

George Tysdal of Fairfax (left) receives his party-specific ballot from election officer Sue Orsini of Fairfax (right) at Robinson Secondary School on March 1.

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PHOTO BY TIM PETERSON/THE CONNECTION

Four-Cent Tax Increase, with Side of Vitriol

Reconsideration hours later gives same result; board will consider putting meals tax to referendum in November.

BY KEN MOORE
THE CONNECTION

Tuesday morning, the Fairfax County Board of Supervisors voted for a four-cent tax rate increase, advertising a tax rate of \$1.13 per \$100 of assessed value. Hours later, a call to reconsider a higher rate sparked bitterness, anger and even disgust.

In the end, the outcome was the same.

The board rejected Budget Chair Jeff McKay's motion for a five-cent increase on a 5-5 vote and Mount Vernon Supervisor Daniel Storck's motion to have a six-cent increase by a 3-7 vote.

But hours later Tuesday afternoon, March 1 after afternoon public hearings were finalized, Supervisor John Foust's motions to reconsider its advertised tax rate raised jointly by Sully Supervisor Kathy Smith — a tool permitted by Roberts Rules of Order — set off fireworks.

"I'm sorry, it's appalling, it's embarrassing," said Providence Supervisor Linda Smyth. "We're starting a budget session on the worst foot. We had a full discussion this morning."

"A robust discussion," said Hunter Mill Supervisor Cathy Hudgins.

Hudgins said she had come to the meeting planning to advocate for a five-cent increase, but said she was "disturbed" by the reconsideration. "This is childish play, that once you didn't get your way, you're going to bring it back."

Speaking of the School Board, she added, "You can't always have it your way."

Mason Supervisor Penny Gross: "I don't think we should be supporting voter's remorse."

"The ends do not justify the means," said Braddock Supervisor John Cook, who had reluctantly supported the four-cent increase. "I don't want anybody thinking there was a mistake."

Foust kept composed. If there's not enough support, he said, "we'll find out. We have this process available to us."

Lee Supervisor McKay said, "I support this, to get back to the original, responsible motion that I made," for a 5-cent increase.

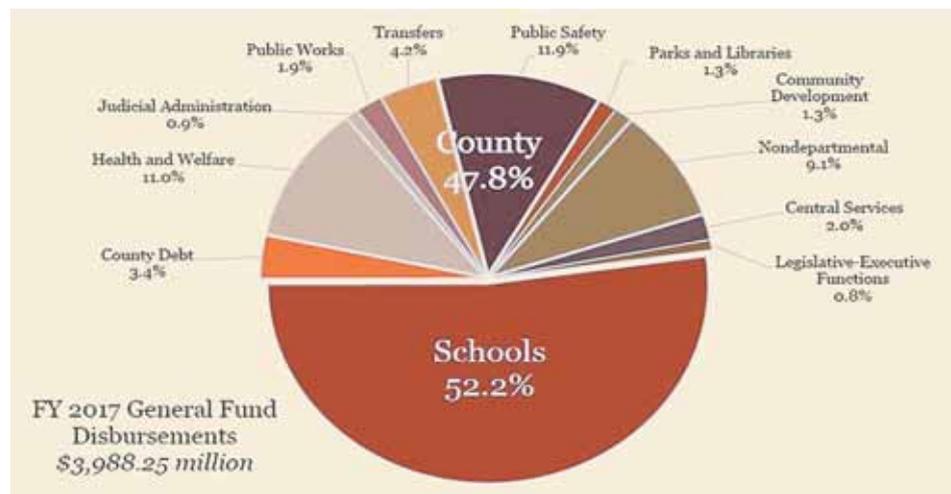
Chairman Sharon Bulova kept order, and supported the motion to reconsider.

"There's a process that allows for this," said Bulova. "So I am respectful that a member asked for it to be reconsidered."

The motion to reconsider failed with a 5-to-5 tie vote.

THE BUDGET BUILT and presented by County Executive Ed Long calls for a four-cent tax rate increase, about \$300 for the average household in Fairfax County, but also left Fairfax County Public Schools with a shortfall of \$68 million.

The Fairfax County School Board, parents



Budget Town Meetings

❖ Sully District / Sully District Council Budget Meeting

Monday, March 7, 7 p.m., Rocky Run Middle School - "Little Theatre" - 4400 Stringfellow Road, Chantilly

❖ Providence District Budget Council Budget Town Hall Meeting

Wednesday, March 9, 7 p.m., Providence Community Center - 3001 Vaden Drive, Fairfax - Multi-Purpose Room 2

❖ Mason District Budget Meeting

Wednesday, March 16, 7 p.m., Mason District Government Center, 6507 Columbia Pike, Annandale - Main Community Room

❖ Springfield District Budget Meeting

Wednesday, March 23, 7 p.m., West Springfield Government Center - 6140 Rolling Road, Springfield - Community Room

❖ Dranesville District Budget Meeting / McLean Citizens Association (MCA)

Wednesday, March 23, 7:30 p.m., McLean Community Center, 1234 Ingleside Avenue, McLean

❖ Braddock District Budget Meeting

Monday, March 28, 7:30 p.m., Robinson Secondary School - "Recital Hall" - 5035 Sideburn Road, Fairfax

❖ Lee District Association of Civic Organizations Community Budget Meeting

Wednesday, March 30, 7 p.m., Lee District Governmental Center - 6121 Franconia Road, Alexandria

❖ Dranesville District / Great Falls Citizen's Association Budget Meeting

Thursday, March 31, 7 p.m., The Great Falls Grange, 9818 Georgetown Pike, Great Falls

and other school advocates have been leaning heavily on the Board of Supervisors to advertise a higher tax increase to "fully fund" the school budget. The discourse has not always been collegial.

"The Board of Supervisors' decision today to set the advertised (maximum) tax rate at four cents is disappointing because it guarantees that the county and schools budgets cannot both be fully funded, denying the community its rightful role in that conversation. Today's decision is discouraging for the thousands of community members who have reached out to the School Board and the Board of Supervisors this year to advocate for a voice in this very important conversation about values and priori-

ties," said School Board Chairman Pat Hynes.

Cook directed a rebuke at the School Board. "If we don't do it exactly the way you want, [you say] 'you are bad people.' We're not. I have children in the school system too."

THE BOARD OF SUPERVISORS can adopt a tax rate that is lower, but not higher, than what was advertised at its board meeting Tuesday, March 1.

Each penny on the real estate tax rate provides \$23 million in revenue.

The motion to advertise a four-cent increase passed 7-to-3.

"I'm disappointed that the same people

who advocated for flexibility voted against flexibility," McKay said. "They've boxed in the Board of Supervisors and tied our hands. It's now nearly impossible to meet the superintendent's request. I strongly believe that would have been possible at 5 cents and that is why I put forward this responsible rate."

Springfield Supervisor Pat Herry spoke against raising the tax rate. "Our residents are having to make difficult decisions around their kitchen tables as job and wage growth stagnates. We need to get our economy going and the commercial tax base back. ... Until then, we have to make the same tough choices that our residents are having to make and until we do I cannot ask them to absorb a six-percent increase this year."

"The Board of Supervisors' decision today to set the advertised (maximum) tax rate at four cents is disappointing because it guarantees that the county and schools budgets cannot both be fully funded, denying the community its rightful role in that conversation."

— School Board Chairman Pat Hynes

The board also asked for more information regarding putting a meals tax on the ballot in November. The board's legislative agenda has supported diversifying the tax base, taking some tax burden off homeowners, according to a statement by the county. Under state law, if the board wishes to adopt a meals tax, the voters must decide in the form of a referendum. The restaurant industry and chambers of commerce have strongly opposed a meals tax.

The County Executive's Advertised Budget, which calls for a four-cent increase, transfers more than \$2 billion to FCPS and provides over 52 percent of County General Fund revenues to the schools, according to county documents.

There are a number of opportunities for residents to share comments and concerns regarding the county budget between now and April 19. In addition to budget town meetings and forums throughout the county, three days of budget public hearings will be held at the Fairfax County Government Center on April 5-7.



PHOTOS BY TIM PETERSON/THE CONNECTION

Election officers Penny Balderson of Fairfax (left) and Sue Orsini of Fairfax (right) help distribute party-specific ballots to voters on Super Tuesday.



Chief Election Officer at Robinson Secondary School Teri Ayres of Fairfax points out the posted notice reminding voters the paper ballots were printed before several candidates for both parties dropped out of the Presidential race.

Clinton and Trump Take Virginia on Super Tuesday

Rubio controls Fairfax County, Sanders supporters nearly doubled by Clinton voters.

BY TIM PETERSON
THE CONNECTION

Katie Hugo, daughter of Del. Tim Hugo (R-40), turned 18 at the beginning of February and insisted she cast her first official vote with dad, who she said is the reason she's involved and interested in politics.

The two of them arrived at the Clifton precinct polling station around 7 a.m. on Super Tuesday.

"It's important that everyone has the chance to have a say in how government is involved in their life," Katie Hugo said, "how much it's involved."

Tim and Katie Hugo both said they voted for Republican candidate Marco Rubio.

"Abortion was a very big issue for me," Katie said, "eliminating abortion. I believe everyone has a right to life."

Delegate Hugo has chaired Rubio's Virginia campaign, and said he's encouraged by the increased Republican turnout in other states' primaries. "With all the excitement, the different candidates' visits to Virginia, I'm expecting a bigger turnout," he said.

When final results were announced, Republican Donald Trump and Democrat Hillary Clinton each carried Virginia decisively. According to the Virginia Public Access Project's unofficial results, Trump's 352,833 (34.78 percent) votes from across the Commonwealth bested closest competi-

VIEWPOINTS

Who did you vote for, and what are some of the most important issues for you in this election?

—TIM PETERSON

Amanda Whitney of Burke

"John Kasich. He's the more moderate option. I really don't want Trump to win and I want a more moderate fiscal budget, with more equitable wealth distribution. Also, I'm going to be a nurse practitioner and equitable health care is important to me."

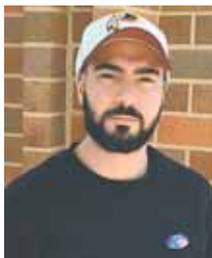
Anthony Frank of Fairfax, a senior studying New Media at George Mason University

"Bernie Sanders. He's using logic instead of feeling. Making decisions, he cares more about everyone instead of classes. You have to dig that he's caring about the future, making lasting changes for climate change, how we obtain energy."



Robert Teby of Fairfax

"Bernie Sanders. He says a lot of things that reside with my ideals. He looks at the country as a whole rather than specific parts of the population, that speaks to me. The economy is an important issue."



Dick Hatterick of Fairfax

"John Kasich. He's the only one who knows what he's doing, managing the government. Immigration is an important issue for me. I'm looking for a reasonable way of solving the problem without a path to citizenship."



tors Marco Rubio's 323,445 (31.88 percent) and Ted Cruz's 171,527 (16.91 percent).

In Fairfax County, however, Rubio edged Trump with 51,211 votes (40.07 percent) versus the flashy businessman's 32,051 (25.08 percent). John Kasich also moved ahead of Cruz in the County totals, with 22,480 votes (17.59 percent).

On the Democratic side, former Secretary of State Hillary Clinton's 497,581 total votes (64.34 percent) dominated Vermont Senator Bernie Sanders' 271,839 (35.15 percent).

Numbers at the Fairfax County level were consistent with the rest of the Commonwealth, as Clinton's 84,855 votes (63.15 percent) handily defeated Sanders' 48,798 (36.32 percent). Former Maryland Governor Martin O'Malley was still on the ballot as they were printed before he exited the race — he received 713 votes (.53 percent).

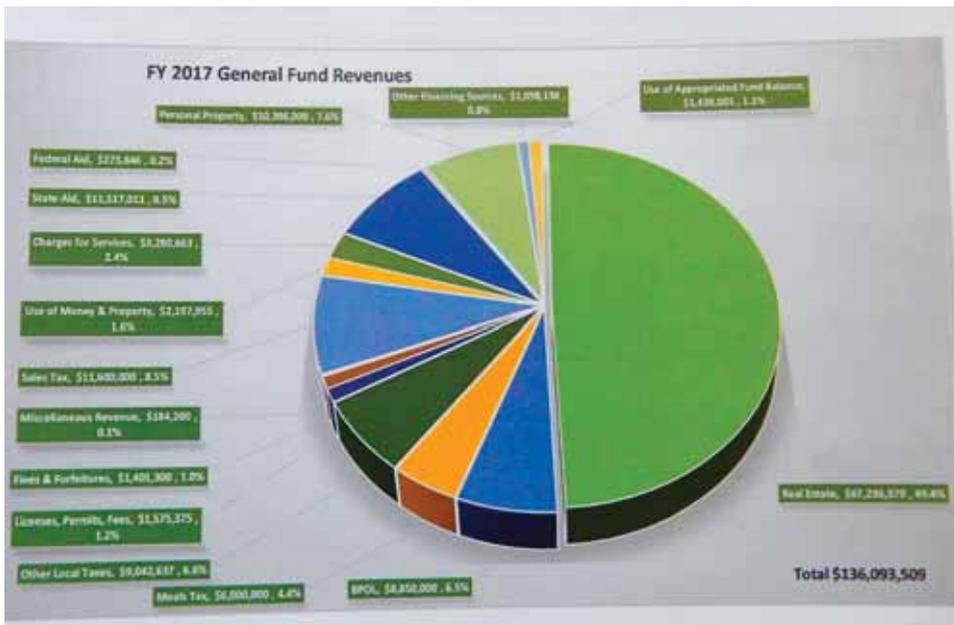
ANTICIPATING HIGHER VOTER TURNOUT, Fairfax County Public Schools closed for the day, which election officers said helped prevent parking lot jams and kept hallways clear for voter foot traffic.

Bill Patterson of Springfield, assistant chief election officer at the West Springfield High School polling precinct, said 771 ballots had been cast as of about noon. "We didn't know what to expect, but it's been steady with little lines," Patterson said. "But sixteen people were in line when we opened at 6."

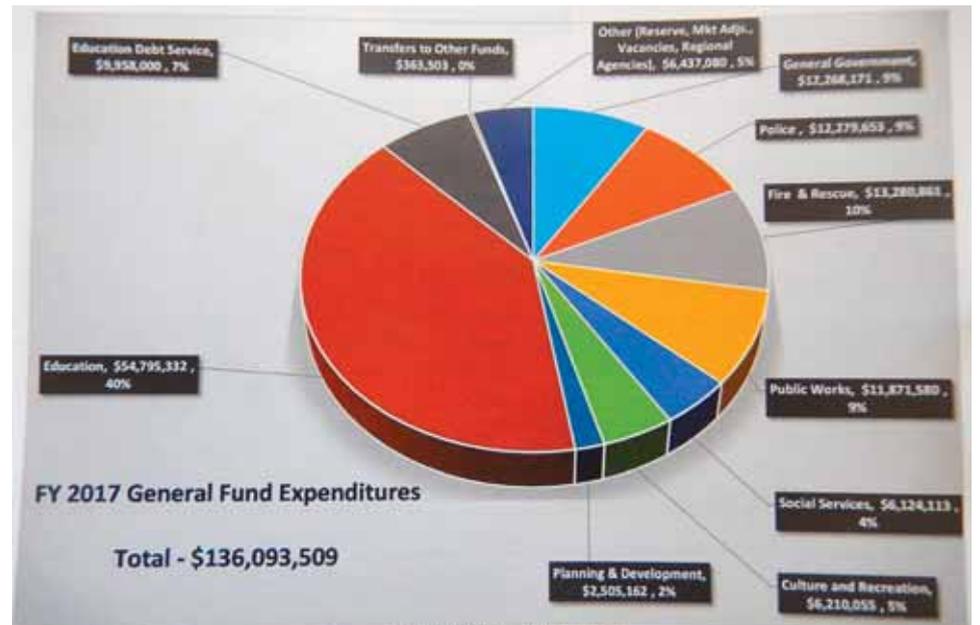
No school also meant students had the opportunity to participate in the major political event in other ways. For members of the West Springfield High School Junior class, that included setting up a large bake sale in front of the school to raise money for expenses when they become seniors.

Junior Michael Montoya is 17 now but

SEE SUPER TUESDAY, PAGE 15



FY 2017 General Fund revenues.



FY 2017 General Fund expenditures.

Sisson Presents Proposed FY 2017 City Budget

Recommends 2.7-cent real estate tax rate hike.

BY BONNIE HOBBS
THE CONNECTION

Think it's tough balancing a household budget? Try dealing with one that is more than \$166 million. That is what Fairfax City Manager Bob Sisson, finance director David Hodgkins and budget manager Kerry Kidd had to do. And last Tuesday, Feb. 23, Sisson presented the proposed Fairfax FY '17 budget to the City Council.

It increases funding for education and public works and recommends a real estate tax increase of 2.7 cents per \$100 assessed valuation. So, for example, owners of a home valued at \$300,000 would see an annual tax bill hike of \$161.

Yet the 500-page document is by no means the final budget the City will approve. Before the April 27 budget adoption, Mayor Scott Silverthorne and the Council members will give it intense scrutiny and make their own changes and recommendations before setting the final, real estate tax rate.

THE PUBLIC, too, will get a chance to weigh in during public hearings set for March 8 and 22 and April 12 and 27. Meanwhile, Sisson gave an overview to the Council last week, explaining the justifications for the dollars needed to run the City.

"In November, City Council gave City staff budget guidelines, and we used them plus the City's fiscal policies," said Sisson. "We're proud of our AAA bond rating, and we have unsurpassed services and a low, tax burden." However, he added, "There are a number of challenges City staff faced to bring a budget to the Council."

For instance, said Sisson, "There's a whole menu of capital improvements to take care of the City infrastructure and public works projects. So I made it a priority to increase

the money for street maintenance – overlay, concrete curb and gutter replacements. And there's also a significant increase in education funding."

Yet despite the best planning, unexpected events can also wreak havoc on a budget. Case in point was last month's blizzard, which dumped more than two feet of snow in the City.

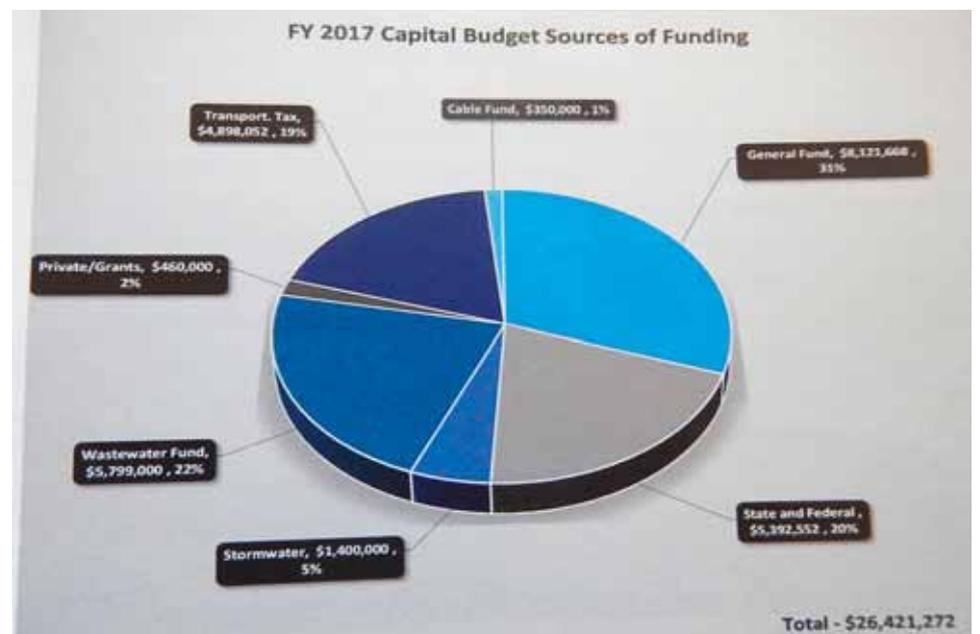
"We maintain a 10 percent cash reserve," said Sisson. "But during the recent snowstorms, we were \$200,000 to \$300,000 in the hole in two days. So that put us behind in trying to maintain the 10 percent cash reserve without recommending some tax increase."

Employee pay increases were also a consideration in this year's budget. An employee compensation study will be completed this spring. In the meantime, Sisson included \$300,000 to implement the study's recommendations. However, he stressed that this amount is just a "placeholder" until the final results come in. In addition, he earmarked funds to give each City employee an average 1.5 percent pay hike. But, said Sisson, "Staff recommended five new employees to help reduce the workload and we didn't include [hiring] any of them."

Revenue from the C & I (commercial and industrial) tax helps fund transportation improvements, and the City needs a 12.5 cent tax to qualify for matching state funding. "Last year, we went from 5.5 cents to 7.5 cents and made up the gap in money from the leftover water fund money," said Sisson.

This year, he said, "We'll recommend the same thing and method of funding it. So we're recommending an additional two cents for a 9.5 cent C & I tax, with the \$365,000 gap coming from the water fund. And we'll keep doing this until we eventually get to 12.5 cents."

Sisson noted, as well, a raft of nondiscretionary expenses out of the City's control. They include a \$47.2 million educational contract with Fairfax County – an increase of \$1.1 million over last year – plus \$13 million annually in debt service. Last



FY 2017 Capital budget funding sources.

Budget-Review Schedule

- March 8: Public hearing; maximum real-estate tax rate advertised
- March 22: Public hearing; work session
- April 5: Work session
- April 12: Rates for commercial and industrial property tax, plus wastewater advertised; real-estate tax-rate public hearing
- April 19: Work session
- April 27: Public hearing; budget adoption

year's non-discretionary amount accounted for some 56 percent of the budget; this year, it is about 60 percent.

So, said Sisson, "A huge amount of our budget is out of our reach to cut back on expenditures. Ten cents of every dollar we spend in the community goes toward debt services – and that is significant – and we won't get serious relief for a number of years."

Total City expenditures for FY '17 are expected to be \$166.8 million – an increase of 2.35 percent over the previous fiscal year. General Fund expenditures are pegged at \$136 million, with \$54 million total for education comprising the largest compo-

nent.

Of the \$136 million in General Fund revenues, the largest single source is real estate property tax, making up 49.4 percent. However, Sisson noted that, "Our reliance on it is less than Fairfax County's."

He said \$5.6 million in additional expenses this year include employee compensation, City and county contracts, plus capital improvement (CIP) projects. "The list of capital projects is sobering – about \$8 million [worth], after cutting back \$2.7 million," said Sisson. "The CIP transfer is \$1.7 million more this year, county contracts are going up \$300,000, and there's a \$50,000 increase to the Renaissance Housing project," providing money to the City's housing improvement fund.

"So how do we pay for it?" he asked. "Unfortunately, after we look at all the revenues we currently have, we're going to have to recommend a real estate tax rate adjustment from \$1.052 to \$1.0815, and a 2-cent increase in the C & I tax. But we're confident that our ranking as one of the lowest

SEE CITY BUDGET, PAGE 5

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City Budget Discussed

FROM PAGE 4

taxed jurisdictions in Northern Virginia will remain intact.”

FAIRFAX HOMES have increased in assessed value by an average of 2.8 percent over last year. So if the real estate tax goes up by 2.7 cents, residents with a home worth \$500,000 would pay an extra \$269 in real estate taxes. A \$700,000 home would cost an extra \$377.

Yet while sales tax revenue is up and the City’s real estate tax base has increased 2.1 percent over 2015, said Sisson, “We’re seeing a significant loss in projected revenue in court fines and forfeitures, BPOL taxes and ambulance fees. And with bus ridership down, we project a \$50,000 loss in revenue from the CUE buses.”

Furthermore, he said, “What we’ll need for stormwater maintenance this year and in the years to come is more than we can fund with the current two cents [that goes to it] from real-estate taxes. So we’re recommending an increase of a quarter of a cent to 2.25 cents for stormwater management.” The wastewater utility rate is also earmarked to rise 10 percent, with the average residential quarterly bill increasing from \$150 to \$165. “We spend \$2 million annually with Fairfax County to treat 1 billion gallons of wastewater coming from the City,” explained Sisson. The City must also pay \$40 million over several years to clean the wastewater effluent according to EPA regulations, in addition to debt service on improvements to the Normal Cole wastewater treatment plant.

Overall, said Sisson, this budget’s three priorities were “education, employees and infrastructure. But there’s diminished funding for parks and recreation; and, frankly, we’ve done little or nothing to fund our Parks and Recreation Master Plan. We’re only doing what we have to do.”

After his briefing, Councilwoman Nancy Loftus said she was disappointed with the tax hikes recommended. “At some point, we have to rein in our spending and take control of the budget,” she said.

But, said Mayor Silverthorne, “We’re going to have March and April to dig in, and individual department heads will give presentations to the Council on specific details.”

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Focus on Public Safety

BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)

On Feb. 9, the Fairfax County Public Safety Committee held its first meeting of 2016. As Chairman of the Committee, my goal is to use this year to cover some of the most pressing issues facing law enforcement in our community.

On the top of that list is reviewing the recommendations made by the Ad Hoc Police Practices and Review Commission. We are focused on advancing both safety and transparency. This begins by creating an environment where everyone feels that there is adequate support for and accountability within our law enforcement community. It is also critical that we ensure our officers are trained and able to resolve situations in the safest way possible.

To achieve this, we will be working through the 142 final recommendations which were presented to the Board of Supervisors last fall by the Ad Hoc Commission. County staff transformed this into a robust matrix, which allows us to identify the lead agency for each recom-



Cook

mendation, key stakeholders, and any steps required by the Board of Supervisors to adopt these changes.

Outside of the Ad Hoc recommendations still being enacted, the Fairfax County Police Department has taken several steps over the last year in order to place Fairfax County on the cutting edge of law enforcement. One of these steps is the newly implemented Diversion First program. This is a collaborative effort to divert those with mental illness to treatment facilities, and reduce the number of low risk offenders experiencing a mental health issue in the county jail.

As part of Diversion First, Fairfax County police officers and deputy sheriffs are receiving 40 hours of state-certified Crisis Intervention Team (CIT) training to learn about the challenges of living with a mental illness and how to de-escalate the common crisis situations they will face. CIT training is also aimed

at changing the way those with intellectual or developmental disabilities are treated within the justice system.

Along with the Ad Hoc Commission's recommendations, a number of additional recommendations have been made as a result of the Police Executive Reform Foundation (PERF) report. These have been integrated into the matrix with the Ad Hoc Commission's recommendations. It is important that we consider as many views and perspectives as possible.

Overall, the Fairfax County Public Safety Committee has more than 200 individualized recommendations covering five separate sub-topics: Communication, Recruitment, Diversity and Vetting, Independent Oversight and Investigation, Use of Force, and Mental Health and Crisis Intervention Team training. In the meetings to come, we hope to cover each one. We also hope to create a timeline addressing specific recommendations and their status, to keep the community both informed and engaged in the process.

We have come a long way, but there is still much left to do. I will continue to share updates and will keep everyone apprised of the progress we make. If you have any questions, please don't hesitate to call my office.

LETTERS TO THE EDITOR

Subjected to Indignity

To the Editor:

(An open letter to members of the Fairfax County Board of Supervisors — Feb. 29)

Today was my second attempt to reach the court before the Fairfax County Court House closes at 4 p.m. After rushing from work to get to the building (I got there at 3.55 p.m.), I was subjected to an oppressive, intrusive and demeaning security regime, just like

what one finds at an airport.

I had to empty my pockets and put the items into a plastic tray, which was then passed through an X-Ray machine. And that was not enough. I then had to remove my jacket, and that was not enough. I then had to

remove my belt, and that was still not enough. I then had to remove my shoes, and that was still not enough. All the removed items

were also passed through an X-Ray machine and I had to walk through a body-scanning machine.

When I was finished conducting business, the building was by then closed, and the security personnel (about a dozen) at the entrance/exit were just sitting around, but they were still not finished subjecting me to their security regime. On the way out, I was taking what appeared to be the most obvious

exit path, but no, I had to endure one final insult. I was told that I had to use some other exit path.

I respectfully ask you supervisors: Are you aware of these indignities citizens must endure to enter their buildings? This insanity in the name of "security" must stop.

Steve Brown
Springfield

Questioning (Some) Rules

To the Editor:

I have two children in the Fairfax County School System. The principal is mandating a doctor's note after a set number of absences. Excused or unexcused. This news was delivered in a form letter generated by attendance numbers. Nothing else.

In FCPS policy 2232.3, it states, "The principal or his designee determine whether or not absences will be excused and may require a physician's note in cases of chronic or long-term illness."

The principal may request a doctor's note every time a child misses class, it's his choice, but it is not reasonable.

The administration should approach the situation with the assumption that parents have their children's best interest at heart

and know their children best. The administration can't possibly know what is best for each of their 2400 students, especially if there has been no dialogue with the family.

The Supreme Court has even addressed the importance of parental discretion even when some parents do not act responsibly: That some

parents "may at times be acting against the interests of their children" . . . creates a basis for caution, but it is hardly a reason to discard

wholesale those pages of human experience that teach that parents generally do act in the child's best interest. The statist notion that

governmental power should supersede parental authority in all cases because some parents abuse and neglect children is repugnant

to American tradition. (Parham v. J.R.)

We need to foster a mutual respect between the students, teachers, and the administration. Don't waste your teacher's time, don't make extra work for your teacher, and don't be late to class—it's rude. In return, the administration

should respect the students and their parents.

Rules are important and they usually make common sense, but when they don't, they should be questioned.

Lisa Helmer
Annandale

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:

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NEWS

Fairfax artist Angelika Schäfer (left) with her work "Contemplating the Past," which was purchased by former Our Daily Bread Board of Directors member Stephanie Rochel (right) at Our Daily Bread's inaugural Artful Living event on May 1, 2015.



PHOTO BY CATHERINE READ

Our Daily Bread Seeks Submission of Art Works

Fairfax-based nonprofit Our Daily Bread, Inc. is seeking submissions of art works by artists throughout the Washington, D.C. Metropolitan Area for its second annual juried art show and community event, Artful Living: Seeing the Beauty Within. The event is held in association with Fairfax Spotlight on the Arts Festival, and proceeds will benefit Our Daily Bread's clients – Fairfax County area residents who are working to achieve financial self-sufficiency – and the Spotlight on the Arts Festival Scholarship Fund. The event is sched-

uled for Saturday, April 23, from 7 p.m. to 10 p.m. at the Stacy C. Sherwood Community Center in Fairfax City, 3740 Old Lee Highway, Fairfax. Artists are invited to submit their original art work in a variety of media by April 1. A .jpg file of art and requested information may be emailed to info@ODBFairfax.org. Submission guidelines and additional information are available on Our Daily Bread's web site: www.ODBFairfax.org. Contact 703-273-8829 or info@ODBFairfax.org for information.

- ATTENTION - Fairfax County Public School Employees

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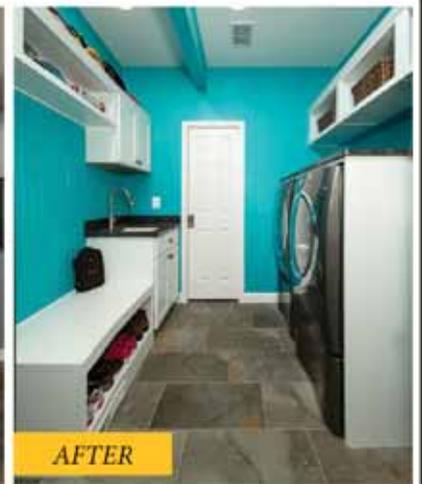
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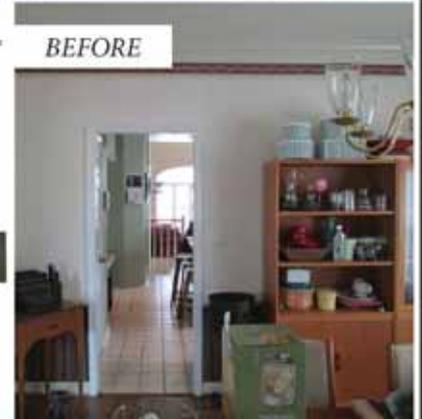
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BEFORE

Managing Medication Can Be Challenging

“Let’s Talk about RxSM” helps seniors avoid prescription drug mishaps.

By MARILYN CAMPBELL
THE CONNECTION

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

“She was having bad hallucinations, and it turns out that she’d taken the wrong combination of medicines,” said Russell. “She was on about 11 different medications, some for her blood pressure, and she was administering them to herself.”

MEDICATION ERRORS are not uncommon, according to a recent survey by Home Instead Senior Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

“If you notice a change in personality or thinking, or if they’re having a mobility issue or if they seem sluggish, those are signs of medication mismanagement,” said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program called “Let’s Talk about RxSM” (prescription



PHOTO COURTESY OF HOME INSTEAD SENIOR CARE

A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.

self medication). This program is designed to inform seniors’ families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

“Our goal is to keep seniors at home and safe,” said Lovejoy. “We want the daughter and the son not have to focus on the pill bottle.”

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

“If an adult child sees that their parent is on many medications, I would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit,” said Omobola Oyeleye, an assistant professor of

nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

“They can go through each medication with the doctor and find out what it’s for. Sometimes, for example, someone might be taking a medication that was prescribed six months ago for a condition that has already cleared up.”

Oyeleye suggests a conducting what she calls a medication reconciliation in order to determine whether someone is taking multiple medications for the same condition. “What you might find is that one medication exacerbates or even negates the other,” she said.

Trisha Brechling Miller, 57 of McLean, has managed the medications for both her 85-year old husband, Larry, and her 84-year old mother. After Larry fell, broke his hip and became immobile, Muller began using a cal-

For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>

endar to keep his medication schedule in order. “I have a calendar that helps keep me organized as to what he needs to take and when,” she said. “If it changes, I update it.” Miller, a Home Instead Senior Care client, is also assisting her mother in creating a medications calendar.

CONVERSATION ABOUT MEDICATION can be fraught with tension. A perceived loss of freedom is one factor that can make getting involved in managing family members’ medication complicated, says Lovejoy.

“It’s just one more thing that they’re losing control over,” he said. “Along with the car and their mobility, their medication is something that people generally like to have control over.

Clear lines of communication are necessary, as families often play a critical role in intervening and preventing a possible negative outcomes.

“My husband is on 10 different medications, and we’re able to manage his medications, but there are people who can’t do that. Those people tend to rely on family,” said Sheila Moldover of the Potomac Community Village in Potomac, Md. “They need children or close friends who handle it for them.” The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as long as possible.

Gaining empathy from a parent and making it about the child’s feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. “It’s important to communicate the emotional stress that potential medication mistakes can cause for a loved one,” he said. “Let your parent know that you are concerned. Your parents don’t want you to be upset.”

Small Lifestyle Changes Can Have Big Impact

Researchers found that moderate weight loss improves health.

By MARILYN CAMPBELL
THE CONNECTION

Dropping as little as five percent of one’s body weight can lead to significant health improvements, according to a new study published in the Cell Metabolism journal. Researchers studied 40 obese people who lost five, 10 and 15 percent of their body weight, and found that even a five percent body weight loss was enough to lower the risk of heart disease and type 2 diabetes.

“That’s what we see clinically, so it’s nice to see that validated,” said Domenica M. Rubino, M.D and director of the Washington Center for Weight Management and Research, Inc. in Arlington, who was not involved in the study. “It doesn’t require a tremendous amount of weight loss to see the improvement in quality of life and well being.”

In releasing their findings, researchers underscored the fact that obesity is a major risk factor for chronic health conditions like diabetes, heart disease and cancer. They expressed optimism that their findings could help motivate obese

people to achieve manageable weight loss targets.

“[This study] should inspire people to say, ‘I can make some smaller changes and get some improvement,’” said Rubino. “It makes weight loss a little more approachable. It’s less intimidating than if someone said the only way to get improvement in your health is to lose 60 pounds.”

The study suggested that if a 200-pound woman lost 10 pounds she could improve her health profile. “You can make modest lifestyle changes and improve your wellbeing,” said Rubino.

When attempting even a small weight loss, make your goals realistic [and] break down the project into smaller, more manageable parts, recommends Potomac, Md.-based nutritionist Janet Zalman, director of Zalman Nutrition.

“Don’t try to change everything at once,” she said. “Begin with less sweets, less refined carbohydrates and then lower your total fat consumption.”

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Sunday, March 20, 6pm
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Saturday, March 26, 2pm & 6pm

Immanuel Bible Church is located at the corner of Braddock and Backlick Roads, just off the Beltway in Springfield, Virginia. We invite you to worship with us this week. Sunday morning worship services are held at 8, 9:30, and 11 am. Sunday evening worship service at 5:15 pm. Spanish language service at 12:30 pm.

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March 24 - Holy Thursday service at 7:30 pm
March 25 - Good Friday service at 7:30 pm
March 26 - Easter Egg Hunt at 10 am
March 27 - Easter Sunday worship at 8:00, 9:30, and 11 am
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Beauty of the American Songbook

Fairfax Symphony Orchestra presents Rodgers & Hammerstein.

BY DAVID SIEGEL
THE CONNECTION

Spring is arriving with its jaunty cherry blossoms and daffodils. A lovely time to enjoy an evening with the American Songbook created by Rodgers & Hammerstein, Harold Arlen and other composers who wrote classic musical numbers so beloved still.

Audiences will be able to take in the musical American Songbook with the Fairfax Symphony Orchestra (FSO) under the baton of conductor Luke Frazier. "I enjoy serving as the Principal Pops conductor of the FSO because it allows me to present engaging programming to such a diverse audience," said Frazier.

"With the help of the wonderful FSO musicians we are enriching the lives of the greater Fairfax community, an opportunity I consider an honor and privilege," added Frazier.

At the FSO "An Enchanted Evening" concert, "audiences can expect to hear two in-



Mary Michael Patterson as Christine Daae and Hugh Panaro as The Phantom in "Phantom of the Opera."

credible singers, Broadway's Mary Michael Patterson and local vocalist Hayley Travers, supported by the FSO," said Frazier. It will be a program of fabulous songs that women vocalists like Judy Garland, Rosemary Clooney, Chita Rivera, and Eartha Kitt brought to great attention.

The performance will include legendary songs such "Over the Rainbow," "You'll

Never Walk Alone," "Misty," and "Come Rain or Come Shine," along with many more. "This program will tug your heartstrings, make you laugh and keep your toes tapping," said Frazier. "Our two soloists, Mary Michael Patterson and Hayley Travers, are both consummate interpreters of the American Songbook and are sure to leave a lasting impression with anyone who

Where and When

Fairfax Symphony Orchestra presents "An Enchanted Evening: The Music of Rodgers & Hammerstein Created and Conducted by Luke Frazier, featuring Mary-Michael Patterson and Hayley Travers" at the Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performance Saturday, March 12, 2016 at 8 p.m. Tickets: \$34, \$46, \$58. Call 888-945-2468 or visit cfa.gmu.edu

attends." Patterson spoke of her affection for the great American standards since she was a child watching old movie musicals with her mother. The songs never faded a way. "The American Songbook is not just for those of a certain age, but for everyone," said Patterson who has appeared in Broadway shows such as "Phantom of the Opera." "These classic songs are treasures; not only to preserve but to reinterpret. They tell stories with melodies that make you feel love, heartbreak and living." Patterson promises to honor the classic song repertoire, even as she reinterpreted them with Frazier's very own FSO arrangements

ts. She spoke of her own personal connections to "Over the Rainbow," which she described as "an astounding song with lyrics of wanting and trying to live big dreams that resonate." "Our 'Enchanted Evening' is about life, all of the ups and downs and twists and turns that we encounter," added Frazier. Something to savor, indeed.

PHOTO BY JOAN MARCUS/COURTESY OF THE ARTIST

Inner Peace Through Dance and Movement

Richmond Ballet II and Pulitzer Prize winner Sarah Kaufman at the JCCNV

BY DAVID SIEGEL
THE CONNECTION

Movement and dance are beautiful to behold. They can also help us stay fit and live longer. To that end, the J (Jewish Community Center of Northern Virginia or JCCNV) has invited back the Richmond Ballet II (RBII) to perform. JCCNV has scheduled Pulitzer Prize winning author and Washington Post dance critic, Sarah L. Kaufman to discuss her new book, "The Art of Grace: On Moving Well Through Life" as a pre-performance event prior to the ballet.

"Our patrons have appreciated the varied programming of the J's Performing Arts Series. Richmond Ballet II is one of best quality touring dance troupes in our region, and it's a delight to host them," said Dan Kirsch, cultural arts director of the JCCNV.

"We are thrilled that a tour grant from the Virginia Commission for the Arts makes it possible for the J to be able to present this dance performance to all, J members and non-members alike," added Kirsch.

JCCNV is known for its strong dance class and program. Having Richmond



Richmond Ballet, Rachmaninoff Rhapsody by Stoner Winslett.

Ballet II gives everyone interested in dance a performance "to inspire and cultivate a love of dance," said Barri DeFrancisci, JCCNV dance director

Richmond Ballet II is led by Igor Antonov, who has danced many leading ballet roles. Antonov said that Richmond Ballet is designated as the "State Ballet of Virginia." The RB II dance troupe performs throughout Virginia providing education and commu-

nity outreach.

"Dance awakens the human spirit," said Antonov. "It gives audiences the opportunity to watch and be transported by something so beautiful." The RB II ballet performance will include choreography by Richmond Ballet founding artistic director Stoner Winslett, Ballet Master of Richmond Ballet Malcolm Burn and others. The accompanying music will range from Prokofiev to

Where and When

◆ Richmond Ballet II at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Performance Saturday, March 12 at 7:30 p.m. Tickets: \$34 (premium reserved center), \$29 - \$25 (JCC members and seniors 65+) and \$20 under 30. Call 703-323-0880 or visit www.jccnv.org

◆ Pulitzer Prize recipient Sarah L. Kaufman discusses her book, "The Art of Grace: On Moving Well Through Life" at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Talk and book signing on Saturday, March 12, at 6:30 p.m. Free admission. Book signing. Call 703-323-0880 or visit www.jccnv.org

Rachmaninov and beyond.

Kaufman spoke of the "very distracted period of time we live in." In hurried times "connections and close friendships" are important to us. She also expressed "the value of movement as a way to step into the stream of life, to be carried away."

Kaufman will have an interactive discussion with J audiences about her book, "The Art of Grace." Grace is "essential to civilized living; and there is no age requirement for grace; it is available to all of us." Kaufman suggested that going beyond the normal bounds of one's life "to engage life can bring peace of mind."

PHOTO BY SARAH FERGUSON/COURTESY OF RICHMOND BALLET

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

Scholarship. Deadline April 1. The Bull Run Civil War Round Table in Centreville is offering a \$1,500 scholarship to a high school senior who resides in Fairfax or Prince William counties and will attend college or community college in fall 2016. Information and application instructions can be found at <http://bullrunwrt.org>.

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

Palingenesis. Feb. 19-April 9. Epicure Cafe, 11104 Lee Highway, Fairfax. New art exhibition. Curated by Mojdeh Rezaeipour and Hannah Son, Palingenesis brings together an eclectic group of local and D.C. artists working in a variety of media. 571-212-7227. epicurecafe.cart@gmail.com.

Adventures in Learning. Mondays, 8:30 a.m.-2:45 p.m. April 4-May 9. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. community, personal development, finance, and more. Afternoon breakouts are book club, bridge, and canasta. Bring a brown bag lunch. \$30. www.scfbva.org. 703-426-2824.

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 (we ask that you try to attend regularly). RSVP

Naama.Gold@jccnv.org.
Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

Royal Lake Campfire Saturdays. March 12, April 30. Starts between 6:30-7 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Join us for an evening campfire at Royal Lake. Adventure awaits as you explore the woodlands and lake-front spots where wildlife hides and resides, guided by a naturalist. Program ends with a cozy campfire, bring whatever you like to roast, s'mores provided. Different topics. \$8-\$10. <http://www.fairfaxcounty.gov/parks/press/html/psa067-15.htm>.

Local Color and More. Feb. 9-April 4. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The Bodzin Art Gallery presents an exhibit with pastels and acrylic by Lynn Goldstein, plein air painting by Lorrie Herman, fiber by Karen Schulz and glass by David Barnes. Free. www.jccnv.org. 703-537-3000.

After the Holocaust. April 5-May 19. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The Bodzin Art Gallery presents an art exhibit observing the 70th anniversary of the conclusion of the Nuremberg Trials. Watercolors by Alexandra Rozenman, a political refugee from Moscow, and sculptures by Paula Stern. Free. www.jccnv.org. 703-537-3000.

Celebrating our Children's Creativity. May 19-June 20. The Jewish Community Center of Northern Virginia, 8900 Little River

Turnpike, Fairfax. The J's Early Childhood Learning Center presents "A Reggio Exhibit," which showcases the philosophy of teaching art under the guidance of Sarah Vejvoda. Free. www.jccnv.org. 703-537-3000.

SATURDAY/MARCH 5

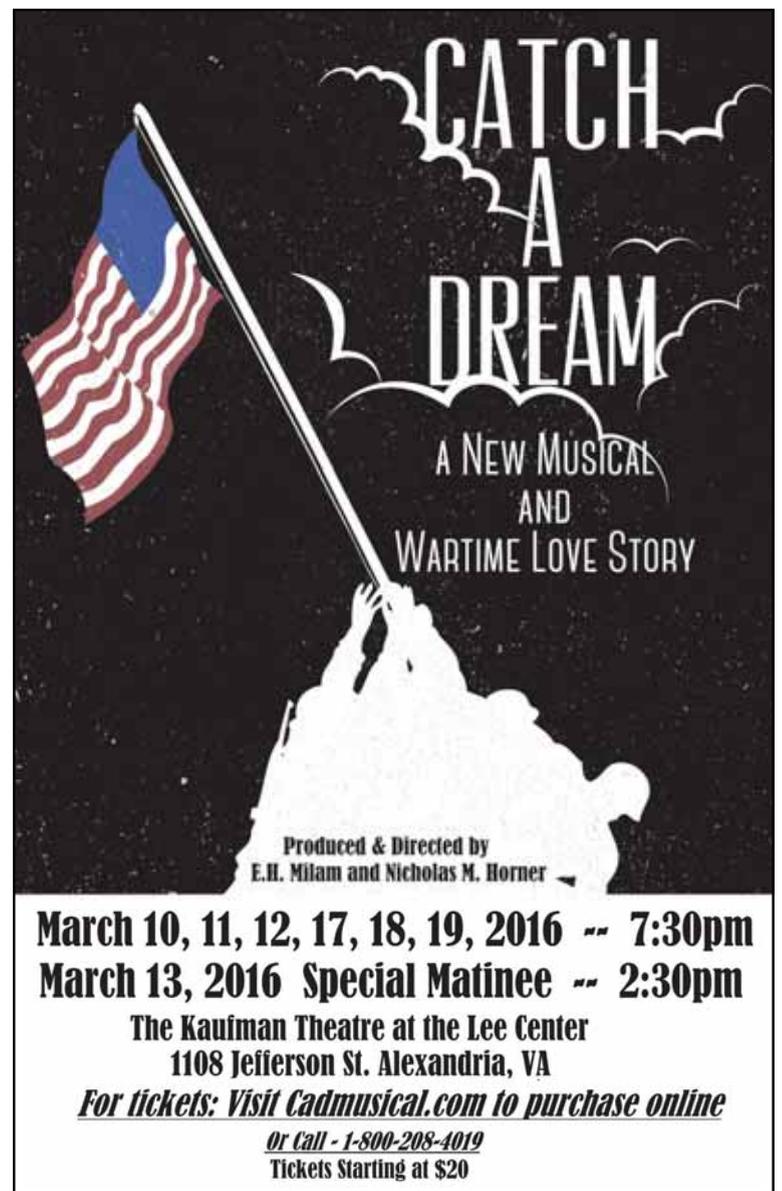
Grow Your Health. 10 a.m.-5:30 p.m. Fairfax High School, 3501 Rebel Run Fairfax. Celebrate home gardening, sourcing organic and local food, and nutrition and wellness. This is a family focused event that includes education and entertainment for children of all ages. <http://www.growyourhealthnova.com/>.

Walking Washington D.C. 11:30 a.m.-1 p.m. City of Fairfax Regional Library (Meeting Room A/B), 10360 North St., Fairfax. Author Barbara J. Saffir shares hidden gems of Washington D.C. neighborhoods highlighting history, architecture, eateries, art and fun. Copies of her book will be available for sale. All ages. Free. 703-293-6227 ext. 4.

Fairfax Art League Meeting and Demo. 10 a.m.-noon. The Village Gallery, 3950 University Drive, Fairfax. Art demo by Atti Vakili to follow the meeting. New members welcome. Free. www.fairfaxartleague.net. 703 587-9481.

Making Justice Work. 2-4 p.m. United Christian Parish, 11508 North Shore Drive, Reston. This is the second of two forums on Criminal Justice in the U.S. Subtitled "Police Practices" and will have a local orientation. Free. Open to all. ucpreston.org.

SEE CALENDAR, PAGE 15



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West Springfield guard Spencer Askew led the Spartans with 17 points against West Potomac on Feb. 27.

West Springfield Boys' Basketball Focused on 'Big Prize'

Spartans to face Oscar Smith in state quarterfinals.

BY JON ROETMAN
THE CONNECTION

The West Springfield boys' basketball team entered the Conference 7 tournament as the No. 1 seed but lost to West Potomac in the championship game.

The Spartans had a four-point lead and possession late in the fourth quarter of their region semifinal contest against Westfield but failed to close, losing in overtime.

Having fallen short of a title at the first two levels of the VHSL postseason, West Springfield now enters the state tournament in search of the third and final prize, which is also the most prestigious.

West Springfield, the No. 3 seed from the 6A North region, will travel to take on Oscar Smith, the 6A South runner-up, in the state quarterfinals at 9 p.m. on Friday, March 4 at Old Dominion University in Norfolk. The winner will advance to take on the winner of Battlefield and Cosby in the semifinals at 3:30 p.m. on Tuesday, March 8 at VCU in Richmond. The state final is scheduled for 9 p.m. on March 9 at VCU.

DESPITE THE TOUGH LOSS to Westfield, West Springfield closed the region tournament on a winning note, beating West Potomac



Head coach Durmia Marshall and the West Springfield boys' basketball team will face Oscar Smith in the state quarterfinals on Friday.

63-60 in the third-place game on Feb. 27 at Robinson Secondary School.

"What I said to them [after the Westfield loss] is, 'You know what? The big prize is still waiting for us,'" said Spartans head coach Durmia Marshall, the Conference 7 Coach of the Year. "We didn't get the other two, so let's get the big one."

Facing Westfield, the defending region champion and state runner-up, West Springfield was in control, leading 54-50 with possession and 22.9 seconds remaining in regulation. However, the Spartans made just 1 of 5 free-throw at-

tempts down the stretch and lost in overtime, 67-61.

"It hurt a lot, but I think we gained a lot of confidence from it," West Springfield senior forward Brock Vaughn said. "Westfield is a really good team and I think we showed ourselves we had the game, we just gave it away off undisciplined stuff. Honestly, I think it helped our confidence a little bit after we got over the fact that we lost."

The following day, the Spartans earned the No. 3 seed with a 63-60 victory over Conference 7 foe West Potomac. West Springfield never trailed and led by as many as 13 points, when a bucket by senior guard Spencer Askew gave the Spartans a 46-33 advantage with 1:47 left in the third quarter.

ASKEW LED West Springfield with 17 points. Vaughn scored 15 points, senior forward Lewis Djonkam finished with 13 and sophomore guard Gabriel Kier added eight.

"We wanted to win," Djonkam said. "We were hungry for a win, especially after last night, that loss [to Westfield]."

West Springfield enters states with a 23-5 record. The Spartans won 17 of their first 18 games.

Oscar Smith has a 22-4 record, according to maxpreps.com, and finished runner-up to Woodside in Conference 2 and the 6A South region.

Djonkam is confident the Spartans can get the job done at the state tournament.

"We're going down to win," he said. "That's our goal."



Jalita Montgomery and the Fairfax girls' basketball team will face Cosby in the state quarterfinals on Friday, March 4.

Fairfax Girls to Face Cosby at States

The Fairfax girls' basketball team will take on two-time defending state champion Cosby in the state quarterfinals at 7 p.m. on Friday, March 4 at Robinson Secondary School.

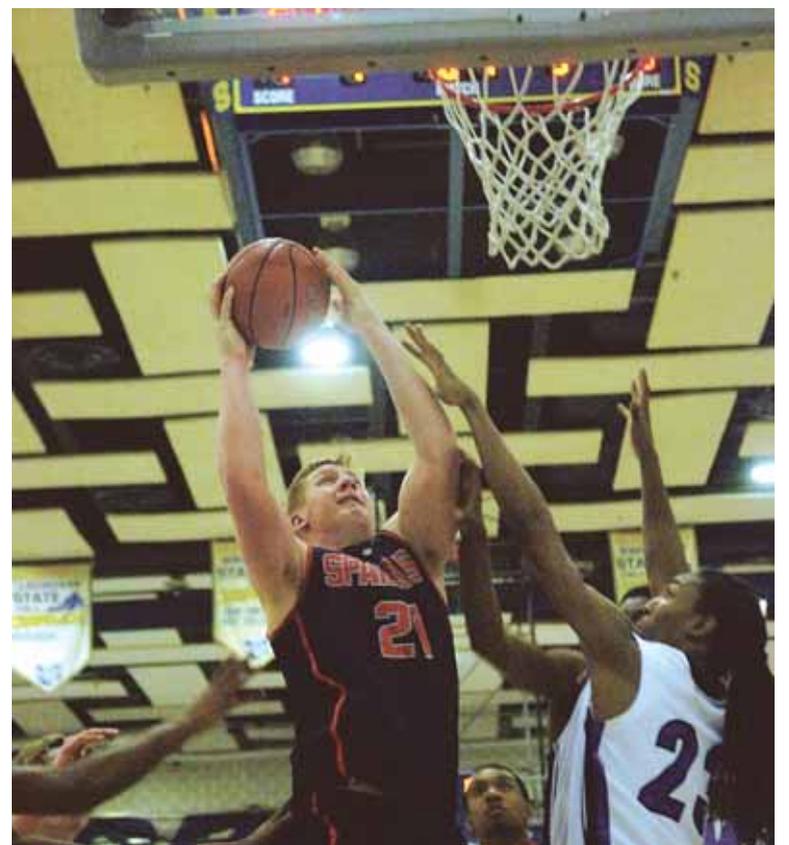
The Rebels received the 6A North region's No. 2 seed after losing to Oakton 46-36 in the region championship game on Feb. 27. Cosby is the 6A South's No. 3 seed.

Fairfax entered the fourth quarter of the region final with a 23-20 lead after holding undefeated Oakton scoreless in the third. The Cougars

outscored the Rebels 26-13 in the final period, however, and repeated as region champion.

Senior guard Noe'll Taylor, the Conference 6 Co-Player of the Year, and junior guard Karah Murphree each scored 10 points for Fairfax. Senior guard Jalita Montgomery and senior guard Alexandra Wendling each scored six points.

The loss dropped Fairfax's record to 27-2. Both of the Rebels' losses came in championship games, including a 42-38 defeat against Langley in the Conference 6 tournament final on Feb. 20.



West Springfield senior Brock Vaughn scored 15 points against West Potomac in the 6A North region third-place game on Feb. 27.

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TOYOTA GENUINE SERVICE
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STANDARD HAND-WASH & VACUUM Recommended Monthly \$39⁹⁵ <small>Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.</small>	QUALITY HAND-WASH VACUUM & WAX Recommended Every 6 Months \$139⁹⁵ <small>Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather, clean dash board, vents, console, door panels & windows, and dress tires.</small>	PREMIUM FULL DETAIL Recommended Every 12 Months \$295⁹⁵ <small>Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, fender wells & door jams, hand wax exterior, buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber molding & trim, clean dashboard vents, console plus door panels, clean overhead liner, ashtrays & windows, and engine cleaning.</small>
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---------------------------------	------------------------------

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FROM PAGE 3

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21 Announcements

21 Announcements

Notice of Public Hearing

Concerning Proposed Financing of up to \$680,000
by the Burke Volunteer Fire and Rescue Department, Inc.
For the purchase of a new 2016 Pierce Fire Engine

Please take Notice that the Burke Volunteer Fire and Rescue Department, Inc. (the "VFD") will hold a public hearing at 7:00 p.m. on Monday, March 21, 2016. The hearing will be held in the Banquet Hall of the Burke Volunteer Fire Department, 9501 Old Burke Lake Road, Burke, VA 22015.

The purpose of the public hearing is to take public comments on a proposal for the VFD to finance \$680,000 for the purchase of a new 2016 Pierce Velocity Class A Pumper. The VFD expects that the financed property will be located at the Burke Volunteer Fire and Rescue Department, 9501 Old Burke Lake Road, Burke, VA 22015.

Anyone wishing to comment on the proposed financing, the location or nature of the project or any other aspect of the proposed undertaking may appear at the public hearing. Interested persons may also submit written comments on the subject of the hearing or may obtain additional information on the subject of the hearing from Patrick Owens, President, Burke Volunteer Fire and Rescue Department, 8501 Old Burke Lake Road, Burke, VA 22015.

will be 18 and eligible to vote in the November election.

"The economy is more important to me than ethical issues," Montoya said. "If I had to choose, it would be between Rubio and Sanders. I prefer Rubio to other Republicans because he's not as strict on immigration policy. Bernie is focused on climate change, which is something we need to address in the United States right now. But I bounce back and forth, I can't affiliate with one party, and I don't think that's a horrible thing."

South County High School senior Megan Clark is 18 already, and used part of her day off to vote at Silverbrook Elementary School.

"People make fun of younger people for not voting," she said. "It felt important to represent the young population."

Chief election officer at West Potomac High School Doris McBryde of Mount Vernon observed many parents bringing their children with them to the polls.

"They're seeing their parents voting," McBryde said, "and seeing the importance of it."

IN PREPARATION FOR NOVEMBER, Fairfax County piloted a new voter sign-in procedure using Apple iPads to scan the voter's driver's license.

Former Board of Supervisors Chairman

and current member of the Fairfax County electoral board Kate Hanley said 21 precincts tried the iPads Tuesday, with the hope of getting them in each precinct by the fall. And though the speedier technology should help keep waiting lines to a minimum, Hanley stressed there's no replacement for a warm-blooded election officer.

"This is a big year," Hanley said, referencing the November decision as the "Super Bowl" of elections. "We always need election officers. Voting is really the bedrock of American democracy. Facilitating it is an important part of civic duties."

At the Clifton Presbyterian Church polling site, the iPads were working like a charm.

Election officer Steven Birk, a Clifton resident since 1988, appointed himself a greeter, asking voters to have their driver's license out and ready to make the tablet scanning check in go even faster.

"It's worked very well, very consistently," Birk said of the pilot system. In addition to his regular election officer training, Birk said the new iPad-based program required another three-hour education session.

"They're iPads, so they're pretty intuitive," said Chief Election officer Kerry Wilson of West Springfield.

For more information about working at a polling site, visit www.fairfaxcounty.gov/elections/working.htm.

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.

THURSDAY/MARCH 3

"Planning 101: Diary of a Growing Business." 8:30 a.m. Spring Hill Suites, 6065 Richmond Highway, Alexandria. Karen Urcia of Renner CPAs will show you how to avoid the pitfalls of starting and growing your business, and how good planning can help to make your business a success. RSVP info@sfdc.org. www.sfdc.org.

SATURDAY/MARCH 5

Caregiver Bootcamp: Dementia 101. 9:30 a.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Day-long training event covering many essential caregiving topics!

The bootcamp will include presentations from experts in the fields of financial planning, medical issues, legal needs, and care management. Free. RSVP to 703-204-4664. InsightMCC.org.

WEDNESDAY/MARCH 9

Refugee Resettlement in Northern Virginia. 1:30-3:30 p.m. 12000 Government Center Parkway Conference Center. Resettlement regulations and process, programs and responsibilities. How faith communities can assist and partner. Patricia S. Maloof, Razan Osman, Alison Burke speakers. RSVP by March 7 at 703-324-5185.

CALENDAR

FROM PAGE II

SUNDAY/MARCH 6

Capitol Steps. 7 p.m. Russell Theatre, Robinson Secondary School, 5035 Sideburn Road, Fairfax. The Rambunctious Theatre Company — in affiliation with Robinson Drama — presents a political comedy fundraiser. \$35. www.robinsondrama.org.

Purim-It's a Laugh. 3-5 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Activities include making your own hamantaschen with Lauren Katz, the winner of ABC's Great Holiday Baking Show; The Great Zucchini; a children's costume Purim Parade; making gift bags for the hungry; and crafts for all ages even newborns. \$5. Free to children under 2. Register at JCCNV.org, code #7343. 703-537-3019.

TUESDAY/MARCH 8

Robinson Orchestra Concert. 7 p.m. Russell Theatre, Robinson Secondary School, 5035 Sideburn Road, Fairfax. High school students will be featured in five ensembles, including our full symphony orchestra. Free. 703-426-2143.

FRIDAY/MARCH 11

Woodbridge Flute Choir "A Touch of Irish." 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Twenty-five members who play flute, piccolo, alto flute, bass flute and contrabass flute. Part of Bonita Lestina Performance Series. www.fairfaxva.gov.

21 Announcements

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