

More than 6,000 people filled University Drive for the Fairfax City/Clifton Lions Club Labor Day Car Show on Monday, Sept. 4.

Labor Day Fun in Fairfax

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City Council Election: Meet the Candidates

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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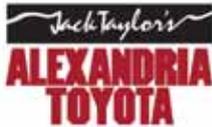
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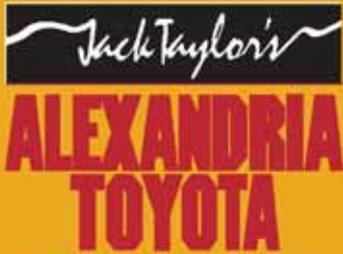
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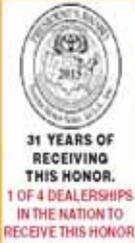
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City Council Election is Tuesday, Sept. 12

The election for the one, open seat on the Fairfax City Council will be held next Tuesday, Sept. 12. Here, candidates Jennifer Passey and Karen Habitzreuther explain in their own words why they believe they should be elected.

Name: Jennifer Passey

How long you've lived in your community and in the City: My family has lived in Country Club Hills since moving to the City in 2010.

Family info: I have been married to my husband, Michael, for 16 years. We have four sons, Eamon, 14; Liam, 12; and twins Colin and Declan, 7-1/2.

Profession: Marketing and Communications manager at Girls on the Run of NOVA, a nonprofit located in the City of Fairfax

Why are you running for election to City Council? I care deeply about the City of Fairfax.

It is a wonderful place my family calls home. We are at a pivotal time in our City's growth, with a number of redevelopment projects in the pipeline.

This is the time to implement positive change to see that our City remains a vibrant, safe, close-knit community for all, in the near future, and for the next generation to come.

What are your qualifications for it? I moved to the Washington Metropolitan area from Minnesota in 1995 to attend The George Washington University, where I received my B.A. and, later, my Masters in Political Management. As an issue advocacy specialist with over 15 years of professional experience in Washington, D.C.; New Delhi, India; and Dhaka, Bangladesh, I have continuously looked for ways to use my skills and knowledge to contribute and give back to the community that so warmly welcomed us in 2010.

I served on the City's Planning Commission from 2011-14, the Parks and Recreation Advisory Board from 2012-14, and the Country Club Hills Civic Association from 2010-12.

Platform — your issues:

❖ Strategic Economic Growth — A vibrant and healthy commercial tax base is necessary to secure our economic future, as well as support the high-quality services the City currently provides its residents. While maintaining our community's character and traditions, now is the time to focus on improving and growing key commercial areas along Fairfax Boulevard. In addition, we need to look at incentives to encourage businesses to remain, expand and start up in the City.

I want to see us work closer with GMU and further cultivate the entrepreneurial spirit within our City.

❖ Communication and Civic Engagement



Passey

— Good communication starts with listening. Residents and businesses deserve to have modernized and more personal engagement opportunities to express concerns, interact on upcoming meeting agenda items, and provide feedback on the decisions made by those elected to represent them.

Additionally, we need to be more proactive in seeking a more diverse representation of our City's population in our community-leadership roles.

What do you believe are the most important challenges facing the City?

The biggest issue we face as a City is haphazard growth. We cannot address our economic growth simply development by development. We need a real vision.

The Comprehensive Plan we are in the midst of rewriting needs to serve as our collective roadmap for the way ahead.

In addition, we cannot continue to raise our tax rate to offset stagnant growth. We need to spend wisely and take steps to increase our commercial tax base.

I will work with the community, my colleagues and City staff to finalize this vision and communicate the brand of our City to attract the types of businesses that would do well here.

Why should people vote for you — why are you the best person for this job?

Fairfax City voters should cast their ballot for me because of my experience tackling local issues, having served on the Planning Commission, Parks and Recreation Board, and my neighborhood civic association.

Many of our City leaders agree. I have secured the endorsements of the following people: Michael DeMarco, current City Council member; Janice Miller, current City Council member; Jeff Greenfield, current City Council member; Jon Stehle, current City Council member; Dan Drummond, City Council member, 2008-2014; Steve Stombres, City Council member, 2008-2014; Allen Griffith, City Council member, 1984-1988; Gary Rasmussen, City Council member, 1990-2010; Patrice Winter, City Council member, 2002-2008; Tom Scibilia, current City Treasurer; and Jane Woods, former Virginia State Delegate (1988-92) and Senator (1992-2000) and former Secretary of Health and Human Resources (2002-06).

Name: Karen L. Habitzreuther

How long you've lived in your community and in the City: I've lived in Northern Virginia for almost 21-1/2 years. Since 2001, I've lived in Courthouse Square in Fairfax City.

Family info: Married 37 years, four children and six grandchildren.

Professions: Veterinarian, public health epidemiologist (infectious diseases); lieutenant colonel, U.S. Army, retired; clinical social worker and English teacher.

Why are you running for election to City Council? I believe my 16 years as an involved City resident, coupled with my extensive professional knowledge, experience, aptitude and demonstrated leadership abilities, have given me the transferable skills necessary to lead our City through a crucial stage of its development.

My work in the military, as a community volunteer and as a veterinarian has sharpened my critical-thinking skills while giving me experience making difficult decisions. Over the course of my military and veterinary careers, living and working in many other countries have provided me with a wealth of multicultural literacy needed here in our socially diverse City to ensure all residents' needs are heard and addressed.

Serving others and making a difference is my passion. I've been fortunate enough to realize my major personal and professional goals and now have the time necessary to make the City I call home better.

What are your qualifications for it?

My personal and professional knowledge, skills and life experiences have superbly prepared me for this opportunity to serve. I am a proven leader, am mission-focused and remain calm and capable in high-stress, zero-defect environments. I demonstrate sound judgment and am a skilled communicator. I gained extensive business knowledge running large organizations with municipal responsibilities.

I have also played an important role in community issues and activities throughout my entire life, all while supporting my spouse and helping mold the lives of four children into responsible, civic-minded, adult citizens. Active, lifelong volunteer. Attendee, Fairfax City Community Appearance Committee and City Council meetings and work sessions; member, Breckinridge Lane HOA Architectural Review Board and Fairfax 4131 Project; volunteer, City-based Humane Society of Fairfax County.

Platform — your issues:



Habitzreuther

❖ Reducing traffic congestion in and around this City must be a top priority. Congestion impacts our daily lives and reduces our quality of life. I will work with City Staff, VDOT and the community to create an intelligent, fully integrated, strategic plan for transportation improvements that make sense and reduce congestion.

❖ Embracing sound, market-driven future growth, being able to offer all the amenities of any comparable City, while retaining our hometown character, are compatible goals and necessary to maintain our standing as a relevant, thriving community of excellence. We must assess and attract those development and growth opportunities that best serve our City's needs and provide us the best return on investment with the least impact on traffic and supporting infrastructure.

❖ Community Engagement: At our very foundation must be open and continuous dialogue. Listening to all of our key stakeholders is imperative — our residents, City-based business partners and our strategic partners, such as George Mason University, Fairfax County and others.

What do you believe are the most important challenges facing the City?

Reducing traffic congestion; attracting and retaining healthy, quality businesses that support the needs and wants of the community; providing safe and desirable housing for all socioeconomic levels. Motivating residents to become active and passionate servant-leaders in our City; keeping our City affordable and exercising strong, fiscal discipline to avoid costly and unnecessary expenditures; growing future City leaders.

Why should people vote for you — why are you the best person for this job?

Paramount are my values of dedication, respect for others, selfless service, honesty, integrity and personal courage. Sixteen years of experience as a Fairfax City resident. A proven track record of successful, dedicated service, best suited to be an effective Council member guiding all areas of City government.

I am a team player and unafraid of hard work. I bring a fresh, qualified perspective to balance and complement our City Council composition to stimulate constructive discussion and decision strength. Serving others is my passion; I will work full-time to make our wonderful City even better.

NEWS

Boot Filled with Love

Fairfax County firefighters raise another \$126,736 for disaster relief.

BY MARTI MOORE
THE CONNECTION

On any given day, the concrete median along Waples Mill Road at its intersection with Lee Jackson Memorial Highway in Fairfax is the place where individuals faced with personal hardship muster the courage to ask for financial help from kind-hearted motorists stopped at this red light.

They yielded this spot Labor Day weekend to local firefighters — who hit the pavement and braved oncoming traffic to raise money for kids and adults not strong enough to help themselves in their struggle to move forward each day with muscular dystrophy.

At 4 p.m. Monday, Fairfax County Fire and Rescue Capt. Matthew C. Burns and Master Technician Johnathan Macquilliam walk past 10 or more cars, trucks and motorcycles that roll up to this intersection and stop a minute or two — long enough for drivers and passengers to become first responders for a moment and participate in the annual “Fill the Boot” campaign for the Muscular Dystrophy Association.

BURNS AND MACQUILLIAM belong to a team of 12 firefighters from Station 21 in Fair Oaks, who raised \$3,157.84 Labor Day Monday for MDA Greater Washington, D.C.

Their colleagues stand and walk in the middle of U.S. Route 50 and down the street at Jermantown Road. They hold their boots high and flash a smile to the people



PHOTO BY MARTI MOORE/THE CONNECTION

Fairfax County Fire and Rescue Master Technician Johnathan Macquilliam and Capt. Matthew C. Burns hold their boots high as they work a Labor Day crowd of generous motorists at a Fairfax traffic signal on Waples Mill Road and U.S. Route 50. They helped their Station 21 in Fair Oaks raise \$14,200.12 in just four days, Sept. 1-4, for MDA Greater Washington, D.C., and the International Association of Firefighters disaster relief fund.

they pledge to serve during an emergency call. Generous motorists respond throughout the four-day weekend with immediate aid to stuff the boots of Station 21 with \$14,200.12.

“Crews have been out ever since Friday,” says Burns, who is the station commander. “Even in the rain,” he adds.

Area residents got a taste of Hurricane Harvey Saturday after it weakened over southern portions of the United States then dropped rain all day on Virginia, the District of Columbia and Maryland on its way offshore.

Master Technician Joel Kobersteen of Station 40 in Fairfax Center is the “Fill the Boot” coordinator for the entire county. He is a former firefighter in Houston and says this year’s fund-raiser also helps his Texas colleagues — who are battling storm fatigue

while they help other Hurricane Harvey survivors. As soon as their shifts are over, first responders have to deal with their own personal losses, he mentions.

Kobersteen says the International Association of Firefighters Local 2068 struck a deal with MDA Greater Washington, D.C., to help more than 75 Houston firefighters who lost their homes and personal belongings to the flood while they rescued victims last week and saved lives.

If that’s not enough human suffering, the National Hurricane Center is tracking a powerful Category 5 storm called Irma as it pushes through the Caribbean. Tuesday night, weather forecasters say Irma may hit South Florida Sunday evening as a Category 4 hurricane.

SEE BOOT, PAGE 5

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WEEK IN FAIRFAX

Suspicious Person Approaches Girl at Fairfax Bus Stop

Fair Oaks District officers are investigating a suspicious man in their area after a 14-year-old girl was approached twice this week at a school bus stop. The man, described as a white or Hispanic man in his twenties, drove up to the bus stop at Hollinger Avenue at Koke Way on Monday, Aug. 28, and again this week.

Both times the man offered the teen a ride. He was driving a newer model white Jeep Cherokee. When she declined, the man drove away, according to FCPD Media Relations Bureau.

Students and parents are reminded, if

possible, to walk with friends and stand with others at the bus stop and be aware of your surroundings. If your student has possibly had contact such as this, please call police at 703-691-2131.

Learn About Emerging Trends

A panel discussion on emerging trends shaping the local community is set for Saturday, Sept. 16, at 9:30 a.m. at the Sherwood Community Center, 3740 Old Lee Hwy. in Fairfax.

Hosted by the City of Fairfax Community Development and Planning Department, this event will focus on trends in housing, economic vitality and community development.

Boot

FROM PAGE 4

THE FIRST \$50,000 raised in this year's "Fill the Boot" campaign goes to the IAFF disaster relief fund. The next \$500,000 is earmarked locally for the MDA Greater Washington, D.C. Any surplus benefits the union's disaster relief fund, Kobersteen explains.

According to his preliminary figures Tuesday afternoon, the Fairfax County Fire and Rescue Department has raised \$626,736.05 Friday through Monday. Kobersteen is waiting for complete numbers from all 38 fire stations and other support systems, such as

the 911 call center.

Officials at the Muscular Dystrophy Association in Chicago say it will take several days to gather financial figures from all "Fill the Boot" campaign coordinators nationwide.

Muscular dystrophy is an umbrella term for several neuromuscular diseases — such as amyotrophic lateral sclerosis, also known as ALS or Lou Gehrig's Disease. Learn more about muscular dystrophy and how it helps survivors at www.mda.org.

Find information about the IAFF disaster relief fund at www.iaff.org.

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Disparity, Poverty Hidden by Communities' Wealth

“How hard would it be for someone to invite me in for a bowl of soup?”

COMMENTARY

BY STEPHANIE BERKOWITZ
NORTHERN VIRGINIA FAMILY SERVICE

The U.S. Census Bureau confirmed in July what we already know: many Northern Virginia residents are doing well financially. In fact, Loudoun County, the City of Falls Church and Fairfax County are the three wealthiest jurisdictions in the U.S. while Arlington and Prince William counties and the City of Fairfax also rank in the top 20.



ship and having worked with the U.S. military in Pakistan fighting the Taliban. In spite of his experience and education, the best job he could find was cleaning toilets and working as a cashier at an Annandale gas station. (Did I mention he also speaks seven languages?) Zaheer “graduated” to a job as a hotel night clerk in Fairfax, leaving that job every morning to go to our six-month Training Futures job program. Training Futures saw his potential and helped him make valuable connections within the business community.

He recently landed a job with a government contractor. But it took Zaheer four years of sleepless nights and uncertainty about how he would support himself and his twin boys to get to that point.

When I think about the disparity in our region, I think of the 77-year old woman who has been coming to our Hunger Resource Center in Manassas on and off for 20 years as her situation changes. (She asked that I not use her name because she doesn't want her family to know she continues to rely on the food bank.) When she was raising her son as a single mother and working as a waitress, there were times when she had to choose between paying the mortgage and feeding her family. At one point, her house was in foreclosure. Today, she is living off her monthly social security check, which doesn't cover her basic expenses. She is drawn

to the fruits and vegetables at the Hunger Resource Center and, on the days they have eggs, she “celebrates” by making an omelet. As a senior living alone, she says she feels invisible to her neighbors. “How hard would it be for someone to check up on me or invite me in for a bowl of soup?” she asks through tears.

And when I think of the challenges facing so many of our neighbors I am thinking of Carla Rocha, who grew up in Reston and graduated from high school in Sterling. All she wanted was a safe, affordable place to live with her son. Instead, she lived in her car, slept on friends' floors and stayed in transitional housing provided by Second Story – one of many outstanding nonprofits in Northern Virginia that provide a safety net for vulnerable children and youth.

Carla moved five times in six years. “I could adapt easily,” she told me. “It was harder on my son. That is a lot of change for a kid.”

With support from nonprofits like NVFS and Second Story, Carla has a great job and has been able to buy her own place. But for many other residents, living wage jobs and affordable housing remain elusive.

For nearly 100 years, NVFS has been committed to helping vulnerable residents become self-sufficient. If you are proud to call Northern Virginia home, help us in creating a stronger community where all families and individuals can thrive. Maybe you can start by inviting someone in for a bowl of soup.

The writer is president and CEO of Northern Virginia Family Service.

The new Census Bureau numbers mask the fact that there are pockets of poverty throughout our region, and many of our neighbors are struggling.

Having worked at Northern Virginia Family Service (NVFS) for 18 years, I have met countless residents who come to us for help finding affordable housing, food, healthcare, medications and job training. Without support, these issues continue to negatively impact the families around us, creating larger barriers to self-sufficiency and the opportunity to thrive in our booming region.

I'm thinking of Zaheer Iqbal, who emigrated to the U.S. from Pakistan with a master's degree in English literature, a Fulbright scholar-

LETTERS TO THE EDITOR

Fomenting Disunity and Hate

To the Editor:

I was appalled to read the letter (“American Values,” Aug. 30) by a group of Democrat politicians, libeling Donald Trump. No fair-minded person could honestly construe anything Mr. Trump said as a “defense of Nazism.”

Mr. Trump's initial response was: “We condemn in the strongest possible terms this egregious display of hatred, bigotry, and violence on many sides.” Who but an actual fascist could disagree?

Trump then re-stated: “Racism is evil — and those who cause violence in its name are criminals and thugs, including KKK, neo-Nazis, white supremacists, and other hate groups are repugnant to everything we hold dear as Americans.” No honest person — politician or not — could interpret this as support of Nazism.

As to the facts in Charlottesville, many of the original protestors were not neo-Nazis or Klansmen, but simply there to protest the re-

moval of Robert E. Lee's statue from the park named after him. Similarly, not all the counter-protestors were club-wielding, rock-throwing antifa — some just believed the statue should be removed. So again, Mr. Trump was undeniably correct that some [not all] on both sides were fine people.

It's hard to avoid the conclusion that the Democrat politicians who signed the defamatory letter to the Connection are primarily interested in fomenting disunity and hate by hyping fears of neo-Nazis among the voters.

Michael Crawford
Great Falls

For Tax Reform Benefiting All

To the Editor:

Trump wants to cut taxes for the rich who already have too much — who already translate their wealth into power to pervert our political and economic systems.

If Republicans are serious about tax reform, then why not go back to their favorite period in history — when Ike was president?

Under Ike's 90 percent top income tax, we had world-class living standards, science and research, public schools, road and media — we had Fairness Doctrine reporting with real investigative journalism.

Why? Because, instead of stealing from innocent hardworking Americans like my dad, the rich paid their fair share for membership in the society that benefits them most.

Go ahead and reform taxes, but do it to benefit all Americans, not just the top 1 percent.

A.J. O'Brien
Herndon

Deer Hunting Effects Misrepresented

To the Editor:

Did you receive a disturbing flyer in the mail about archery hunting in Fairfax County? The flyer displays a graphic depiction of a deer with an arrow through its face (from N.J.) and claims that

bowhunting is responsible for deer vehicle collisions (DVCs). This flyer from an anonymous source has raised many questions, as it was designed to do. However, the question you should be asking is: Are these claims true?

To not bury the lead, the answer is no. This flyer goes beyond a simple misunderstanding of ecological systems or DVCs. It falsely represents an analysis of VDOT data and takes a single sentence from the scientific literature out of context with the dubious intent of convincing you that the science supports their position when it does not. This flyer is full of lies.

But how do we know? The VDOT data used in the flyer were acquired through a Freedom of Information Act request. The DVCs in the data were mapped against the Fairfax County Deer Management Program in order to investigate the flyer's claim that 92 percent (287 of 310) of the DVCs occur within 1 mile of a park undergoing deer management. We found that claim was false. In order to include 287 DVCs, we had to count DVCs within one and a

SEE LETTERS, PAGE 7

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LETTERS

FROM PAGE 6

half miles from parks, not one mile. Why does that matter? First, it is a blatant lie in the flyer and shows the author's willingness to reject reality and replace it with their own fantasy. Second, 92 percent of Fairfax County is within one and half miles of a property in the Deer Management Program. Therefore, 92 percent of the DVCs happen on 92 percent of the area of Fairfax County. The VDOT data do not support the claim that DVCs increase because of deer management activities.

There is a research project in the City of Fairfax investigating an experimental deer sterilization method. The flyer claims that only three DVCs occurred in the city during the time of the study. However, the VDOT data shows seven. The flyer goes on to attempt to claim that the sterilization study has decreased DVCs. To investigate this claim, I used VDOT data from 2005 to 2016 for the City of Fairfax. Prior to the study being implemented in 2014, the City of Fairfax averaged 1.3 DVCs per year (12 DVCs in 9 years). During the study, the City of Fairfax averaged 2.3 DVCs per year (7 in 3 years). The number of DVCs has actually increased during the time of the deer sterilization study.

However, as an honest man, I cannot suggest that this slight increase is a result of the sterilization project. The increase, while real, could be caused by any number of factors.

The flyer goes on to claim that an article published in the Journal of Wildlife Management in 1985 supports the long-held belief by those that oppose hunting that bowhunting actually increases deer populations. The article in question is "Reproductive Dynamics and Disjunct White-tailed Deer Herds in Florida" by Richter and Labisky. This study did find that female deer in hunted populations had an insignificant increase in fawns versus deer in non-hunted populations. Why? Here is where we lose the authors of the flyer because we have to apply a little ecological knowledge, or maybe read the entire article they misrepresent. This article goes on to explain that hunted deer populations are more healthy deer because they are in better balance with their environment and are better capable of reproducing than non-hunted deer because non-hunted deer are less healthy. That does not mean that hunting will increase the deer population. In fact, hunting reduces the deer population because it overcomes the slight increase in reproduction associated with healthy deer. Hunting is how deer populations are managed in Vir-

ginia and the declining deer herd in the state is testament to the efficacy of the method.

Kevin R. Rose
Certified Wildlife Biologist

Win-Win Fuel Economy

To the Editor:

Cleaner, more efficient cars are a no-brainer. It's a win-win for your pocketbook, the environment and fuel supplies. The U.S. set light-duty vehicle standards in 2012 that will nearly double the efficiency of new cars and light trucks by 2025. An overwhelming majority of Americans, along with car manufacturers, support these standards, which encourage innovation and efficiency. No other federal policy is delivering greater oil savings, consumer benefits, and global warming emissions reductions than these standards. To date, Virginia drivers have saved \$870 million at the pump due to strong fuel economy and global warming emissions standards.

The Trump administration is trying to slam the brakes on these vehicle fuel economy and carbon pollution standards, which would result in more air pollution, higher gas costs and a loss of jobs. These standards protect from dangerous air pollution, which is especially important given that Richmond has some of the highest rates of childhood asthma.

More tailpipe pollution would place this vulnerable population at increased risk. And that's simply unacceptable. By 2030, Virginia would produce 13,700 new jobs. Money saved on gas is pumped back into the local economy, driving growth and putting people to work. The average household in Virginia will reap this benefit as long as policymakers don't weaken these protections.

If this bill succeeds, the Trump administration would essentially be imposing a new tax on drivers, forcing us to spend more of our hard-earned paychecks at the gas pump and drive less efficient, dirtier vehicles. These savings are especially important to Americans who are working hard to make ends meet. Lower and middle income households (\$30,000 or less) spend up to 10 percent of their income on gasoline.

And when the price of gas spikes, that figure multiplies. Sen. Warner should tell the president to lead the way to protect consumer savings and developing cleaner, more efficient cars instead of trying to slam the brakes on progress.

Kelsey Crane
Fairfax

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VDOT Virginia Department of Transportation

Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

<p>Tuesday August 29, 2017 Germanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408</p>	<p>Thursday, August 31, 2017 The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293</p>	<p>Monday, September 11, 2017 Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701</p>
<p>Thursday, September 14, 2017 Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320</p>	<p>Monday, September 18, 2017 NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030</p>	<p>Monday, October 2, 2017 Hilton Garden Inn Richmond South/Southpark 800 Southpark Boulevard Colonial Heights, VA 23834</p>
<p>Wednesday, October 4, 2017 Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504</p>	<p>Tuesday, October 10, 2017 Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486</p>	<p>Thursday, October 12, 2017 Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017</p>

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or SixYearProgram@VDOT.Virginia.gov and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov. Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

Learning to Face Opioid Overdose Crisis

Chris Atwood Foundation hosts training on opioid overdose reversal.

BY ANDREA WORKER
THE CONNECTION

Ginny 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



PHOTOS BY ANDREA WORKER/THE CONNECTION

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.



The speakers at the Opioid Overdose Response training (from left): Del. John Bell (D-87); Del. Jennifer Boysko (D-86); state Sen. Jennifer Wexton (D-33); Ginny Atwood Lovitt, founder and director of the Chris Atwood Foundation; Roger Krone, Chairman and CEO, Leidos; and Special-Agent-in-Charge Karl Colder, Washington Division, Drug Enforcement Administration.

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 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 addiction 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.

SEE OPIOID, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

WELLBEING

Healthy and in Season

How to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

With her one-year old daughter in tow, Ellen Knight poked at apples and caressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinary Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high ..."

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah."

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "The also have a lot of potassium and fiber, which can make you feel full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendier cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said. "Leafy greens in general, like chard, mustards and kale, are nutrition powerhouses and are at their best in the fall."

Most commonly seen in dark red, beets come a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them while, so they're accessible and easy to carry and eat."

Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved.

"Fresh vegetables deserve quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."

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Tim Lee stands beside a 1966 Mustang Coupe.



PHOTOS BY BONNIE HOBBS/THE CONNECTION

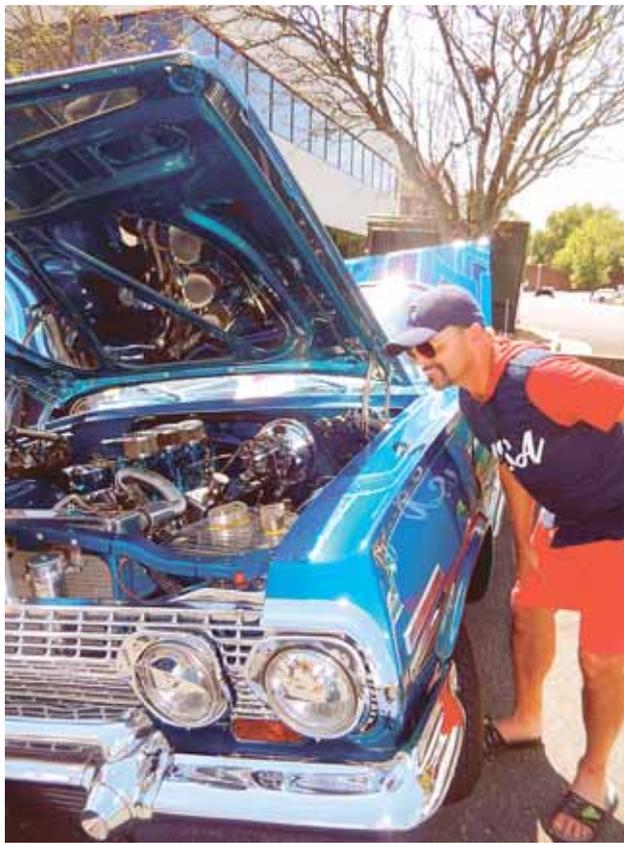
From left: City Council members Michael DeMarco and Janice Miller, Mayor David Meyer, Councilman Jeff Greenfield and event organizer Jim Chesley.

Labor Day Fun in Fairfax

The Fairfax City/Clifton Lions Club Labor Day Car Show was Monday, Sept. 4.



Oliver Rodriguez, 4, "drives" a replica of his dad's 1970 Sportster.



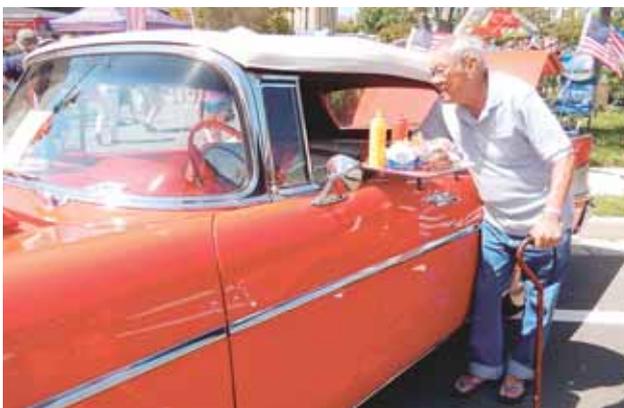
Bob Gousy checks out the engine of a 1963 Chevy Impala.



Fairfax High grad Emily Dillard sells raffle tickets for a Washington Capitals' jersey.



Nancy Schneider looks at a 1946 Plymouth Business Coupe.



Visiting from Kaneohe, Hawaii, Ernie Chang inspects a 1957 Chevy Bel Air.



Colorful vehicles of all types lined University Drive.

Paul VI High School Makes Honor Roll

Paul VI Catholic High School was recently recognized as a Catholic Education Honor Roll School. The national Honor Roll program is directed by the Cardinal Newman Society and has recognized more than 300 high-performing Catholic high schools nationwide since the program's inception in 2004.

Paul VI engaged in a thorough internal and external review of its comprehensive program offerings before being awarded this status. It has received specific recognition for its strong integration of Catholic identity throughout its efforts, including the integrity of its mission, and the strength of its community and rich spiritual life.

The Honor Roll also recognized the school's efforts at the integral formation of the minds, bodies, and spirits of its students as well as its comprehensive academic program — a program which seeks to instill a Christian vision of the world and human wisdom and culture.

"The Honor Roll is a helpful tool for families and benefactors in recognizing the quality of a Catholic high school," said Patrick J. Reilly, president of The Cardinal Newman Society. "It is external validation



Ginny Colwell at Paul VI's 2017 graduation.

that a school is both focused and successful in meeting the high calling of Catholic schools to serve the well-being and salvation of students and to serve the common good."

Dr. Denise Donohue, coordinator of the Honor Roll, said, "We are very pleased to have Paul VI in the nationally recognized ranks of excellence; this is a select group. The school has well demonstrated they are successful in meeting the key principles that guide Catholic education."

Ginny Colwell, Paul VI's Head of School, said, "It is a great affirmation for Paul VI to be recognized by the Catholic Education Honor

Roll. This is not something we do alone in the walls of our school. It takes our entire community — administration, faculty, staff, students, parents, alumni and friends — working together to assure that our Catholic identity is ingrained in all we do to prepare our students to lead in society and, more importantly, in our faith."

More information on Paul VI is at www.paulvi.net. To learn more about the Catholic Education Honor Roll, go to cardinalnewmansociety.org/program/catholic-honor-roll.

Topgolf Champions Head for Las Vegas

From left: Jenny Suh from Fairfax, and Megan Grehan from New York excelled in recent Topgolf Tour regional tournament in the Washington, D.C. area and will represent the area at the Topgolf Tour Finals in Las Vegas on Oct. 14-16 and compete for \$50,000. Grehan and Suh are the Topgolf Tour's first female regional champions.



Teaching in Nicaragua

In mid August, Fairfax resident Joseph (Trey) Mastaler volunteered for the third time with Outreach360 Learning Center, and traveled to Jinotega, Nicaragua to teach children English. Mastaler graduated from Paul VI Catholic High School and is currently a student at William and Mary College where he is starting his senior year.



SUICIDE PREVENTION MONTH

September 1-30, 2017

PRS, Inc. and The Connection Newspapers team up for

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Musical Celebration for Fairfax County Milestone

Fairfax Symphony Orchestra presents
'Fairfax Jubilee Program.'

BY DAVID SIEGEL
THE CONNECTION

Major events to commemorate the 275th anniversary of Fairfax County's founding continue; this time musically from the county's own Fairfax Symphony Orchestra (FSO). Opening its new season and celebrating its own 60th anniversary, the FSO, under the musical direction of Christopher Zimmerman, will premiere a Fairfax-specific work by Mark Camphouse titled "Resolutions."

Audiences attending the special evening will also experience a performance of Elgar's Cello Concerto by renowned Israeli cellist Amit Peled. For his performance, Peled will share the sound of the historic cello of Pablo Casals playing the rare, 1733 Goffriller given to him from Maestro Casals' widow.

"We are delighted to open our season with the world premiere of Mark Camphouse's new work in celebration of Fairfax County's anniversary," said Jonathan Kerr, Executive Director, FSO. "Camphouse showcases the County's past, present, and future through a moving new musical composition. It reflects the County's poignant history, powerful progression, and immense achievements."

"It is a joy to play a role in helping to commemorate the 275th anniversary of Fairfax County's rich history, phenomenal growth and notable achievements and, most importantly, its vibrant and exciting future,"



PHOTO COURTESY OF THE FAIRFAX SYMPHONY ORCHESTRA
Israeli cellist, Amit Peled

Where & When

Fairfax Symphony Orchestra presents "Fairfax Jubilee Program" at the George Mason University, Center for the Art, 4400 University Drive, Fairfax. Performance Sept. 16 at 8 p.m. Tickets: \$39-\$53-\$65. Call 888-945-2468 or visit www.fairfaxsymphony.org. Note: Pre-performance discussion with conductor Christopher Zimmerman and special guests.

said Camphouse, a Professor of Music, George Mason University.

In an interview, Camphouse spoke not only of his new orchestral composition, but also about his avid interest in history. That

interest led him to title the "Resolutions." He wants his work to "take audiences on a journey through time and honors a varied, resolute, powerful, and celebratory Fairfax County."

Camphouse noted that George Mason, an American patriot, Fairfax County resident and friend of George Washington, penned the "Fairfax Resolves." The "Resolves" were key to the early history of Fairfax County, to the Commonwealth of Virginia and the founding of the United States. The "Resolves" included political arguments and resolutions on issues such as no taxation without representation.



PHOTO COURTESY OF THE FAIRFAX SYMPHONY ORCHESTRA
Mark Camphouse, composer of the new musical composition "Resolutions."

In a wide-ranging interview with the FSO's Kerr, on significance of the arts in today's world, Kerr noted that the arts are critical to society. "They help us understand ourselves and each other." He went on to say that "as our County and our nation become increasingly diverse, the arts provide a universal language. No matter our age, ethnicity, or gender...the arts unite us."

"I can't wait to hear the Fairfax Symphony Orchestra perform the exciting, original musical legacy in honor of Fairfax County's 275th Anniversary," said Sharon Bulova, Chairman, Fairfax County Board of Supervisors.

'Tech Babies' at Epicure Cafe

Jessica Robinson, founder of Fairfax's "Better Said Than Done," presents a one-woman show.

BY DAVID SIEGEL
THE CONNECTION

True, personal storytelling about real life can take audiences to unexpected, intimate places. Jessica Robinson, founder of Fairfax's "Better Said Than Done" will be telling a very personal story of the challenges she and her husband faced when they had to turn to modern medicine and technology that "set them off on a bumpy path" to having a baby, as Robinson said.

Robinson expects her own story to appeal to a wide audience as she aims to show "men and women dealing with their own fertility challenges and fears can hopefully find hope in my story, and support for what is truly an emotional and uncomfortable journey."

"Tech Babies: Baby Making in the Modern Age." is the title Robinson gave to her one-woman performance. During her 70-minute performance and then open discussion, Robinson will take the audience through "twists and turns along the way of the pregnancy. I will take the audience through the experience of being a patient, trying to make a baby, and watching helplessly while doctors uncover one after another potentially devastating issue."

It is "important for me to tell because it was such a lonely, scary experience to live through — in no small part due to the fact that I didn't feel comfortable talking about it," said Robinson. "So many people struggle with getting pregnant or staying pregnant, and yet most people don't feel comfortable talking about it. It should be okay to discuss out in the open. I am hoping that my



PHOTO COURTESY OF THE ARTIST
Jessica Robinson, founder, "Better Said Than Done" and storyteller for "Tech Babies: Baby Making in the Modern Age."

story generates conversation and helps some people who might have gone through or who are currently going through some of the same challenges.

"Anyone who has suffered from struggling

to get pregnant, or with challenges during their pregnancy, will know that they are not alone and that there are other people who have been there and are there now," said Robinson.

"Tech Babies" is also for "those in the medical field who can gain some insight into what the patient feels when scary terms or situations arise," noted Robinson.

"Tech Babies: Baby Making in the Modern Age" will be at Fairfax's independently-owned Epicure Café. "Storytelling is one of the most intrinsically human arts. In hearing other people's stories, we find and better understand pieces of ourselves," said Mojdeh Rezaeipour, creative manager, Fairfax's Epicure Café. "It can be really healing personally and collectively to share that experience."

Where & When

"Tech Babies: Baby Making in the Modern Age" performed at Epicure Cafe, 11104 Lee Highway, Fairfax, at 5 p.m., Sunday, Sept. 10. Doors open at 4:30 p.m. Entry is \$10 per person, at the door. Full bar and dinner menus are available and seating is limited to first come, first served. Note: The story is intended for an adult audience.

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Artist Marilyn Harrington's "Dyeing to Change," exhibit, is on display at the Workhouse Art Center, 9518 Workhouse Rpad, Lorton through Oct. 8. Call 703-584-2900 for more.

Lake Accotink Park Carousel Closed. The carousel at Lake Accotink Park has been closed for the remainder of the 2017 operating season for needed repair work. Mini-golf and marina will continue operating as normally scheduled through Oct. 16. Call 703-324-8745 for more.

Fairfax Pets on Wheels New Volunteer Orientation First Wednesday of each month. 7:30-9 p.m. 3001 Vaden Drive, Fairfax. An orientation for new volunteers interested in visiting residents of nursing homes and assisted living facilities with their approved pets through the Fairfax Pets On Wheels program is held the first Wednesday of every month starting at 7:30 p.m. Visit www.fpow.org for each month's location. www.fpow.org, 703-324-5424 or dfspetsonwheels@fairfaxcounty.gov.

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

FUN-Exercise Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

Exercise Program Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824

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

Smoke Free Bingo. 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). www.fairfaxvd.com. 703-273-3638.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Visit: va.evanced.info/fairfaxcounty/lib/eventcalendar.asp

Funday Monday 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. Open to children of all ages, especially those who haven't started school. Free and open to the public, donations appreciated. 703-385-7858 www.fairfaxva.gov/culturalarts

Kingstowne Farmers Market opens. 4-7 p.m. every Friday through Oct. 27, at Kingstowne Giant Parking Lot, 5870 Kingstowne Center, Alexandria. Freshly picked, producer-only vegetables and fruit, from-scratch bread (including gluten free), baked goods, kettle corn, salsa, hummus, cake pops, fruit popsicles, and ice cream. Email Chelsea.roseberry@fairfaxcounty.gov or call 703-642-0128 for more.

SEPT. 6-30

The Trawick Prize Art Exhibit. Burke artist Michele Montalbano named as one of the finalists for the Trawick Prize. Various times at at Gallery B, 7700 Wisconsin Ave., Suite E. Bethesda. Finalists artwork is on display Sept. 6-30. Call 301-215-7990 for more.

THURSDAY/SEPT. 7

Access Services Assistive Technology and Disability Resource Fair. 9:30 a.m.-3 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.



PHOTO BY STEVE HIBBARD/THE CONNECTION

Diners relax under the tent during the 2015 Burke Centre Festival.

Burke Centre Festival Returns Sept. 9-10

Burke Centre Festival will be held Saturday, Sept. 9, 9:30 a.m.-5 p.m. and Sunday, Sept. 11, 11 a.m.-5 p.m.

The festival is Burke Centre's signature event, which celebrates the spirit of the community. Admission and many activities are free.

❖ Flag-Raising Ceremony opens the Festival each year with the Burke VFW

Post 5412 and Boy Scout Troop 1345.

❖ Free Shuttle Bus Service along Burke Centre Parkway; free parking all weekend at all five community centers.

❖ Festival Wine Garden will be open Saturday only, Sept. 9, 5-10 p.m. Cave Ridge Vineyards is the featured winery again this year. For ages 21 and older.



Live Music

On Wednesday, Sept. 13, Shawna Caspi is in playing at 7:30 p.m. at the Epicure Cafe, 11104 Lee Highway, Fairfax. Performing in support of her fourth album Forest Fire, which was released Sept. 1.

FRIDAY/SEPT. 8

Movie Under the Moon. 6:30-9:30 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax. Featuring "The Sandlot," starts at 7:30. Free. Visit fairfaxva.gov for more.

SATURDAY/SEPT. 9

Chinese Food Fest. 11 a.m.-5 p.m. at Wegmans Fairfax, 11620 Monument Drive, Fairfax. Attendees can taste Peking duck Wegmans-style, authentic stretched noodles, fresh handmade dumplings, and bubble tea. Noodle stretching demonstrations hosted by guest chef Charlie Zhang, from Henan province, China. Free except classes. Visit www.wegmans.com or call 703-653-1600

Mixed Media Demonstration. 11 a.m.-noon at

Fairfax Art League Village Gallery, 3950 University Drive, Fairfax. Artist Julia Malakoff will demonstrate how to incorporate mark making and collage papers into mixed media designs. Free. Visit www.fairfaxartleague.net/ for more.

Artists Reception. 6-9 p.m. at the Workhouse Art Center, 9518 Workhouse Road, Lorton. Artist Marilyn Harrington and her "Dyeing to Change," exhibit, which is on display through Oct. 8. Call 703-584-2900 for more.

SEPT. 9-10

Burke Centre Festival. 9 a.m.-5 p.m. at the Burke Conservancy, 6060 Burke Centre Parkway. Arts and crafts, live shows, rides, face painting, and festival foods. Visit www.burkecentreweb.com for more.

SEPT. 9-20

Northern Virginia Senior Olympics. Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us for more.

SUNDAY/SEPT. 10

Community Welcome Picnic. noon-2 p.m. at Sydenstricker United Methodist Church, 8508 Hoopes Road, Springfield. Everyone is invited to a community welcome picnic with burgers and hotdogs with all kinds of side dishes, along with live music by Bob Perilla's Big Hillbilly Bluegrass Band and fun activities for children of all ages. Free. Contact Maile Bradfield at maile.bradfield@sydenstrickerumc.org or 703-451-8223 Visit sydenstrickerumc.org for more.

Vietnam Memorial Lecture. 2 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "The 35 th Anniversary of the Vietnam Veterans Memorial," Janet Folkerts, curator of the Vietnam Veterans Memorial Collection, will share stories of the artifacts left at the Memorial and the soldiers they honor and memorialize. Free. Call 703-385- 8414 for more.

Tech Babies Storytelling Show. 5 p.m. at Epicure Cafe, 11104 Lee Highway, Fairfax. Jessica Piscitelli Robinson presents an hour long story about experiences trying to make a baby, when the tried and true method failed. \$10. Visit www.bettersaidthandone.com/ for more.

TUESDAY/SEPT. 12

Veterans Care Center Information Meeting. 7-9 p.m. at the Springfield American Legion Post 176, 6520 Amherst Ave., Springfield. A public information meeting that will address the benefits of the soon-to-be-built Puller Veterans Care Center. Email meredith@markkeam.com or call 703-350-3911 for more.

WEDNESDAY/SEPT. 13

Shawna Caspi in Concert. 7:30 p.m. at the Epicure Cafe, 11104 Lee Highway, Fairfax. Performing in support of her fourth album Forest Fire, which is being released on Sept. 1.

THURSDAY/SEPT. 14

Acoustic Soul Concert. 6:30-8:30 p.m. at Old Town Square, 3999 University Drive. Part of Hometown Thursdays with local bands from the Fairfax Area. Call 703-385-7858 for more.

Artist Reception. 7-9 p.m. at Old Town Hall, 3999 University Drive, Fairfax
The Fairfax Art League will be having a reception at the Old Town Hall Gallery, meet the featured artist. Visit www.fairfaxartleague.net or call 703-587-9481.

FRIDAY/SEPT. 15

Music on the Plaza. 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Live music and dance to relax by, weather permitting. Call 703-385-7858 for more.

Bingo. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Smoke free Bingo, free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvd.com, or call 703-273-3638.

SATURDAY/SEPT. 16

Outdoor Yoga. 8-9 a.m. at Old Town Square, 3999 University Drive, Fairfax

Yoga by Pure Om. Wear comfortable clothes and bring a mat and water bottle. Free. Call 703-385-7858 for more.

Oktoberfest, Walks, Bike Ride. 8 a.m. at Accotink Unitarian Universalist Church (AUUC), 10125 Lakehaven Court. German food and drinks will be available for purchase while enjoying traditional German music. Free. Visit scenicroutes.us/nvv/events or contact nicebrowns@verizon.net

Bikes for the World. 9 a.m.-noon at Saint Mary of Sorrows Church, 5222 Sideburn Road, Fairfax. Bring usable/repairable bikes and spare parts to the Farrell Hall parking lot for shipment to poverty stricken areas of the world. Contact Cathy at 703-307-5512, cat.gaiser@gmail.com or Brian at 703-764-3845, LBBAKEITH@gmail.com.

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COURTESY OF VOLUNTEER FAIRFAX

**Volunteers help clean-up flood damage in the Hunting-
ton Community of Fairfax County in September 2011.**

Seeking Members for Volunteer Emergency Team

**Orientation set
for Wednesday,
Sept. 20.**

Hundreds of highly
trained volunteers
spring into action every
time disaster strikes in Fairfax
County, supporting professional
firefighters, police and rescue
squads who are working in af-
fected communities.

It is rewarding work but it can
also be physically demanding and
grueling and requires weeks of
intensive training to prepare for.
It is not for everyone.

Beyond the front line though lies
the Volunteer Emergency Team
(VET), a group of dedicated citi-
zens charged with assisting with
the mobilization and disbursement
of "spontaneous" volunteers, a
sometimes untrained but equally
critical group of citizens who will
always step forward in urgent
times of need.

The VET operates temporary
volunteer reception centers, a tri-
age of sorts, where team members
make sure that all on-the-spot di-
saster volunteers are placed in
situations where they will do the
most good and stay safe.

RSVP Northern Virginia, a pro-
gram of Volunteer Fairfax, is seek-
ing volunteers to join the VET.

"Being part of the VET is an op-
portunity to play a critical role
during an emergency without un-
dergoing extensive training or en-
during the physical effort required
for other volunteers who work
closer to an impact zone," says,
Paul Anderson, VET program man-
ager. The VET is a program of Vol-
unteer Fairfax.

"It is a way to help out in a storm
without getting your feet wet,"
says Anderson.

Fortunately, disasters are rare in
Fairfax, but when they do occur,
like when a flash flood inundated
homes and roads in the Hunting-
ton Area of Fairfax County six

years ago this September, a prop-
erly staffed VET team is vital, ac-
cording to Anderson.

The VET sprang into action in
Huntington setting up a volunteer
reception center outside the im-
pacted flood zone.

The VET center helped process
more than 100 volunteers who
contributed more than 400 hours
of service, according to Emily
Swenson, chief operating officer of
Volunteer Fairfax. "While it's hard
to put a value on the support of
neighbors we can say the over 400
hours donated would be valued at
over \$8,000," Swenson says. "The
VET was critical in ensuring that
all our volunteers were fully uti-
lized and placed in a safe loca-
tion," Swenson says. "In times of
crisis, the community truly de-
pends on the VET."

When setting up a physical re-
ception center is not possible, Vol-
unteer Fairfax creates a virtual
volunteer processing center to ac-
complish the same goals, as it has
various times during winter
storms, Swenson says.

All VET members are required
to attend an initial orientation
before taking part in 15 hours of
free classroom instruction. VET
volunteers must be available dur-
ing community emergencies, ide-
ally for six-hour shifts on the days
following a disaster. "VET mem-
bers are encouraged but not re-
quired to stay involved year-round
so they have a better feel for their
community when an emergency
arises," Swenson says.

The VET is holding an orienta-
tion Wednesday, Sept. 20, at 6
p.m., at the Volunteer Fairfax
Headquarters, 10530 Page Avenue
in the City of Fairfax.

To sign up for the orientation
and find more information, visit
[www.eventbrite.com/e/volunteer-
emergency-team-vet-orientation-
tickets-37098747352?aff=es2](http://www.eventbrite.com/e/volunteer-
emergency-team-vet-orientation-
tickets-37098747352?aff=es2)

For more information on VET,
contact Paul Anderson at 703-246-
3533 or email Anderson at
emergency@volunteerfairfax.org.

Overdose Reversal

FROM PAGE 8

“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-

“The Atwood Foundation is a real beacon of light, looking to address the root causes of the problem, as well as the effects.”

— Del. Jennifer Boysko (D-86)

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.

Read more about the Chris Atwood Foundation and their efforts, discover support and resources at www.chrisatwoodfoundation.org.

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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					

Nothing To Do With Cancer, Almost



By KENNETH B. LOURIE

How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-uncumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit. Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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



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