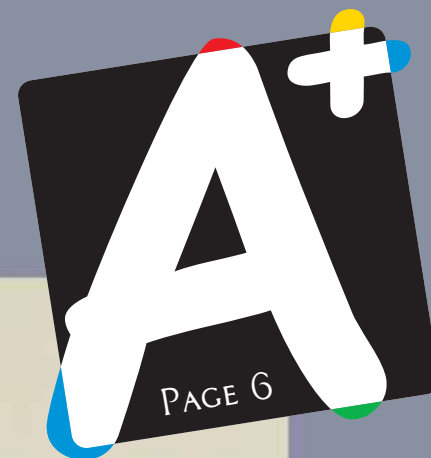




# Burke CONNECTION



Lake Braddock student Mariko Nojima-Schmunk, 15, vaults over WT Woodson High School student Hannah Black, 14, during a portion of the rehearsal of "The Race" choreographed by Alex Miegel of the Virginia Ballet Company and School.



## Rehearsing For Premiere

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Minds Matter to Local  
Mental Health Service

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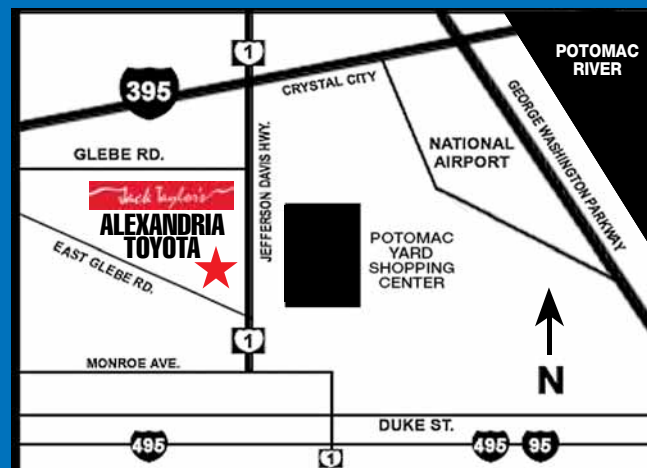
Man Dies After Being  
Shot by Sheriff's Deputy

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**Let's Go Places**



## Man Dies After Being Shot by Fairfax Sheriff's Deputy Outside Inova Hospital

Hispanic male was discharged patient who was escorted by security to bus stop before the incident.

BY TIM PETERSON  
THE CONNECTION

**E**arly Tuesday morning, Aug. 16, a man died after having been shot by a Fairfax County Sheriff's Deputy outside the green garage area at Inova Fairfax Hospital the previous evening.

At a press briefing later on Tuesday morning in the Public Safety Headquarters building Police Chief Edwin Roessler and Sheriff Stacey Kincaid recapped the events with as much information as is known, while both a criminal and administrative investigation are underway.

Roessler said the deceased man, an as yet unnamed 29-year-old Hispanic male, had



At a press briefing later in the morning on Tuesday, Aug. 16, Police Chief Edwin Roessler and Sheriff Stacey Kincaid recapped the Aug. 15 Sheriff's Deputy-involved fatal shooting.

PHOTO COURTESY OF FAIRFAX COUNTY POLICE

been a patient at the hospital. Hospital staff had helped him to the bus stop in the garage area shortly before 10 p.m., after he'd been discharged. Neither his reason for being in the hospital nor his length of stay has been released. The man's next of kin had not yet been notified, and so his identity was not released.

Hospital security then received several calls of a suspicious man with an apparent weapon.

Police later released a photo of the object, which turned out to be a metal signpost with a sharp end used for driving into the ground.

Hospital security guards responded to the

scene and observed the man "acting in what appears to be a mental episode," Roessler said.

The guards attempted to mitigate the situation, Roessler said, and the suspect struck and injured one of the guards with the post. The guards then radioed for additional help.

A Fairfax County Sheriff's Deputy assigned to the hospital that night heard the call for help over security radio and responded to the bus stop, as did several Police Officers.

The deputy, who Roessler and Kincaid said has undergone Crisis Intervention Team training for helping people with men-

tal illness, also attempted to "negotiate and de-escalate the episode."

The suspect raised his post and began to charge the deputy, Roessler said.

The deputy gave the suspect orders to stop, while "tactically trying to retreat."

When the suspect did not stop coming, Roessler said, the Sheriff's deputy fired his 40-caliber Glock duty weapon several times, striking the male. The two were at "close proximity" during their engagement, but the details are still under investigation. The entire encounter took place in a very short period of time, Roessler said.

The man was taken to the Inova emergency room for his injuries.

The deputy is on administrative leave, Kincaid said, while the Police Department conducts a criminal investigation and the Sheriff's Office carries out an administrative investigation to see if all policies for use of force were followed appropriately.

Roessler said Inova security cameras — not body cameras — captured the incident, though he has not seen it. As it is now evidence; it's uncertain when the footage will be released to the public. Neither Fairfax County Police nor Fairfax Sheriff's Deputies have employed body cameras at this time.

## Minds Matter to Local Mental Health Service

PRS Inc. of McLean prepares for National Suicide Prevention Week.

BY MARTI MOORE  
THE CONNECTION

**A**lthough National Suicide Prevention Week occurs next month, a local mental health service got a head start last week and launched its public awareness campaign on social media.

Psychiatric Rehabilitation Services of McLean launched #MindsMatter on Twitter Aug. 12 and updated their Facebook page at PRS, Inc. to stimulate public interest in National Suicide Prevention Week, Sept. 5-13.

It's the second consecutive year PRS Inc. has used their #MindsMatter campaign to ask people for help with raising awareness about suicide prevention.

Participants can sign an online pledge to learn facts about mental health issues, share information and save lives. They can post selfie snapshots, register for two 5K walks next month in Fairfax County, take a stress test, set personal goals to improve their mental health, attend a workshop, buy a campaign T-shirt and donate to the cause.

Also, participants can tell their stories of hope and recovery from mental illness and suicide loss, says Laura Mayer — the PRS



PHOTO COURTESY OF PRS INC.

**Participants of last year's 5K walk to raise awareness and funds for suicide prevention model the inaugural #MindsMatter campaign T-shirt at a National Alliance on Mental Illness event in Tysons Corner Center, Sept. 19, 2015. Purchase the 2016 #MindsMatter T-shirt online for \$18 through [www.prsinc.org](http://www.prsinc.org). Visitors also can register for two 5K walks Sept. 24: One held at 9:30 a.m. by the NAMI on the plaza at the Tysons Corner Center and the other held at 2 p.m. by the American Foundation for Suicide Prevention at the Fairfax County Government Center.**

Inc. program director who manages the 24-hour CrisisLink hotline and textline service for individuals in need of someone who will listen.

PRS Inc. states its CrisisLink telephone hotline handled 34,000 calls and 5,600 text conversations last year from Northern Virginians in distress. It is partners with the

Fairfax-Falls Church Community Services Board, which offers youth suicide prevention training online at [fairfaxcounty.gov/csb/at-risk](http://fairfaxcounty.gov/csb/at-risk).

**ACCORDING TO PRS Inc.**, "suicide is the 10th leading cause of death nationwide and second for people aged 15-24." It claims

42,000 Americans die by suicide each year. For each death, 278 individuals overcome thoughts of suicide and survive. In the Commonwealth, PRS Inc. states suicide is the second leading cause of death for Virginians ages 10-34.

Mayer herself is a suicide loss survivor. Her father, Glenn Mayer, died in 1998 at age 50 as he struggled with mental health issues.

Laura Mayer was 15 years old at the time.

"After a suicide loss, it's important how we talk about it," she says. Although messages of sympathy and support from the community were a source of comfort to her, words of condemnation about her late father hurt.

In her early twenties, Laura Mayer came to terms with suicide and learned the only answer to the pain was a message of hope. She suggests people console individuals grieving the loss of a loved one from suicide with kind words, encouragement and hope.

**FOR 53 YEARS**, Northern Virginians have been served by the McLean non-profit. One goal of PRS Inc. is to break down the social stigmas of mental illness. Mayer agrees it is helpful to treat people coping with mental health issues with the same dignity and respect as folks with comparable physical ailments like cancer, diabetes or heart disease.

# OPINION

# Election 2016: Much at Stake Nationally, Locally

## Possible record turnout should motivate more early voting.

**E**lection Day is Tuesday, Nov. 8, and in some ways that seems like it can't possibly come soon enough. On Election Day in Virginia, polls are open from 6 a.m. - 7 p.m., but early voting begins Sept. 23, about five weeks from now, and voters should have plenty of motivation to vote early.

It's hard to articulate how much is at stake in the coming election, and it's not just about the choices for U.S. President. Turnout will be extremely high, if not record breaking.

Nearly 32 percent of voters nationally voted before Election Day in 2012, according to census data, compared with just under 30 percent in 2008 and 20 percent in 2004, the New York Times reported.

There are 19 valid reasons to vote absentee in Virginia, with one that applies to almost everyone who commutes to work. If you could be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day, you qualify to vote "absentee in person." If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

The deadline to register to vote on Election Day is Oct. 17.

Visit the Virginia Department of Elections website to check that you are registered or call Fairfax County Elections office at 703-222-0776.

Virginia has a stringent voter identification requirement, plan to bring photo identification with you to vote, whether that is absentee or on Election Day. Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business. Any registered voter who does not possess one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the

### EDITORIAL

### LETTERS TO THE EDITOR

## Back to School with Asthma Action Plan

To the Editor:

The back-to-school season is a busy time of year filled with supply shopping, annual checkups, and more. If your child has asthma there are additional items I urge you to add to the to-do list. In order to ensure they'll be safe all year long make sure their school nurse knows how to help your child if they experience asthmatic symptoms.

Developing an asthma action plan with your child's doctor during their

checkup is an important first step. Provided by the Virginia Asthma Coalition ([www.virginiaasthmacoalition.org](http://www.virginiaasthmacoalition.org)), the asthma action plan template is a free tool for you, your child, and their healthcare provider to create a strategy to respond to the various degrees of asthma symptoms your child may experience while at school.

Once your asthma action plan is developed, reach out to your school nurse and share it with them. They will also be able to walk you through the necessary steps to guarantee your child has access to their medication, and can carry their medication with them.

Last, but not least, make sure you and your child know the daily air quality forecast. Air pollution is a known asthma trigger, and understanding the daily air quality will allow you and your child to make informed decisions about whether or not it's safe for them to exercise outdoors. Did you know that the American Lung Association gave Fairfax an "F" for smog pollution in their 2016 State of the Air Report?

This makes it especially important for Fairfax's children with asthma to keep an eye on air quality. Visit [www.airnow.gov](http://www.airnow.gov) for your local air quality forecast.

**Jennifer Kaufer**  
American Lung Association in Virginia

## Disappointing Sanitation

To the Editor:

I attended the 4 H Fair & Carnival two years ago and may not go again. I should have written you about this sooner but got distracted. I was very disappointed in the sanitation and hope it got better. I would hope someone would have noticed the same thing as I did and had it corrected, but just in case I will tell you what I discovered two years ago.

1) There were two hand washing stations outside the animal petting building. One of them you had to hold the faucet on as you used it. How could you properly wash your hands holding the faucet handle on? The second faucet handle was so loose, it would not turn on.

2) There was another hand washing station about 60 to 70 feet away from the baby chicken handling exhibit. This hand washing station was poorly labeled, too far from the baby chicken exhibit, you had to hold the faucet handle on, and it

## Ramping Up to Election Day

- ❖ **Sept. 23:** In-Person Absentee Voting Begins
- ❖ **Oct. 17:** Voter Registration Deadline - In-Person: 5 p.m., Online: 11:59 p.m.
- ❖ **Nov. 1:** Last Day to Apply for an Absentee Ballot by Mail, Fax, Email or Online: 5 p.m.
- ❖ **Nov. 5:** Final Day for In-Person Absentee Voting
- ❖ **Nov. 8:** Absentee Ballot Return Deadline: 7 p.m.
- ❖ **Nov. 8:** Election Day, Polls Open 6 a.m. - 7 p.m.

digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

While the Presidential election will take top billing, every seat in the U.S. Congress is on the ballot, with one hotly contested race in Northern Virginia.

In Fairfax County, voters will decide whether to enact a four percent meals tax, a topic voters will hear a lot more about in coming weeks. Bond questions include \$120 million in transportation bonds for Metro; \$107 million in bonds for parks; and \$85 million for building and renovating senior and community centers, and homeless shelters. More at <http://www.fairfaxcounty.gov/bond/>

For more information on voting in Fairfax County:

Voter Registration: 703-222-0776, TTY 711  
Absentee Fax: 703-324-3725  
Email: [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)  
Election Officer Info: 703-324-4735, TTY 711  
Email: [elect@fairfaxcounty.gov](mailto:elect@fairfaxcounty.gov)

— MARY KIMM

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

had no soap. There was a bulletin about 2 years ago about the hazards of children handling baby chickens, you probably read it. It was quite explicit in stating that you must take appropriate precautions when handling baby chickens and recommended against it.

3) Here is the good news, the stand alone restroom by the park entrance has warm water, a motion sensor activated faucet, soap and paper towels.

So at least there was one correctly functioning hand wash station.

4) There were mosquitos breeding in puddles by the carnival.

**Jack Johnson, Esq**  
Falls Church

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# Police Release Name of Two-Year-Old Victim in Fairfax Murder-Suicide

BY TIM PETERSON  
THE CONNECTION

**D**espite pleas from the girl's family, Fairfax County Police have released the name of the young victim who was found dead along with the body of Roy Eugene Rumsey, 58, in an upstairs bedroom at the scene of a house fire in Fairfax on July 27.

In a post on Tuesday afternoon, Aug. 16, FCPD named the girl as Kyra Franchetti.

"We're trying to be sympathetic to the family," said Maj. Ed O'Carroll, director of the police Public Affairs Bureau, the day before the release.

O'Carroll said police have received "dozens of calls" from the family, friends of the family and the family's legal counsel, asking them to not release the name.

But on advice from the County Attorney, Fairfax County Police Chief Ed Roessler decided to move forward.

"What we've been doing for decades is still accurate," O'Carroll said, "sharing the names of homicide victims."

O'Carroll confirmed Rumsey — the girl's father — murdered her, set the house on fire, then killed himself.

The Tuesday afternoon release said the Office of the Chief Medical Examiner determined both Rumsey and Franchetti died from gunshot wounds.

It also said Franchetti had been matched biologically to Rumsey through DNA.

Several cans of gasoline were found throughout



PHOTO BY BONNIE HOBBS/THE CONNECTION

**Wednesday July 27, firefighters responded to the fire around 11 a.m. on the 12100 block of Fairfax Hunt Road.**

the house, located at 12107 Fairfax Hunt Road, indicating multiple points of origin for the fire, according to police.

The department has grappled with the name release; it's unusual for there to be such a young victim.

"It's tragic for everyone," O'Carroll said.

Virginia state senator and lawyer Scott Surovell (D-36) is representing the family of the dead child.

"Kyra was on visitation with her father," Surovell said in a statement.

Speaking for the family, he continued, "We continue to mourn the loss of a beautiful, innocent little girl who was the victim of a senseless act."

"Kyra's mother and her family simply ask for their privacy as they continue to grieve," Surovell said.

The police investigation is ongoing.

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# Create a Back-to-School Game Plan

Educators tell how to make the transition less jarring.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s a single mother of a fifth grade student, Christine Schull is already making back-to-school preparations. Her plans include more than purchasing notebooks, pencils and new shoes. She knows that she and her daughter will have to shift their schedules and prepare to get back into a scholastic mindset.

"She gets up early every day ... but because it is summer, she wants to go to bed late ... about two or three weeks out, I will be much more firm about her bed time," said Schull, assistant dean and professor of Early Childhood Education at Northern Virginia Community College in Alexandria. "Also, to start getting her academic muscles flexing, I usually supplement with some academic enrichment. I am hiring someone to work with her once a week just to give her a taste of what she will experience in fifth grade."

Whether a child's summer is packed with camps and vacations or filled with lazy days and complaints about being bored, students often find the back-to-school transition to be challenging. From the prospect of reuniting with friends to getting reacquainted with homework, it is not uncommon for children to experience mixed emotions about jumping back into a busy fall schedule.

"Going back to school is really more than just a one-day event," said Dr. Lisa Turissini, Ed.D. assistant professor and chair of the Department of Education at Marymount University. "This type of transition is about the forming of a new habit. Brain researchers agree that the forming of a new habit also includes the breaking of an old one."

Having a conversation with children and assessing their feelings about returning to school is a good place to start, recommends Licensed Clinical Psychologist Jerome Short, Ph.D., associate professor of Psychology at George Mason University.

"Children have a variety of ways of thinking, feeling, and acting toward the upcoming transition back to school," he said. "Some children are optimistic and excited about school and are already preparing for the first day. Others may be anxious or avoid thinking about a new school year, and may need more support, structure, and encouragement from parents to prepare themselves."

He encourages parents to listen to their children's concerns and expectations and empathize with their feelings. "Summarize what they tell you, and tailor your approach to their needs with their input," added Short.



PHOTO BY JAMES KEGLEY FOR NORWOOD SCHOOL  
**Science teacher Sarah Boor works with students at Norwood School. Educators say now is the time to prepare children for a return to school.**

It's not just children who may experience school anxiety. Some parents may be worried about their children starting a new school, changing schools, facing more rigorous academics or dealing with difficult social situations. "Fear of the unknown can cause anxiety," said Turissini. "Working with your children to build resilience and manage their emotions can be beneficial for the whole family. Children are extremely capable of dealing with change, and parents can help them by creating an environment at home that encourages them to share their feelings about returning to school."

Reconnecting or connecting with other parents and students for support can help with the transition. "Others may help motivate, empathize, or make school preparations fun," said Short. "There are opportunities to increase children's communication abilities and social skills if they spend time together on school tasks."

Planning ahead and establishing a regimented sleep schedule in August can help parents get their children acclimated to the early wake up times for the upcoming school year. "If you want your child to have a less painful transition back to a new school year, now is the time to take proactive measures to change your child's bedtime routine," said Turissini.

"...[It] gives their biological clock time to adjust so the transition is not so abrupt," she said. "A regular bedtime and wake up time will build the needed structure into a child's schedule, and this new habit will help [a child] to embrace the new routine that the school year brings."

"Don't do it all at once, do it gradually," said Mark R. Ginsberg, Ph.D., dean of the College of Education and Human Development at George Mason University. "Start with [moving your children's bedtime] one-half hour earlier, then 15 minutes earlier."

Other recommend time adjustments include reestablishing routines that might have been lost during the summer. "If your summer has been schedule-free, get back to some of your old routines now. Start those regular family meal times or game nights," said Turissini.

In addition to rearranging sleep schedules, now is the time to tackle back-to-school shopping and schedule doctor visits. "Take a day to get those school clothes, school supplies, and backpacks purchased," said Turissini. "Make sure your child's physical exam is up to date. You know the school medical forms will be forthcoming."

Completing summer reading lists and other summer assignments can also get students ready to learn. "We want students to return to school learning ready, which means children should be reading for pleasure ... for about 30 minutes a day," said Karen O'Neill, head of Lower School at Norwood School. "Sustained reading is a skill that requires practice at home."

Parents can reinforce a child's interest in books by reading to their child or reading their own book while their children read. "Don't turn on the television in another room while your child reads," said Ginsberg. "Have a family reading hour. Modeling the behavior is powerful for the child." He suggests setting challenging and achievable goals and being mindful of those that could prove unrealistic. "Start with 20 minutes of reading and then increase it from there," he said.

"At least one week before the first day of school, create the morning routine that will allow your child to arrive at school with time to organize belongings, chat with friends, and create a mindset for learning," said O'Neill.

Invite children's participation when creating a back-to-school plan. "From my own experience as a parent and educator, it's best

to engage them in a conversation, rather than telling them what to do," said Ginsberg. "Rather than being directive, be collaborative with the child. Ask them what it is that they think they need to do to get themselves ready."

Going from a carefree summer to a structured school year packed with activities can be jarring for some students. To ease the blow, Turissini sug-

**"Going back to school is really more than just a one-day event. It's about the forming of a new habit ... the forming of a new habit also includes the breaking of an old one."**

— Lisa Turissini Ed.D.,  
Marymount University

gests having candid conversations about the upcoming school schedule and ways in which the family can establish balance.

"Create a family calendar of school, extracurricular, and family activities," she said. "Allow for some downtime on the calendar for each child so they can choose to do whatever it is they would like. Kids don't inherently know how to add balance to their lives, so as a parent, it is important to look for the opportunities to model balance at home, work, school, and personal pursuits."

To ease anxiety about back-to-school transportation, Michele Claeys, associate head of school and head of middle school for Norwood School, suggests "if your child walks to school or takes a bus, walk the route together or check out the bus stop together." Whether traveling by car or bus or on foot, talk about what the schedule will look like on school mornings, including any chores that have to be done before leaving the house. Consider inviting your child to write out a schedule for the morning, including the time needed for each task.

Claeys also recommends taking time to review the curriculum for the upcoming year with your children, if it is available, and talk about some of the things they will be learning. "Hopefully this will inspire excitement about all the learning to come," she said.



# Robinson Graduate Wins Bull Run Civil War Round Table Scholarship

**T**he winner of this year's Bull Run CWRT scholarship of \$1500 is Brooke Roberts, a 2016 graduate of Robinson High School and the daughter of Jennifer and Charles Roberts of Burke. Brooke's application highlighted her interest in American history which was shown by her overall academic achievement and her wide range of extracurricular activities. Included with her application was a well-written essay about her visit to a local Civil War site.

She earned a GPA of over 4.0, and was a member of the National Honor Society. Her courses included several AP and Honors courses. Besides soccer and cross country sports, Brooke participated in Model United Nations activities, held offices in more than one club, and won an award for

her National History Day exhibit.

Brooke's teacher recommendation, which was written by her AP Government and IB Geography teacher, Robert Garza, described her interest in history and related that she "easily draws connections between the past and the present and grounds her understanding of current issues in the context of historical events." Brooke's scholarship essay topic was the "Dogan House and its Inhabitants During the Battle of Second Manassas," which added information about what happened to the house and the family after the Civil War. Brooke will attend George Washington University in the fall where she'll major in Political Science.



PHOTO CONTRIBUTED  
**Brooke Roberts**

2017 Scholarship Info will be available Oct. 1 on <http://www.bullruncwrt.org>

## Considering a Private School?

**Educational consultants can help families navigate application process.**

BY MARILYN CAMPBELL  
THE CONNECTION

**F**or families considering an independent school for the 2017-2018 school year, the admissions process begins this fall. From essays and interviews to school visits and standardized tests, the process for getting into kindergarten may feel nearly as daunting as applying to college.

Narrowing down the vast field of potential schools to find the best fit, completing the application and securing a slot at one of the area's top private schools are all challenging tasks. That's why many families rely on an educational consultant to help them understand and navigate through the entire process.

"Schools have as varied personalities as students do," said Mark H. Sklarow, CEO of the Independent Educational Consultants Association (IECA) in Fairfax. "Level of competitiveness, exploration versus memorization, independence versus group work, philosophies of learning, uses of technology, requirements in sports and the arts ... the list goes on."

When choosing a consultant, avoid those who guarantee that they can obtain admission to a particular

school or secure a specific dollar amount in scholarship funding, advises Sklarow. Additionally, educational consultants should not complete admission application forms or write or re-write student essays.

An educational consultant's role is to guide students and parents through the admissions process. Consultants usually begin by meeting with families and getting to know the child's educational needs, identify strengths and weaknesses, and consider their interests and dislikes. Ideally, consultants combine the information they glean from their conversations with the family with their knowledge of area schools to help families decide on schools that are a good fit.

"Consultants can help families select a school that is the right fit. 'Parents need to be realistic about their child's strengths and weaknesses and learning style,'" said Mimi Mulligan, assistant head and director of Admission and Enrollment Management for Norwood School. "All independent schools offer fine academic programs, but we each have a unique school culture."

Consultants aim to give students and families unbiased advice and recommendations based on their professional judgment of a student's needs and abilities. Consultants who are IECA members, for example, have "visited hundreds of campuses to understand the culture beyond the numbers to ensure such a successful pairing," said Sklarow.

Sklarow advises families to begin working with an independent educational consultant during the academic year before the year they plan to apply to an independent school.

### SCHOOL NOTES

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

**Jonathan Whittington, Kathryn Herring, Emma Zettlemoyer**, of Springfield; **Bridget Ray and Kirsten Chase**, of Burke; received \$2,000 scholarships from the Scholarship for Military Children Program in July 2016.

**Jane Gibbins-Harding**, of Springfield, was named to the dean's list at Bethany College for spring 2016.

**U.S. Air Force Airman Brian A. Zamfino** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Zamfino is the son of Joanne and Joseph Zamfino of Springfield. He is a 2015 graduate of West Springfield High School.

**Thomas Miskimins**, of Fairfax, graduated with a master of arts, in

Spring 2016 from the University of New Haven.

**Jordan Ecker**, of Fairfax, is on the spring 2016 dean's list at the University of Minnesota-Twin Cities.

**Caroline Dickson**, of Fairfax, is on the spring 2016 dean's list at the University of Maine-Orono.

**James Butler**, a Lake Braddock Secondary School graduate, was inducted into the Naval Academy Class of 2020 on June 30, 2016.

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# ENTERTAINMENT

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## ONGOING

**Farmers Market & Food Trucks:** 3-7 p.m. Thursdays through Oct. 27 at the Fairfax County Government Center front parking lot.

**Storytime in the Park.** Tuesdays, 10:30 a.m. Aug. 2, 9, 16, 23, 30. Old Town Square, 3999 University Drive, Fairfax. 703-385-2712.

**The Farmer's Market at Springfield Town Center.** May 7-Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. [springfieldtowncenter.com](http://springfieldtowncenter.com).

**Lovers and Madmen.** June 18-Aug. 19. Epicure Cafe, 11104 Lee Highway, Fairfax. Features local artists. [epicurecafe.org](http://epicurecafe.org).

**Fairfax Rotary Club Meeting.** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. [fairfaxrotary.org](http://fairfaxrotary.org).

**Plant Clinic.** 9 a.m.-noon. Sundays till end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. [fairfaxgardening.org](http://fairfaxgardening.org).

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



**Fairfax County Farmers Market & Food Trucks at Fairfax County Government Center, 12000 Government Center Pkwy Thursday's 3-7 p.m. May - Oct. 27**

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

**EXERCISE PROGRAM** Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax, VA 22032. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

### Cafe Ivrit (Hebrew Cafe).

Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

### THURSDAY/AUG. 18

**Evenings on the Ellipse.** 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The United States Navy "Commodores" (Jazz). Fun music

and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance>

### FRIDAY/AUG. 19

**Family Fun Movie Nights.** 7 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. "Zootopia." 703-385-7858.

### SATURDAY/AUG. 20

**Back-to-School Pep Rally** at Springfield Town Center, 10 a.m.-2 p.m. The Pep Rally will also feature arts and crafts activities for kids, a cheerleading competition, face painting, DJ entertainment and restaurant sampling. The mall will be placing lures for Pokémon GO players on all PokéStops.

**LEGO Build.** 4 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade, Fairfax. Calling all LEGO fans...come and build with us! Join us for speed-building contests, blind builds and much more! Best for ages 6 and up. 703-278-8527.

**SAT / ACT Practice Testing at C2 Education.** Register online at <https://www.c2educate.com/events/back-to-school-test/> for your choice of a free new SAT or ACT practice test. Your local C2 will contact you to book your test time. With registration, you receive an extra 5% OFF C2 tuition for 50 hours or more and a FREE post-test consultation. This event is free with absolutely no cost or commitment.

### WEDNESDAY/ AUG. 24

**Join Fairfax CASA and Lift Up a**

**Child's Voice** 7- 9 p.m. at the Fairfax CASA office 4103 Chain Bridge Rd. Suite #200, Fairfax VA 22030. Information session on becoming a court appointed volunteer. Email Kristy Tootle: [ktootle@casafairfax.org](mailto:ktootle@casafairfax.org) or call 703-273-3526 to RSVP.

### THURSDAY/AUG. 25

**Evenings on the Ellipse.** 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. A Tribute to Simon and Garfunkel. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance>

**Family Fun Fair 6-8 p.m. at Chesterbrook Academy Preschool** 4750 Rippling Pond Drive Fairfax, VA 22033. Chesterbrook Academy preschool is celebrating its grand re-opening with a family fun fair. Current Chesterbrook Academy families and members of the local community are invited to attend for free food, music and activities. Contact: Prachi Patel 703-818-9002 Cost: FREE

### SATURDAY/AUG. 27

**Summer Reading Triathlon Closing Ceremony.** 11 a.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade, Fairfax. Local children's author Sue Fliess will join to read and sign copies of one of her 2016 releases: "A Fairy Friend." Wrap up summer with the 20th Anniversary celebration of the Barnes & Noble Summer Reading Triathlon with special events and activities. 703-

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## SPECIAL CONNECTIONS CALENDAR

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### AUGUST

8/31/2016.....Connection Families: Enrichment, Care & Back to School

### SEPTEMBER

9/7/2016.....Wellbeing

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## NEWS

# Virginia Ballet Company Premieres Family Fun Series

Performance is scheduled for Sunday, Aug. 28.

BY ALEXANDRA TECCO  
THE CONNECTION

**W**ednesday, Aug. 10 dancers from the non-profit Virginia Ballet Company and School were practicing in preparation for the Family Fun Series premiere on Aug. 28. The program, subsidized by a grant from the Fairfax County Arts Council, provides an opportunity for the public to watch a variety of dances as well as learn about the different styles. A dozen of the dance company's students, aged 9-17, will perform classical ballet pieces, contemporary, modern, tap, flamenco and other styles of dance.

The interactive show features an introduction prior to each piece to "talk about the rhythm, gestures and facial expressions incorporated into the dance they are about to see," explains Ann McGuinness, the Virginia Ballet Company's Lead of the Series. To enhance the audience's connection with the dances there will be segments of simple participation. The manner of participation prior to each piece is structured to demonstrate and enhance understanding of the dances the students will perform afterward, McGuinness said.

**"Our goal is to touch and inspire other individuals in the community, not only children. Hopefully parents will walk away having learned something about dance too."**

—Tish Cordova, Artistic Director

The family friendly entertainment will also serve as a chance to experience the broad range of dance styles, how they relate to each other and the range of emotions dancing can evoke, said Tish Cordova, Artistic Director at the VBC. "Our goal is to touch and inspire other individuals in the community, not only children. Hopefully parents will walk away having learned something about dance too," said Cordova.

The Virginia Ballet Company has participated in numerous free community events throughout its 66 years.



**Hannah Black, 14, Ann McGinnis, Family Fun Lead, Tish Cordova, Artistic Director, Mia Bridges, 13, Mariko Nojima-Schmunk, 15, Kira Brombacher, 13, Audrey Bridges, 11, Melanie Becker, 12, Emily Peace, 17, and Anastasia Shafer, 12.**

PHOTOS BY ALEXANDRA TECCO/THE CONNECTION



**Students of the Virginia Ballet Company practicing a contemporary routine for the Family Fun Series.**

The assistance from the grant has allowed the Family Fun Series' premiere; however, they have many hopes in expanding the program. Cordova said they would like to present the Family Fun Series on a quarterly basis allowing the Virginia Ballet Company to "ultimately become an outreach program for children and adults to get into dance." Currently the largest hurdles are the cost of renting theatre space to perform in as well as acquiring the funding for the continuation of the free series.

For the dancers at Wednesday's rehearsal, ages 11-17, it's simply a performance they are looking forward to and working hard to make sure it meets their high standards.

"Targeting an audience of children is fun," says Kira Brombacher, 13, as the other dancers nod in agreement. It's free, it's family friendly and it is meant to be fun, even if "it's a different type of entertainment than TV or Pokémon Go," as Audrey Bridges, 11, put it.

Virginia Ballet Company's Family Fun series is scheduled for Sunday, Aug. 28 from 2-3pm at Annandale's Northern Virginia Community College's Ernst Community Cultural Center. Although the event is free, advanced registration through the Virginia Ballet Company website is recommended as a limited number of tickets will be available at the door.

## EMPLOYMENT

### CANAM HARVESTING LLC HARVESTER OPERATORS:

9 temporary openings in from September 19, 2016 to November 8, 2016 to harvest lima beans in DE and MD. Housing provided at no cost at: 213 S. Main St, Bridgeville, DE 19933, all work-sites are within reasonable commutable distance from housing. Duties: Inspect field, identify harvesting conditions, locate electric lines & obstacles; Adjust height, speed & other functions of custom combine harvesters to max operations & ensure safety; Harvest lima beans using combine harvesters or other farm machinery according to soil conditions and supervisor's instructions; May drive combine harvesters from site to site up to a distance of 30 mi; Responsible for routine maintenance & repair of the combine harvesters incl. performing inspection of harvesters before & after each shift, verify oil, mobile pieces, & others; Perform emergency repair of harvesters as needed. Requirements: Valid driver's license & 1 yr of experience operating large farm machinery; Demonstrable ability to operate & drive highly specialized combine harvesters; Ability to understand operation & secure handling of complicated hydraulic & electrical systems; Good health & able to understand/follow supervisor's instructions. Available for the entire duration of the grain harvesting itinerary and for the total duration of the period of employment specified in the job order. If joining after the harvesting activities have begun, must be available and willing to join the crew at the actual crew location, and remain with the crew for the balance of the crop harvesting itinerary. Conditions: \$15.81/hr increased \$1 per yr of exp, up to a max of \$24/hr; Scheduled workweek is 40 hrs (may exceed 40 hrs depending on field/crop condition); Required to work day, evening and/or night shifts; Employer guarantees to offer workers employment for at least 3/4 of the workdays; Tools, equipment & supplies provided at no cost; Housing & cooking facilities provided at no cost; Transportation & subsistence expenses (\$12.09 daily w/ no receipts, & \$51.00 max daily w/receipts) to worksite will be paid by the employer upon completion of 50% of the work contract, or earlier; Employer will comply with first week wage guarantee of \$ 632.40; Return transportation and subsistence is paid upon completion of 100% of the work contract. The employer may terminate the work contract if, before the expiration date specified in the work contract, the services of the worker are no longer required for reasons beyond the control of the employer due to fire, weather, or other Act of God, as determined by CO. In the event of such termination of a contract, the employer will fulfill a three-fourths guarantee for the time that has elapsed from the start of the work contract to the time of its termination. The employer will make efforts to transfer the worker to other comparable employment acceptable to the worker, consistent with existing immigration law. If such transfer is not affected, the employer will (1) return the worker, at the employer's expense, to the place from which the workers came to work for the employer or transport the worker to the worker's next certified H-2A employer, whichever the worker prefers; (2) reimburse the worker the full amount of any deductions made from the worker's pay by the employer for transportation and subsistence expenses to the place of employment; (3) Pay the worker for any costs incurred by the worker for transportation and daily subsistence to the place of employment. To apply, report in person or send resume to nearest State Workforce Agency & provide copy of this ad & job ref. number indicated below. Delaware Department of Labor - 4425 North Market Street, Wilmington, DE 19809-0828. Tel. (302) 761-8116, Ref: DE413568.



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email: [kiddiecountryii@aol.com](mailto:kiddiecountryii@aol.com)

Fax: 703-644-0073

## KIDDIE COUNTRY Developmental Learning Center

9601 Old Keene Mill Rd, Burke, VA 22015

### AFTERNOON PROGRAM LEADER OR CLASSROOM AIDE

AM 9-1 M-F

PM Two to Three Hours Daily M-F

Assist in implementing positive classroom support and daily activities. Must love working with young children

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email: [kiddiecountryii@aol.com](mailto:kiddiecountryii@aol.com)  
EOE

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ZONE 2 AD DEADLINE:  
TUESDAY NOON

## 28 Yard Sales

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-Dean Acheson

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## ESTATE SALE - LOG HOMES PAY THE BALANCE OWED ONLY!!!

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## 21 Announcements

## 21 Announcements

### TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as  
4064 Fountainside Lane, Fairfax, Virginia

In execution of a Deed of Trust from Waleed H. Orain-  
an, dated February 28, 2005, and recorded March 2, 2005, in  
Deed Book 17030 at page 2075 among the Land Records of  
Fairfax County, Virginia, the undersigned substitute  
trustee will offer for sale at public auction at the front entrance  
of the Judicial Center for Fairfax <#0.1\_county> County, at  
4110 Chain Bridge Road, Fairfax, Virginia, on

Tuesday, August 23, 2016 at 10:00 a.m.

the following property being the property contained in said  
Deed of Trust, described as follows:

Lot 4 in the resubdivision of Land Bay A5B, Random Hills as  
the same appears duly dedicated, platted and recorded in  
Deed Book 9632 at page 598, among the Land Records of  
Fairfax <#0.1\_county> County, Virginia.

Commonly known as 4064 Fountainside Lane <#0.1\_prop-  
straddr>, Fairfax <#0.1\_propcity>, Virginia 22030.

**TERMS OF SALE:** A deposit of \$30,000.00 or ten percent  
(10%) of the sale price, whichever amount is less, in the form  
of cash or its equivalent will be required of the purchaser at the  
time and place of sale; the balance of the purchase money be-  
ing due and payable within fifteen (15) days after sale, time ex-  
pressly being of the essence, with interest at the rate of 5.375  
percent per annum from date of sale to date of settlement.  
Provided, however, that if the holder of the secured promissory  
note is the successful bidder at the sale, no cash deposit shall  
be required, and part of or the entire indebtedness, including  
interest and costs, secured by the Deed of Trust, may be set  
off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the  
risk and cost of resale.

Sale shall be made subject to all existing easements and  
restrictive covenants as the same may lawfully affect the real  
estate. Sale is further subject to mechanic's and/or  
materialman's liens of record and not of record. The property  
will be sold subject to all conditions, covenants, restrictions,  
rights of redemption of federal lienholders or encumbrances,  
and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the  
purchaser good title, then purchaser's sole and exclusive  
remedy shall be in the refund of the deposit paid at the time of  
sale.

The subject property and all improvements thereon will be sold  
in "as is" condition without warranty of any kind. Purchaser  
shall be responsible for any and all building and/or zoning code  
violations whether of record or not of record, as well as for all  
unpaid and enforceable homeowners' or condominium owners'  
association dues and assessments, if any. Purchaser  
also shall be responsible for obtaining possession of the  
property at his/her expense. Purchaser shall assume the risk  
of loss and shall be responsible for any damage, vandalism,  
theft, destruction, or the like, of or to the property occurring af-  
ter the time of sale. Conveyance will be by special warranty  
deed. Conveyancing, recording, transfer taxes, notary  
fees, examination of title, state stamps, and all other costs of  
conveyance are to be at the expense of purchaser. State and  
local taxes, public charges, and special or regular assess-  
ments, if any, shall be adjusted to the date of sale and there-  
after shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did  
not file for protection under the U.S. Bankruptcy Code prior to  
the sale, as well as to post-sale confirmation and audit of the  
status of the loan with the loan servicer including, but not limited  
to, determination of whether the borrower entered into any  
repayment agreement, reinstated or paid off the loan prior to  
the sale. In any such event, the sale shall be null and  
void, and the Purchaser's sole remedy, in law or equity, shall  
be the return of his deposit without interest. Additional terms  
may be announced at the time of sale. This is a communica-  
tion from a debt collector and any information obtained will be  
used for that purpose.

DAVID N. PRENSKY  
Substitute Trustee

FOR INFORMATION CONTACT:  
David N. Prenskey, Esquire  
5225 Wisconsin Avenue, N.W. #500  
Washington, D.C. 20015  
(202) 244-4000

## 21 Announcements

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### MEDIA RELEASE 2016-2017

### POLICY FOR PROVIDING FREE OR REDUCED PRICE MEALS 08/09/2016

#### PHILLIPS Programs (School division)

today announced its policy for providing free or reduced price meals for children served under the National School Lunch,  
and/or School Breakfast Programs. Each school and/or central school nutrition office has a copy of the policy, which may  
be reviewed by any interested party.

Household size and income will be used to determine eligibility for free or reduced price meal benefits. Children from  
households whose income is at or below the Federal Income Eligibility Guidelines, shown in the chart below, may be eligi-  
ble for either free or reduced price meals. Children who are members of households receiving Supplemental Nutrition  
Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or who receive Temporary Assistance for Needy  
Families (TANF) may be automatically eligible for free meals. Children who are homeless, migrant, or runaway may also  
be automatically eligible for free meals. Foster children, who are the legal responsibility of a welfare agency or court, are  
eligible for free meals regardless of the income of the household with whom they reside. Children who are members of  
households participating in WIC may also be eligible for free or reduced-price meals based on the household's income.

Household Size	Maximum Household Income For Free Meals	Household Income For Reduced Price Meals
1	\$15,444	\$15,444.01 - \$21,978
2	\$20,826	\$20,826.01 - \$29,637
3	\$26,208	\$26,208.01 - \$37,296
4	\$31,590	\$31,590.01 - \$44,955
5	\$36,972	\$36,972.01 - \$52,614
6	\$42,354	\$42,354.01 - \$60,273
7	\$47,749	\$47,749.01 - \$67,951
8	\$53,157	\$53,157.01 - \$75,647
For Each Additional Family Member - ADD	\$5,408	\$7,696

Application forms are being distributed to all households with a letter informing households of the availability of free or  
reduced price meals for their children. Applications are also available at the principal's office in each school and at the  
central office. To apply for free or reduced price meals, households must only fill out one application per household and  
return it to the school division. Applications may be submitted at any time during the school year. The information house-  
holds provide on the application will be used for determining eligibility and verification of data. Applications may be veri-  
fied at any time during the school year by school or other program officials. For school officials to determine eligibility for  
free or reduced price benefits, households receiving Supplemental Nutrition Assistance Program (SNAP) benefits (for-  
merly the Food Stamp Program) or Temporary Assistance for Needy Families (TANF) only have to list their child(ren)'s  
name and SNAP or TANF case number and an adult household member must sign the application. Households who do  
not list a SNAP or TANF case number, including WIC households, must list the names of all household members, the  
amount and frequency of the income received by each household member, and the last four digits of the social security  
number of the adult household member who signs the application. If the household member does not have a social secu-  
rity number, the household member must indicate that a social security number is not available. The application must be  
signed by an adult household member in order to be approved.

Under the provisions of the free and reduced price meal policy,

Senior Accountant  
(insert title of eligibility determining officials)

will review applications and determine eligibility. An application for free or reduced price meals cannot be approved unless  
it is complete. Households dissatisfied with the ruling of the eligibility determining official may wish to discuss the deci-  
sion with the official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may  
make a request either verbally or in writing to:

Trixie Herbert, PHILLIPS Programs 7010 Braddock Road, Annandale VA 22003  
(703) 941-8810

(insert name, address, and telephone of the hearing official).

Households may apply for free or reduced price meals at any time during the school year. If a household is not eligible  
now but has a change, such as a decrease in household income, an increase in household size, becomes unemployed or  
qualifies for SNAP or TANF, the household should contact the school for an application. Such changes may make the chil-  
dren of the household eligible for benefits if the household's income falls at or below the Federal Income Eligibility  
Guidelines.

Households that receive Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program)  
or Temporary Assistance for Needy Families (TANF) may not have to complete an application for free or reduced price stu-  
dent meals. School officials will determine eligibility for free meals based on documentation, obtained directly from the  
Virginia Department of Social Services, that a child is a member of a household currently receiving SNAP or TANF. School  
officials will notify these households in writing of their eligibility. Households who are notified of their eligibility, but who  
do not want their children to receive free meals, must contact the school. SNAP and TANF households must complete an  
application if they are not notified in writing of their automatic eligibility within the first 10 days of the new school year.

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## 21 Announcements

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## 21 Announcements

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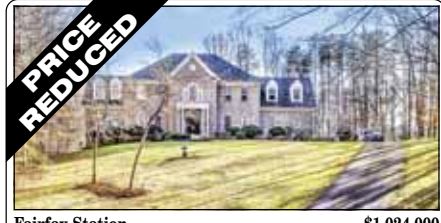
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