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PHOTO BY TIM PETERSON/THE CONNECTION



# Fairfax Station CONNECTION Clifton & Lorton

Honors U.S. and Virginia Government teacher Deborah Hicks-Johnson (center) presents at South County High School on the first day of school Sept. 6.

## Class Action

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### 'Sextortion' Victims Are Mostly Men

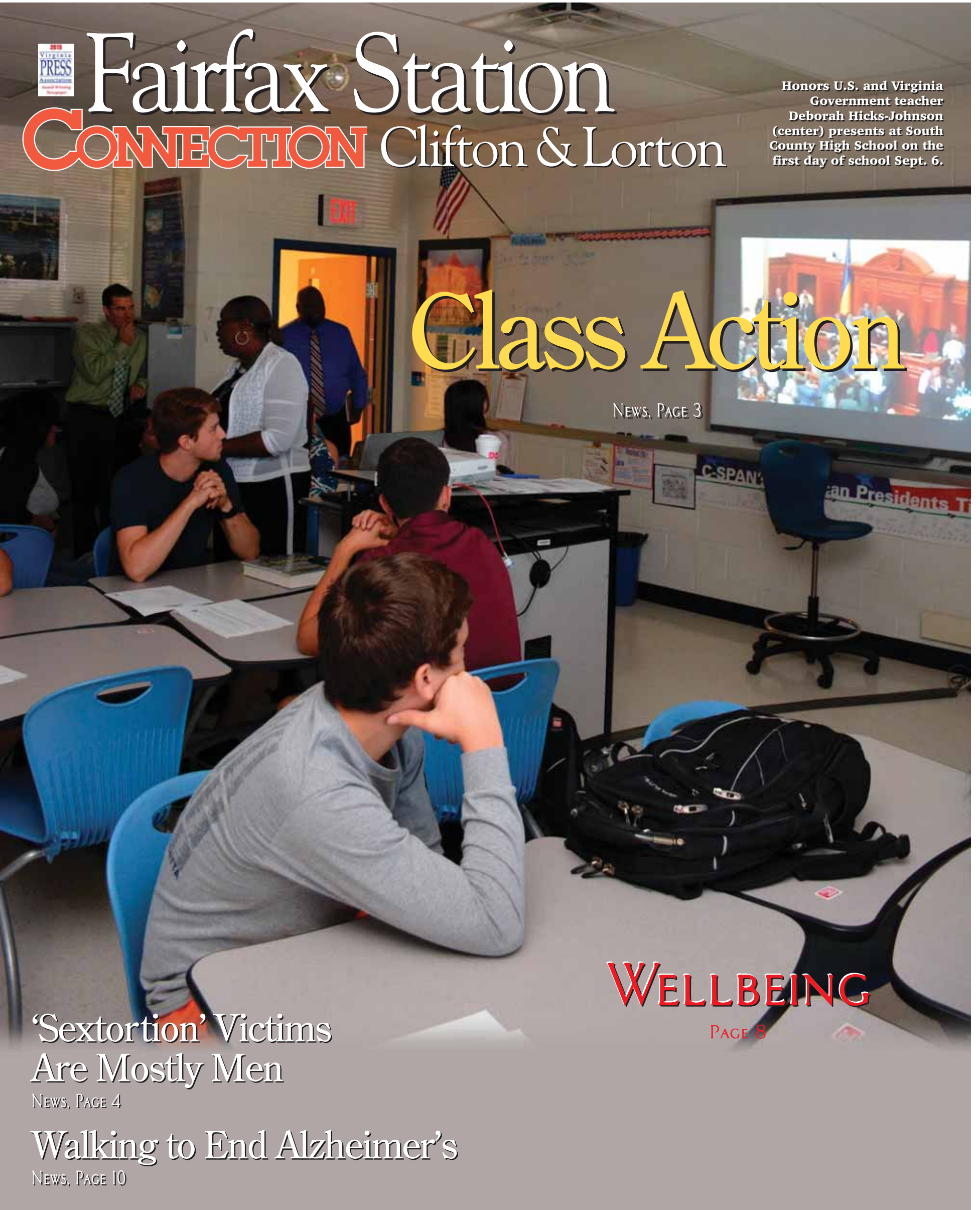
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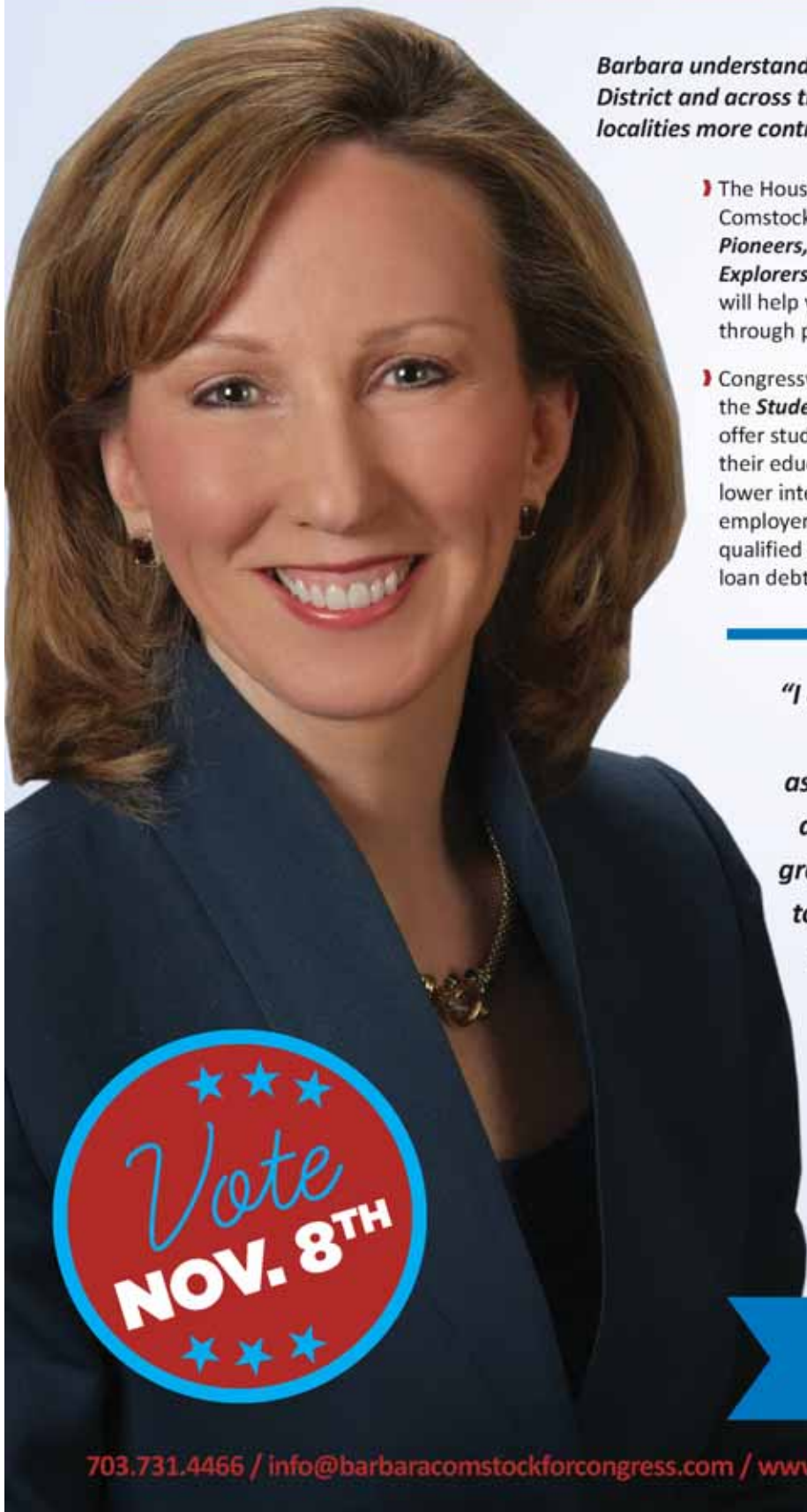
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CONGRESSWOMAN  
**BARBARA COMSTOCK**

*Welcome Back to School!*

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*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 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 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 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."*

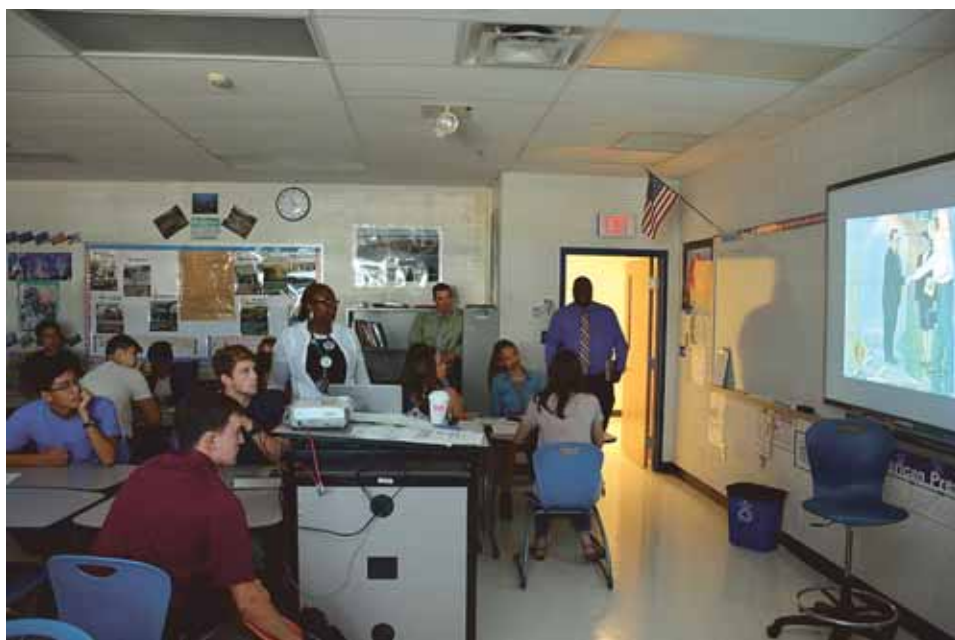
*Barbara Comstock*

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Honors U.S. and Virginia Government teacher Deborah Hicks-Johnson (center) presents at South County High School on the first day of school Sep. 6.



First-year chemistry teacher Sean McCormally (right) gets lunch with his team-teaching colleague Gannon Sugimura (left) at South County High School.

PHOTOS BY TIM PETERSON/THE CONNECTION

## Class Action

Students return, principals stress inter-student encouragement

BY TIM PETERSON  
THE CONNECTION

South County High School senior Dominique Butler remembers skipping class as a freshman. But when she saw how it was affecting her chances at going to college, she turned things around. When she saw freshmen from her neighborhood on the first day of school, she made sure they wouldn't make the same mistakes she did.

"I helped them out," Butler said during lunch on Sep. 6. "It feels good to encourage them to go to class." This year, the senior is attending West Potomac academy in addition to South County to study music and computer technology, where she produces her own beats and records under the moniker "DJ Spinderella."

Butler's fellow senior Hermela Gebremariam similarly shepherded some underclassmen who looked lost, even inviting them to eat with her and her friends at lunch.

"I was a freshman once," she said. "I like seeing how I could help younger students. It's better to be nice than mean."

The two seniors were already embodying a new inter-student standard for behavior called "Stallion Nation." Last year, a new student council drafted the code and plans to roll it out for all students this year.

Principal Matt Ragone said the new code is based on students having positive expectations for and of each other.

"I'm so proud of them for coming up with this," Ragone said. "It's also about getting the non-student government voices to be heard. And it's about the culture of the school."

Facilitating and empowering students to be both independent successfully and as cheerleaders for each other was a theme across high schools.

At Robinson Secondary School, the entire incoming seventh grade class first met separately in the auditorium to learn the fight song fast while the rest of the student body assembled in the gymnasium.

With the marching band blaring, flag dancers twirling and older classmates cheering them on, the school's youngest students then rushed the gym — a cacophonous swell of students building relationships.

Robinson associate principal Tracey Phillips organized the pep rally, which was the first day's main event following welcome activities outside the school that included cheerleaders, drumline and faculty effusively greeting students on their way in.

"It's a big place and can be overwhelming," said Phillips, herself Robinson graduate. "We want to be an inclusive place for all the kids, somewhere fun and exciting where they can find something they love."

In a similar vein, Lake Braddock Secondary School principal Dave Thomas said he is "most proud of all the opportunities our kids have."

From JROTC and animation to weightlifting to broadcast journalism, "our kids can really find a niche with some cool studies we offer."

Thomas was also proud of the continued use of a class period where students can go for help, or to help each other, called "Bruin Block."

The block he said will be crucial for both students and the nearly 40 new teachers in the building this year to overcome challenges and be successful. One of those challenges is a larger student body of 4,270, the most since the late 1980s by Thomas' account, that is requiring teachers to use all rooms for six to seven periods a day.

Another school with students and faculty

### VIEWPOINTS

What are you most looking forward to this year?



**Alexa Megan, junior:** "Being an upperclassman. When you're younger, you feel like they can't hear your voice. I want to be more a part of the school, bring together people's spirit."

**Mike Linehan, senior:** "Having a great time and making memories with friends. I want to have a positive impact on younger classmen, tell them high school is not all that bad and that life is what you make it."



**Jack McDaniels, senior:** "Bringing back the football state championship. I'm in my first year starting at quarterback. Westfield and Lake Braddock will be challenges but we have a great combination of talent on the team and a hard-working coaching staff."

**Zion Asamoah, freshman:** "Playing football and basketball, and having the whole high school experience of getting more freedom and having fun."



**Hermela Gebremariam, senior:** "Seeing how I could help younger students, like bring them to lunch. I was a freshman once, I know what it's like. It's better to be nice than mean."

contending with more structural growing pains is West Springfield High School. A three and a half-year renovation began over the summer: With a parking lot being torn up for a new third-floor extension, they've lost 249 spots and classroom space for 42 percent of students.

Students have been forced to find alternative places to park, as well as take classes in one of 54 trailers in a village behind the school now known as "Sparta."

But even with all this going on, principal Mike Mukai said the students are taking it in stride.

"The kids are so resilient," he said. "It's all about adjusting, being prepared and flexible."

Mukai described the student culture as being "open and accepting," and caring for others. He referenced a day last fall when the WT Woodson High School football team played a game against West Springfield the same night as a chemical fire in a Woodson classroom injured several people.

West Springfield students spontaneously wore white and created a sign saying "We Are All Woodson" for the game.

"I'm so proud of the work our students and faculty are doing," Mukai said, highlighting their enrollment is up more than 100 from what was predicted in the spring. "No one chose to come here because they drove by and thought, 'What a beautiful building.'"

# Dead Man's, Deputy's Name Released in Inova Shooting

Police, sheriff investigations continue.

BY TIM PETERSON  
THE CONNECTION

**J**ovany Martinez is the 29-year-old Hispanic man who died after being shot by a Fairfax County Sheriff's deputy Monday night Aug. 15 outside Inova Fairfax Hospital.

Fairfax County Police are conducting a criminal investigation of the shooting, while the Sheriff's office is working their own administrative investigation to see if the deputy followed policies and procedures.

Police released Martinez' name, along with additional information about events leading up to and including the shooting, on Aug. 19. They said he had no fixed address, but detectives were able to locate and notify his next of kin, as is their policy before releasing names of the deceased.

Martinez first came into contact with police earlier that day on Aug. 15, police said, approaching a uniformed police officer in a marked police cruiser parked in front of a gas station in the 7100 block of Little River Turnpike in Annandale.

He started a conversation with the officer, who eventually suspected Martinez suffering a medical emergency from either the extreme heat, a mental health issue or perhaps a combination of the two.

**THE OFFICER** called Fairfax County Fire & Rescue and a team of medics responded to the location. They assessed Martinez, police said, around 2 p.m. and decided he should go to Inova Fairfax Hospital to be further evaluated.

The officer also went to the hospital; once medical staff gave Martinez a mental health evaluation, they would be available if necessary to escort him to the Merrifield Crisis Response Center.

Medical staff told the officer Martinez was not in mental distress, so the transport investigation was concluded around 4 p.m.

Later that evening, police said, Martinez was discharged and escorted to the bus stop by hospital security.

It was shortly after that when security received reports of a man at the bus stop threatening people with what appeared to be a weapon. It was Martinez.

Police and the Sheriff's office have said Martinez attacked a security guard with pointed metal sign post when they responded to the scene. The guards called for backup, which brought a Sheriff's deputy to the scene as well as Fairfax County Police officers.

Despite the deputy, who Sheriff Stacey Kincaid said was Crisis Intervention Team trained to better engage with people with mental illness, attempting to de-escalate the

Sheriff's Office Releases Deputy's Name

The Fairfax County Sheriff's Office released the following statement:

"The Fairfax County Sheriff's Office continues to cooperate with the Fairfax County Police Department's investigation of the Aug. 15 deputy-involved shooting on the Inova Fairfax Medical Campus. The deceased has been identified as 29-year-old Jovany Martinez of no fixed address. The deputy involved, MDS Patrick McPartlin, is an 18-year veteran of the Sheriff's Office assigned to the Confinement Division. He remains on administrative leave. Detectives from the police department's Major Crimes Division continue their investigation and ask that anyone with information regarding this case, contact the Major Crimes Division at 703-246-7800.

situation, Martinez ran at the deputy and swung the post in an attempt to strike, police said.

While the deputy "tactically retreated," they commanded Martinez to stop what he was doing. When he didn't respond to repeated attempts, the deputy shot him several times.

**MARTINEZ** was taken to the emergency room at Inova for his wounds. He died early the following Tuesday morning.

Police Chief Edwin Roessler and Kincaid said in a press conference later that day it isn't known whether there was a language barrier between Martinez and the guards or the deputy.

Tracy Connell, a spokesperson for Inova Fairfax Hospital, would not elaborate on Martinez' condition, saying via email HIPAA laws prevent them from disclosing any patient medical history, diagnosis, care or treatment.

When asked why Martinez was escorted to the bus stop by hospital security guards after his discharge, Connell responded: "An

escort can be provided to a patient for a variety of reasons. Inova continues to cooperate with the Fairfax County Police Department as they conduct a full investigation of the incident."

While Fairfax County Police have touted their use of "less lethal" force in recent incidents — employing bean bag guns to bring down a suspect rather than a firearm — FCPD spokesperson Don Gotthardt said the deputy that shot Martinez was not carrying a bean bag gun or a taser.

Spokesperson for the Sheriff's Office 1st Lt. Maegan Timothy said tasers and bean bag guns are not mandatory for deputies to carry.

Tasers were banned for deputies within the Adult Detention Center following last year's in-custody death of Natasha McKenna, an Alexandria woman with mental illness.

Outside the jail, deputies may carry tasers and bean bag guns, Timothy said, if they've gone through the training.

Both the criminal and administrative investigations of Martinez's death are ongoing.

## 'Sextortion' Victims Are Mostly Men

Photos, video used to demand money from victims.

**D**etectives of the Major Crimes Division of Fairfax County Police report a trend in an unsavory type of financial scam. Sexual extortion scams, commonly referred to as "sextortion," involve meeting someone the victim believes is a real person online who coaxes him or her into feeling a sense of connection and intimacy, and then sending risque photos or video.

So far in 2016, there have been 14 incidents of this nature reported to police; in 11 of the 14 cases, the victims were men. The victims' ages range from 16 to 58. In 2015, there were 14 "sextortion" cases; victims ranged from 17 to 56 years old and 12 of the 14 victims were men, according to police.

Police say this is a common scenario:

Once the victim is convinced to share inappropriate photos or video of themselves, the scammer threatens to post the photos publicly if the victim does not pay money. The user profile is often a sham

and the scammers often operate from outside of the United States. Their goal is to intimidate, through embarrassment and fear, into sending them money.

**INVESTIGATION** has determined in the majority of these cases, the scammers create fake accounts on a variety of social media avenues, ranging from sites such as Facebook to Skype to Coffee Meets Bagel. In all of the cases, the phony profile user initiates a friend request or contact with a potential victim. If they accept, online conversation begins through direct messaging and the unsuspecting victim believes they are getting to know a real person. As the bogus relationship develops, the scammer encourages the victim to share sexually explicit photos or video of themselves. Later, the scammer threatens to publicly share the imagery online or with the victim's family and friends if they do not pay them money.

Detectives have determined in many cases, the scammers create fake accounts

and user profiles and operate from outside of the United States. A victim may believe he or she is watching a live video of someone, but detectives believe that the scammers are showing video and photos pulled from the Internet.

Whether you're single and dating online or just enjoy browsing your social media site, chatting with friends and virtually making new ones, police remind everyone to employ caution when talking to anyone who's a stranger or unfamiliar to you:

- ❖ Do not share photos or video of yourself with anyone you have never met in person; even then, do not share explicit imagery online, particularly with someone you've only known a short time.

- ❖ Be extremely cautious about strangers online who friend you or initiate contact. Fake profiles are easy to create.

- ❖ Never share personal information with anyone you meet online. You have no idea who they are or if they are even real. Scammers often use photos and names pulled from the Internet to fool you.

- ❖ Never send photos or video of yourself to anyone online. Once you hit send, you have zero control over what happens to

those images.

- ❖ Scammers go to great lengths to make you believe their profile is that of a real person, one who's interested in you. Facebook accounts may have photos and posts dated back one or two years; when you research the names or websites used by scammers, you may find information or a web page that looks credible; in reality, it might be completely forged.

- ❖ Often, scammers originate from outside the U.S. and they constantly create and discard phony user profiles, e-mails and contacts, making it nearly impossible to determine their true identities.

- ❖ Never send money to someone you met online. Scammers employ countless excuses to pull on your heartstrings and take your money.

**ANYONE WITH INFORMTION** is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

# PEOPLE



PHOTO COURTESY OF DAVID BULOVA

**Father Francis Peffley wows parishioners at Saint Mary of Sorrows by juggling flaming torches.**

## New, Juggling Priest at St. Mary

There's a new priest at Saint Mary of Sorrows Catholic Church – and he juggles. Indeed, during the church's annual, Labor Day picnic on Monday, Sept. 5, Father Francis Peffley showed off his juggling talent for the parishioners. Church member, Del. David Bulova (D-37), was among those enjoying the show.

"While Father Peffley juggled tennis rackets and basketballs, he really wowed the crowd when he juggled machetes and torches," said Bulova. The active, new priest also enjoys golfing, scuba diving, bowling, playing billiards, collecting baseball cards and traveling to various pilgrimage sites and shrines.

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# OPINION

## Back to School

### Conversation and listening: top priorities for back to school.

**D**on'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 your 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 minutes 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 felons 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 <https://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](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

*#It's an important election, with Virginia playing a critical role in the outcome of the race for U.S. President. There will also be many important local issues on the ballot, along with the races for U.S. Congress.*

## Suicide Loss Support

BY LAURA MAYER  
DIRECTOR, PRS CRISISLINK

**W**hen 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.

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. 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



Laura Mayer

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 mem-

bership 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. If you would like to learn more about becoming a volunteer crisis worker, please contact Lauren Padgett, [lpadgett@prsinc.org](mailto:lpadgett@prsinc.org), 703-531-6351.

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## COMMENTARY

# Virginia Faces Another Shortfall

BY SCOTT SUROVELL  
STATE SENATOR (D-36)

Last month, Gov. Terry McAuliffe announced that state revenues were lower than assumed in our state budget passed earlier in the year. This creates a series of difficult choices.

In July, the Governor announced that the budget ended on June 30 and came in \$266 million short of expectations. Last month, the Governor announced that due to continued lagging revenues, the current budget was projected to be short by \$850 million this year and \$630 million in next fiscal year. This creates a total \$1.7 billion from what was budgeted last session.

There are many causes of this. First, the lingering effects of the Sequester — automatic spending cuts by the federal government — continue to stall the Northern Virginia and Hampton Roads economies. Cuts to defense spending alone took \$9.8 billion and 115,000 jobs out of the Virginia economy. Income tax collections are down, even with 2.6 percent job growth last year, because new jobs do not pay as much as the jobs we have lost. Commercial office vacancies are still at record highs in Northern Virginia.

Sales tax collections also continue to lag as more people buy their goods online — transactions that Virginia cannot tax.

The Governor has authorized the withdrawal of

\$378 million from Virginia's Rainy Day Fund. This will alleviate half of the shortfall for this fiscal year and last year, but state funds designated for teacher and state employee salary increases were required to be withheld by state law — the Governor had no discretion about this. The remainder will be made up with budget cuts.

In seven of the eight sessions I have served in the legislature, budget revenues have lagged the historical average increase.

In addition to an economy over-dependent on federal spending, Virginia's budget continues to suffer from a structural deficit created by a 1920's tax system being applied to a 21<sup>st</sup> century economy. Virginians pay some of the lowest income taxes in the United States, the repeal of the Estate Tax has cost Virginians about \$2 billion since it was repealed and our ability to collect the sales tax on internet sales is limited by the Federal Government. We also continue to leaving billions of free dollars on the table by not expanding Medicaid.

If we want to fund priorities like secondary education, higher education, health care, and transportation, Virginia's tax structure needs reconstructive surgery. If we invest in education, people and infrastructure, jobs will follow.

It is an honor to serve as your state senator. Please contact me at [scott@scottsurovell.org](mailto:scott@scottsurovell.org) if you have any feedback.

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# Inquiring about Vaccines

Strategies for asking another parent if their children are vaccinated.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s 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



FILE PHOTO COURTESY OF FAIRFAX COUNTY HEALTH DEPT.

## Have your children's playmates had their vaccinations?

(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 discuss-

## PARENTS: IT'S TIME TO IMMUNIZE

Documentation of immunization is required for children entering kindergarten and sixth grade and for new students transferring into Fairfax County Public Schools. The Fairfax County Health Department offers school required immunizations from your health care provider and at the Fairfax County Health Department's five clinics. To shorten your wait, call ahead to make an appointment.

Parents should bring the child's immunization record and insurance card to the clinic. Without an immunization record in English, the child may need to restart his or her immunization series.

## CLINIC PHONE NUMBERS AND LOCATIONS

- ❖ Herndon-Reston District Office (HRDO) 1850 Cameron Glen Drive, Suite 100 Reston, VA 20190 703-481-4242, TTY 711
- ❖ Joseph Willard Health Center (JWHC) 3750 Old Lee Highway Fairfax, VA 22030 703-246-7100, TTY 711
- ❖ Mount Vernon District Office (MVDO) 8350 Richmond Highway Suite 233 Alexandria, VA 22309 703-704-5203, TTY 711
- ❖ Springfield District Office (SDO) 8136 Old Keene Mill Road Suite A100 (Cary Building) Springfield, VA 22152 703-569-1031, TTY 711
- ❖ Annandale District Office (ADO) 7611 Little River Turnpike, #400E (East Wing) Annandale, VA 22003 703-534-8343, TTY 711

ing 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

SEE WELLBEING, PAGE 9

## A healthy body starts with a healthy mouth!

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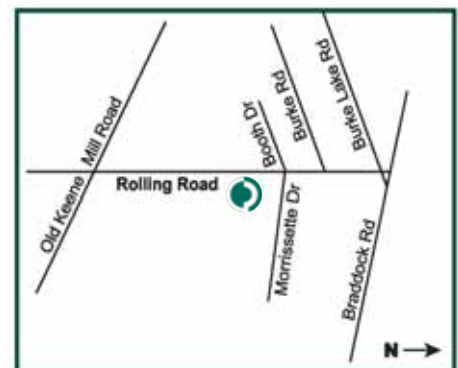
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## WELLBEING

# Walk to Prevent Suicide

Walk supports survivors of suicide loss and American Foundation for Suicide Prevention.

The Out of the Darkness Walks are American Foundation for Suicide Prevention's largest fundraiser, producing millions for suicide prevention programs, and works to unite those who have been affected by suicide, and cre-

ate communities that are "smart about mental health."

Out of the Darkness Walks connect hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research,

## Vaccines

FROM PAGE 8

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 in-

### DETAILS

Walk Date: Sept. 24, 2016  
Walk Location: Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax, VA 22035  
Check-in/Registration Time: Sept. 24 at noon  
Walk in registration available noon-2 p.m.  
Walk Begins: 2 p.m. Ends: 4 p.m.  
Contact: Leigh Boswell, 571-259-0721, Karrieboswell@aol.com

create educational programs, advocate for public policy, and support survivors of suicide loss.


Online registration closes at noon the Friday before the walk. However, anyone who would like to participate can register in person at the walk from the time check-in begins until the walk starts. Walk donations are accepted until Dec. 31.

fection 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.

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# Walking to End Alzheimer's

## Northern Virginia walk set for Sept. 25

BY MARILYN CAMPBELL  
THE CONNECTION

When Paula Dierkes was growing up in Arlington, she would often hear family stories of a grandfather who sat on his front porch screaming at his neighbors and asking for his shotgun. She recalls a grandmother who shut out her family, literally, by closing doors and windows when they came to visit.

"As a child, I thought they were just grumpy, old people," said Dierkes. "But looking back, I realize that it was probably Alzheimer's."

Dierkes' mother was diagnosed with Alzheimer's Disease and now lives in the memory care unit of a Fairfax nursing facility. "She is this woman I see, who looks like my mom, but it's not my mom," said Dierkes. "It's not the same woman who I would go to crafts fairs with and have coffee with. That's what's so sad about this disease."

Ilissa Belanger lost both her mother and mother-in-law to Alzheimer's. "My mother-in-law had it for 10 years before she died," said Belanger who lives in Fairfax. "Shortly after, my mother was diagnosed and suffered with it for five years. So it was back-to-back. The experience makes you realize how devastating it can be on your loved ones."

Patty Schuebel of Great Falls says her father has been living with Alzheimer's for nearly seven years. "It's been quite eye-opening to go through this journey with him," she said. "You don't really understand how horrible this disease is until it affects you directly."

It is personal experiences like these that have led Dierkes, Schuebel, Belanger and thousands of others to join the Alzheimer's Association's Walk to End Alzheimer's in Northern Virginia, an event designed to raise awareness and funds for Alzheimer's care, support and research. Held each year in September, World Alzheimer's Awareness Month, more than 600 communities around the country join the effort. This year, the Northern Virginia event will be held on Sept. 25 at the Reston Town Center in Reston.

"The walk brings the community together to support each other and to raise awareness about Alzheimer's and offer support for families going through it," said Belanger. Participants form teams to honor a loved one affected by the disease.

Schuebel is the captain of her team, "Steps for Dad." This will be Belanger's ninth year joining the event with her team, "Walkers for Miriam and Anita."

Dierkes' team is called the "Baldinelli Battlers." "We may have this disease genetically in our family," said Dierkes. "So we're fighting this together and working to get the word out and raise awareness and money."

Each walker will also join a ceremony to honor those affected by Alzheimer's disease. Known as the



PHOTO COURTESY OF PATTY SCHUEBEL

Participants join last year's Walk to End Alzheimer's in Northern Virginia.

## 2016 Walk to End Alzheimer's in Northern Virginia

**SUNDAY, SEPT. 25**

**Time:** Registration at 1:30 p.m. (Program at 2:30 p.m. (Walk at 3 p.m.)

**Route Length:** 1 and 2 miles

**Location:** (Reston Town Center, 11900 Market St., (Reston, VA 20190)

**Contact:** ( Sonya Amartey, 703-766-9025 samartey@alz.org

Promise Garden Ceremony, the experience gives walkers an opportunity to receive a promise flower and write a personal message on it. Colored flowers used for ceremony represent the diverse reasons participants join the walk.

Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's.

"I would love to be able to give my kids the gift of saying 'I know an Alzheimer's survivor,' said Dierkes. "We're looking forward to that day when

there is a treatment, or better yet a cure, for this wicked disease."

The 2016 Walk to End Alzheimer's in Northern Virginia is scheduled for Sunday, Sept. 25. For more information visit [http://act.alz.org/site/TR/Walk2016/DC-NationalCapitalArea?fr\\_id=8887&pg=entry](http://act.alz.org/site/TR/Walk2016/DC-NationalCapitalArea?fr_id=8887&pg=entry) or contact ( Sonya Amartey, 703-766-9025 or samartey@alz.org.

**"You don't really understand how horrible this disease is until it affects you directly."**

— Patty Schuebel, Great Falls



Laura Ellen Scott, author of "The Juliet"



J.K. Daniels, author of "The Wedding Pulls"

## Book-lovers Feast Returns

### Northern Virginia's "Fall for the Book" set for Sept. 25-30.

BY DAVID SIEGEL  
THE CONNECTION

#### Where and When

Locally developed and locally curated, the region's annual "Fall for the Book" is a go-to destination for readers and authors alike. What began in 1999 as a 2-day event at George Mason University is now a week-long book festival with something to share with book-lovers at locations throughout the region.

"One of the great things about 'Fall for the Book' is the sense of connection and community that it creates—in several directions: readers connecting with books; readers connecting with the writers behind those books; readers connecting with one another," said Art Taylor (Burke) who will lead talks with mystery writers at this year's festival.

Over 150 authors are expected such as headliners WAMU's Diane Rehm and MacArthur "Genius" Fellow Sandra Cisneros. Both will receive major "Fall for the Book" top awards.

Local authors with a wide array of works and interests will be well represented throughout the festival. Whether fiction, poetry, history, young adult books, sports, children's literature, memoirs or current events there is a session planned. Just about every session is free and open to the public.

Mystery writer Laura Ellen Scott (Fairfax) is a veteran author of three books. Her new mystery "The Juliet" is set in Death Valley revealing darker sides of "The American Dream." For Scott, the annual book festival is "a cultural experience

"Fall for the Book" at George Mason University's Fairfax Campus, 4400 University Drive, Fairfax, and venues throughout the region. Event is Sept. 25-30, 2016. Tickets are free except for several special events. For detailed information about the schedule and various venues visit [www.fallforthebook.org/](http://www.fallforthebook.org/) or call 703-993-3986. Note: there is a "Fall for the Book" app at: <http://fallforthebook.org/2014/08/04/festival-launches-smartphone-app/>

not to be missed. It provides the opportunity for an author to explore together with readers. I really like to share my books with audiences. It is so very rewarding."

Poet J.K. Daniels (Falls Church), will read from her debut collection of poems called "The Wedding Pulls." This award winning collection crosses over love, family and myth. For Daniels, "Fall for the Book" is a celebration of writing and reading. "A celebration of amazing, diverse writing that await readers for writing is the art of the imagination."

Historian Garrett Peck (Arlington) will share his book about Walt Whitman; "Walt Whitman in Washington, D.C. The Civil War and America's Great Poet." It chronicles the famous "Leaves of Grass" author's decade in the D.C. area during the Civil War's upheaval. Whitman served as a volunteer "hospital missionary." Peck "encouraged the book festival audiences to be active participants at any and all sessions they may attend."

"Fall for the Book" is a close-by book-lovers opportunity to join company with like-minded fans while listening to readings or interacting with authors.

# CALENDAR

Send notes to the Connection at [connectionnewspapers.com/Calendar/](http://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

**Batting Cage Occoquan Regional Park** 9751 Ox Road Lorton, VA 22079. Open through Oct. 30. Occoquan offers a baseball/softball batting cage, for hitters of all levels. Pitching machines offer other pitches like curveballs. Cost: 14 balls \$1.50 Team Rentals Per Cage: 30 min. \$18 60 min. \$34 <https://www.novaparks.com/parks/occoquan-regional-park/things-to-do/batting-cage>

**Kayak Rental Occoquan Regional Park** 9 - 6 p.m. daily through Sept. 30 This park offers hourly and daily kayak rentals for those interested in exploring the river. Kayaks are launched from shore and are available in one or two seat configurations.

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

**Rock the Block!** 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. 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](http://fairfaxva.gov).

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

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

**Plant Clinic.** 9 a.m.-noon. Sundays till

end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. [fairfaxgardening.org](http://fairfaxgardening.org).

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

**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. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

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

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

**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](http://www.fairfaxvd.com). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

**Stories From Strawberry Park** 10 - 11 a.m. Tuesdays in **Mosaic - Strawberry Park** 2910 District Avenue, Fairfax, VA 22031. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>

## SATURDAY/SEPT. 10

**5k at the Bay 9 a.m.** 6501 Pohick Bay Dr Lorton, VA 22079. There will be race day registration. Participants will need to arrive about 45 minutes before their race to get registered for the event. Our race benefits the Leukemia & Lymphoma Society. The race takes you on a trip through the woods at Pohick Bay. Now offering a virtual run option for those who cannot make it on race day. You will receive a custom medal. Cost: \$25, until August 31: \$30 Visit: [www.bishopseventregist.com](http://www.bishopseventregist.com)

## SATURDAY-SUNDAY/SEPT. 10-11

**Burke Centre Festival.** Saturday: 9:30 a.m.-5 p.m. Sunday: 11 a.m.-5 p.m. at Conservancy Festival Grounds, 6060 Burke Centre Parkway, Burke. Enjoy face painting,

food, rides, and other amusements at the Burke Centre Festival. Visit [www.burkecentreweb.com](http://www.burkecentreweb.com)

**Fine Arts Festival.** 11 - 7:30 p.m. Sunday 11 - 5 p.m. 9518 Workhouse Way, Lorton, VA 22079. The festival is juried to include only the best fine art, no commercial or mass produced objects, including; painting, ceramics, glass, fiber/clothing, mixed media, wood, precious metal/ jewelry, printmaking, photography, furniture, sculpture. Admission & Parking: Free. <https://www.workhousearts.org/?s=fine+arts+festival>

**SATURDAY/SEPT. 10-WEDNESDAY/SEPT. 21, 2016 Northern Virginia Senior Olympics.** Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. \$12 per person. Visit [www.nvso.us](http://www.nvso.us) for more.

## SUNDAY/SEPT. 11

**Patriot Day Prayer Walk.** 4:30-5:30 p.m., beginning and ending at Woody's Ice Cream, 10435 North St., Fairfax, Va. Jubilee Christian Center of Fairfax is sponsoring its annual Patriot Day Prayer Walk in Fairfax City. Free ice cream treat will be served to participants after the walk. Call 703-383-1170, or visit [www.jccag.org](http://www.jccag.org).

## MONDAY/SEPT. 12

**Business of Writing.** 7 p.m. to 9 p.m. at Gunnell House at Truco Church, 10520 Main St. Fairfax, Va. 22030. Come learn the vital information authors need to know before deciding if they want to self-publish or sign with a publisher.

Austin Camacho, editorial director for Intrigue Publishing, LLC, will take you through the quagmire of the publishing business do's and don'ts. Free. Contact Betsy Dill at [ccwriters@gmail.com](mailto:ccwriters@gmail.com) or 703-803-9447, or visit <http://www.capitalchristianwriters.org>.

## TUESDAY/ SEPT. 13

**Fairfax NARFE September Luncheon & Meeting.** 11:30 a.m. at American Legion Post 177, 3939 Oak Street, Fairfax, Va. Chapter 737 of the National Association for Retired Federal Employees meeting. Speaker: Retired DEA Special Agent/ Assistant Administrator Randy Sayles. Contact 703-501-0020 or email [rrharney2@gmail.com](mailto:rrharney2@gmail.com), by noon September 5, 2016, to register for luncheon. Cost: \$11 for lunch.

**Dementia Caregivers Support Group** noon - 1:30 p.m. at the Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The group is for those caring for someone with dementia or interested in learning more about providing caregiving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. Before attending, contact the facilitator, Eileen Thompson at 703-451-8626 or [Eileen.thompson1@gmail.com](mailto:Eileen.thompson1@gmail.com).

**125 Year History of Little Zion Baptist Church** 7p.m. Burke Centre Library 5935 Freds Oak Rd, Burke, VA 22015. Join author Corazon Foley for a conversation on the history surrounding Little Zion Baptist Church, a 125 year-old historic landmark in Burke. Co-sponsored by the Burke/West Springfield Senior Center. Age(s): Adult. Call 703-249-1520 or [www.fairfaxcounty.gov/library/branches/bc/](http://www.fairfaxcounty.gov/library/branches/bc/)

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# SCHOOLS



**W.T. Woodson's Eddie Stawowczyk #27 breaks away from Chantilly defenders during Woodson's 17-7 win on Sat. Sept. 1 at Charger Stadium.**

## On Their Way to Victory

PHOTO BY TOM MANNING/THE CONNECTION

**Daequan Williams #26 scores W.T. Woodson's first touchdown to put them up 9-7.**

## SCHOOL NOTES

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

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

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

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

**Thomas Miskimins**, of Fairfax, graduated with a master of arts, in Spring 2016 from the University of New Haven.

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

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

**Allison Righter Moore**, and **Sarah Ann Hughes Cushing-Spiller**, of Springfield, is on the dean's list at Hollins University, for the 2016 spring semester.

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

**Kyle Austin Walsh**, of Fairfax, and **Abigail Lynn Lackey**, of Springfield, were named to the honors list for the 2016 spring 2016 semester at Averett University in Danville.

**Katherine Marie Hough**, of Fairfax Station, is on the dean's list at George Mason University for spring 2016.

**Anna Kormis**, of Springfield, graduated from Emory and Henry College in spring 2016.

**Kyle Austin Walsh**, of Fairfax, graduated from Averett University in June 2016. was among the 261 students to receive diplomas during Averett University's May 7 Commencement,

**Megan R. Seymour, Megan F. Cummins, Thomas S. Cohen**, of Fairfax, **Joshua D. Harlowe, Samantha E. Kinde, Melissa A. Schwartz**, of Springfield; **Sean C. Baird**, of Fairfax Station; graduated from Boston University in spring 2016.

**Helene J. Decosse, Alexis J. Fahrney, Jessica M. Ochoa**, of Fairfax, are on the dean's list at Boston University for spring 2016.

**Seth Lehman, Thet San**, of Fairfax, graduated from Furman University in spring 2016.

**Luke Hartman, Natalie Heinitz**, of Springfield, graduated from Manhattan College in spring 2016.

**Maria Larrazabal Carrillo**, of Fairfax is on the dean's list for May 2016 at Iowa State.

**Kayse McGough** of Fairfax is on the dean's list for May 2016 at St. Mary's College.

**Jared Rondeau** of Clifton, graduated May 2016 Triple Major in Physics, Mathematics, and Chemistry from Emory and Henry College.

**Moriah Dreisbach**, of Fairfax, is on Union University's president's list for spring 2016.

**Irene Martinko**, of Springfield, is on the spring 2016 dean's list at Muhlenberg College in Allentown, Pennsylvania.

**James F. Agnew, Kyle T. Deivert and Nathaniel Oliver**, of Fairfax, are on the dean's list at Hampden-Sydney College.

**Cameron Kisailus**, of Franconia, graduated from Gonzaga College High School. He will be attending the University of Pittsburgh.

**Michael Gerlach's**, of Fairfax Station, is on the dean's list at James Madison University for spring 2016.

**Kara Anne Crennan**, an alumna of West Springfield High School Class of 2011, graduated from the United States Air Force Academy in June 2016.



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## BULLETIN BOARD

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

### ONGOING

**Burke Lake Seniors Golf League** seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

**Online Scavenger Hunt.** Visit Fairfax tasks those interested in becoming “citizen ambassadors” to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.

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**VOLUNTEERS NEEDED as DRIVERS & OFFICE WORKERS** Volunteer Drivers are needed for trips Monday - Friday to medical appointments and companion shopping within the Fairfax/Burke area. Office Workers are needed to answer phones in the SCFB office Monday - Friday to assist individuals requesting rides and to match an available driver for each request. If you can volunteer your time or if someone you know is unable to get out and needs weekly calls and visits, or you would like to be a caller or visitor, please contact the SCFB office at 703-323-4788.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/lcombudsman/.

**Fairfax County** needs volunteers to **drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

**Shepherd’s Center of Western Fairfax** needs volunteer drivers for for medical/foodbank appointments. Shepherd’s Center serves 50+ residents in Clifton and western Fairfax/Fairfax Station, helping them remain independent and age in place at home. Office help also is needed for coordinating drive requests. More info is at www.scwfc.org or 703-266-3548 or scwfc.office@gmail.com.

**The Wakefield Senior Center in Annandale** needs **Front Desk Volunteers** on Monday, Tuesday, Wednesday and Friday, 9:45 a.m.-1:45 p.m. and Fitness Instructors. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

**Volunteer Fairfax** seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

**Singers Wanted for the Celebration Singers.** The women’s show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. at the Burke United Methodist Church, 6300 Burke Center Parkway. Contact either Barbara Male (barbmale@yahoo.com) or Gayle Parsons, (gparsons3@cox.net) for more information.

## 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.

**The Church of the Good Shepherd**, 9350 Braddock Rd., Burke, is offering day and evening English for Speakers of Other Languages (ESOL) classes to serve members of the community who wish to improve their English skills. Class levels offered are based on enrollment needs. Fall 2016 registration takes place Sept. 7–8 and classes begin Sept. 20. For more information call the church office at 703-323-5400. Leave your name and contact information and someone will get back to you.

**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.

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit http://www.guhyasamaja.org for more information.

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspgfield.org.



# LONG & FOSTER® # 1 in Virginia

703-425-8000



**Oakton** **\$700,000**  
 Wonderful 2400+ sq ft home, over \$175,000 of updates: roof, gutters, windows, front door, stone work, heat pump, water heater, garage door, hardwood floors, propane gas fireplace, kitchen with 42" maple cabinets, granite counters, breakfast bar, SS appliances. Enjoy the outdoors from wraparound deck or glass/screened porch.  
**Claudia Callis 703-851-1500**  
**Dana-Jean LaFever 703-609-3479**



**Gainesville** **\$410,000**  
 Heritage Hunt 55+. Main level living at its best! 2BR, 2BA, gourmet kitchen with new granite & island, new paint, HVAC updated. Dining room, Living room with 2 side gas fireplace, Sun room, fenced landscaped yard, patio, 2 car garage.  
**Amanda Scott 703-772-9190**



**Fairfax** **\$527,500**  
 Kings Park West colonial featuring 4 bedrooms, 2.5 updated baths. Beautifully updated kitchen that opens to private patio. Fireplace in step-down family room. Large back yard. Near schools, GMU, shopping, and VRE.  
**Judy Semler 703-503-1885**



**Fairfax** **\$622,000**  
 Distinguished colonial sits pretty on a lovely lot offering a gracious lifestyle. Be enchanted by the updated kitchen with granite counter tops, gas cooktop & wall oven; the charming family rm with wood stove & built in entertainment center; spacious living & dining rooms; 4 big BRs upstairs; a walkout lower level with rec rm, hobby rm & den; & a 2-car garage with side apron. Huge custom deck too!  
**Catie, Steve & Associates 703-278-9313**



**Burke Centre** **\$549,000**  
 Terrific 4 BR, 2.5 BA home on lovely street in sought-after Burke Centre. Updated kitchen, new carpet & spacious deck. Great opportunity!  
**Carol Hermandorfer 703-216-4949**



**Fairfax** **\$733,900**  
 Elegant all brick Renaissance colonial with quick access to FFX Co Pkwy & I-66! Towering ceilings, refined trimwork, hwd floors, gourmet kitchen, huge master BR suite with 2 walk-in closets Home office.  
**David Billups 703-967-8700**



**Centreville** **\$744,900**  
 Former model has it all! 5 BRs, 3.5 BAs, over 5500 fin sq ft! Dramatic floor plan with 2 story foyer, sunroom, and conservatory. True master retreat with sitting room, fireplace, spa inspired bath. Sought after Virginia Run community!  
**Marsha Wolber 703-618-4397**



**Kingstowne** **\$529,900**  
 Completely renovated. 4 BRs, 3.5 BAs end unit townhouse in Kingstowne. New roof, a/c, hwd floors, granite countertop and bathrooms, new kitchen appliances, fresh paint, and ready to move in.  
**Joseph Dao 703-963-1075**



**Springfield** **\$565,000**  
 Unique property on serene wooded lot. Commuters dream location. Stunning reclaimed beams. Tons of natural light. New siding, roof, windows, heat pump, hot water heater. Expanded on 2 sides. Beautiful gourmet kitchen. Close to shopping & restaurants. A charming home & must see.  
**Karen Schiro 703-509-3888**



**Fairfax** **\$625,000**  
 Beautiful, completely updated 4 level, 4 BR, 3 BA split with remodeled kitchen & family room addition. Hardwoods on ML & UL! Spacious BRs. Deck & lovely fenced yard. Next to Royal Lake Park.  
**Mary Hovland 703-946-1775**  
**Cathy DeLoach 571-276-9421**



**Fairfax Station/Regency Station** **\$975,000**  
 Beautiful Executive home in gorgeous neighborhood. Features large main floor master suite with walk-out to private backyard.  
**Carol Hermandorfer 703-216-4949**



**Manassas Blooms Mill** **\$324,900**  
 Commuter's dream! Beautiful 3-level townhouse close to VRE! 3BR, 3BA, gourmet kitchen with island, Dining room, huge Living room. Large MBR, laundry on upper level, fin walkout lower level with Rec room & BA 3. Fenced yard with patio. 2 car garage.  
**Amanda Scott 703-772-9190**



**Fairfax Station** **\$1,175,000**  
 Beautiful custom brick colonial on gorgeous 5 acres with a pool! An elegant, entertaining oasis both inside and out!  
**Carol Hermandorfer 703-216-4949**



**Fairfax Station** **\$729,900**  
 Crosspointe Beauty! 4BR, 3.5BA colonial on cul-de-sac! Gorgeous natural cherry top of line kitchen! Elegant new bathrooms. Heated floors. Large finished walkout basement.  
**David Billups 703-967-8700**



**Springfield/Newington Forest** **\$449,900**  
 A Little Bit of Heaven Right Here on Earth! It's what's inside that makes it special! Outside is a well-cared-for traditional style home with a fabulous fenced-in rear yard and a large two-tiered deck. Inside is a nearly completely remodeled interior with hardwood floors, granite counters and stainless appliances. 4 BR, 2.5 BA.  
**Mary Wharton 703-795-0587**



**Clifton** **\$489,000**  
 Custom 2 BR, 3 BA home nestled on 1.35 wooded acres. Designed with the nature enthusiast in mind with warm hardwoods and walls of windows.  
**Carol Hermandorfer 703-216-4949**



**Alexandria** **\$436,500**  
 Near Van Dorn Metro. Don't you deserve two fireplaces? Yes, you do! You also deserve 3 bedrooms, 3.5 baths, 3 levels, hardwood floors on the main level, and a large recreation room/cave that will be the envy of your neighbors. And you deserve not one, but TWO DECKS as well, that over look mature trees. So why wait? The moment is now!  
**Steve Wharton 703-627-0103**



**Woodbridge** **\$359,900**  
 Enjoy one level living. Two bedrooms, 2 baths. Hardwood floors. Chef's kitchen plus eating space. Gas heat/cooking. New roof/gutters. Premier 55+ community for E-Z lifestyle.  
**Beth Jones 703-503-1869**



**Springfield** **\$649,900**  
 Beautiful 5 bedroom home near everything. Part of the West Springfield High pyramid. Built-in bookcases, wood burning fireplace, large kitchen, upstairs laundry and many custom features. Nearly 3,000 square feet!  
**Marty Dubin 703-862-3455**



**Gainesville** **\$440,000**  
 Heritage Hunt 55+. Beautifully updated 2 level Turnberry. Finished walkout out lower level! Gourmet Kitchen w/new granite counters, new SS appliances, new paint & carpet, hwdws, Living, Dining, Family room off Kitchen, Sunroom, Deck. LL w/Rec, BR, BA, Workshop, Storage.  
**Amanda Scott 703-772-9190**

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