

AUGUST 30 - SEPTEMBER 5, 2017

25 CENTS NEWSSTAND PRICE

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PHOTO BY BONNIE HOBBS/CENTRE VIEW

# Summer Music

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In front, from left, Nathan Kim and Mariah Goodwyn play their cellos during a rehearsal of the intermediate-level orchestra.

Learning to Face  
Opioid Overdose Crisis

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# Learning to Face Opioid Overdose Crisis

Chris Atwood Foundation hosts training on opioid overdose reversal.

BY ANDREA WORKER

**G**inny Atwood Lovitt is the executive director of the Chris Atwood Foundation (CAF), an organization that she founded with her family in honor of her brother Chris, lost to them from a heroin overdose. Their goal is to educate the public on the opioid crisis and to provide resources and support for those caught in its growing wake. CAF partnered with the Fairfax County Community Services Board and the Virginia Department of Behavioral Health and Developmental Sciences to create REVIVE! — the Commonwealth's education program on opioids and the use of the drug naloxone that can reverse the effects of an opioid overdose when administered properly and in time.

Lovitt became a certified trainer for the program, and since 2015, has trained more than 200 people. On Aug. 18, at the Unity Church of Fairfax in Oakton, she hosted another session. The difference between this class and those that had been offered before was historic. Thanks to the passage of Virginia Senate Bill 848-2017 and House Bill 1453, for the first time, Lovitt and REVIVE! were able to offer Naloxone to those who completed the course and submitted their registration.

Naloxone is a medication that attaches to the opioid receptors in the brain, in effect, “knocking the opioids off” and allowing the overdose victim's respiratory and cardiac functions to re-start for a short time.

The “Naloxone Accessibility” bills now allow agencies and organizations to offer doses of the medication to the general public on premises and immediately following the completion of the short approved training session.

Outside of its singular purpose at pushing aside the opioids, Naloxone has no other effect on body, so there is no danger to anyone who receives the drug accidentally. The dosage is the same for adults and children, so there is no fear of administering too much to a child.

“Before this, we were training, giving the knowledge, but not the tools,” said Lovitt.

Naloxone wasn't even a consideration, when Chris Atwood was a client at any of the numerous treatment programs in which his family had enrolled him. “I don't think it was even mentioned,” said Lovitt.

In 2013, she was the one who found Chris when he overdosed at the family's home. “There was nothing I could do but call 911 and wait,” she told the class. “If I had had access to Naloxone, maybe he would be here with us today. I don't want anyone else, any family, to go through this.”

**OPIOID ABUSE** and overdoses are a serious health issue in Virginia. Twenty-three people died in Virginia from prescription opioid abuse in 1999, the first year in which the numbers were collected. By 2013 the



PHOTOS BY ANDREA WORKER

**Ginny Atwood Lovitt, director of the Chris Atwood Foundation, shows the class how to recognize the symptoms of an opioid overdose and how to respond. After the training, the CAF and REVIVE! made Narcan kits for reversing the effects of an overdose available.**



**Melody Rose, a teacher from Fairfax, attended the training. “You see so much in the schools. This is really a serious problem.” Rose wanted to learn and to be prepared.**

number had jumped to 386 deaths — a 1,578 percent increase.

Factor in the deaths from all opioids — prescription and illicit opioid drugs, and the number rises to 683 lives lost that year. The numbers have not yet been finalized for 2016, but early data shows 1,133 deaths attributable to opioid abuse — an almost 40 percent increase from the previous year.

In 2014, Governor Terry McAuliffe issued Executive Order 29, establishing a task force to study the issue and make recommendations to address the growing crisis. In November of that year, the Governor supported the Virginia Commissioner of Health's declaration of the opioid abuse epidemic as a “public health emergency.” As of July, 2017, Virginia is one of six states to make such a declaration, according to the Network for Public Health Law.

The declaration of such an emergency “is like the state writing a prescription for the general public,” said Lovitt. A “standing order” was put into place, so that Virginians could go directly to their pharmacy and request Naloxone without seeing a medical provider.

A very important first step, “but that still

wasn't enough,” said Lovitt, whose experiences show that too many people won't take advantage of the availability, whether because of the cost, or “more likely the stigma of asking for a drug to counteract an opioid overdose.” Lovitt took her story and her cause to her legislators and was “overwhelmed by the positive response.”

Three of the General Assembly members who championed the Naloxone accessibility bills in both the State Senate and the House were present at the training session.

State Sen. Jennifer Wexton (D-33) was one of the sponsors of SB 848-2017 and declared that she was proudest of its passage in the last legislative session. “Now we have to use it ... and remember that combating the stigma is as important as combating the addiction.”

Del. Jennifer Boysko (D-86) said she was more than happy to help, when Lovitt came knocking on her door. “The Atwood Foundation is a real beacon of light,” she said, “looking to address the root causes of the problem, as well as the effects.”

Boysko also stated that she was heartened by the fact that the House Bill was supported “by representatives from every part of the Commonwealth. In today's political climate, it ... was miraculous that the bill passed unanimously.”

Del. John Bell (D-87), a retired major in the United States Air Force, shared a personal experience with the attendees. “My son asked me to go public with his story. He has been struggling with an opioid ad-

diction for years ... and we didn't know it. We had no idea what to look for.”

After a car accident years earlier, the younger Bell was given a 90-day prescription for opioids for pain, with five refills. “He was addicted before the end of the first prescription,” said Del. Bell.

“He has been clean now for months,” but the fear is still there for the delegate and his family and others in their situation. As he noted, overdoses often occur when an addict relapses after having been clean of opioids for a while. The drugs can have a greater effect, especially if the user takes a dose equal to what they were using before, after long-term opioid abuse. “And no one is immune because of status, age, demographics or economics.” Bell referenced cases in Virginia that spanned the age spectrum from an 11-year-old girl, to a 78-year-old grandmother.

**THE TRAINEES** also heard from DEA Special-Agent-in-Charge, Washington Division, Karl C. Colder. “In 31 years in law enforcement,” said Colder, “I have never seen an epidemic like this ... we now are even having babies born addicted.”

After the remarks, Lovitt got down to showing the trainees what to look for, how to respond, in what order to take the necessary steps, and how to administer Narcan, the nasal inhalant version of Naloxone, using mannequins as the victims.

As she demonstrated, Lovitt kept up a steady stream of advice and safety tips. “Remember,” she said, “the victim can revive suddenly ... it's like waking up to instant withdrawal for them. Ensure your own safety, as well as theirs.”

The Narcan kits, including the instructions, two doses of the medication with an inhaler, and a CPR breathing mask and latex gloves were then made available, free of charge thanks to the generosity of Reston-based, Fortune 500 Leidos, whose chairman and CEO, Roger Krone, also attended.

“Our involvement is really from the grassroots,” said Krone. He received an email from one of the company's 32,000 employees who was directly impacted by a

family member's overdose, and wanted to know if the company “would do something.” They did. “This is the biggest, unknown health crisis in America. We need to be involved.”

For information about upcoming REVIVE! Training, visit its website at [revive@dbhds.virginia.gov](mailto:revive@dbhds.virginia.gov). Read more about the Chris Atwood Foundation and their efforts, discover support and resources at [www.chrisatwoodfoundation.org](http://www.chrisatwoodfoundation.org).



**The REVIVE! kits with instructions, CPR victim mask, and gloves, and two doses of Narcan were available to those who completed the training. The Narcan distribution was funded by Leidos, based in Reston.**





Cello players focus on their music during an intermediate-orchestra rehearsal.



Advanced-orchestra students practice for their concert.

PHOTOS BY BONNIE HOBBS

## Sweet Sounds of Summer Music

Franklin Middle holds 31<sup>st</sup> annual Band and Orchestra Camp.

BY BONNIE HOBBS

The sweet sounds of music filled the halls of Franklin Middle School this summer during the 31<sup>st</sup> annual Band and Orchestra Camp. It ran June 28-July 21, and 610 fourth- through ninth-graders attended.

“For elementary-school kids, one day of camp is equivalent to a month of music in school,” said camp Director Lawrence Walker. “For middle-school kids, their time

here is equal to what they’d get in a year of music classes at school.”

That’s because, for four hours each day, band students had two rehearsals, one sectional class — such as woodwinds, brass, percussion or strings — and one instrument class. Orchestra students had two daily ensemble rehearsals, sectional and instrument classes, plus music theory.

“Sectional classes work on the music that the band or orchestra

SEE MUSIC CAMP, PAGE 4



Students playing xylophones in percussion class.



Lees Corner Elementary sixth-grader Sasha Smith playing the tuba.



The cadet band flute class practices.



Rocky Run Middle orchestra teacher Stephen Matthie directs the most advanced orchestra at the camp.



# Summer Music Camp

FROM PAGE 3

director is teaching,” said Walker. “Instrument classes focus on fundamentals like scales and tone quality and are like master classes of large-group, private lessons.” The camp’s 52 teachers were a mix of Fairfax, Prince William and Loudoun County band and orchestra directors, private music teachers and retired military band members.

On the first day of camp, the young musicians audition for placement in various levels of band and orchestra, such as beginning, intermediate and advanced. And Walker said things went very well during the whole three-and-a-half-week camp.

“The kids are here because they want to be,” said Walker. “And if they aren’t, initially, they interact with kids they didn’t know before and become friends. Then they get excited about preparing for the end-of-camp concert and, later, being in their school’s band or orchestra. Once they return to school in the fall, they’re far ahead of their music peers.”

Walker began this camp, more than three decades ago, and has guided it, ever since. “I live one minute away, in Franklin Farm,” he said. “And I love the people and school community, music education and seeing kids who leave here to become professional musicians — and I know [their careers] started at the camp.”

He retired in 2012 after teaching 30 years in Fairfax County Public Schools — 28 of them as Franklin’s band director. And the Lawrence Walker Music Wing there bears his name.

“This community was so good to me when I taught here, and I’m glad to give back,” said Walker. “Principal Sharon Eisenberg loves having the camp at Franklin, and I have a passion for students and music — and you never outgrow music.”

For the students, camp was both a fun and a learning experience. “It’s my first time here, but I really like it,” said Greenbriar West sixth-grader Abigail Kim. “I like playing the flute and being with my friends, and there are people here to play it with.”

She chose the flute “because it sounds nice and I always wanted to play it. My cousin plays it, too. Here I learned the chromatic scale and some new notes. I’d recom-

mend this camp to others because the band is awesome and the teachers teach well.”

Poplar Tree sixth-grader J.J. Viswanathan has played flute since he was 4. “My granddad played it and passed away before I was born, and I wanted to play it because of him,” he said. “And my uncle is a famous flute player in India. It’s a really melodious instrument — and not a lot of boys play the flute — so I’m trying to inspire them to play it, too.”

He attended camp for his second time and especially liked his flute teacher, Teri Davis. “I’ve learned some new music and notes, plus the chromatic scale,” said J.J. “The teachers are really nice and help you with the music if you get lost, and you can make new friends.”

Tara Sankner, a Franklin seventh-grader, has played the flute for two years. “I love the sound,” she said. “And my mom played it, and that really influenced me. At camp, I learned how to play the 16<sup>th</sup> notes with a slur [connecting them].” She, too, called the teachers helpful and nice, as well as funny, and said she’s looking forward to playing in Franklin’s band.

Rocky Run orchestra teacher Stephen Matthie, in his 10<sup>th</sup> year of teaching at the camp, conducted the most advanced orchestra there. “I was a product of this camp when I was a student at Brookfield Elementary and Rocky Run Middle,” he said. “So for me, it’s a pleasure to give back to the students, just like the teachers gave back to me when I was a kid.”

Often, said Matthie, “Students won’t play, at all, during the summer, unless they have a reason. So this is a wonderful opportunity for them to play music with their friends, get great instruction and keep up their skills for the next school year.”

Alexandra Krumdieck is in seventh grade at Rocky Run and has played viola since fourth grade. “Cello and bass are too low for me, and the violin is too screechy,” she said. “And I have small hands, so it’s easier for me to reach the notes on the viola.”

In her third year at camp, she said, “I always love the teachers — they’re friendly and kind — and there are no report cards here. I also love the music and the different methods the teachers have of conducting it. All the songs are amazingly great, and I



From left are flute players Abigail Kim, J.J. Viswanathan and Tara Sankner.

learned how to play a tremolo — playing really fast at the tip of the viola. This camp is very helpful; you learn a lot of stuff that your school music teachers might not have taught you — and if they did, you improve your skills.”

Meanwhile, Willow Springs sixth-grader Nathan Kim is in his fifth year of playing the cello, and this was his third summer at the camp. “It’s fun, and I meet a lot of new friends,” he said. “There’s a wide variety of people here from different schools.”

He selected his instrument because he likes its “deep, smooth sound, and cello plays the melody of a piece of music. And you don’t have to play it as fast as the violin.”

As for the camp, said Nathan, “It’s good for beginners because they teach you how to play. And after I first came here, it taught me so much that I got into the advanced group at school. This time, I learned how to play new songs, different notes and different ways of playing, like shifting on the fingerboard.”

One of the instructors was Consuelo Sevilla, who teaches orchestra at Sangster Elementary in Burke. “When I was a music-education major at JMU, I taught violin classes at this camp,” she said. “This year, I direct the intermediate orchestra for second- and third-year players. [The camp’s assistant director] Cindy Crumb recommended that I teach here because she knew I wanted to be a violin teacher in the future, so this would be good experience.”

“I’m excited to direct the entire orchestra — mostly sixth- and seventh-graders and work with the students,” continued Sevilla. “The students who attend camp really want to be here, so their attitude every day is really encouraging. And because the camp is several weeks long, we get to build a real community. And then, at the end, we get to play our concert and show everyone what the students have learned.”

Fellow violinist Shriya Ramaka, a Rocky Run seventh-grader, has been playing her instrument four years. “I like strings, instead of band, because band’s too loud,” she said. “And I like high notes because I sing high.”

It was also her fourth year at camp. “I just love the environment,” she said. “It’s very friendly and everyone’s really nice. If you play something wrong, they don’t laugh



Trumpet players preparing for their end-of-camp concert.



Rocky Run seventh-grader Alexandra Krumdieck plays her viola.

PHOTOS BY BONNIE HOBBS

at you; they’re very supportive. And I get to see some of my friends from school.”

Shriya said attending camp also helps her be more advanced and play more difficult pieces in school. “You learn new tactics, skills and techniques,” she said. “I learned how to balance dynamics, play harder songs and play 16<sup>th</sup> notes really fast.”

Sasha Smith, a Lees Corner sixth-grader, has played the tuba for a year. “I like the low sound, and it’s a unique, cool instrument,” she said. Sasha performs with her school band and came to camp for her first time. “I wanted to play my instrument during summer,” she said. “I learned new scales, and this was more challenging than my regular, music class at school.”

She’d recommend this camp to others because “It gives you a chance to explore your instrument and have more time to play it. And it really helps you understand how to play it better and improve. I’ll definitely come back next year.”

As for Libby Bondi, the Franklin eighth-grader has played violin since fourth grade. “It gives me a sense of relaxation, and I feel like I’m really good at it. I like to play fast-paced songs, and the fiddle songs give me a challenge. My favorite song at camp was “Perpetual Fiddle Motion.”

In theory class, she learned about intervals and how to count eighth rests. “That’s important because it’s not just the music you need to learn, it’s all the other parts of it that make it a song,” she said. Libby returned for her second year at camp — and encourages others to attend — because “I had such a good experience here last year and did much better in my school orchestra because of it.”



Part of the woodwinds section of the camp’s concert band.



# September Is Suicide Prevention Month

Area agencies, organizations and citizens engage to raise awareness and prevent deaths.

BY ANDREA WORKER

At its meeting on July 11, the Fairfax County Board of Supervisors presented a proclamation, designating September 2017 as Suicide Awareness and Prevention Month.

Suicide is the 11th leading cause of death in Virginia. On average, one person dies by suicide every eight hours in the state. According to the statistics published for 2017 by the National Capital Area branch of the American Foundation for Suicide Prevention (AFSP), suicide is the second leading cause of death for ages 15-34 in Virginia, third for ages 10-14, and fourth among people 35-54.

"So many of these tragedies are preventable," said Ellen Shannon, area director for the region's AFSP chapter, "if only we can end the stigma and get people talking. It's not a conversation that we're comfortable having, but if we listen, and talk, we might just save a life."

Studies show that more than 50 percent of all people who attempt suicide tell someone about their intentions, but too often

people considering suicide are afraid to ask for help, and those who think they see the signs of trouble are reluctant to be wrong and then offend, or cause embarrassment.

Wendy Gradison, CEO of Psychiatric Rehabilitation Services, Inc. (PRS) that runs Northern Virginia's crisis hotline and textline, agrees. In a statement, Gradison said that by "turning up the volume, we can make it OK to have a conversation, make a call or send a text. Making a call or sending a text [to our CrisisLink] saves lives."

PRS reports that for every death, 278 people are able to move past that crisis moment, and the numbers could increase to the positive if more people can be reached. The nonprofit has contributed to those survival statistics, handling nearly 34,000 crisis calls and exchanging more than 33,000 crisis text messages from the Northern Virginia region in 2016 alone through its CrisisLink program.

All of the area organizations that support mental health and fight against suicide are actively engaged in that battle all year long, 24/7, but during Suicide Awareness and Prevention Month, those efforts get magnified to engage as many citizens as possible

in the conversation.

Who's doing what to promote suicide awareness and prevention during September, and how can to get involved? Here are just a few of the events and activities taking place in the area:

## Out of the Darkness Walk

The 10th annual Fairfax/NoVA Out of the Darkness Community Walk to benefit the American Foundation for Suicide Prevention, National Capital Area Chapter, (AFSP) takes place on Saturday, Sept. 16, starting at 11 a.m. Check-in begins at 9 a.m. The walk begins and ends at the Fairfax County Government Center in Fairfax.

Online registration for the event at [www.afsp.donordrive.com](http://www.afsp.donordrive.com) is open until noon on the Friday before the walk, but individuals and teams can still register in person at the walk from check-in until the start of the walk.

The event is family and pet friendly. Walkers and spectators are encouraged to come early in order to explore the resources area. Representatives from local agencies and non-profits will be on hand to offer information and news about upcoming events. The organizers say it's also a good time to simply "connect and gain support" from others with similar experiences.

Working closely with the AFSP and leading the charge for the walk for the second



PHOTOS CONTRIBUTED

From left: Capt. II Dennis Kotecki, Wellness and Fitness Program Manager, Fairfax County; Karrie Leigh Boswell, retired Fairfax County firefighter and chair of the Out of the Dark Community Walk; and Ellen Shannon, area director, National Capital Area, American Foundation for Suicide Prevention.

year in a row is retired Fairfax County firefighter, Karrie Leigh Boswell, who has been an advocate for firefighter line-of-duty death benefits during her 27-year career. She got involved in the cause to prevent suicide deaths when "trying to make sense" of the suicide "of one of our own, Nicole Mittendorf." Mittendorf was a firefighter from Woodbridge, who took her own life in

SEE SUICIDE PREVENTION, PAGE 10

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# OPINION

## Helping After Harvey

### Give locally in Texas; give money not stuff.

**T**he scenes of devastation from Hurricane Harvey in Texas will prompt many generous people to contribute to immediate relief efforts.

First, a reminder to give money, not stuff. The organizations on the ground need money now to address particular needs.

As a local paper, it fair to say that if we had a similar disaster here in Northern Virginia, we would want donated money to go to local organizations that understand local needs, rules, supply chains, etc. Give locally.

#### Houston Food Bank

Displaced families and individuals will need to be fed for a long time.  
Donate online [www.houstonfoodbank.org](http://www.houstonfoodbank.org)  
535 Portwall St.  
Houston, TX 77029  
713-223-3700

#### Greater Houston Community Foundation

Will coordinate the Hurricane Harvey Relief Fund to accept tax deductible flood relief donations for victims that have been affected by the recent floods.

Donate online [ghcf.org](http://ghcf.org)  
5120 Woodway Dr.  
Suite 6000  
Houston, TX 77056  
713-333-2200

#### The Coalition for the Homeless of Houston/Harris County

Tens of thousands of people in and around Houston will be newly homeless as the floods recede.

Donate online [www.homelesshouston.org](http://www.homelesshouston.org)  
2000 Crawford Street, Suite 700  
Houston, TX 77002  
713-739-7514  
[www.homelesshouston.org/take-action/donate/](http://www.homelesshouston.org/take-action/donate/)

#### Houston Humane Society

Donate online at [www.houstonhumane.org](http://www.houstonhumane.org)  
[www.houstonhumane.org/\(Give\)/giving/general-donation](http://www.houstonhumane.org/(Give)/giving/general-donation)  
14700 Almeda Road  
Houston, TX 77053  
713-433-6421

#### San Antonio Humane Society

Is housing pets of people displaced by Harvey who are taking shelter at the AT&T Center or other places in San Antonio.  
Donate online at [sahumane.org](http://sahumane.org)  
4804 Fredericksburg Road  
San Antonio, TX 78229  
210-226-7461 or 210-518-9742.

#### Austin Pets Alive!

This rescue group partners with local rescues. Austin Pets Alive! has been helping shelters in the direct line of Hurricane Harvey. They've transported more than 330 animals to their shelter and are expecting hundreds more.  
Donate online [www.austinpetsalive.org/donate/donate-now/](http://www.austinpetsalive.org/donate/donate-now/) or visit [austinpetsalive.org/hurricane-harvey-evacuations/](http://austinpetsalive.org/hurricane-harvey-evacuations/)

### ROUNDUPS

## Join 'AI Summit for All'

The Girls Computing League at Thomas Jefferson High School for Science and Technology (TJHSST) is sponsoring an artificial intelligence summit — AI Summit for All — on Saturday, Sept. 30, from 8:30 a.m. to 3 p.m. The summit is designed for students in grades 8-12 who are interested in learning

about artificial intelligence. Computer science or artificial intelligence experience is not required to attend the summit, which is free and will be held at the Marriott Conference Center in Chantilly.

The summit is designed to interest the next generation in AI technology, innovation, and leadership. Keynote speakers include Teresa Carlson of Amazon; Afua Bruce of the White House Office of Science and Technology Policy;

Evan Burfield of 1776; and Del. Ken Plum. Presenters on artificial intelligence include Jim Liew of Johns Hopkins University, Tim Hwang of FiscalNote, Lisa Singh and Peter Bock of George Washington University, and Patrick Hall of H2O.ai.

Attendees can register online at [aisummit.girlscomputingleague.org/registration/](http://aisummit.girlscomputingleague.org/registration/). Registration should be submitted by Friday, Sept. 1. The event is sponsored by Google,

Amazon Web Services, and the Spirit of Innovation Challenge. The Marriott Conference Center is located at 14750 Conference Center Drive in Chantilly.

## Support Erin Peterson Fund

Register for the 10th Annual Erin Peterson Fund (EPF) Golf Tournament, to be held on Thursday, Sept 28, at Westfields Golf Club. To date, EPF has donated \$85,000 to support the Westfield High School Young Men's Leadership Group. The fund will also be supporting a young women's group at Westfield and Stone Middle. Register by going to [www.erinpetersonfund.org](http://www.erinpetersonfund.org) click on Golf Registration. Pay by credit card or mail a check to: Erin Peterson Fund, P.O. Box 232170, Centreville, VA 20120.

## Apply to Fire Academy

Want to learn more about the Fairfax County Fire and Rescue Department? Apply to the Citizens Fire & Rescue Academy (CFRA). Applications will be accepted until Sept. 1. The academy will begin Sept. 21, and will meet for nine consecutive Thursdays, from 6-9 p.m. and ending on Nov. 9. To learn more about the program, go to [www.fairfaxcounty.gov/fr/cfa](http://www.fairfaxcounty.gov/fr/cfa).

### WORDS & PICTURE

## Back to School

Summer is now all done  
New school year has just begun  
Get ready to have some learning fun  
The school bus is here and off you go  
Make some new friends and say hello  
Lot of exciting things to learn and know  
New grade, new classroom, new things to explore  
Reading, writing, math, and so much more  
Things that will make you smarter than before  
New school year is an exciting time  
Especially when it is recess and lunch-time  
And the learning you do, lasts a life-time.

— ANITA R MOHAN

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Illustration by Padena Salahy, age 7, Chantilly

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A Connection Newspaper



# SYA 14U Babe Ruth Team Places Third in World Series

**T**he SYA 14 Year Old All-Star team went 13-1 overall during All-Star competition. This included winning the Virginia District 7 Babe Ruth Championship, winning the Virginia State Babe Ruth Championship, defeating the Virginia 15U State Champions in preparation for the World Series, and going 4-1 in the World Series.

SYA was one of 10 teams worldwide to qualify for the 14 Year Old Babe Ruth World Series.

During the World Series, the SYA 14 Year Old Team went 4-0 in Pool Play:

- ❖ Defeated Greenville, N.C. (Southeast Regional Champion) 3-2 in 10 innings
- ❖ Defeated Hamilton, N.J. (Mid-Atlantic Regional Champion) 7-5
- ❖ Defeated Trumbull, Conn. (New England Regional Champion) 5-1
- ❖ Defeated West Linn, Oregon (Northwest Regional Champion) 11-1 in 5 innings.

As one of two top seeds, SYA earned a first round bye and then lost in the Semifinals to West Linn, Oregon (Northwest Regional Champions) 4-3. st Linn lost to Honolulu, Hawaii (Pacific Northwest Regional Champions) in the Finals.



**The SYA 14 Year Old All-Star team**

relatively short period of time. We are proud of the manner in which the boys carried themselves; they are tough, smart, talented players who played exceptionally hard for one another. Although we were young and undersized compared to many of the teams we faced throughout All-Stars, the boys certainly proved that they could compete at an extremely high level against some of the best players and teams in the country.”

SYA's team consisted of Zach Bowers, Centreville HS 2020; Lahe Calvo, Centreville HS 2020; Jake Carpenter, Centreville HS 2021; Campbell Charneco, Centreville HS 2021; Jason Cheifetz, Westfield HS 2022; Gavin Collins, Centreville HS 2020; Ben Cousino, Centreville HS 2020; Alex Cross, Westfield HS 2022; Nick Lottchea, Westfield HS 2021; Aiden McDonald, John Champe HS 2022; Pasha McDonald, Fairfax HS 2021; and Caleb Roundtree, Westfield HS 2021. The team's bat boy was Andrew Harris of Glen Allen, Va.

The team had six returning players (Zach Bowers, Lahe Calvo, Campbell Charneco, Gavin Collins, Ben Cousino, and Nick Lottchea) from last season's defending 14 Year Old Babe Ruth District 7 and Virginia State Champions.

“Managing this team was easy,” said manager Dane Charneco. “It was a tremendous group of kids, dedicated assistants, and supportive parents that made this special summer possible. Everyone bought in and believed in the process. The boys were outstanding teammates and all contributed greatly to our overall team success. They worked hard all summer, willingly incorporated feedback, and consequently our team was able to make huge improvements in a

## New at Centreville ES

### Joshua Douds named principal.

BY LOGAN BOTTS  
CENTRE VIEW



**A**s the new principal, Joshua Douds looks forward to creating relationships with the entire Centreville Elementary community. Douds began his career with Fairfax County Public Schools in 2001 as a teacher at Westlawn, Centreville, and Lees Corner elementary schools. In 2013, he was named assistant principal at Union Mill Elementary School, where he served prior to being named principal of Centreville Elementary school.

As an instructional leader, Douds served as co-administrator of Westlawn's summer program, was a co-facilitator of the Chantilly Pyramid Math Literacy Team, and an extended school year principal. He has served as an adjunct professor at George Mason University (GMU) and a consultant for the Virginia Initiative for Science Teaching and Achievement (VISTA) Program on special education best practices.

Douds earned his bachelor's in elementary education and bachelor's in special education at Clarion University. He earned a master's in educational leadership from GMU.

Kathleen Case, principal of Union Mill Elementary School and former colleague of Douds, praised his leadership during his time there as assistant principal. When Douds arrived at Union Mill he took many steps to improve the school community through academic measures such as bringing back the math workshop to improve test scores, working with special education teachers, and initiating a family fitness club.

Case describes Douds as someone with a

“can-do attitude,” regardless of the problem, “he always thinks there's a solution.” Most importantly, Douds is “all about building relationships,” with teachers, staff, families, and students, everything else comes from those foundational relationships.

Dr. Angela Atwater, assistant superintendent for Region 4, appointed Douds to his new position. She said he applied through the standard process for administrators wishing to lead new schools. Upon applying, Douds had a great reputation for being a strong instructional leader with immense support of special education programs, she said. Part of the application process was participating in a panel interview with staff and parents from the Centreville Elementary community, from which he emerged highly recommended.

Atwater knows that she will see his leadership skills grow as he grows as an educator. “Douds has such a positive effect that improve the already positive culture of Centreville Elementary,” said Atwater.

Looking to the future, Douds hopes to bring his enthusiasm for learning to the Centreville Elementary community. Douds explained that he “hopes to empower teachers to do what they love and create an environment of strong communication.”

Additionally, he wishes for students to recognize the power of effort and encourage students to try hard and reach their fullest potential. Douds believes “that good communication between home and school is the best way to ensure the success of the student.”

The Clifton Lions Club and the City of Fairfax present the

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**Nine Scouts flew to New Mexico and hiked a 77-mile trek and reached the top of Mount Baldy at BSA Philmont Reservation.**



**Seven Scouts flew to Florida to sail and scuba-dive the Florida Keys on a BSA Sea Base adventure.**

## Troop 30 Pursues Summer Adventures

Spanning three states and delving from 60 feet beneath the sea to over 12,400 feet above it, 34 Scouts of Troop 30 were engaged in an unprecedented three summer adventures. In late June, seven Scouts flew to Florida to sail and scuba-dive the Florida Keys on a BSA Sea Base adventure. In early July, 19 Scouts ventured to southern Pennsylvania and earned 61 merit badges over a

week at BSA Camp Freedom. In late July, nine Scouts flew to New Mexico and hiked a 77-mile trek over 12 days, engaged in numerous camp programs, and reached the top of Mount Baldy at BSA Philmont Reservation.

In all, over 87 percent of the Scouts in Troop 30 were engaged in Scout programs this summer. Find out more about Troop 30 at [www.troopwebhost.org/Troop30Centreville/Index.htm](http://www.troopwebhost.org/Troop30Centreville/Index.htm)



**Nineteen Scouts ventured to southern Pennsylvania and earned 61 merit badges over a week at BSA Camp Freedom.**

## Mission BBQ — with Several Missions

BY ALEXANDRA GREELEY

As summer wanes, folks may switch from dreams of outdoor grilling and barbecue to bowls of hot chili or beef stew. But wait: the delectable charm of barbecued meats is not a seasonal treat. And if your passion for pulled pork, chopped brisket, tender and smoky ribs, and robust sides of beans or mac-n-cheese never ends, you do have a second home: Mission BBQ.

A rapidly expanding private company with numerous eateries in the metro area, Mission BBQ has an underlying mission. Besides treating customer in for sublime eats, the underlying focus of this Glen Burnie-based company is to honor our servicemen, be it from Armed Forces to police officers — all who serve our country with pride. (visit <https://www.facebook.com/>



**Mission BBQ at 13067-J Lee Jackson Memorial Highway.**

[missionbbqtheamericanway/](http://missionbbqtheamericanway/)). You know you have arrived at one of its restaurant when you spot an enormous Army vehicle parked nearby. And indoors, the setting's walls show military-focused pictures, so the message is clear: all American and all supporting heroes.

With its mission quite open and public, the owners do have a secondary goal: serve

the best barbecue goodies cooks can smoke and then serve up. And succeed they do. As you wait in line to order from the upfront counter, you have plenty of time to read the overhead menu board. Smoky aromas may be surrounding you, tempting you to order one of everything on the menu, and maybe even six of the unlisted banana pudding, if it is available.

Although it is not actually listed as an appetizer, one hot way to kick off the meal is with one order of the jalapeño and cheese sausage. Then to pair with your main course, consider a plain greens salad, or for heftier eats, a side of mac-n-cheese, green beans with bacon, cold slaw, or fries.

But the big decision comes next: go whole hog (will literally half hog) with an order of baby back or regular spare ribs (St. Louis style), or focus on a smaller treat: a sandwich of pulled pork, brisket or chopped brisket, pulled chicken, or turkey. Note that all

### Details

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Lunch and dinner daily.

sandwiches look like they are heaped up on buns in a gooey sort of way. But if you are a spare ribs kind of person, these are killer good: tender, smoked, well-seasoned, and some of the best in town.

If you do not have time to sit at one of the communal tables to eat, you can easily carry out. And if you are in the party mood, Mission BBQ offers reasonably priced party pick-up packs to serve 10 or more. These include your choices of meats (not ribs), sides, baked goods, and sauces.

In the end, foodies will likely declare Mission BBQ fulfills several: honoring servicemen and women and the police, and feeding barbecue fans. Those are their missions ....



# CONNECTION FAMILIES

## Time for School

Making the transition from summer to the classroom.

BY MARILYN CAMPBELL

**A**s children savor the last days of summer, many families are gearing up for the start of a new school year. From first day anxiety to new bedtime routines, local educators offer suggestions for a seamless transition to the classroom.

"I have always loved the rhythms of the school calendar because of the beginnings and endings and the possibilities for reflection and a chance to refresh and renew..." said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. "I think the ritual of back-to-school shopping, whether that means a new binder and notebook, a new backpack, or a pair of new sneakers ... remains important for us because it offers opportunity to think about school anew."

The start of a new school year is an ideal time to help children set reasonable expectations, an important concept for high school students who begin to manage an increasing amount of responsibility and must learn to create a balance in their lives, says Best. "Put things in perspective," she said. "Sometimes the goals [that are] focused on personal growth, like learning how to advocate for yourself with a teacher, or navigating the halls, are as important as identifying academic milestones."

"It's useful to revisit points of struggle and perhaps more importantly, triumphs from the previous year. Reminding a student how they successfully managed a difficult issue is helpful," said Best.

Gone are the days of staying up late and sleeping in the next day. A healthy bedtime routine must be re-established gradually, advises Sean Aiken, head of school, BASIS Independent McLean.

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times," said Aiken. "Building the routine before the first day of school will help the adjustment on day one."

"In the week before the school year begins, families should revisit the expectations for bedtimes and morning routines and choose an evening and following morning to practice the routines," said Jalene Spain Thomas, Lower School Director St. Stephen's and St. Agnes School in Alexandria. "Children will appreciate knowing that the new routine for this school year includes a slightly later bedtime or more time for independent reading or shared reading with a parent."

For younger students, separation anxiety may become an issue as they move into a parent-free environment each day, says Aiken. "In these cases, con-



PHOTO BY MARILYN CAMPBELL

**The ritual of back-to-school shopping offers an opportunity to think about school anew, says Amy Best of George Mason University.**

tact the school and establish a go-to adult for your child to talk to in the event they miss you too much during the day," he said.

Focusing on the positives about a child's school environment can help ease anxiety. "Younger students may want to draw a picture of what they think their new classroom will look like," said Thomas. "Older

students may enjoy writing a list of what they hope to accomplish in the school year that the family opens together in January."

Start with an organized workspace and shared family calendar to keep the family organized from day one, advises Aiken. "Folders and binders for home organizational systems are just as important as those your child will bring to school," he said. "Post a large calendar in a common area of the home so early due dates, back to school nights, and extracurricular activities can be seen by everyone in the family."

"Parents, remember to take

some time for yourselves in those early days, too," said Aiken. "You've worked hard all summer arranging camps, play dates, and other great activities. Maybe it's time to take a long lunch break together or catch a cheap matinee once you're safely assured that you children are off and running in their new learning adventures."

**"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times."**

**— Sean Aiken, head of school, BASIS Independent McLean**

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Contact [sarah.h@penderumc.org](mailto:sarah.h@penderumc.org)  
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Fairfax, VA 22033

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**THE CONNECTION  
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## NEWS

# Suicide Prevention

FROM PAGE 5

April last year and whose death sparked investigations into cyberbullying as a possible contributing factor in her death.

Boswell says she felt compelled to get involved and do her part for suicide prevention for everyone, but particularly for her “brother and sister” firefighters and rescue personnel. “If you think there’s a stigma among the general public when it comes to talking about your mental health or feelings of suicide,” said Boswell, “it’s even greater in those ranks and with law enforcement. We feel like we’re supposed to be the ones helping, not the ones needing help.”

Boswell is committed to doing what she can personally and to building a community to tackle the tragedies of suicide. “Nothing ever gets done without a broad-based coalition,” she said.

“Last year we had about 1,000 walkers and raised about \$150,000,” said Boswell. Those numbers made the Fairfax Walk number 18 of the 411 AFSP-sponsored walks that took place across the country in 2016. Her goals for this year? “Double? Triple? Ultimately to break a million dollars!” Boswell is pleased that half of the funds raised will remain here in the community, with the other half going to fund scientific research, and national suicide prevention and advocacy efforts.

AFSPorg offers seminars and workshops for clinicians as well as the general public. The group also raises funds for research and resources and advocates at all levels of government to “find better ways to prevent suicide, to educate and to procure resources.”

Contact information: Website [www.afsp.org](http://www.afsp.org), Twitter @AFSP\_NCAC and on Facebook.

### 24 Hour Work-Out of the Darkness

Organized by Fairfax County’s LiveWell program and Fire and Rescue’s Well-Fit program, this 24-hour workout event is a “great companion piece” for the Out of the Darkness Walk,” said Capt. II Dennis Kotecki, wellness and fitness program manager with Fairfax County. The action also takes place at Government Center, starts at 8 a.m. on Friday, Sept. 15, and concludes an hour before the Walk check-in begins on Saturday morning.

“We are really looking for ways to help our county employee community stay fit, physically and mentally ... and it’s just a great,

fun experience and way to support efforts to prevent suicide.”

The Workout is open to all Fairfax County government employees, retirees, family members and first responders from surrounding jurisdictions. The activities are divided into 30-minute sessions and include opportunities for individual exercise as well as group fitness classes.

“We’ll have it all going on,” said Kotecki. There will be cycling, Zumba, a walking labyrinth, a kids’ fitness zone, kettlebells and routines using TRX equipment.

Like the Out of the Darkness Walk, the Work-Out will also have a mental wellbeing expo, from 11 a.m.-2 p.m. on Friday, with information about community resources, as well as county employee benefits.

Eligible participants can learn more, register and select workout activities and timeslots at [m.signupgenius.com/#!/showSignUp/20f04aaba92fa1fbg-workout2](http://m.signupgenius.com/#!/showSignUp/20f04aaba92fa1fbg-workout2).

### #CallTextLive

PRS, Inc. Is launching its third annual #CallTextLive campaign, using that hashtag to reach out directly through social media to engage the community and encourage those in need to make contact with people who can help. The campaign works to educate the community about what resources are available, and what they can do to get help, or give it.

On the PRS website, the organization has posted an interactive Calendar of Events. Throughout the month of September on the calendar viewers can click on links that guide them to resources, training classes, ways to volunteer or donate, inspirational messages, and actions that anyone can take to help raise awareness and prevent suicide.

On Sept. 10 on the PRS calendar, there’s information about World Suicide Prevention Day. Sept. 21 invites people to join in on “Selfie Day!” by sharing pictures on PRS’s social media platforms dressed in a #CallTextLive T-shirt. Sept. 16 and 17 direct viewers to information about, and registration for, a two-day ASIST training session. ASIST is a suicide intervention workshop. The sessions are open to “virtually anyone older than 16, regardless of prior experience or training.”

In addition to running the CrisisLink Hotline and Textline, PRS offers training workshops and

SEE SUICIDE PREVENTION,  
PAGE 11

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Suicide Prevention

FROM PAGE 10

programs such as “CareRing Services” to maintain supportive contact with area older adults.

Contact information: Website – prsinc.org. The Crisis Hotline number is 703-527-4077. Text “CONNECT” to 85511 to reach the PRS Textline.

## NAMI Northern Virginia “Help Shine a Light” Walk

The local affiliate of the National Alliance on Mental Illness will host its annual Walk on Saturday, Sept. 23, in Tysons Corner, with check-in starting at 9 a.m.

NAMI Northern Virginia has been serving residents of Fairfax, Arlington, Alexandria, Falls Church and Loudoun County for 40 years. They offer numerous classes, clubs, and support for individuals living with mental health conditions, as well as support groups, sessions and resources for the families, partners, and friends of those individuals.

Contact information: Website [www.nami-northernvirginia.org](http://www.nami-northernvirginia.org). Helpline 571-458.7310 Email at [info@nami-vova.org](mailto:info@nami-vova.org).

Other mental health resources are available through the county on line at [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), and through the Fairfax-Falls Church Community Services Board. Emergency mental health services with the CSB are available 24/7 by calling 703-573-5679, or coming directly to the Merrifield Center at 8221 Willow Oaks Corporate Drive, lower level, rear entrance, in Fairfax.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Deadline is Thursday at noon, at least two weeks before event.

### SYA NOTICE OF ANNUAL BOARD MEETING

The Southwestern Youth Association will be holding its annual Executive Board of Directors Election Meeting on Thursday, Sept. 7, 2017. The meeting will be held at the Centreville Regional Library, 14200 St Germain Drive, Centreville, beginning at 7:30 p.m. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at [admin@syayouthsports.org](mailto:admin@syayouthsports.org). Applicants must be in good standing with SYA and at least 21 years of age. This meeting is open to the community. Any questions please contact the SYA Office at 703-815-3362 or [admin@syayouthsports.org](mailto:admin@syayouthsports.org).

### SATURDAY/SEPT. 9

**Church Yard Sale.** 8 a.m.-1 p.m. at Oakton Baptist Church, 14001 Sullyfield Circle, Chantilly. Members of Oakton Baptist Church of Chantilly will be having individual yard sales in the church parking lot. Rain date is Sept 16. Directions: first stop light East of Route 28 at Route 50 and Sullyfield Circle, Chantilly. Call 703-631-1799 or visit [oaktonbaptistchurch.org](http://oaktonbaptistchurch.org).

### MONDAY/SEPT. 18

**Centreville Garden Club Potluck.** 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Call 703-830-3271, visit [centrevillegardenclub.blogspot.com](http://centrevillegardenclub.blogspot.com), or email [centrevillegardenclub@gmail.com](mailto:centrevillegardenclub@gmail.com).

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
**-Werner Heisenberg**

## Bathroom Humor



By KENNETH B. LOURIE

I write this column in all sincerity, but what are you asking me for? A rhetorical question if there ever was one. To what I refer is the question I was asked earlier this morning by one of the home-improvement tradesman working on my upstairs bathroom. Having made significant progress on the bathroom in the five weeks or so since I published “And So It Begins,” a column detailing the few facts I retained about the demolition/renovation and the anxiety I felt about it, today’s task was waterproofing the shower enclosure/bathroom floor in preparation for the tile, if I understand correctly. Now, as further context, I know very little about home improvement (car repairs, computer technology, lawn and garden; shall I go on?). Moreover, I know very little Spanish. Combine the two, as happened this morning, and you are asking (literally) for trouble.

The waterproofing man arrived at 8:45 a.m. The day before, his boss/presumably the owner, had stopped by for a walk-through and to drop off materials for the job. I thought I would see him again, I was wrong. The only person on the job is the person whose English is better than my Spanish and the only Spanish I know, I know from a cartoon character, “Speedy Gonzales, the fastest mouse in all of Mexico,” I grew up watching on Saturday-morning television. After directing him to the upstairs bathroom, within a few minutes, the man walked downstairs and asked/motioned for me to follow him back upstairs, I figured there was likely a question that needed answering so immediately I got off the couch to assist.

Once we were both inside the bathroom, he started pointing to the walls (front, back and sides), ceiling, niche and planned-for bench within the enclosure, to ask for – so far as I could understand, what needed to be waterproofed (I’ll spare you any details about the process since I’m unlikely to do so accurately). Now, other than asking the project manager Simple-Simon-type questions about what is going on, what has gone on (literally and figuratively) and what is planned to be going on, I am out of any kind of loop. The workmen come in. I point them upstairs. Then I go into my office and mind my own business. I rarely check their progress. Generally speaking, I only look to see what’s been done after they’ve left. I am not in anybody’s way and I don’t serve as any kind of resource other than answering the most basic questions: “Is that the basement door?” “Do you mind if we shut off the water?” “Is there a hardware store nearby?” As such, I am the least-bit helpful.

The man working today is new to me/the project. He’s not been here before. But I did open the door to let him in and I did direct him to the upstairs bathroom. For all he knows/has experienced so far, I seem to be somewhat helpful. Ergo, after a bit, rather than calling his boss, he came back downstairs to solicit my help. Limited though I knew it would be, I was happy to try. As the conversation began, it became clear to me that not only did I not know what he was talking about (job wise), I couldn’t even understand what it was that he was saying. I was lost in translation and lost in intention. As I attempted to answer/explain/guess what he was asking while we were both pointing/gesturing/talking, I quickly realized that this was a language match not made in heaven. Nevertheless, we eventually came to some sort of an understanding of the task at hand and back downstairs I went.

Sitting on the couch, I began to feel uncomfortable about the instructions I think I had just given/agreed to. As a result, I considered calling my project manager at home on a Saturday morning to get some clarity/confirmation about what I think had just transpired upstairs. Not at all bothered by my weekend intrusion, and after listening to a condensed version of this column, Stefan assured me that what seemed to be happening here was supposed to be happening.

And here I thought outliving my lung cancer prognosis by six-plus years was a miracle.

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



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Fitness for 50+.** Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email [lynne.lott@fairfaxcounty.gov](mailto:lynne.lott@fairfaxcounty.gov) or call 703-322-4475.

**History Volunteers Needed.** Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. [www.fairfax-station.org](http://www.fairfax-station.org), 703-425-9225.

## PET ADOPTIONS

**Adopt a Dog.** Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org).

**Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit [hart90.org](http://hart90.org).

**Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit [aforeverhome.org](http://aforeverhome.org).

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## FRIDAY/SEPT. 1

**Tommy and the Pickles.** 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SATURDAY/SEPT. 2

**Ken Fischer in Concert.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

**Dairy Days.** 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Hear a dairy story, play new historic games, churn and wash butter, hand-crank ice cream and discover the whey of cheese-making. Sample dairy treats, learn some surprising history of ice cream, cheese and butter, and see how easy it is to make them at home. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

## SEPTEMBER 3-4

**Model Train Shows.** noon-5 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Labor Day Weekend, The Potomac Module Crew members will have HO Scale and others will have a LEGO Model Train Show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## FRIDAY/SEPT. 8

**Mike Terpak Blues Explosion in Concert.** 6-9 p.m. at The Winery at



## Live Music

**Mike Terpak Blues Explosion in Concert, Friday, Sept. 8, 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).**

Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit [www.nvso.us](http://www.nvso.us).

## SATURDAY-SUNDAY/SEPT. 9-10

**Live Music with Matt Waller.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SEPT. 9-20

**Northern Virginia Senior Olympics.** Various times and locations, more than 50 different

## FRIDAY/SEPT. 15

**Live Music with Shirkaday.** 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SATURDAY/SEPT. 16

**Ride to Thrive Polo Classic.** 1 p.m. at Chetwood Park, 6429 Clifton Road, The Plains. Benefit for the Northern Virginia Therapeutic Riding

Program. Email [polo@nvtrp.org](mailto:polo@nvtrp.org) or call the office at 703-764-0269.

## Live Music with The Ryan

**Forrester Band.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SUNDAY/SEPT. 17

**Live Music with Joe Bernui.** 1-5 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## FRIDAY/SEPT. 22

**Live Music with Wild the Waters.** 6-9 p.m. at The Winery at Bull Run, 15950 Lee Highway. Call 703-815-2233 or visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SEPT. 22-24

**Capital Home Show.** 10 a.m.-9 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Featuring HGTV's "Masters Of Flip" stars Kortney and Dave Wilson, and Kevin O'Connor of the PBS series "This Old House." \$10. Visit [www.capitalhomeshow.com](http://www.capitalhomeshow.com).

## SUNDAY/SEPT. 24

**Building a Train Set.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Activities include making a sample train layout as well as involvement in demonstrations of railroad artifacts. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Craft supplies included in admission. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-425-9225.

## WEDNESDAY/SEPT. 27

**Meet the Civil War Author.** 7:30-9:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Local historian, lecturer and author, Arthur Candanquist will look at a Confederate military railroad that ran between Centreville and Manassas Junction. Free, open to public. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## SATURDAY/SEPT. 30

**International Festival.** 9 a.m.-4 p.m. at St Timothy Church, 13807 Poplar Tree Road, Chantilly. Email [tmiller@sttimothyparish.org](mailto:tmiller@sttimothyparish.org) or call 703-378-7646.

**Walk for Poor.** 10 a.m.-1 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road, Chantilly. Event supports St. Vincent de Paul Society Food Pantry. Three-mile walk starts at St. Timothy's then proceeds through Ellanor Lawrence Park. Register or donate at [www.fopwalk.org](http://www.fopwalk.org).

## MONDAY/OCT. 2

**"Fore" the Kids Golf Tournament.** 8:30 a.m. at the International Country Club, 13200 Lee Jackson Memorial Highway, Fairfax. Benefiting The Boys & Girls Clubs of Fairfax County. Visit [www.bgcgw.org](http://www.bgcgw.org).

## SUNDAY/OCT. 8

**Family Golf Festival.** 1 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. An afternoon of free golf instruction, clinics, fun activities, interactive golf games, family programs, a chance to win a variety of prizes. After 5 p.m., families and children can play for free as part of Marriott Golf's Kids-Golf-4-Free program. Email [westfieldsgolfclub@cybergolfcentral.com](mailto:westfieldsgolfclub@cybergolfcentral.com).

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