to neighboring school districts. Our teachers are the reason FCPS students excel and achieve. Losing our most experienced teachers will have a significant effect on student performance and will ultimately affect the reputation of FCPS.

Fairfax County public schools are frequently cited as one of the main reasons that businesses choose to relocate to the county, and Fairfax has some of the highest property values in the country, but without excellent schools as a foundation — corporate investment in Fairfax and property values will decline.

In the education of our children, every year matters; we cannot hope to make up deficits in their education in their later years. It is critical we take action now.

I hope our community will join me to #saveFCPS.

Who Pays for a Mistake?

To the Editor:

So the agreement was reached to pay John Geer's family just under \$2.95M for the mistake of a police officer. My heart goes out to the family.

But I am concerned about the payment.

Why are taxpayers responsible to pay for this? Where is the statute that justifies this?

I pay over five digits in real estate tax, personal property tax, car registration

fees, licensing fees, and who-knows-how much in sales tax.

But the Board of Supervisors pays millions to a victim of a mistake; yet the roads I have to drive on are still full of lumps, bumps, cracks, and potholes. Where is the money for that? What gives?

Bob Fritz
Oakton

Education Is County Board's Priority

The crux of our school funding problem is the State funding formula.



Jeffrey McKay

BY JEFFREY MCKAY, SUPERVISOR (D-LEE DISTRICT)

There is a considerable amount of misinformation about the County's commitment to education and I would like to give you some of the facts.

While close to 70 percent of County residents do not have children in the school system, education is our County Board's priority. We directly transfer more than half our General Fund to the schools and additionally assume the costs of a number of other school needs, such as school nurses, health aides, resource officers, and the like.

The FY2016 budget that we adopted on April 28 includes a transfer to the schools of \$2.01 billion, an increase of \$66.7 million (+3.43 percent) over the FY2015 budget and nearly two-thirds of all new revenue associated with increased property values. The total school budget (that includes the County transfer and some state and federal funding), totals \$2.6 billion. This is the fifth consecutive year that has seen a substantial increase in the school transfer—since 2008, the Board of Supervisors has increased funding for the schools by \$230 million.

As a County Supervisor, I am responsible for all of our residents' needs including parks, libraries, public safety, and human services. These are not stand-alone services and the success of our schools is also linked to these public services.

To further illustrate our spending priorities, in addition to the 52.1 percent of the County's General Fund that we transfer directly to the schools, we spend only 12 percent of our General Fund on public safety, 10.9 percent on health and human services, and 1.4 percent on parks, libraries, and recreation centers combined. Slashing funding to these would not make a dent in our budget and would hurt the schools.

The crux of our school funding problem is the State funding formula. Fairfax County is a donor jurisdiction, sending more dollars to the state than it recoups—about 21 cents on the dollar. That funding formula inequity holds true not only for education but also for human services, transportation,

and the like.

FCPS' state per pupil funding suffers in comparison to other Virginia localities. In FY2012, the state provided \$2,764 per pupil while the County provided \$9,905 per pupil in local funding. In contrast, neighboring Prince William County received half its per pupil funding from the state. These figures may have been OK in the past, but today's school needs have far outpaced our local ability to pay. Other school districts are able to

fund their needs with our tax dollars while here in Fairfax County we struggle to meet our own needs.

Fairfax County continues to work with the General Assembly and advocates hard for a larger share of state funding for our schools. Our lobbying this year got us \$9.9 million more than anticipated in the state budget. Those additional funds bring FCPS within \$4.1 million of its total \$2.6 billion advertised budget proposal—that's a gap of 0.16 percent less than the School Board's proposed budget.

The superintendent of Fairfax County Public Schools increased her transfer request **after** the state budget increase was announced and shortly before our budget adoption.

Please be aware that the Board of Supervisors does not have line item authority over the FCPS budget.

According to the Constitution of Virginia, that responsibility lies with the elected School Board and it is that Board that sets the funding priorities for the schools, including salaries. If teacher salaries are the School Board's top priority, it is their responsibility to close the 0.16 percent gap between their proposed budget and the funds they are receiving.

As we look ahead at the fiscal outlook for next year, we know that we will continue to be affected by a sluggish economy and the effects of federal cutbacks and sequestration.

Like the Schools, the County side of the ledger is projecting a budget shortfall for the next (2017) fiscal year. Both boards will have to work closely together to produce balanced budgets.

Thank you again for contacting me and you have my assurance that my colleagues on both the County and School boards will continue to work together.

PS. - On a personal note, with two kids, I'm as much invested in our educational system as anyone. My daughter is an FCPS first-grader and my son isn't very far behind. I'm the product of our Fairfax County Public Schools and I want every child to have the same opportunity to learn that I did.

WELLBEING

Healthy Relationships for Life

Researchers say meaningful friendships help preserve health.

By MARILYN CAMPBELL
THE CONNECTION

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an

interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Gulyn, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity.

"Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount University. Seniors who have active social connections are better able to fight disease, they experience greater psychological well-being and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues. "One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

In fact, researchers point to a variety of studies that link health and longevity with fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered they had many meaningful relationships were more likely to be alive than those with few," said Georgeanna Stratton, Ph.D., (associate professor of psychology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few.

"Their social relationships were the best predictor of health and death, meaning it predicted better than other things they measured like smoking and stress," said Stratton.

Seniors are more susceptible to the harmful effects of a dearth of



PHOTO COURTESY OF GEORGE & BETTY WHITE
George White, 80, stays socially connected by volunteering for the West Springfield police department. He and his wife, Betty, also 80, stay connected with friends.



PHOTO COURTESY OF BILL & BETTY KENEALY
Bill and Betty Kenealy stay connected by socializing regularly with their good friends and former next-door neighbors.

companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch

with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends. "Seniors can replace those by adding new things," said Hubbard. "Consider joining a class or a bridge club. The key is to have consistent, positive interactions."

Donating one's time offers an opportunity for staying connected. "Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and cur-

rent," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

STILL, STAYING ENGAGED socially and developing new friendships can become increasingly challenging, as one gets older.

"Physical disabilities and illnesses can increase the likelihood that a person is hospitalized or homebound in later adulthood, which can lead to social isolation and depression," said Cote-Reilly.

Also important, said Cote-Reilly, is distinguishing connections that

offer positive social interaction from those that simply provide contact with another person. "Social support means, 'Does this individual feel supported by those in his or her life?' It doesn't mean the number of friends or support persons one has," she said. "Older adults who have a lot of social interaction because they need assistance with activities of daily living ... do not experience these interactions as positive. People are helping them because they have lost the ability to do the tasks themselves."

While social media has made staying in touch with friends easier for some, there are dangers. "Unfortunately, there is a negative correlation between time spent on social networking sites and the internet in general and the time spent with friends," said Stratton. "Also, several studies indicate that more time on Internet predicts depression. So while in-person relationships are great buffers for stress and protect physical and mental health, online relationships may actually ... hurt mental health and social connections."

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ENTERTAINMENT

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FRIDAY-SATURDAY/MAY 8-9

"Big the Musical." 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. The FX Players theatre department will debut its long awaited spring musical, BIG, the first two weekends of May. Following the storyline of the 1980's Tom Hanks movie, BIG revolves around a young boy who dreams of being an adult. After a Zoltar machine grants his wish, he goes on a heartwarming adventure where he learns that age does not determine how much fun you can have. For more information, please visit www.fxplayers.org or call 703-219-2351.

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FRIDAY/MAY 8

Spring Concert. 7:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. The Maranatha Singers will present an enjoyable evening of music with a guest appearance by the St. Stephen's Orchestra. The theme of the concert will be "Jammin' Juke Box". Refreshments served after the concert in the Welcome Center. Everyone is invited to attend. Free.

SATURDAY/MAY 9

Concerts from Kirkwood. 3 p.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Concerts from Kirkwood will complete its 2014 - 2015 season on May 9, with a special concert featuring the internationally renowned Spanish piano duo, Carles&Sofia.

Carles Lama and Sofia Cabruja have been performing together since 1987. They perform regularly worldwide both in recitals for four hands and with orchestra. They have made an extensive number of recordings on the on the KNS-classical label.

West Springfield Baseball Alumni Festival. 10 a.m. - 3 p.m. West Springfield High School baseball field. Gates open at 9:45 a.m. (no admission fee), the student/faculty softball game starts at 10 a.m., and the alumni game starts at 12 p.m. There will be jousting and carnival-style games, a bounce house, baseball skills games, raffles and an auction, concessions, and a spirited set of alumni playing baseball. Money raised will be used to renovate the batting cages and replace worn-out equipment. Test your skills at the games, bid on the items, watch the game, or just join us for lunch and help support the program. Donations and questions can be directed to Jason Olms at jmolms@fcps.edu

Neighborhood Plant Clinic. City of Fairfax Regional Library, 10360 North Street, Fairfax. 10 a.m. Master Gardeners provide horticultural tips, information and advice to home gardeners. Adults only.

Tales to Tails. City of Fairfax Regional Library, 10360 North Street, Fairfax. 10:30 a.m. Age 6-12 read aloud to a friendly, trained therapy dog. Openings.

Escape from Burke Centre Library Game. Burke Centre Library, 5935 Freds Oak Road, Burke. 1:30 p.m. Intriguing games and activities based on the book "Escape from Mr. Lemoncello's Library," by Chris Grabenstein. Openings for age 8-12.

Springfield Smart Markets Farmers Market. 10 a.m. - 2 p.m. Springfield Town Center, at the corner of Loisdale Road and Spring Mall Drive. Fresh local fruits and veggies.

SUNDAY/MAY 10

Workhouse Farmers Market. 1-5 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The opening day of this year's farmers markets season.

MONDAY/MAY 11

PJ Library Book Buddies. City of Fairfax Regional Library, 10360 North Street, Fairfax. 10:30 a.m. Ages 6 months to 5 years with adult enjoy Jewish storybooks and craft making. Co-sponsored by JCC of Northern Virginia.

TUESDAY/MAY 12

Creative Cupcakes for Older Adults. City of Fairfax Regional Library, 10360 North Street, Fairfax. 1 p.m. Celebrate the Creative Aging Festival by getting creative. Decorate cupcakes with the pros from Cupcakes Actually, a local bakery and multiple winner at the Chocolate Lovers Festival. Openings.

Pohick Daytime Book Discussion for Adults. Burke Centre Library, 5935 Freds Oak Road, Burke. 1 p.m. "The Last Runaway," by Tracy Chevalier.

Tai Chi. Burke Centre Library, 5935 Freds Oak Road, Burke. 10 a.m. Dante Gilmer of Still Water Tai Chi Center invites all adults to increase their level of fitness by learning the



(From left) Doug Klain and Zion Jang play with light sabers during Fairfax High's "Big: The Musical." Performances: Thursday-Saturday, May 7, 8 and 9, at 7:30 p.m. Tickets are \$10 via www.fxplayers.org or \$15 at the door. For the Sunday matinee, tickets are \$5 for children 12 and under. And after the show, they can dance on the big piano, take a photo with the cast and make a wish with Zoltar.

art of Tai Chi. Wear comfortable clothes that allow slow movements.

THURSDAY/MAY 14

Storytime Yoga for School Age Children. Burke Centre Library, 5935 Freds Oak Road, Burke. 4:30 p.m. Join certified yoga instructor Karen Hamilton for stories, stretches, and simple yoga poses. Wear comfortable clothing and bring a mat or towel. Funded by the Friends of Burke Centre Library. Openings.

Salsa's Ancient Rhythm. Burke Centre Library, 5935 Freds Oak Road, Burke. 7 p.m. Teens and adults participate in an interactive presentation by Mr. José Obando, Salsa consultant for the Metropolitan Museum of Arts's Department of Musical instruments, as he reveals the history and music. Openings.

FRIDAY-SATURDAY/MAY 15-16

Alice in Wonderland. 7 p.m. Thomas Edison High School, 5801 Franconia Road, Alexandria. This modern retelling of the classic children's story has all of the characters you know and love, including the Mad Hatter, the Cheshire Cat, and the Queen of Hearts. With cell phone in hand, a present-day Alice encounters the Wonderland so many of us treasure in a musical that appeals to both children and adults. Tickets will be available at the door (\$5 for adults, \$3 for children, \$1 for children at matinee). Concessions will be available.

SATURDAY/MAY 16

Creative Writers Club. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Do you enjoy writing fiction, poetry, non-fiction and/or memoirs? Join us for sharing, discussion and feedback of works in progress. Ages 12-18.

Friedreich's Ataxia Research Alliance (FARA) Benefit Buffet Luncheon. 11 a.m. - 2 p.m. Springfield Outback Steakhouse, 6651 Backlick Road, Springfield. The Springfield Outback Steakhouse will be presenting a fundraiser to benefit the FARA. Cover charge is \$30 and includes an all you can eat buffet including sliced steak, sliced chicken, side dishes, non-alcoholic beverages and dessert. Live entertainment will be provided by the "Ocean Drive" from Fredericksburg, Va, (www.islandgerry.com). The event is being co-sponsored by the Washington Area Parrot Head Club. www.curefa.org, or contact Donna Rambler at the Springfield Outback at obs4713@outback.com or by phone at 703-912-7531.



Bollywood Masala Orchestra and Dancers.

Mason Announces 'Great Performances'

BY DAVID SIEGEL
THE CONNECTION

There was a buzz of energy in the jam-packed foyer of the Center for the Arts at George Mason University. Northern Virginia performing arts lovers were ready to learn of the 25th anniversary season of "Great Performances at Mason!" The crowd would not be disappointed as Thomas Reynolds, director of artistic programming, announced "a remarkable variety of performing arts that both entertains and educates." The new season begins this September.

"We've always prided ourselves on variety and the 25th anniversary season is very representative of that," said Reynolds. "We are sticking with our strengths, which has always been a variety of arts and entertainment options."

The upcoming season of "Great Performances at Mason!" will also continue to support the students at George Mason University. The Center is part of Mason's College of Visual and Performing Arts and the schedule of performers takes "to heart the mission of how to present artists that help support the teaching of our students," noted Reynolds.

There are many highlights for the upcoming 25th anniversary season. Just a few examples include the Tony and Grammy Award winning Broadway actress and singer Bernadette Peters who will headline the annual "Arts by George!" grand benefit gala on Sept. 26. The gala will include a grand showcase of Mason College of Visual and Performing Arts student and faculty works.

As the season rolls forward,



PHOTO BY ANDREW ECCLES/
COURTESY OF GEORGE MASON UNIVERSITY

Bernadette Peters

there is tap dance phenom Savion Glover, Disney's "Fantasia - Live in Concert," a notable performances from the Virginia Opera, the Munich Symphony Orchestra, live theater such as Aquila Theatre's "The Adventures of Sherlock Holmes," the inventive work of Mummenschanz, the dynamic Mark Morris Dance Company, the innovative RIOULT contemporary dance troupe and Bollywood Masala Orchestra and Dancers of India, to name a few.

There will be Christmastime favorites such as Chanticleer and the Vienna Boys Choir. Local favorites such as Jeffrey Siegel and his Keyboard Conversations and the Metropolitan Jazz Orchestra will also return

With a wide-range of offerings, the 2015-16 season is an opportunity to try new things or take in old favorites. There are many performances right for the whole family as a way to introduce younger audiences to the world of performance with special ticket prices all in a near-by, easy to reach location with parking. And free pre-performance discussions sponsored by the Friends of the Center for the Arts add to experiences.

Where and When

The 2015-16 season of "Great Performances at Mason!" will be at the George Mason University, Center for the Arts, 4440 University Drive, Fairfax. The 2015-16 runs September 2015-May 2016. Subscription and single tickets are available. For information and tickets call 703-993-2787 or visit cfa.gmu.edu. Detailed season brochure at: http://issuu.com/cfaatmason/docs/cfa_2015-16_brochure?e=4583740/12238447

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com 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.

SATURDAY/MAY 9

2nd Annual Community Conversation on Teen Stress: Fostering Wellness and Resiliency. 8:30 a.m. - 2 p.m. Hayfield High School, 7630 Telegraph Road, Alexandria. Marc Brackett, Ph.D., the director of the Yale Center for Emotional Intelligence will be featured as the keynote speaker. Tracy Cross, Ph.D., Professor at The College of William and Mary and Executive Director of the Center for Gifted Studies and Talent Development will speak in the afternoon about perfectionism and child and adolescent suicidality. This event will feature breakout sessions led by FCPS staff members and guest presenters. A variety of exhibitors will also be present. <http://www.fcps.edu/dss/summit/>.

GIVE - Free Tutoring to School Age Students. City of Fairfax Regional Library, 10360 North Street, Fairfax. 2 p.m. Math, reading, writing, science, social studies and ESL free tutoring by GIVE- Growth and Inspiration through Volunteering and Education volunteers from Thomas Jefferson H.S. and Robinson H.S.

Microsoft Excel. City of Fairfax Regional Library, 10360 North Street, Fairfax. 2:30 p.m. Teens and adults learn how to create spreadsheets with Microsoft Excel. Openings.

Monday/May 11

Library Tech Help. City of Fairfax Regional Library, 10360 North Street, Fairfax. 11 a.m. Teens and adults get help with eBooks and compatible devices, and other library-related electronic resources questions. Bring your library card, eBook reader, and laptop.

One-on-One English Practice. Burke Centre Library, 5935 Freds Oak Road, Burke. 6:45 p.m. Ages 8 through adult practice speaking, reading, and writing with a volunteer. Waiting list.

WEDNESDAY/MAY 13

Reston - League of Women Voters meeting on growth in Fairfax County. Where is the County's growth going to go? What has changed in Fairfax County's land use and where do we go

from here? Join in the discussion. 7:30-9 p.m., North County Governmental Center, 1801 Cameron Glen Drive, Reston. Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

THURSDAY/MAY 14

Medicaid Planning. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn more about how to make your loved one's money last, including estate planning, auxiliary grants, and Medicaid. Call 703-204-4664 to RSVP and for more information.

SATURDAY/MAY 16

Living Trust Plus Seminar: How to Protect Your Assets from the Expenses of Probate and Long Term Care. The Law Firm of Evan H. Farr, P.C., 10640 Main Street, Suite 200, Fairfax.

WEDNESDAY/MAY 20

Path of Progression in Alzheimer's Disease. 1:30 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. While not everyone travels the same path, join us for a discussion on what to expect as Alzheimer's progresses. Call 703-204-4664 to RSVP and for more information.

THURSDAY/MAY 21

Lunch 'N Life. 12-2 p.m. St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Are You 50 or Better? Join for the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke. The program will feature Mr. Knox Singleton, CEO of INOVA Health Systems speaking on Current Health Issues. For reservations, call Faye Quesenberry, 703-620-0161, by May 15. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org for more information.

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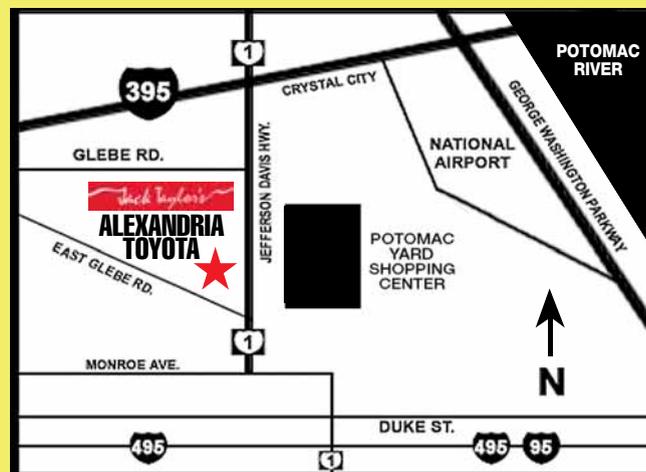


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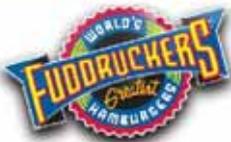
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Clair D. Burgeson

July 28, 1929 – March 30, 2015

Clair D. Burgeson died March 30, 2015 at three pm at Hospice by the Sea in Boca Raton, Florida. He died with his wife and three children by his side of complications of pulmonary fibrosis. Born in Jamestown, NY on July 28, 1929, survived by: wife Joyce Elaine Carberg Burgeson, brother Irving Burgeson, sister Louise Kolinofsky. Three children: Stephen Clair Burgeson of Buffalo, NY, David Mark Burgeson of Naples, FL, Lisa Joy Burgeson Rhein of Fairfax, VA and six grandchildren: Elizabeth Rhein O'Connor, Robert Rhein, Geneva Rhein, Eric Burgeson, Briana Burgeson, Liam Burgeson.

A depression baby, born in 1929, Clair received a diploma in General Agriculture from NYS Agricultural Technological Institute (now Alfred State College) in 1950, a diploma in Bible Studies and Missions from Prairie Bible Institute, Alberta Canada in 1954, a Bachelor of Arts, cum laude, SUNY Albany paid for by the G.I. bill. During his 3 years of United States Army service he spent a year and a half on the DMZ in Korea. He set up two libraries and served as a librarian under special services. Joyce and Clair both worked while raising Steve, Dave and Lisa. Clair completed two additional college degrees; a Masters of Library Science, Columbia University and a Certificate of Advanced Study in Educational Administration, SUNY, New Paltz.

His library career began in White Plains High School. In 1967 he took the position of Director of Libraries in Ramapo Central School District in Rockland County, NY and held it until his retirement in 1991. One of his great joys during that time was teaching a Junior Great Books class for the 7th and 8th grade students. Clair was one of the first trustees of the Sloatsburg Library, instrumental in moving the library to the building it resides in today. A naturalist, he took many groups on educational nature walks in Harriman State Park. An energetic father and grandfather, he could be counted on to jog, snow shoe, hike, bike and canoe as well as take quiet walks in nature. He was an enthusiastic bird watcher, loved classical music, and an avid reader. He was active in the American Library Association and Audubon Society. Clair gave consistently and generously to his charities of choice. He was unfailingly devoted to his family. Upon his retirement, Clair and Joyce enjoyed traveling the world and sharing their love with family and many friends at their residences in Naples, FL, Chautauqua, NY, Burke, VA, and Boca Raton, FL.

His love of learning, nature, spirituality, philosophy and people will live on through we who knew and loved him. He will be deeply missed. Contributions in Clair's memory can be made to the Sloatsburg Public Library, 1 Liberty Rock Road, Sloatsburg, NY 10974 or the Audubon Society. Following a scattering of Clair's ashes over Chautauqua Lake, a gathering and smorgasbord will be held in the library at the Roger Tory Peterson Institute of Jamestown, NY on July 18, 2015.

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SPORTS

Robinson long stick midfielder Jack Rowlett, right, scored three goals against South County on Saturday.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Robinson Boys' Lax Spreads Offensive Wealth

Seven different Rams score multiple goals in win over SoCo.

BY JON ROETMAN
THE CONNECTION

The Robinson boys' lacrosse team returned most of its firepower from last year's state championship run, entered Saturday's contest against South County with a 9-2 record and had won 26 of its previous 27 games against public school opponents, a streak dating back to early in the 2014 campaign.

In other words, the Rams are good. Real good.

But just in case there was any doubt whether Robinson has what it takes to compete for a second straight state title, the Rams put forth one of their best offensive efforts of the season on Saturday.

Facing a South County team, considered one of the best in the region, the Rams had seven different players score multiple goals during a 16-9 victory on May 2 at Robinson Secondary School.

"I'm starting to see the patience that I'm looking for offensively," Robinson head coach Matt Curran said. "... This is huge, and one of the reasons is we've had some good offensive outputs, but not against a team — no offense to the teams we've played — but a team of this caliber. This was really big for our momentum. ... This was the type of victory we needed."

South County entered the contest with a 10-2 record and briefly took a 4-3 lead on a goal with 2:53 remaining in the second quarter. Robinson responded with a pair of goals and led 5-4 at halftime.

Robinson led for the entire second half.

"I think this is one of the best games we've played all year," said Jack Rowlett, a senior long stick midfielder who will play for the University of North Carolina. "As a team, it wasn't just one player shining. Everyone contributed ..."

Rowlett scored three goals Saturday, giving him 16 for the season.

"Getting a hat trick as a long stick, [Rowlett is] just such a weapon," Curran said. "... Long stick middies, you don't get that. You might have one or two goals on the year in a transition. Jack has 16 goals on the season and that's just kind of unheard of with a long pole. He can dodge against anybody. If he has a shorty on him, he has the green light."

Senior attackman Chapman Jasien said Rowlett makes life difficult for opposing defenses.

"That's huge coming from a long stick middle," said Jasien, who will play college lacrosse for the Naval Academy. "That's tough for another team; that's tough to defend. We'll kind of get out of his way and let him work on offense; let him get his shot ..."

"Those shots really help us out a lot. We encourage it big time."

Senior attackman Tommy Gallogly also recorded a hat trick for Robinson.

Senior midfielder Jack Smith, junior attackman Johnny Daniel, senior attackman Chris White, junior midfielder Austin Henry, and Jasien each scored two goals for the Rams.

"I think it's good for us," Rowlett said. "We're hitting our stride at the right time. We started a little shaky, not playing as well as we could have. This is a big game for us to help us build toward the team we can be, the team we should be [come late] May, the beginning of June."

Robinson defeated Oakton 14-4 on Tuesday, improving its record to 11-2. The Rams will close the regular season with a road game against Centreville at 7:15 p.m. on Monday, May 11.



Robinson senior Tommy Gallogly finished with a hat trick during the Rams' 16-9 win over South County on Saturday.



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