



# Springfield CONNECTION

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CONNECTION FAMILIES:  
BACK TO SCHOOL

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## Springfield BridgeWalk Highlights Community Spirit

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Springfield residents, Fort Belvoir troops, cheerleaders and dogs on leashes crested the rise on the Springfield Veteran's Bridge, participating in the annual BridgeWalk Tuesday evening, Aug. 30.

### Shopping With the Sheriff

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### Take One Action To Prevent Suicide

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## Springfield BridgeWalk Highlights Community Spirit

**Neighbors, Military come together in an event that's 'getting better every year.'**

BY MIKE SALMON  
THE CONNECTION

**A**s the group of Springfield residents, Fort Belvoir troops, cheerleaders and dogs on leashes crested the rise on the Springfield Veteran's Bridge, the annual BridgeWalk event was all about community, just as it has for the 15 years the walk has taken place.

In the midst of the bridge walkers, Audrey Herod, 13, was in her cheerleading outfit, surrounded by friends and a huge smile plastered across her face. She grew up in the community that borders the bridge and was surrounded by people she knew, but didn't usually talk to that much, except at the bridge walk.

"I liked how we could all get together," she said.

It was that sense of community that energized the crowd to the gathering spot at the American Legion Post 176 where they gathered to sign a community covenant with the garrison commander at Fort Belvoir to commemorate the event and the partnership that Springfield and Fort Belvoir formed through the years.

"We're very proud of a strong commitment Fairfax County and Virginia have with the military," said Supervisor Jeff McKay (D-Lee District), addressing a crowd of nearly 200 people outside the Legion. McKay was there for the first BridgeWalk in 2001 when he was a staff member of then-Supervisor Dana Kauffman. "It gets bigger and better every year," McKay said.

Also in attendance was Sharon Bulova, Chairman of the Fairfax County Board of Supervisors, Virginia Senator George Barker (D-39), and Del. Vivian Watts (D-39). "This is one of the things I do every year that I absolutely love," said Bulova.

The Greater Springfield Chamber of Commerce worked with the Lee District office to put the walk together, and initiated the help of the Fairfax Health Department, who were trying to get the word out about ticks and mosquitoes, Wegmans, the Fairfax County Community Emergency Response Team (CERT), the Veterans of Foreign War post 7327, scouts, and a dance team from the Richard Byrd Library. All were entertained by the Kings Park Concert Band. "It puts us out in the community," said a band member.

Health Department representative Lauren Lochstamper held up a jar of mosquito larvae, swimming around in water. "That's what happens when you don't clean out your bird bath," she said.

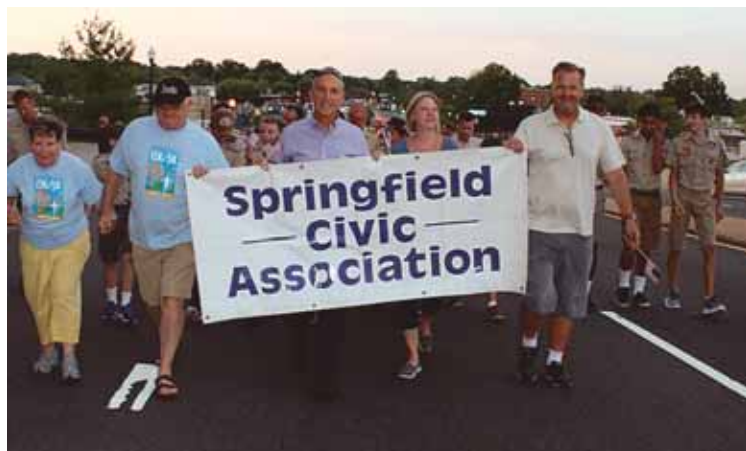
Christine Peterson was part of the library



**Members of the Springfield South County Youth Club joined the annual BridgeWalk in Springfield on Tuesday, Aug. 30.**



**Supervisor Jeff McKay (D-Lee District) addresses the crowd in front of the American Legion Hall in Springfield, with Board of Supervisors Chairman Sharon Bulova in background.**



**The annual BridgeWalk event was all about community: Springfield Civic Association members participated in the event.**

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book cart drill team along with members Judy Perry, Martha Gibson, and Richard Byrd Library Librarians, Dottie Jordan and Carol Essen. They did a dance with the book carts and then pushed them across the bridge. "The dance was our best ever, the pinwheel to circle was quite a tricky move," Peterson said.



**Tilde Hoff of the Fairfax County Health Department dons the tick outfit to raise awareness at this community event.**

PHOTO BY  
MIKE SALMON  
THE CONNECTION



**Friends of Richard Byrd Library participating in a BridgeWalk Tuesday, Aug. 30.**



# OPINION

## Take One Action to Prevent Suicide

### Suicide Prevention Week is Sept. 5-13, #MindsMatter

As school begins, we are accustomed to safety warnings. Slow down driving, watch for students along the roads, near schools and perhaps behaving unpredictably near intersections. Buckle seat belts. Wear bicycle helmets. Avoid distracted driving.

Suicide is the third leading cause of death for youth between 10 and 24 years old, according to the Centers for Disease Control, with 4,600 deaths a year, and 157,000 youth receiving emergency medical care for self-inflicted injuries. Overall, more than 42,000 Americans die by suicide each year.

Appropriately, Suicide Prevention Week is next week, Sept. 5-13, and the Connection is partnering with PRS CrisisLink to raise awareness about how to prevent suicide.

Risk factors for a suicide attempt include a history of depression or other mental illness, a history of previous suicide attempts, alcohol or drug abuse, stressful life event or loss, easy

access to lethal methods (firearms are the leading method of youth suicide), exposure to the suicidal behavior of others, and a family history of suicide. Young people who are LGBTQ are at higher risk.

Crisis Link was founded by volunteers in 1969 as the Northern Virginia Hotline, beginning as an evening hotline for Arlington teens. Within a year, hotline services were expanded to 24 hours a day to provide skilled, compassionate listening for people of all ages. The organization began serving individuals in crisis throughout the entire metropolitan Washington, D.C. region in 1970. In August of 2014, CrisisLink merged with PRS, Inc. Now named PRS CrisisLink, the program is able to provide services to more individuals than ever before.

In Fairfax County, where several high schools have mourned the suicide deaths of students, online interactive training is available to everyone about how to talk to a young person who might be depressed or considering suicide.

Fairfax County's Youth Suicide Prevention Training includes free online simulations that prepare educators and other adults to recognize when a young person is exhibiting signs of psychological distress, and to talk with the young person to be able to connect them with

### Help Available

CrisisLink Regional Hotline: 703-527-4077  
CrisisLink Regional Textline: Text CON-NECT to 85511  
National Hopeline Network: 1-800-SUI-CIDE  
National Suicide Prevention Lifeline: 1-800-273-TALK

appropriate support. Also available is a free online simulation for high school students to practice how to talk to a friend struggling with depression or psychological distress. Access to these programs is available by visiting [www.fairfaxcounty.gov/csb/at-risk](http://www.fairfaxcounty.gov/csb/at-risk)

We also can't let the discussion on gun violence add to the stigma of mental health illness. People with mental health issues are far more likely to be victims of violence that to perpetrate it. When the debate turns to a push and pull between advocating for gun control vs. advocating for broad suspicion of people with mental health concerns, the results are not benign.

We have to bring discussion of depression and other psychological distress into the light, and we must push back against the stigma that keeps many from getting life-saving help.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

### Courage to Vote

To the Editor:

This past month I worked with local students in the community and my boy scout troop to hold two non-partisan voter registration drives as a part of my Eagle Scout project. We held this drive at the Vienna Farmer's Market.

In many ways this registration drive was a success. We were able to talk to over 2,000 Vienna voters, and remind them about the Virginia photo identification law that requires all voters to bring a form of government issued identification. We were able to help 80 people apply for absentee ballots and registered 20 people to vote.

I wanted to share the impact that I hope this drive had on our community as well as what I learned.

Something I am very proud of is the fact that the drive was run completely by local youth volunteers. Everyone who registered new voters was a student. In fact a majority of these students could not even vote themselves!

A student run drive was important to me for many reasons. I hope that my fellow classmates and fellow boy scouts who participated in this drive came to the same conclusion as I did: the power of a vote is a right we should hold dear. I hope they saw voting as a civic responsibility that enables Americans to participate in the democracy our forefathers fought for and defended. Participating in that democracy should be a priority when we turn 18.

I also hope this outpour of young people inspired our community.

We met many residents this past month who told us that they were in a dilemma. One older

gentleman said that not only did he not want a registration form but he wasn't planning on voting because he couldn't bear to make the choice between "a crook and a narcissist".

I hope this student run force reminded voters like this gentleman and many others in our community who may be facing a similar dilemma that they are not choosing between two candidates - they are choosing a future. A future for me and a future for all of us at the drive who are not able to cast a ballot.

Really that is what all elections are about: choosing the candidate who will build a better America for the next generation to build on.

I understand that this is a very divisive election. It is hard to ignore the fact that the two major candidates have the highest unfavorability ratings in history. But still I urge you: don't squander your choice by choosing to sit on the sidelines. Find the courage to cast a ballot this year because this election, quite frankly, is bigger than just you.

I won't be able to vote this year and neither will thousands of other Vienna citizens who are under 18 but we are all counting on you to make that choice on our behalf on Nov. 8.

In 1920 women got the right to vote. In 1965 the Civil Rights Act prohibited racial discrimination in voting. In 1975 the right to vote for young people who were 18 and older was protected by the passage of the 26th amendment. Our history has been shaped and defined by people who have demanded a fair ballot.

Why then would anyone choose to forgo a right that others have worked so hard to defend simply because they don't have the guts to make a decision?

A lot has changed from that first election in

1789, but what I hope remains is the promise solidified by the words "We" in that first line of the constitution - the idea that a democracy means that all people are heard.

Raman Khanna

Vienna

The writer is 17-year-old rising senior at George C. Marshall High School.

### Does He Bite?

To the Editor:

Well, they're finally over! Suffering through the breathless NBC "coverage" of Olympic "sports," many of which few of us have ever heard of, involving Zika-virus and Rio-mugging avoidance tips, inane commentary, and tedious "up-close and personals" punctuated by the occasional showing of an actual event and immediate post-race interviews with "heroes" gasping for breath, I wondered about the origins of the ridiculous habit of winning athletes appearing to take a bite out of their medal before the cameras. Testing for 24-karat purity, perhaps? Teeth marks could potentially reduce the full tax deductibility of the value of an Olympic medal proposed by Senator "Chuck" Schumer — friend of underpaid athletes everywhere.

Gnawing away at trophies — where did this all begin? This metal-chomping is now almost as de rigueur as patented in-game hugging and slapping and weeping at the drop of a beach volleyball, say.

Harry Locock, sports fan  
Reston

## Springfield CONNECTION

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## NEWS BRIEF

### Blood Donations Needed

During National Preparedness Month in September, the American Red Cross encourages eligible donors to give blood to help ensure a readily available blood supply for emergencies. Whether blood is needed for a chronic condition such as sickle cell disease, a routine surgery, a traumatic accident or a large-scale emergency, it's the blood already on the shelves that helps save lives. Donors of all blood types are needed. To thank those who come out to give Sept. 2-6, the Red Cross is providing a branded duffel bag, while supplies last. To make an appointment to give blood, download the Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767). Donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at [redcrossblood.org/rapidpass](http://redcrossblood.org/rapidpass) to help reduce wait times.

Upcoming blood donation opportunities in Fairfax include:

❖ 9/1/2016: 12 - 7 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/2/2016: 7 a.m. - 12:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/3/2016: 7 a.m. - 2 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/5/2016: 7 a.m. - 12:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/6/2016: 2:30 p.m. - 7:30 p.m., Providence Presbyterian Church, 9019 Little River Turnpike

❖ 9/7/2016: 12 - 7 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/8/2016: 12 - 7 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/9/2016: 7 a.m. - 12:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/10/2016: 7 a.m. - 2 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/12/2016: 12:30 p.m. - 7:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/14/2016: 12 - 7 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

❖ 9/15/2016: 12 - 7 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

### FAITH 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.

**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](http://www.fbtministries.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.fbcspringfield.org](http://www.fbcspringfield.org).

## SUICIDE PREVENTION WEEK

September 5th - 11th, 2016

PRS, Inc. and Connection Newspapers team up for

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# CONNECTION FAMILIES: BACK TO SCHOOL



**Lieutenant Ricardo Evans, Captain Sean Whitmore, Lieutenant CJ Oakley with Darian, LeBron and Amen who were helped by Target employee Asneka Wollala of Burke.**



**Sargent Emily Fary and Lily, 8, posing with the My Little Pony coat and the gel pens to replace the ones she missed having.**

## Shopping With the Sheriff

Children shop with the Sheriff in preparation for return to school.

BY ALEXANDRA TECCO  
THE CONNECTION

**T**he Fairfax County Sheriff's Department teamed up with 39 children during the Shop with the Sheriff event on Thursday, Aug. 25. The school-aged children are currently residing in emergency shelters around the county which makes the culmination of the event, back-to-school clothes shopping at the Target in Burke, specially helpful for the children and their families.

The kids got to know the members of the Sheriff's Department over arts, crafts and a pizza lunch. When the bus arrived at Target, led by the blue and red lights of their motorcycle escort, the children had obviously made fast friends with their personal mentor for the day. Consequently, Target's boys and girls clothing sections were filled with the smiles of the children followed by the brown uniforms of the staff of the Fairfax County Sheriff's Department.

"This event combines the Sheriff Department and public safety along with young people who are experiencing a difficult time in their lives," said Sharon Bulova, Fairfax County Board of Supervisors Chairman.



**Lieutenant Ricardo Evans, Captain Sean Whitmore, Lieutenant CJ Oakley with Darian, LeBron and Amen who were helped by Target employee Asneka Wollala of Burke.**



**Second grader Jahmaiyah models a new cap with her shopping partner, Fairfax County Sheriff Stacey Kincaid, during the 25<sup>th</sup> annual Shop with the Sheriff event at Target in Burke.**



**Shop with the Sheriff participants including Sheriff Stacey Kincaid, Del. Eileen Filler-Corn (D-41), Board of Supervisors Chairman Sharon Bulova, Supervisor John Cook (R-Braddock District), and staff of the Fairfax County Emergency Shelter Program.**

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## CONNECTION FAMILIES

# Back-to-School Shopping

FROM PAGE 6

The story behind why each child and their families are residing at the emergency shelters are unique. As such there is no one-size-fits-all list of items to purchase. Instead, through coordination with the children, families, shelters and the shopping experience itself, the \$250 is tailored to meet both the needs and unique tastes and styles of each child. The funds for the event were raised by the Sheriff's Office, community and business partners as well as individual donations.

The children's tastes varied. Some were drawn to favorite colors, glittered belts, superhero shirts or a particular style of jeans. For Nicole, 6, her favorite item was an orange dress she found with help from Private First Class Marcus Medina. "I love being able to be out in the community," explains Medina. Working in civil enforcement means Medina sees a lot of evictions. "The hardest part of doing the job is seeing how the kids don't have a choice," Medina explains. The opportunity to participate in the event for his first time last year, made it an event he looked forward to joining again this year.

Lily, 8, was very thankful for the "shoes and clothes for school and happy to have someone nice," she said, looking at Sergeant Emily Fary. This is Fary's fourth year participating in the event. It had come up in conversation earlier in the day that the thing Lily missed most was her gel pens, explained Fary, so in



**Captain Derek DeGeare and Joshua, 6.**

PHOTO BY ANDREA CEISLER

addition to the necessities they made sure to pick up new pens.

This is Shop with the Sheriff's 24<sup>th</sup> year. Sheriff Stacey Kincaid is glad to point out that they have been able to help more children as well as provide them more funds every year. But it also "plays an important role to build bridges between law enforcement and youth," she explains. It presents an opportunity for children to interact on a personal level with the members of the Sheriff's Department.



**Deputy Cole with Sylkya and her favorite piece of new clothing that Cole and Target Employee Adrienne Baldree (not pictured) helped to pick out.**

PHOTOS BY ALEXANDRA TEGCO/THE CONNECTION



**Private First Class Marcus Medina, Kayla Tarrant from the Patrick Henry Family Shelter, and volunteer Lacey Herbert with Nicole, 6, showing off her new dress they helped her find.**

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## ENTERTAINMENT

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

**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. Fresh baked goods, produce, vegetables & fruits, meats & cheeses. [springfieldtowncenter.com](http://springfieldtowncenter.com).

**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. Instructor donation is \$5. [mooreffitt@yahoo.com](mailto:mooreffitt@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 Road, Fairfax. The exercises are for strength, balance and 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. Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

### SATURDAY/SEPT. 3

**Forgotten Fairfax Presents: A History of the Washington & Old Dominion Railroad.** 11 a.m. in Conference Rooms A&B of the City of Fairfax Regional Library, 10360 North Street, Fairfax, Va. Join Washington & Old Dominion (WO&D) Trail historian and former Trail manager Paul McCray on an amble through our local history. Free, registration required. Visit [fairfaxcounty.gov/library](http://fairfaxcounty.gov/library) or call (703) 293-6227 x6.

**Burke United Methodist Church Book Sale.** 8:30 a.m. - 2 p.m. at 6200 Burke Centre Parkway, Burke, Va. 22015. Join us for a used book sale with books for all ages. A Kid's Crafts & Story Corner will be available from 10:00 a.m. - 12 p.m.. 6 local authors will also be joining us to sign their books. All proceeds from the book sale benefit education needs in Cambodia. Free entrance. Email [bumc@burkeumc.org](mailto:bumc@burkeumc.org), call 703-250-6100 or visit <http://www.burkeumc.org>.

### SUNDAY/SEPT. 4

**Fall Ministry Tailgate.** 11:30 a.m. - 1 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway, Burke, Va. 22015. Join us for lunch, popcorn, moonbounce, and a tailgate opportunity to learn about the 20+ ministries and multitude of small groups and programs available for you and your family! Email [bumc@burkeumc.org](mailto:bumc@burkeumc.org), call 703-250-6100 or visit <http://www.burkeumc.org>.

**Blessing of Backpacks.** 9 a.m. - 10:30 p.m. Burke United Methodist Church 6200 Burke Centre Parkway Burke, VA 22015. All students, teachers, administrators, and school staff are invited to join us for a blessing of the backpacks and prayer for the upcoming school year. Cost: Free. Contact Katie Webster at [katiwebster@burkeumc.org](mailto:katiwebster@burkeumc.org) or 703-



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

250-6100

### MONDAY/SEPT. 5

#### 17th Annual Labor Day Car Show.

8 - 3 p.m. 4081 University Dr Fairfax Virginia 22030 United States. Historic Fairfax. Antiques, classics, foreign, customs, motorcycles and more. Visit: <http://www.labordaycarshow.org/> All proceeds benefit local charities.

#### Great American Labor Day 5K Run

8 a.m. 11895 Grand Commons Avenue Fairfax, VA 22030. This year's race beneficiary will be Robinson High School Cross Country and Track & Field team. Cost \$35: August 7 - September 3 online registration closes on September 3 at 8 p.m. \$40: September 4 at packet pickup, and September 5 (race day). 1k Fun Run Registration \$25: August 7 - September 3 online registration closes on September 3 at 8 p.m. \$30: September 4, at packet pickup, and September 5 (race day). Visit: <http://www.tantracking.com/cli...>

### 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. You will receive a custom medal. Cost: \$25, until August 31: \$30 Visit: [www.bishopseventregist.com](http://www.bishopseventregist.com)

#### 25th Annual Crab Feast Dinner at Pohick Church.

3:30-6 p.m. in the common room at Historic Pohick Church, 9301 Richmond Hwy, Lorton, VA 22079. The Brotherhood of St. Andrew sponsors the Crab Feast. Cost: \$30/adult (ages 21 and older), \$15/children (ages 13-20), children under the age of 13 are free. For tickets and more contact Doug Smith at [dlsmith100@aol.com](mailto:dlsmith100@aol.com) 703-339-6572.

### 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. The festival is juried to include only the best fine art, no commercial or mass produced objects. Admission & Parking: Free. [www.workhousearts.org/?s=fine+arts+festival](http://www.workhousearts.org/?s=fine+arts+festival)

### SATURDAY-WEDNESDAY/SEPT 10-21

#### 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. 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 memory disorder. 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 of Little Zion Baptist Church. Call 703-249-1520 [www.fairfaxcounty.gov/library/branches/bc/](http://www.fairfaxcounty.gov/library/branches/bc/)

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

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

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

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

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

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

**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.

**Liana Ruiz** was awarded the Virginia Credit Union Scholarship of \$2,500. She will graduate from Robinson High School in June 2016 and will attend Virginia Tech in the fall.

**Ketty Klimchuk**, of Fairfax, is on the spring 2016 dean's list at Johnson State College in Vermont.

**Abdullah Al Nouman**, of Fairfax, graduated with a master of science, biomedical sciences from Iowa State University in spring 2016.

**Robel Teffera**, of Fairfax, graduated in spring 2016 with a bachelor of science in international business from Quinnipiac University.

May 2016 Oregon State University graduates from Burke include, **Kimberly L. Ogren**, doctor of philosophy, geography; **Jacob M. Sage**, bachelor of science, cum laude, construction engineering management.

**Jennifer S. Richards**, of Lorton, graduated with a bachelor of science, earth sciences from Oregon State University in May 2016.

### 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.

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/ltombudsman/.

**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 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. in Burke. Contact Terry Stackley, at TheCelebrationSingers@gmail.com.

**American Red Cross CPR, First Aid and AED.** Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$90-110. www.redcrossnca.org.

#### 21 Announcements

**ABC LICENSE**  
Khan Entertainment Inc, trading as Izakaya Khan, 4231 Markham St, Ste A-B, Annandale, VA 22003. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverage license to sell or manufacture alcoholic beverages. Kyoungh Wook Han, President  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

#### 21 Announcements

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#### 21 Announcements

#### 21 Announcements

#### 21 Announcements

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**-Werner Heisenberg**





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**Arlington \$277,400 Cambridge Courts**  
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**Gainesville Heritage Hunt 55+ (age 50+ ok) \$440,000**  
Beautifully updated 2 Lvl "Turnberry" - fin walkout out lower lvl! Grmt Kit w NEW granite cnts, NEW SS Appls, NEW paint & carpet, HDWDS, Liv, Din, Fam rm off Kit, Sun rm, Deck, LL w Rec, BR, BA, Workshop, Storage.

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**Woodbridge \$1,250,000**  
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**Alexandria \$1,600,000 Quintessential Belle Haven Home**  
A true Georgian center hall colonial on a one third acre lot in beautiful Belle Haven. With over 4500 finished square feet and set amidst an enchanting landscaped paradise this home is made for entertaining with formal as well as informal spaces and updates throughout. The modern spacious kitchen features a wall of windows overlooking the rear yard while a large deck off the kitchen offers outdoor dining and entertaining.

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