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Photos courtesy of Fairfax County Police

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.

Man Fatally Shot by Deputy by Hospital

arly Tuesday morning, Aug. 16, a man died after having been shot by 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 under-

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

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 has not seen it. As it is now evithat night heard the call for help over security radio and responded footage will be released to the 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 mental illness,



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

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."

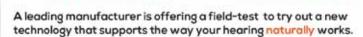
When the suspect did not stop coming, Roessler said, the Sheriff's deputy fired his 40-caliber Glock duty weapon several times, striking the male. The two were at "close proximity" during their engagement, but the details are still under investigation. The entire encounter took place in a very short 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 dence; it's uncertain when the public. Neither Fairfax County Police nor Fairfax Sheriff's Deputies have employed body cameras at this time.

- TIM PETERSON



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Stombres Takes the Reins – For Now

Appointed interim mayor until after a February 2017 special election.

> By Bonnie Hobbs The Connection

efore an overflow crowd Tuesday night, the Fairfax City Council named former City Councilman Steve Stombres to serve as interim mayor. The members also chose Feb. 7, 2017 as the date of the special election for a new mayor.

"It'll take a little while to get up to speed," he said. "But my intent is to work with the Council to set about the daily work of running this City and providing the first-class services and open, transparent government that the residents have known and come to expect."

Furthermore, said Stombres, "I'll work with the Council, City staff and residents to promote a dialogue about where the City is, where we're headed and who should lead us as our mayor. I will not be a candidate, but I'm happy to serve in this transition time."

Appointing an interim mayor and planning an election for a new one became necessary after former Mayor Scott Silverthorne was arrested on drug charges Aug. 4 and resigned a week later. City Councilman Jeff Greenfield served as temporary mayor for six days, but that stint ended Aug. 11 when Silverthorne's resignation took effect.

That left the City without a mayor until Tuesday night, Aug. 16, when the Council appointed Stombres. First, though, came a two-hour public hearing where residents got to speak their minds and also weigh in on the potential date for the special-election.

At the outset, Rick Herrington, secretary of the City's Electoral Board, told the Council, "We'll support whatever date you choose." He also prepared a list of the Tuesdays between November 2016 and November 2017, with reasons why some were better than others.

THE EARLIEST DATES which didn't overlap with November's presidential election or its recount period, or have other conflicts – such as proximity to another election, school testing or federal holidays – were in February 2017.

The City's been buzzing since Silverthorne's arrest, with some residents even arguing among themselves. So before they spoke, Greenfield said, "I know we all have a lot of emotions. But remember that we're all human beings and we're supposed to care about one another, so please be re-



Photo by Bonnie Hobbs/The Connection

This photo shows just half the crowd waiting for Tuesday night's special City Council meeting to begin.

spectful."

Agreeing, resident Laura Hills said, "I ask my fellow citizens to consider very carefully the impact of their words. This night is an opportunity for us to come together and heal."

Happy he and his family moved to Fairfax, Matt Rice called its government and School Board very responsive. "I'm proud of the City and the Council members," he said. "I trust and respect you all, and I look forward to a city that'll continue on an upward ascendance."

"Now is the time for cohesive leadership and a spirit of collegiality," said Ken Curtis. "People were surprised and saddened by the mayor's arrest. But I'm here to remind you of the nearly 30 years of public service Scott Silverthorne gave to the City he loved. It's hard to go through the City without seeing the good work done by him and our City Council preserving our history and open space and improving our economy."

Curtis said people should thank Silverthorne for all he has done for Fairfax and "not criticize him for his personal failing. A famous book says, 'Let he who is without sin cast the first stone."

Similarly, Jeannie Winslow said, "This isn't the time to attack a man who's fallen and needs our help. We shouldn't forget the contributions he's made over the past three decades. We must move forward with grace, maturity and thoughtfulness as a community."

Requesting a quick election, Mary McDaniel said, "I'm sad we have to have a special election, and for the reasons behind it, but that's the reality we face." Gioia Egan said Fairfax is a wonderful city because of

the people serving it. She also advised the city not to hold the special election during spring break from school when many people travel.

Robert Matthews said Fairfax has always been well-run, thanks to Silverthorne and the City Council. He then suggested Feb. 7 or 14 as election dates. Tim Parmalee said, the sooner, the better, so the City can return to business as usual.

"I'm delighted to see this room full because it shows how many people care about this City," said Catherine Read. "We're shocked, angry and disappointed [about what happened] and we all have feelings to work through. We need to make a place for dissenters, but they need to be positive, respectful and part of the solution. At the end of the day, everybody wants what's in the City's best interests."

Kim Luckabaugh commended the Council for how it's conducted itself in "unexpected circumstances. Thank you for being the leaders in the City that our children need to see."

John Norce and some others wanted the special election to coincide with the presidential election to save the cost of one on a different date and ensure a higher turnout. Herrington said a special election could cost \$12,000 to \$15,000, depending on the number of paper ballots used. He also noted that the election office is already "stretched thin" just dealing with one election on Nov. 8.

Requesting the election as soon as possible, Lisette McNair said it's "demoralizing" for City employees, as well as residents, to be in limbo without an elected mayor. Brian Cute asked the Council to communicate with residents and be transparent as the



Former City Councilman Steve Stombres is Fairfax's interim mayor.

"I will not be a candidate, but I'm happy to serve in this transition time."

-Steve Stombres

process goes forward. "I have faith in this City," added Cornell Hills. "I know that, somehow, we'll pull through."

Noting that she's run for office five times, School Board Chairman Tobey Sorensen said, "It takes time to run for office, and we shouldn't hold the election until March. There have to be candidates' nights, and January and February could have bad weather."

"I'm grateful everyone came here tonight to share their opinions and show our solidarity for the City of Fairfax," said Gail Lyon. "Thank you to the Council; you were blindsided on your vacation and had to come back and work." She also thanked Greenfield for stepping in as acting mayor.

The Council then considered Feb. 7 or 21 or March 7 as election dates. "Candidates need an opportunity to file and campaign," said Councilman David Meyer. "And we want the greatest amount of citizens available to vote on Election Day."

He favored Feb. 7, as did Councilman Jon Stehle, saying he wants the new mayor in on the City's next budget discussions from the start. After discussion, Feb. 7 was chosen unanimously. The winner will take office once the results are certified by the Election Board.

THE COUNCIL then held a brief closed meeting to appoint Stombres interim mayor, reconvened the public meeting and voted him in unanimously. He was sworn in Wednesday morning. "He's a former, three-term City Council member," said Councilwoman Janice Miller. "He's smart, hardworking, candid and direct and will work collaboratively with the Council and City staff."



Photos by Bonnie Hobbs/The Connection

Lighting their candles are from left Jay Quade, Carey Cole, Pat Skeins and her daughter-in-law Debbie Skeins at the vigil.



PHOTO COURTESY OF CAREY COLE

Front row, from left are Harold Skeins, granddaughter Haley Skeins, daughter Becky Cole and daughter-in-law Debbie Skeins. Back row, from left are grandson Morgan Cole, granddaughter Megan Skeins, son-in-law Carey Cole, grandson Forrest Cole, wife Patricia Skeins and late son Harold Skeins Jr. Photo was taken after Forrest's college graduation.

Family, community remember

'Friendly, Funny and Endearing'

By Bonnie Hobbs The Connection

ome 60 people gathered Sunday night on the basketball court in Fairfax's Ratcliffe Park for a candle light vigil in memory of Harold Skeins. They chose that spot because, regardless of his 78 years, he spent as much time as possible there playing pickup games with whoever showed up.

He also enjoyed having breakfast each morning with friends at the Courthouse Plaza McDonald's. And he was there last Monday, Aug. 8, eating and chatting with a buddy when he lost his life.

According to City of Fairfax police, around 6:45 a.m., a 69-year-old man trying to pull into a parking space there instead crashed into the north-side wall of the restaurant, pinning Skeins and his friend between their tables and the wall of the building.

The impact killed Skeins, and his friend was rushed to the hospital in critical condition. Police are investigating and have not released the driver's name, nor placed any charges against him. The thinking is that he mistakenly hit his vehicle's gas pedal, instead of the brake.

THE TRAGEDY stunned and devastated all who knew and loved Skeins, especially his family. "We're still in shock and trying to deal with it," said son-in-law Carey Cole. "He was healthy and in good condition; we all thought he'd live a long time."

He said Skeins was a "great guy. He was a generous, loving husband, father and grandfather with a wonderful sense of humor. Family was extremely important to him."

Skeins and his wife Pat were married 50 years and were the parents of two children, Becky, Cole's wife, and Harold Jr., who died two years ago. They also have four grand-children and lived in the City of Fairfax for more than half a century.

Skeins was retired after working for the C&P and Bell Atlantic, later Verizon, phone



Some of the 60 people attending Harold Skeins's candlelight vigil.



Photo Courtesy of Carey Cole

Harold Skeins in his natural habitat, shooting a basketball on the court in Ratcliffe Park.

companies for more than 30 years. He was a telephone-installation supervisor and an aficionado of all things phone-related. He collected old phones and insulators and even had an old phone booth in his basement.

He retired two decades ago, but kept himself active with friends, family, swimming and basketball. "He might have been 78, but he was young at heart," said Cole. "In fact, I think if someone called him elderly

Harold Skeins.

HAR III.D's HOUSE

The memorial to Harold Skeins on the Ratcliffe Park basketball court spells out "Harold's House" in drink cups.

he would have been insulted. He was a lot of fun to be around, and he had a quick wit and a unique sense of humor that made everyone laugh."

A fixture at the basketball court, every nice day, Skeins was particularly passionate about the game. Calling him "a tremendous basketball player and an incredible shooter," Cole said his father-in-law didn't like the wind because he loved taking long shots at the net. "The wind and my oldest son blocking his shot – he's 6 foot 2 inches with really long arms – were the only things that could stop him from making a basket."

In fact, when word spread about Skeins's death, some of the students he played ball with put plastic cups through the chain-link fence at the court's edge, spelling out the words, "Harold's House." They also brought flowers and hung up an American flag and a Fairfax High basketball jersey.

Both of Skeins's children, his wife and two of his grandchildren graduated from Fairfax. So naturally, he drove a blue PT Cruiser with a "FX REBEL" license plate. And, said Cole, "He was a big fan of the Fairfax Rebels girls' basketball team and rarely missed a home game. He attended his granddaughters' basketball games and, when my two sons played high-school and AAU basketball in Harrisonburg, he'd travel all the way out

there to see them play."

Friendly and outgoing, Skeins had many friends. He also loved Fairfax City and never missed its Fourth of July parade. And he and his wife were longtime and active members of Fairfax Baptist Church. His funeral services were held there Tuesday morning, with burial at Fairfax Memorial Park. In lieu of flowers, donations may be made to the church.

"I'll always think of him smiling; he loved to laugh," said Cole. "And you could see in his eyes how much he loved his wife, children and grandchildren."

On a Fairfax Facebook page, Sen. Chap Petersen [D-34] wrote, "Harold was a fine man. I remember playing basketball against him at the Ratcliffe Park basketball courts 20-plus years ago. Stunned to hear [that he died]; can't believe it."

PEOPLE ATTENDING Sunday night's vigil held lighted candles, stood in a circle around the basketball court and shared fond memories of Skeins. City Councilman David Meyer said a friend of his called Skeins "the kind of outstanding citizen every community needs."

"We knew Harold's family for many years,

SEE REMEMBERING, PAGE 5
www.ConnectionNewspapers.com

Remembering Harold Skeins

From Page 4

and his granddaughter Megan was a close friend of my son Elliot," said Meyer. "For decades, Harold was always present in the City at events large and small, and especially those involving our youth."

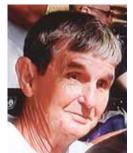
"He was the self-appointed caretaker of the basketball courts at Ratcliffe Park," continued Meyer. "He'd clean it every day and replace the nets when needed. When

he saw kids playing basketball, he'd come out and him." join them. He had an awesome, 3-point shot and he'd teach the kids how to do it; he loved young people."

"As a parent, you're concerned about the type of people your children hang out with," he added. "But he and his wife are people of faith and raised a family with strong values. They were affirming and loving, and their priorities were always the next generation."

Kim Luckabaugh said Skeins was ever-present in Fairfax. "We saw him at the pool, goofing around with the teenagers, and then we saw him at City events," she said. "He was everywhere - friendly, funny and endearing. And when we started going to Fairfax Baptist Church, he was there, too. My family was blessed to know him."

Basically, she said, "He was a big kid at heart, but how many people knew him and cared for him."



Harold Skeins

equally comfortable with adults. He also worked with the young people at Vacation Bible School; he had a real servant's heart. His death was a shock; we're just crushed."

Agreeing, Gerri Buroker said, "He was important to us at church and all the kids loved him." And Councilman Jeff Greenfield said, "He always told me whenever I did something wrong on the dais. I'll certainly miss his good counsel."

"I was a longtime employee of his, and I grew to love and respect him," said Jay Quade. "He'll be greatly missed by everyone who knew

Kris Kay knew Skeins for years. "I've come out to this park since fifth grade, and he'd drive up and join in our basketball games," said Kay. "He always made me laugh, and he was a great shooter who rarely missed. I'm really sad; his death was tragic."

Robert Hicks played basketball with Skeins, too. "He was hilarious," said Hicks. "There was never a dull moment when you were with him. I still can't believe he's gone; Ratcliffe won't be the same without him."

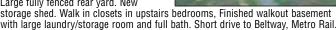
"Harold was an institution here," added Brian Drummond. "He was a wonderful guy."

Overwhelmed by and appreciative of everyone's comments, Skeins's wife Pat told the crowd, "We are amazed at the outpouring of love. We had no idea



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OPINION

Election 2016: Much at Stake Nationally, Locally Ramping Up to

Possible record turnout should motivate more early voting.

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

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 nation-EDITORIAL ally 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-

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 identifica-

tion 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

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

Voter Registration: 703-222-0776, TTY 711 Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov Election Officer Info: 703-324-4735, TTY

Email: elect@fairfaxcounty.gov

- MARY KIMM MKIMM@CONNECTIONNEWSPAPERS.COM

Letters to the Editor

Back to School with Asthma **Action Plan**

To the Editor:

to vote early.

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 Coalition Asthma (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 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

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 sta-

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

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 homi-

cide 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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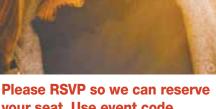
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Medical Director / MD MS Center of Greater Washington



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This special event is for people with relapsing MS and their care partners to learn more about an infusion treatment option.

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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

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 bed time] 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

he winner of this year's Bull Run CWRT her National History Day exhibit. scholarship of \$1500 is Brooke Roberts,

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 wellwritten 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 partici-

pated in Model United Nations activities, held offices in more than one club, and won an award for http://www.bullruncwrt.org

Brooke's teacher recommendation, which was writ-

ten 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.

2017 Scholarship Info will be available Oct. 1 on



PHOTO CONTRIBUTED **Brooke Roberts**

Considering a Private School?

Educational consultants can help families navigate application process.

BY MARILYN CAMPBELL The Connection

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 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

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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Virginia Ballet Company Premiers
Family Fun Series

PHOTOS BY ALEXANDRA TECCO/THE CONNECTION

Performance is scheduled for Sunday, Aug. 28.

By Alexandra Tecco The Connection

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, subsided 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 McGuiness, 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, McGuiness 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.



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.



Emily Peace, 17, resident of Fairfax Station rehearsing on pointe while fellow dancer Hannah Black, 14, watches.



Hannah Black, 14, student at W.T. Woodson High School and rehearses a classical ballet routine in preparation for the Family Fun performance.



Kira Brombacher, 13, student at Thoreau Middle school, practices a classical ballet routine on pointe.

Entertainment

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

ONGOING

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.

Wednesday Morning Tai Chi. 6:30 a.m. Aug. 3, 10, 17, 24, 31. Old Town Square, 3999 University Drive, Fairfax. At the pergola. 703-385-

Rock the Block! 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Come any way you can walk, run, ride your bike or drive! You don't want to miss out on this brand new concert series! Food is available for sale. Bring chairs and or blankets to sit on. Kids – wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. fairfaxva.gov.

Lovers and Madmen. June 18-Aug. 19. Epicure Cafe, 11104 Lee Highway, Fairfax. Features local artists. 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. 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.

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 or 703-499

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.



Apples at the weekly Fairfax County Farmers Market & Food Trucks event at Fairfax County Government Center, 12000 Government Center Pkwy Thursday's 3-7 p.m

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.

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/performances/

FRIDAY/AUG. 19

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

Moonlit Wings Springfield 3 p.m. at 7420 Reservation Dr, Springfield, VA 22153. A celebrated entertainment production company located in DC-NoVA. Local talent ages 7-14 star in the shows and teens run behind-thescenes. Most productions are themed to community outreach projects. Runtime 30-45 minutes. All shows are free. Details & Locations, click "Now Playing" at moonlitwings.org

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 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

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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 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/

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9/28/2016.....Connection Families: Fall Fun, Food, **Arts & Entertainment**

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10/5/2016......Wellbeing Senior Living Pullout 10/19/2016......A+ Camps & Schools 10/26/2016......Connection Families 10/26/2016......Election Preview Halloween is October 31

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Let's

Those Critters Around Us

Safety advice from Fairfax County wildlife expert.

> BY BILL ACKERMAN MEMBER OF OLLI MASON

ossums get a bad rap," said Fairfax County Wildlife Management Specialist Dr. Katherine Edwards during a presentation on "Those Critters Around Us" to the Osher Lifelong Learning Institute at George Mason University (OLLI Mason) last week. Edwards' goal at OLLI was to educate Fairfax residents on how to act appropriately and safely with the county's surprisingly large and diverse range of wildlife species.

According to Edwards, opossums may seem to be pests, but they are voracious consumers of ticks, and are among the least likely of the local wildlife community to carry rabies. Bats are another group that have an undeserved bad reputation, she said. Bats are huge insect eaters, and some species numbers have been severely reduced by the white-nose syndrome fungus. In particular the little brown bat, once one of the most common species in the region, was recently listed as state endangered in Virginia.

In recent weeks Edwards has fielded a number of calls about red foxes, which have been exhibiting bolder behavior than usual as a result of living in close proximity to people. Foxes can make some startling noises, and are active this time of year as the kits are out with their parents, learning to hunt. Edwards cautioned that foxes, as with all wildlife, should be appreciated from afar.

When it comes to Canada geese, Edwards observed that people "love 'em or hate 'em". Currently they are molting, gathering together in groups for protection as they are temporarily flightless. While there are migratory Canada geese, people mostly ob-

FAITH NOTES

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

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

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



Photo by Bill Ackerma

Katherine Edwards

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serve the year-round "resident" populations, which are descended from captive populations used many years ago as decoys by hunters to attract migrating geese.

It is no surprise that high on the list of human/wildlife interactions is the white-tailed deer. Deer have high reproductive potential and are abundant in Fairfax County. A healthy doe can give birth to ten offspring in its first five years, Edwards explained. One potential long-term impact on white-tailed deer is predation of fawns by coyotes, which may be on the increase in the county.

What discussion of local wildlife would be complete without mention of the striped skunk? Edwards closed her presentation with a video of young skunks stamping their front feet to ward off danger. She warned residents who see such behavior to back away slowly. This is a signal that you are too close. Skunks can spray accurately up to 15 feet but rarely do so without provocation or without first giving warning signs, such as raising their tail.

For more information about the "Critters Around Us" in Northern Virginia, visit the Fairfax County website: www.fairfaxcounty.gov/living/wildlife/

OLLI Mason is non-profit organization providing hundreds of classes each year for residents 50+ living in Northern Virginia. For more information about OLLI Mason, visit its website: http://olli.gmu.edu/

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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 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 being 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

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the rea estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. T

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

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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 assessments, if any, shall be adjusted to the date of sale and thereafter 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 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 communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY Substitute Trustee

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

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 Éligibility 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 verified 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 (formerly 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 security 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 decision 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

(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 children of the household eligible for benefits if the household's income falls at or below the Federal Income Eligibility

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 student 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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