

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

WELLBEING

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Cycling 192 Miles For Cancer Research

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Inquiring about Vaccines

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Brookfield Elementary School Principal Mary Miller
stands with students as they prepare
to raise the flags on the first day of school.

Bright New School Year

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PHOTO BY TOM MANNING/THE CONNECTION



SEPTEMBER 7-13, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

CONGRESSWOMAN
BARBARA COMSTOCK

Welcome Back to School!

As Our Congresswoman, Barbara is Putting Children First:

Barbara understands the sacrifices and commitments made by educators in Virginia's 10th District and across the nation. She supports policies which empower parents and give states and localities more control over their local schools to ensure the best education for our children.

» The House passed Congresswoman Comstock's *Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act*, which will help young women in the STEM fields through programs at NASA.

» Congresswoman Comstock has authored the *Student Loan Relief Act*, which would offer students the ability to refinance their education loans to take advantage of lower interest rates. It would also allow employers to use pre-tax dollars to assist qualified employees in paying off student loan debt.

» Congresswoman Comstock is the Co-Chair of the *STARBASE Caucus*, which offers hands-on STEM education to students in elementary school. She has worked in a bipartisan manner to increase resources for this important program.

» Congresswoman Comstock voted for the bipartisan *Every Student Succeeds Act*. This bill, signed into law, represented a significant step toward improving our education system and empowers educators and parents to do what is best for each individual student.

"I come from a family of educators – my mom was a school teacher and librarian and my husband Chip is a retired Fairfax County assistant principal and teacher. My sister is a guidance counselor at a Fairfax County Public School. The education of our children and grandchildren has always been a top priority of mine. It's a privilege to represent you in Virginia's 10th Congressional District. Together, we can make sure our children receive a world class education."

Barbara Comstock

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ABSENTEE VOTING INFORMATION:
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Paid for by Comstock for Congress

ROUNDUPS

Burglary Prevention, Anyone?

Ever wonder what makes a burglar choose that house? What motivates him or her to do such a crime? What makes them move to the next house? Burglary prevention will be the topic of the Citizens Advisory Committee of the Sully District Police Station on Wednesday, Sept. 14, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 15, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Join Citizens Fire Academy

Residents can now apply to the Citizens Fire and Rescue Academy, a nine-week program that shows what firefighters and paramedics do every day. Applications will be accepted until Sept. 9 or until the class of 25 is filled. The academy will begin Sept. 22 and will meet for nine consecutive Thursdays, from 6 - 9 p.m. at various locations in and outside the department. Each session will cover different aspects of the organization, providing an overview of the department and its uniformed and civilian workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other topics.

To sign up for the free program, participants must be 18 years of age and apply online at www.fairfaxcounty.gov/fr/cfa.

Public Hearing on Land Swap

The Fairfax County Park Authority will hold a public hearing on Wednesday, Sept. 28, to receive public comment on the exchange of property in the Sully District. The hearing on the Halifax Point District Park property will take place at 7:30 p.m. in the ninth floor Park Authority Board meeting room in the Herrity Building, located at 12055 Government Center Parkway, Fairfax.

The Fairfax County Park Authority proposes to exchange approximately 10 acres of property, which is a portion of the overall 169.5 acres in Halifax Point District Park for approximately 63.7 acres of property that is owned by Columbia Gas Transmission, LLC. Both properties are located on Bull Run Post Office Road in Centreville.

Written comments on the exchange of property will be accepted until Sept. 27, 2016. Written comments should be directed to David R. Bowden, Director of Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, VA 22035. Email comments should be sent to: parkmail@fairfaxcounty.gov.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Interested in Citizen Corps Council?

There is an opening for a Sully resident to serve on the Citizen Corps Council. The Citizen Corps is FEMA's grassroots strategy to bring together government and community leaders to become involved in all-hazards emergency preparedness and resilience.

For additional information, follow the link to its website: www.fairfaxcounty.gov/oem/citizencorps/. If you're interested in volunteering, email laura.floyd@fairfaxcounty.gov.

NEWS

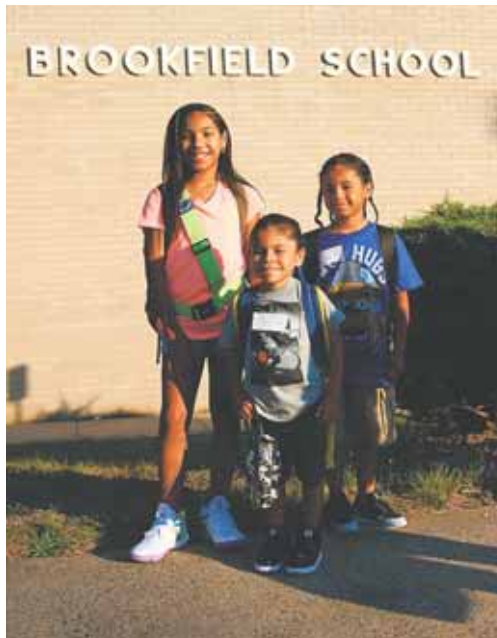
CHANTILLY CONNECTION EDITOR STEVEN MAUREN
703-778-9415 OR CHANTILLY@CONNECTIONNEWSPAPERS.COM



PHOTOS BY TOM MANNING/THE CONNECTION

Ready to Learn

Students wait to enter Brookfield Elementary School on the first day of school.



From left: Mariah Reveron (6th grade), Jordin Reveron (Kindergarten), and Miguel Reveron (1st grade) are ready to start the new school year.



From left: Emma Manning, Benjamin Manning, Mia Phares, Quinn Barrett, Kiernan Barrett, and Keshav Rawat wait for the bus to arrive on the first day of school.



Jamie Barrett walks his sons Quinn and Kiernan to the bus.



Parents wave goodbye to their children as the bus departs.

Cycling 192 Miles for Cancer Research

To honor a friend who died last fall.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Over the weekend of Aug. 6-7, Chantilly resident Paul Meng cycled 192 miles across the Commonwealth of Massachusetts as part of the Pan-Mass Challenge (PMC), to benefit cancer research at the Dana-Farber Cancer Institute in Boston.

The 2016 PMC was the 37th Pan-Mass Challenge, and Meng's second time participating in the event, which since 1980 has raised about half a billion dollars for cancer research.

Meng cycled on a 10-person team, Team KristenStrong, to honor a friend, Kristen Cabbage, who died last fall after a long battle with cancer. KristenStrong set out to raise \$50,000 and, collectively, the team has already met their goal.

"We made our fundraising goal as a team," Meng said. "There were 10 of us, and we set a goal of \$50,000 in honor of Kristen. This was my second year doing the Pan-Mass challenge. There is a group of us, and we are all good friends. My friend Gary, whose wife was battling cancer, formed the team and that's how I got started."

The PMC offers 12 different bicycle routes that cyclists can choose from, ranging from 25 to 192 miles. Depending on the route, cyclists either ride for one day or two days. Meng, whose first experience with the PMC was in 2013, chose one of the longest routes this year. All of the PMC courses start and end in Massachusetts, and although some of the cyclists get pretty close to the Rhode Island border, they all stay within the state.

"The PMC has two different options for 192-mile routes," Meng said. "One starts at Wellesley, and the second option, which we did, starts in Sturbridge. It was 110 miles the first day, and then 82 the next day. The route was a little longer and a bit hillier than the one I did last time. Riding with friends, it was a great experience. With so many people joining the cause and making the PMC happen, it truly is a team effort."

The PMC requires a village of volunteers and is known both for its organization and



PHOTO CONTRIBUTED

Team KristenStrong: Chantilly resident Paul Meng is third from left in the back row.

for pouring every single rider-earned dollar into the Jimmy Fund, for adult and pediatric patient care and patient research. The PMC set a \$46 million goal for its approximate 6,300 participants in 2016. Already, the organization has raised more than \$36 million. Fundraising began at the beginning of the year and will go through the end of September.

"Some of Kristen's treatment came from the Dana-Farber Cancer Institute, and I love that 100 percent of the fundraising goes toward cancer treatment," Meng said. "They have done an amazing job of finding sponsors so that the proceeds can go where it deserves. It's a great group and an amazing event. They've got a huge support staff up there and it's well supported along the ride, and plenty of people cheering along the way."

The weather also cooperated this year, and the New England-bound riders from Northern Virginia enjoyed a nice break from the record-breaking heatwave this summer.

"The weather was great," Meng said. "We were fortunate. It was cool and dry when we expected that it could have easily been hot or rainy. Still, my favorite part was riding with my teammates and everyone else. Rain or shine, sharing this experience with everyone was great."

Meng's teammate, Gary Cabbage of

Leesburg, said he began his PMC journey as a family affair back in 2011.

"This is the sixth year that I've done the PMC," Cabbage said. "I started in 2011 and have done it since then. My in-laws are from New England, and every summer, we would see people in Cape Cod riding their bikes and clearly training for something. We found out it was for Dana-Farber, and when by brother-in-law hit 50 years old, we said 'Let's give this a shot.'"

And, even though cancer in itself is a worthy cause to pour blood, sweat, tears and even money into, it was even more personal of a cause for Cabbage – the friend of Meng's whose wife, and Team KristenStrong's namesake, fought a more-than-decade-long battle with cancer.

"The real reason we got into it because my wife had been suffering from soft tissue sarcoma since 2004," Cabbage said. "The PMC has always had a lot of meaning for us because of what she was going through. That first year in 2011, it was myself and my three brothers-in-law and it was such an amazing experience. It's hard to describe. It's such a meaningful, impactful, feel good event that we got hooked and we've done it since."

Since this year's PMC was the first time Cabbage couldn't return to his wife, it had a particularly significant meaning.

"This year's PMC was particularly meaningful for a lot of reasons, but most especially because Kristen died last September," Cabbage said. "We had seven of us that did the two-day route and a couple of Kristen's close friends and sister did it with us the second day. It went from being something you want to be a part of every year to becoming a pretty emotional experience."

Training for the local members of KristenStrong involves a lot of miles on the local Washington & Old Dominion (W&OD) Trail, 44 miles of marked and paved trail stretching from Arlington all the way westward to Purcellville.

"Our typical route starts at mile 28 [in Ashburn], ending in Purcellville and then the return trip," Meng said. "Longer rides would continue onto Route 9, and then the return. So, our average rides were between 40 and 60 miles."

He added that their average pace is between 18 and 20 miles per hour.

Previously more of a runner, Meng said that he only started putting serious mileage on his bike to join his good friend, Gary Cabbage, in what he immediately recognized was an incredible venture. His second year cycling with the PMC just reinforced his support and enthusiasm for it, and he is already gearing up for the 2017 challenge.

"I just started cycling because of this cause," Meng said. "Gary was riding for his wife, and he was looking for someone to train with him, and I volunteered. The first year, I was just riding and training with him, and the second year I joined the cause. And, I've already signed up for the PMC this coming year."

Cabbage echoed Meng about the inability to articulate just how incredible it is being a part of the PMC. Other rides, he added – even those rooted in the same cause – just can't match the experience of the PMC.

"It has become something I look forward to every summer," Cabbage said. "The first time, you get nervous about getting through that long of a ride. Then you realize, it's not so hard. Thousands of people come to cheer you on. It's hard to describe to other people who haven't done it just how neat it is."

To donate to Team KristenStrong, visit <http://profile.pmc.org/TB0242>.

Building Confidence for the Return to School

FACETS hosts back-to-school party.

BY ALEXANDRA TECCO
THE CONNECTION

More than 80 children from low-income families attended the FACETS Back to School Party on Monday, Aug. 15 in Fairfax. FACETS, a non-profit that focuses on the diverse needs of those in poverty in Fairfax County, The Mid-

Atlantic Chamber of Commerce and volunteers with Amazon Women in Engineering united to coordinate the party. As the party wound down, children filtered out talking about their new backpacks, admiring new hairstyles and imagining the possibilities in the upcoming school year.

SEE FACETS, PAGE 5



Teressa Williams, 9, mother Maura Williams of Stafford and FACETS Event Intern Huong Cao help Natalia, 4 find her school supplies. FACETS Community Development Advocate from Centreville, Shanel Hudson, helps Nana, 14, of Fairfax High School find his supplies.

PHOTO BY
ALEXANDRA TECCO
THE CONNECTION

FACETS Hosts Back-to-School Party

FROM PAGE 4

The party started with children hunting through tables piled with backpacks for the one they treasured. The styles pleased kindergartners to those in high school. A favorite moment by many of the staff and volunteers was when a 5-year-old found her backpack, exclaiming "It's Nemo!" The backpack featured the young clownfish from Pixar's film "Finding Nemo."

Each child was provided school supplies based on their schools' lists. Pencils, crayons, hand sanitizer, notebooks, binders and more. The stacks were taller than some of the children weaving their way through the tables. Some backpacks weren't large enough to fit all the school supplies required for the year, backpack zippers left open for the short walk home.

"We try to take care of everything on their list," said Josh D'Antonio. The supplies are collected during the summer through the FACETS Back-to-School Drive where workplaces, faith communities, various other organizations and individuals donate school supplies or purchase items from FACETS's

Amazon wish list. The items collected are distributed to all the children with need in FACETS. The 80 at the party represented only about a quarter of the children in FACETS.

On-site barbers and stylists were also present to give trims or stylish new haircuts. Although a bit hesitant at first, entire groups of friends joined, often asking for the same cut as their first friend to brave the chair. This is the first year haircuts were performed at a FACETS Back to School Party, usually children are provided with vouchers, said Alaha Ahrar, a FACETS Community Development Advocate. The stylists and barbers are all industry professionals, owners or working at salons around the area, and members of the chamber.

"It's not all about school," said Selim Arasli, owner of Charmed Hair Salon in Washington D.C. "You look at them, give them compliments and you just see them change" Arasli says. The haircuts and new backpack and school supplies "make them feel better, more confident. They stand out for their confidence, not their poverty," said D'Antonio, a FACETS community engagement coordinator.



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OPINION

Back to School

Conversation and listening:
top priorities for back to school.

Don't be afraid. Asking questions with respect and listening to the answers is one of the most important things we can all do as we head back to school.

Parents, go ahead and ask you students what they think about what's happening at school, what their plans are. Listen to the answers. Parents, go ahead and ask teachers about expectations, motivations and their philosophies and approaches on teaching. Attend back-to-school night if you can. Figure out how you will communicate with teachers.

Students, indulge your parents for five min-

utes a day. Answer a question or two. Share something interesting that happened during the day. Try to tell them why some things make a difference to you.

GRATITUDE: An excellent way to help wrestle back-to-school concerns into perspective is to count blessings and consider how to help someone wrestling harder things.

Hundreds, possibly thousands, of students headed back to school this week in Northern Virginia are experiencing homelessness. In Fairfax County, you can find ways to volunteer to help homeless students by contacting the Office to Prevent and End Homelessness, 703-324-9492.

SAFETY: We do know to slow down in school zones, watch for darting pedestrians, stop for school buses with flashing lights. Buckle seatbelts. But probably the most important conscious step you can take for safety on the roads around schools and everywhere else is to resolve not to engage in distracted driving. Put your phone down. Students, talk to your parents about this; they could be at risk.

Favorite Back-to-School Headline (from Fairfax County): "Learn About School Lunches and Deer Management in the Latest News." Turns out deer management is not being incorporated into venison burgers in school lunches.

Why Do Some Want Virginia To Be One of the Most Repressive States?

Two states allow absentee voting from prison.

Clearly that is not where we are headed in Virginia. But the restoration of voting rights moves Virginia towards the mainstream.

Virginia is one of four most restrictive states with lifetime bans on voting for those convicted of felonies.

Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison.

Gov. Terry McAuliffe deserves praise for his efforts to restore voting rights for former felons who have served their sentences. He has

been thwarted at every turn by Republican members of the General Assembly, who don't appear to be done with their efforts to prevent people who have paid their "debt to society" from returning to normal, engaged lives in the community.

"If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance," McAuliffe said. "We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

Earlier this year, the Maryland General Assembly restored the vote to all convicted fel-

ons immediately upon their release from prison. Previously, people convicted of felonies in Maryland had to complete all parole and probation before they were able to vote.

MEANWHILE, for all Virginia voters, the deadline to register to vote for the Nov. 8 general election is Oct. 17. You can verify your voter status at vote.elections.virginia.gov/VoterInformation. This is especially important to do if you have moved or have not voted recently. In person absentee voting begins Sept. 23.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Suicide Loss 'Club'

BY LAURA MAYER
DIRECTOR, PRS CRISISLINK

When I was 15 years old, I received my first "membership card" to suicide loss. I got the platinum membership card because not only was my loss to suicide, but it was also a parent.

As an adolescent this was one of those memberships that made people walk the other way and talk about you quietly. At 15 I was told my father was in a "better place," and he was no longer in pain. People also told me that he was selfish and a horrible person. I had to pick one set of beliefs to survive.

COMMENTARY I picked the set that described his loss as one that relieved him from pain and he was better now. Little did I know, this increased my risk for suicidal thinking substantially. For the next five years, I would struggle with my own thoughts of suicide.

At 20, I lost my best friend to suicide and everything changed. This was not supposed to happen again, and I needed to do something different. I became motivated to stop the thoughts I had, stop the losses in my community and make my world a better place to live.

I got involved with the American Foundation for Suicide Prevention and then CrisisLink.



Laura Mayer

When I became a volunteer, I found an entire community in which suicide was openly discussed and people shared experiences like me. I found a place where I could take these horrible experiences and find meaning and energy to "do something."

Now, I am the program director of PRS CrisisLink, a McLean-based nonprofit that helps people with mental illness and those facing life crises.

Every day, I am able to do something to help others either through training new crisis workers, speaking in the community or providing suicide prevention training. In addition, I manage a region-wide hotline and textline to provide an outlet to help people cope with emotional trauma, personal and family crises. Right now, I am spearheading PRS' #MindsMatter, a social media campaign to encourage the community to pledge to do something that raises awareness about suicide prevention. This effort kicks off National Suicide Prevention Week, which takes place this week.

I wouldn't wish this club membership on anyone; but for me, the membership is a now an honor because I make a difference, and the work I do matters.

To contact our 24/7 crisis hotline or textline, call 1-800-273-TALK [8255] or text "Connect" to 85511. To learn more about volunteering as a crisis worker, email lpadgett@prsinc.org or call 703-531-6351.



These signs are posted in archery program areas.

Targeting Deer

The Fairfax County Deer Management Archery Program begins on Saturday, Sept. 10 and runs through Saturday, Feb. 25, 2017. Overseen by the Fairfax County Police Department and in collaboration with the Fairfax County Park Authority and NOVA Parks, the archery program is conducted in parks and other locations throughout Fairfax County.

The archery program began in 2010 to reduce and stabilize the white-tailed deer population in the county to minimize safety and health hazards related to an overabundance of deer. These impacts include deer-vehicle collisions, potential spread of diseases, and environmental damage attributed to deer.

The county's Archery Program requires that all archers meet state hunter education and safety requirements and must pass qualifications to demonstrate skill and marksmanship. All archers participating in the program must pass a criminal background check. They are approved to hunt at assigned sites Monday through Saturday during legal hunting hours, 30 minutes prior to sunrise until 30 minutes after sunset.

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NEWS DEPARTMENT:
chantilly@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

A Connection Newspaper

VIEWPOINTS

What do you like about Chantilly?

PHOTOS BY SEAN JONES/THE CONNECTION

Christina Andros

"Chantilly is centrally located. Everything you need is within a 10-minute radius. I've been a teacher in Fairfax County for over 10 years and I would say the schools in this area are very strong academically. They provide an excellent resource to the area. I think Chantilly has a strong pyramid for community."



David Fisher

"I grew up here. Chantilly is a very livable community. I have coached numerous sports teams in the area. The sports organizations are good, crime is low, we have few problems in the community and it's a great place to raise a family. Overall I would say Chantilly is very safe."



Jessica Snyder

"I teach third grade at an elementary school and coach cheerleading at Chantilly High School. There is a lot of connection with the community here and family activities. High school events bring crowds of younger people out. I think Chantilly creates a connection between the younger and older generations living here."



John Carlson

"It's an area I've been living in for over 50 years. There's an abundance of businesses and it's easy to commute from here. When I was younger it didn't have the feel of a community. It wasn't much of anything back then. But after they added the Fairfax County Parkway a community grew. There much more of a sense of place nowadays."



James Jackson

"I love that the library is within walking distance. I'm within close proximity of the Metro. Greenbriar shopping center is close which has a lot of good restaurants. I can get really good ethnic foods over there."



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Centreville's Mark Brown ran for 125 yards in a win over Annandale on Sept. 2



Julian Garrett (#4) scores one of his five touchdowns.

Centreville Wins Season Opener

Julian Garrett rushed for 138 yard and five touchdowns, and teammate Mark Brown ran for 125 yards as Centreville opened their season with big win at home over visiting Annandale 42-0 on Sept. 2. Garrett would score TD runs of 4, 36, 8, 1 and 9 yards. Chase Burch scored Centreville's final touchdown in the 4th.

As a team, Centreville ran for over 370 yards. Just

as in years past, Centreville big play runners kept the clock ticking and the chains moving. Garrett sits atop the DC/MD/VA area in touchdowns after the first week of the season.

Centreville (1-0) travels to Fairfax (1-0) in a non-conference game on Sept. 9. Washington-Lee falls to 0-2 and hosts Lake Braddock on Friday.

— WILL PALENSCAR

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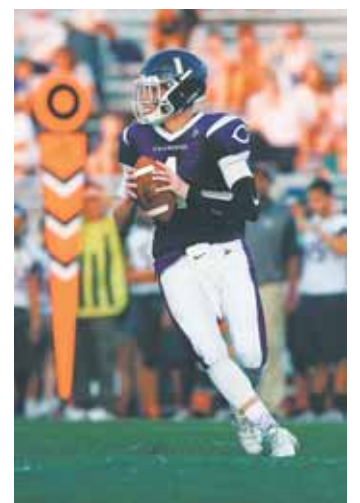
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Chantilly Loses to Woodson

Chantilly's Joey Mazzone (#9) during the Sept. 1 loss to W.T. Woodson, 17-7 at Charger Stadium.



Chantilly's Hunter Streb (#1) as quarterback

PHOTOS BY
 TOM MANNING
 THE CONNECTION

BULLETIN BOARD

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/SEPT. 7

Annual SYA Board Meeting. 7:30 p.m. at the SYA Office at 5950 Centreville Crest Lane, Centreville beginning at 7:30 p.m. The SYA

Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at admin@syayouthsports.org. Applicants must be in good standing with SYA and at least 21 years of age. This meeting is open to the community. Call 703-815-3362 or email admin@syayouthsports.org.

SATURDAY/SEPT. 10

Divorce Workshop. 8:30 a.m. at The Duff Law Firm, Fair Oaks Commerce Center, 11320 Random Hills Road, Suite 630, Fairfax. Join the Second Saturday Divorce Workshop and get information, support and guidance. Pre-registration is recommended, space is limited. Free. Visit www.secondsaturdaynova.com, email nancy@secondsaturdaynova.com or call 703-591-7475.

WWW.CONNECTIONNEWSPAPERS.COM

Inquiring about Vaccines

Strategies for asking another parent if their children are vaccinated.

BY MARILYN CAMPBELL
THE CONNECTION

As a new parent, Joy Baatin admits to being protective of her young son. In addition to guarding her son from household hazards such as electrical outlets and chemicals, she wants to protect him from catching a contagious disease from an unvaccinated playmate. But it's not easy to talk to other parents about vaccination, since it has become a controversial topic.

"I won't be so bold as to ask another [parent]," said Baatin, of Bethesda. "I respect that it's a matter of choice. But I wouldn't knowingly let my son play with a child who hasn't been vaccinated."

Like Baatin, many parents of young children feel uncomfortable bringing up this question. However, researchers point to outbreaks of measles in recent years. The Centers of Disease Control and Prevention (CDC) reports that there were 189 cases of measles in 2015 and 52 in 2016 as of Aug. 15.

For that reason, it is a good idea for parents to become informed about which of their children's friends have been vaccinated, particularly for children with weakened immune systems or infants who are too young to be vaccinated. The importance outweighs the awkwardness of raising this question, and it need not be a difficult conversation to begin.

"I think it's important to recognize that, particularly when it comes to decisions about how to raise our children, certain issues are going to be sensitive," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College in Alexandria. "It's also important to recognize that we all have different perspectives and opinions."

Approaching this topic with genuine interest in learning another parent's point of view can help quell any discomfort about engaging in this conversation. "Asking what they think about vaccines to get their opinion is a nice way to start the conversation," said

Lorente. "It allows you to begin from a point of curiosity rather than judgment."

In addition to withholding judgment, maintaining an open mind and keeping conversations light-hearted and straightforward is key. "If you are able to actually avoid passing judgment and respect another parent's perspective and point of view, that will come across in a conversation," said Karen Bronco, LCSW, a psychotherapist in Arlington.

Lorente's personal experience in discussing vaccines with one of her friends reinforced her belief that parents should educate themselves about vaccinations before having a discussion on the topic.

"My friend said that she wasn't going to vaccinate her kids," said Lorente. "I asked her what she'd read about vaccines so that I could understand her point of view. As a professional, I like to look at authoritative sources when it comes to making decisions for my children. With social media it's getting harder and harder to determine what those sources are, but I start with well respected organizations such as the CDC (Centers for Disease Control and Prevention)."

Informed decisions can be made after educating oneself about the scientific research and debunking myths about vaccines, Lorente said. One reason that parents might choose to forgo vaccinations is the now discredited belief that there is a link between vaccines and Autism spectrum disorder. The CDC highlights multiple studies which show that there is no link.

Researchers say that it is helpful for parents of vaccinated children to know if their child's playmates have received their vaccinations. "There is still some slight risk

even if your child is vaccinated, as no vaccine is 100 percent effective," said Tony Yang, ScD., associate professor of Health Administration and Policy at George Mason University in Fairfax. "Research shows vaccination reduces the probability of infection substantially, but not perfectly."

As with other difficult conversations, such as asking the parents of one's child's playmates whether they own a gun, the approach and attitude parents take can make the difference between a stressful or productive conversation.

"These are all important questions and I think if we address them with an 'it takes a village' mindset and think that we're all in this together, the conversations go a lot better," said Lorente.

"I think it's important to recognize that, particularly when it comes to decisions about how to raise our children, certain issues are going to be sensitive."

— Carolyn Lorente, Ph.D., Northern Virginia Community College



PHOTO BY SHIRLEY RUHE/THE CONNECTION

5K Run To Benefit Food Bank

Food for Others will hold a 5K and a 1-mile fun run on Sept. 10 to benefit the Northern Virginia food bank. This is the third annual Tysons 5K run. Last year there were about 300 participants and they raised more than \$26,000. The event will begin at Tysons Corner Mall (by Bloomingdales) at 8 a.m. Registration is \$35 for the 5K run and \$30 for the 1-mile fun run.

Walk-in registration is 7:15 a.m.-7:45 a.m.; credit cards will also be accepted at the race. Food or monetary donations are also welcome. A truck will be there to accept food donations. Prizes will be awarded to the top 5K finishers in each of 4 age categories as well as the fastest corporate team. Since 1995 Food for Others has provided a safety net in Northern Virginia for those needing emergency food and the growing number of working poor who are unable to make ends meet. Food drives provide most of their non-perishable food. Food for Others is located on Prosperity Avenue in Fairfax.

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Hardly Where

By KENNETH B. LOURIE



If there's one place where I don't belong, one place where I have limited knowledge, one place where I have minimal interest; it's a hardware store. Complicating those incontrovertible facts are the size and scope of the modern-day, box store-type monstrosity familiar even to me. I realize/have been told that size doesn't matter; apparently, that message hasn't translated to the hardware store. The height of the ceilings, the width of the aisles, the depth of the shelves, the numbers of registers, the miscellaneous service counters, the automated/sliding entry doors, the pick-up areas, the shopping carts, the "vested" staff, the interactive displays and the sheer variety of everything are totally overwhelming to me (I'm being kind to myself; now I'll be honest: intimidating to me).

The chance of me walking out with the item necessary to solve the problem I came in to address is almost impossible to calculate. However, if I were to try, I'd guess, somewhere between zero and none. And what chance I might have would likely require talking with "an associate" and being able to accurately describe the problem and the presumptive solution. That sounds simple and reasonable enough unless you're me. I likely wouldn't know the right answer if I heard it because either I had asked the wrong question or characterized the wrong set of circumstances which precipitated my visit in the first place. Moreover, knowing the eventual outcome will entail yours truly returning to the store and exchanging the item or spending hours at home on a repair that a "normal"/capable man/homeowner would spend minutes on, makes the entire process as unpleasant as any I've undertaken. Yesterday was just such a day.

I wouldn't say I'm still recovering from the effort, but neither am I basking in the glow of a job well done. Now I'm not going to humiliate myself and tell you what the attempted repair was; you can be sure it wasn't plumbing or electrical and certainly didn't involve a toilet or a trap of any kind. Nevertheless, when you're a person of extremely limited ability, instincts and experience as I am, any home repair in which you walk away uninjured and without any further adieu (follow-up service call from a professional or need for a new/replacement item because you broke the first one or made the problem worse by breaking something else) is a "Mt.-Rushmore" success. Certainly not worthy of a mention in a magazine, but worthy I thought, of a column.

Now don't get any ideas that yesterday's success ('success' in this context is defined as 'not a disaster') emboldens me with any sort of self-confidence about future endeavors. Hardly. The fewer and farther between they remain, the happier I'll be. Yesterday's experience was nothing short of a miracle and simply moves me closer to the inevitable calamity I will cause when next I am faced with a similar set of homeowner-type circumstances.

For me, the devil is not in the details, it's in the "do-tells." The problem begins with the problem. It is then compounded by my inability to communicate the problem at the store, it is then compounded by my inability to understand the solution to the problem I am given at the store and finally, the problem is compounded by my inability to do at home what I was told at the store.

Believe it or not, I can accept my level of incompetence; I'm used to it. It's much harder on my wife, Dina, though; she has to live with me.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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PHOTOS BY WILL PALENSCAR

Nathaniel Chung (#26) eludes Washington-Lee's Sebastian McCoy on a 65 yard burst — Chung's 2nd TD.

Westfield Defeats Washington-Lee, 45-0

Defending Virginia 6A Champion Westfield High School put up 28 first quarter points in their season opener and rolled to a 45-0 win over visiting Washington-Lee on Thursday, Sept. 1.

Quarterback Rehman Johnson completed 7-14 for 115 yards and 2 TDs. Johnson's first went 15 yards to Ivory Frimpong. Following a Brian Delaney extra point, Westfield was up 7-0. Following a pick 6 by Israel McClain and a Delaney PAT, Westfield was up 14-0.

Rehman Johnson would add to the lead when he took it in the end zone from 1 yard out. Nathaniel Chung who ran 10 times for 91 yards and 2 TDs scored his first from 5 yards out. Wide Receiver Sean Eckert scored Westfield's final touchdown of the quarter on a 32 yarder, and Johnson's second touchdown pass. Westfield's Chung would add another touchdown in the third when he burst 65 yards and his second of the game.

In the fourth quarter, Delaney kicked a 47 yard field goal to close out scoring for the game. Delaney will be taking his skills to UVA following his senior season. Delaney is rated the #2 kicker in the nation by ESPN.

Westfield (1-0) will travel to South County(1-0) in a rematch of the 2015 6A



Westfield QB Rehman Johnson (#17) ran for a TD and passed for two others.

Regional final in which Westfield won 40-8. South County defeated Westfield in the second week of the regular season, 27-23. Washington-Lee (0-2) will host Wakefield (0-1)

— WILL PALENSCAR



Westfield's Zach Jewell (#93) strips the ball from Ethan Hall.

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ONGOING

White House Ornament Sale.

GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

Storytime for Three to Fives. Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

English Conversation Group.

Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

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Selected Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for a list of dates.

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Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

ESL Book Club. Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

ESL Book Club. Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

Lego Block Party. Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Live After Five. Fridays at 5:30 p.m. at

The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

PET ADOPTIONS

Adopt a Cat or Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

THURSDAY/SEPT. 8

Admiral Robert Shumaker. 7:30-

8:45 p.m. at the Freedom Museum – Manassas Airport Terminal, 10600 Harry Parrish Blvd., Manassas. As part of the Freedom Museum's Prisoner of War month activities, Admiral Robert Shumaker, U.S. Navy (USN) (Ret.) will speak about his experiences as a POW in Vietnam. Admiral Shumaker, a U.S. Naval Academy Graduate, and Naval Aviator, was shot down during a mission over North Vietnam. He spent eight years as a POW with the vast majority of that time in the infamous prison camp known as the "Hanoi Hilton." Free. Visit www.freedommuseum.org for more.

WEDNESDAY AND FRIDAY/SEPT 7 AND 9

Call for Auditions: "James and the Giant Peach Jr." 6:30-9:30 p.m. at Mountain View High school, 5775 Spindle Court, Centreville. Alliance Theatre is looking for young actors in grades 3-12 for a November production of "James and the Giant Peach." Free to audition. Visit www.thealliancetheatre.org for more.

SATURDAY/SEPT. 10

Flea Market. 8 a.m.-1 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. Free admission. Call 703-631-1799 for more.

SUNDAY/SEPT. 11

Bichon Bash. 11 a.m.-4 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The 2016 Bichon Bash is sponsored by the Bichon Frise Club of America Charitable Trust, a registered 501(c)(3) non-profit. Tickets are \$15, \$5 for children. Visit www.bichonbash.org for more.

St. Veronica Farm, Food, and

Faith Dinner. 5-8:30 p.m. at Clyde's Willow Creek Farm, 42920 Broadlands Blvd., Ashburn. St. Veronica Catholic Church of Chantilly is hosting the Fourth Annual Catholic Farm, Food and Faith Dinner. At the event, guests will enjoy strolling the grounds of Clyde's and visiting the restaurant's organic garden before dinner. Pre-dinner cocktails and appetizers, a three-course dinner with locally grown ingredients, paired with wines from Rappahannock Cellars. Tickets are \$65, \$125 for couples. Visit www.stveronica.net or call 703-773-2000.

SATURDAY/SEPT. 17

Dulles Day Family Festival and Plane Pull. 11 a.m.-4 p.m. at Dulles International Airport, 1 Saarin Circle, Dulles. The Dulles Day Festival & Plane Pull is Special Olympics Virginia's "heaviest" fundraiser, pitting teams of 25 against one another to see who can pull a 164,000+ pound Airplane 12 feet the fastest. Teams must raise a minimum of \$1,500 to participate and all proceeds help Special Olympics Virginia provide year-round training and athletic competition to more than 11,000 athletes of all ages. Visit www.planepull.com for more.

SATURDAY-SUNDAY/SEPT. 17-18

D.C. Big Flea Market. 9 a.m.-6 p.m.

Saturday, 11 a.m.-5 p.m. Sunday at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. Find period and modern furniture, housewares, and more. Tickets are \$8, good for both days. Visit www.dullesexpo.com or call 703-378-0910.

Virginia Wine Festival. 11 a.m.-6 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The Virginia Wine Festival offers a unique array of both free and ticketed tasting and learning opportunities. General admission tickets are \$29 in advance, \$40 day of; VIP tickets are \$59. Visit www.virginiawinefest.com for more.

SUNDAY/SEPT. 18

N-TRAK Model Train Show. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and children 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfaxstation.org or call 703-425-9225.

"Josiah Wedgwood & Egyptology." 2 p.m. at 13055-C Lee Jackson Highway, Chantilly. Lecture hosted by the Wedgwood Society of Washington, D.C. by Joseph Bothwell, art historian and former IRS director of art appraisals. Free. Visit www.wedgwoodcapital.org for more.

MONDAY/SEPT. 19

"Make It, Bake It, Fake It, Take It." 7 p.m. at Cale Community Center, 4615 Stringfellow Road. The GFWC Western Fairfax County Woman's Club (WFCWC) will host a bazaar and social evening where members of the club bring baked goods or crafts or white elephants to donate. This is a fundraiser, and items should be priced to sell for under \$10; most will be \$1 or \$2. Visit www.wcfwc.org for more.

Author Event. 7:30 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Don Hakenson and Chuck Mauro will discuss their book, "A Tour Guide and History of Combat Operations in Loudoun County." Light refreshments will be served after the talk. Presented by the Historic Centreville Society. Email paulhancq@aol.com for more.

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