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**A+**  
PAGE 8

# Great Falls CONNECTION

## Great Falls Honors 9/11 Heroes

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Turning Point Suffragist  
Memorial for Women  
Who Led Fight for Vote  
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St. Francis Episcopal  
Church to Host Fall Fest  
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Answering the Call: Friends of the Great Falls Freedom Memorial president Andy Wilson asked for a volunteer to lead the assembly in song. Richard Kuntz stepped up and his voice and spirit added to the spirit of the Great Falls commemoration of Sept. 11.

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## Turning Point Suffragist Memorial To Be Built

**\$2 million project to be dedicated on Aug. 26, 2020 at Occoquan Regional Park.**

BY STEVE HIBBARD  
THE CONNECTION

A \$2 million National Turning Point Suffragist Memorial is slated to be built in time for dedication on Aug. 26, 2020 at Occoquan Regional Park near the Occoquan River, said Patricia Depew Wirth, who is the Executive Director of the Turning Point Suffragist Memorial Association. The memorial planned near the Jean R. Packard Events Center is intended to honor the 5 million women who fought for women's suffrage.

On Saturday, Sept. 15, 2018, Patricia Depew Wirth told 40 members and guests of AAUW Springfield-Annandale branch at Kings Park Library in Burke that the memorial will contain various elements that all have a basis in suffragist history. There will be replicas of the White House gates and a wall to honor the women who were jailed in Occoquan Prison with plaques for each. It will also contain 19 information stations that will tell 72 years of the history of the Suffrage Movement, from 1848 to 1920. The memorial will include a bridge to "bridge the two centuries" that it took to get the women's right to vote. Rotunda pillars will represent Democracy. The memorial will also contain a meditation garden and interactive kiosks.

So far, Turning Point has received roughly \$1 million in-kind and cash donations; Fairfax County donated \$200,000 towards it, but it is still short on needed funding to complete the project. Some of The Turning Point's strategic partners include: AAUW, League of Women Voters, and NOVA Parks, which is donating the land and the perpetual maintenance of the facility. Donate at [www.suffragistmemorial.org](http://www.suffragistmemorial.org)

In addition to the Memorial, they are developing a Constitution Trail starting at the National Archives, going to Mount Vernon, Gunston Hall, Montpelier and to the Turning Point Suffragist Memorial.

**WIRTH**, who worked in the automotive service industry for 30 years, and now de-



**Patricia Depew Wirth, Executive Director of the Turning Point Suffragist Memorial Association, shows plans for the Memorial.**



**An artist's rendering of the Turning Point Suffragist Memorial.**

votes all of her time to building the memorial, gave a presentation of the movers and shakers in the Women's Suffrage Movement, starting with an audio of the Declaration of Sentiments — the document that changed course of women's lives in Seneca Falls, N.Y., in 1848. It was signed by 68 women and 32 men at the convention.

She talked about the contributions of

icons Elizabeth Cady Stanton and Lucretia Mott, who met in 1840 in London, England, to attend an international abolitionist convention.

"Many early suffragists were abolitionists. In that period of time, if you were married, you belonged to your husband. ... Women were limited in their ability to get higher education and get into the professions. They

did not feel equal. That's why this movement got going," she said.

Wirth mentioned the contributions of Susan B. Anthony, of New York state, who dedicated her entire life to suffragists. In 1851, she marched into a polling place and attempted to vote but she was thrown on the sidewalk, manhandled and arrested for the crime of voting. "She had a trial, was found guilty of voting but never went to jail. She was a wonderful woman to be reckoned with," she said.

Mary Church Terrell, the founding member of NAACP in 1909, was the first African American woman to go to college, Wirth said. Terrell went to Oberlin, was a teacher, principal, and member of the Delta Sigma Theta sorority.

Another woman, Carrie Chapman Catt, was involved in National American Woman Suffrage Association and founder of the League of Women Voters in 1920. She focused on getting the vote state by state, by establishing offices in every state. She came out with "The Winning Plan" strategy that involved getting an Amendment to the Constitution and turned all those state offices into the League of Women Voters.

Wirth mentioned Alice Paul, the co-founder of the National Woman's Party, a Quaker from New Jersey, who authored the Equal Rights Amendment in 1923. "She became aware of the Suffragette movement in England overseen by Pankhurst family," she said. Paul marched with them, went to jail, went on hunger strikes and met Lucy Burns.

Alice Paul, who co-founded the National Women's Party with Lucy Burns, was a brilliant strategist who felt we needed an amendment to the constitution.

"She felt without it, women in the South would never get the vote. She knew what she was talking about," Wirth said.

In 1913, Alice Paul planned the March down Pennsylvania Avenue in Washington, D.C., where between 5,000 and 9,000 people marched in a parade for women's rights.

SEE HISTORIC FIGHT, PAGE 15

### Next Step for Equality

After the 19th Amendment affirming women's right to vote was ratified in 1920, suffragist leader Alice Paul introduced the ERA in 1923 as the next step in bringing "equal justice under law" to all citizens. The proposed Equal Rights Amendment (ERA) states that the rights guaranteed by the Constitution apply equally to all persons regardless of their sex.

In 1972, the ERA was finally passed by Congress and sent to the states for ratification. The original seven-year time

limit was extended by Congress to June 30, 1982, but at that deadline, the ERA had been ratified by only 35 states, three states short of the 38 required to put it into the Constitution.

Now, Virginia could be the last state needed to ratify the Equal Rights Amendment, which would pass on the floor of the House and the Senate in the session beginning Jan. 9, 2019, if opponents don't prevent the vote by tying it up in committee.

The Equal Rights Amendment Verbatim:  
Section 1. Equality of rights under the law

shall not be denied or abridged by the United States or by any state on account of sex.

Section 2. The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.

Section 3. This amendment shall take effect two years after the date of ratification.

The ERA has been introduced into every Congress since the deadline, and beginning in 1994, ERA advocates have been pursuing two different routes to ratification:

❖ the traditional process described in Article V of the Constitution (passage by a

two-thirds majority in both the Senate and the House of Representatives, followed by ratification by three-quarters of the states), and

❖ the "three-state strategy" (ratification in three more of the 15 state legislatures that did not ratify the ERA in 1972-82, based on legal analysis that when three more states vote yes, this process could withstand legal challenge and accomplish ratification of the ERA). Virginia could be the third and final state needed to pursue this strategy were the Equal Rights Amendment to pass in the 2019 General Assembly session.



# Respect and Devotion to 9/11 Heroes

Great Falls residents remember the fallen neighbors.

BY ANDREA WORKER  
THE CONNECTION

“Noble men and women of our land have stepped forward and offered their lives to defend this treasure. We now show our respect and devotion to these heroes.”

Those were the words of the late Marine Corps Colonel (Retired) Pete Hilgartner. After attending a candlelight 9/11 remembrance vigil on the Great Falls Green in 2002, Hilgartner felt compelled to ensure that a more fitting and permanent site be constructed. Well-used to taking command, Hilgartner co-founded the Friends of the Great Falls Freedom Memorial and galvanized a volunteer army to construct the Memorial, dedicated in 2004, behind the Great Falls Public Library.

This year’s 9/11 Remembrance Ceremony was supposed to be held at the Memorial. Inclement weather moved the gathering to a meeting room inside the Library and forced the scheduled Color Guard Detachment, U.S. Marine Corps, to bow out at the last minute, but did nothing to dampen the spirit of the event – coming together to remember those lost on that tragic day and joining together to reaffirm “the values that make us Americans,” as host Andy Wilson, president of the organization said to the attendees.

**A ROOMFUL OF GREAT FALLS RESIDENTS** were joined by Chairman Sharon Bulova of the Fairfax County Board of Supervisors, Dranesville District Supervisor John Foust, U.S. Rep. Barbara Comstock, and State Del. Kathleen Murphy.

In addition to remembering the fallen military and civilians lost on 9/11, Wilson also asked the community to remember the first responders who “charged into danger without hesitation” and who continue to do so today. His tribute to those heroes led to a standing ovation for the members of Fairfax County Fire and Rescue Station 12 who were present at the ceremony.

After his opening remarks, and a moving invocation by John “Sandy” Pidgeon Jr., retired Navy Seal and VP of the Friends of the Great Falls Memorial, local Boy Scout Troop 55 demonstrated true American adaptability, taking over for the Marine Color Guard Detachment, handling the Presentation of the Colors duty with admirable precision and gravitas and leading the assembly in the Pledge of Allegiance.



A candle held and a bell rung for each of the six Great Falls residents who died on 9/11.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Members of Boy Scout Troop 55 were instrumental in the Great Falls 9/11 Remembrance Ceremony, from Presenting the Colors, leading the Pledge of Allegiance, Scout James Ye’s violin music, holding the candles to honor the six Great Falls residents killed in the attack on 9/11, and finally, even cleaning up the room and breaking down the setup. After the event, they posed with U.S. Rep. Barbara Comstock and other officials.

Volunteerism continued to be on display, as Great Falls resident Richard Kuntz answered Wilson’s call for “someone who can hold a tune and get us started” singing the National Anthem, and later “Amazing Grace,” “God Bless America,” and “America the Beautiful.”

Accompanied by Boy Scout James Ye on the violin for all of the musical offerings, Kuntz proved that he could do more than “hold a tune.” Despite the somber ambience of the occasion, the audience was moved to applause for both musician and lead singer after each selection.

Keynote speaker Sharon Bulova said that she played no “heroic role” on Sept. 11, 2001. The Braddock District Supervisor at the time, Bulova, like many Fairfax County residents, spent many anxious hours waiting for news of loved ones and friends who worked at the Pentagon or in and around the District. She eventually learned that her husband, working at the Department of Justice, was safe, as was her daughter-in-law’s father, who experienced the Pentagon’s attack, but fortunately was not

seriously injured.

The events that transpired that day and in the days beyond inspired Bulova to record those events and her thoughts in a journal, from which she read at the Great Falls Remembrance Ceremony.

“On this spectacularly beautiful September day, the whole world has come to a stop – like a blizzard. ... During the hours after the 9-11 attack, I began to hear about losses within Fairfax County. All together 184 people were killed at the Pentagon, including my good friend Abe Scott’s wife...Six residents of Great Falls were among the dead.”

To the haunting strains of “Taps,” played by 17 year-old Walt Whitman High School student Ben Wolstein, the names of those six were read out by Calvin Follin, as Pete Hilgartner’s widow, Sara, rang a bell for each, and members of Troop 55 held flickering “candles” to honor them.

Lost from the Great Falls community that day were:

1<sup>st</sup> Lt Richard P. Gabriel, USMC, Ret.  
Ann C. Judge



James Ye, from Boy Scout Troop 55, says he has never played his violin in such a public forum. If that’s the case, he must have practiced a lot – his renditions of the National Anthem, “America the Beautiful,” “Amazing Grace,” and “God Bless America” were perfect and brought tears to the eyes of several in attendance.



Fairfax County Board of Supervisors Chairman Sharon Bulova read from her personal journal, written on 9/11 and the days immediately after, as part of her keynote remarks at the Remembrance Ceremony. Despite the tragedy, Bulova stated that “we are stronger than ever before.”

Barbara K. Olson  
Lisa J. Raines  
Diane M. Simmons  
George W. Simmons

**SEVENTEEN YEARS AFTER 9/11**, the pain of their loss still remains, but as painful as the remembrance can be, “We can’t lose this memory,” urged Wilson, saying that the memory of these lost loved ones helps keep us true to the values that make us Americans – values like “Selflessness,” “Humility,” “Compassion,” “Respect,” “Duty,” and the other powerful words that are etched into the stones that form the Great Falls Freedom Memorial. Gatherings like these, noted Wilson, are needed to maintain the bonds of humanity that form community.

Chairman Bulova agreed.

“Looking back, [9/11] forged a culture in Fairfax County that defines us today. We are a welcoming community, supportive of each other and accepting of our differences. If there was a silver lining to the devastating terrorist attacks of 9/11, this is it: We were – and are – stronger than ever before.”

To learn more about the Friends of the Great Falls Freedom Memorial or to support their efforts, visit their website at [www.gffreedom.org](http://www.gffreedom.org).



## NEWS

Children take a break from pumpkin painting to dance with the bluegrass music of the Andrew Acosta Band.



PHOTO CONTRIBUTED

## St. Francis Episcopal Church to Host Fall Fest, Then Blessing of the Animals

Say goodbye to summer and hello to fall at the St. Francis Fall Fest, held from 3-7 p.m. on Saturday, Sept. 29. St. Francis Episcopal Church invites everyone to an afternoon of bluegrass music, Mookie's BBQ, Great Falls Creamery treats and wine tasting by the Wine Outlet. A silent auction of items for all ages will also be featured, as well as kids' activities.

Tickets for Mookie's and wine tasting are available for purchase at the door or on the church's website ([stfranciscgreatfalls.org](http://stfranciscgreatfalls.org)). Otherwise, festival admission is free.

In addition to fun for all, proceeds from the festival will support the ministries of St. Francis.

This annual event coincides with the Feast of St. Francis, the church's patron saint. The Fall Fest will be followed on Sunday, Sept. 30 at 10 a.m. with the annual Blessing of the Animals, where creatures great and small (and their owners) receive blessings for the year ahead. You do not have to be a member of St. Francis to bring your animals to be blessed. Information on the Fall Fest and St. Francis Church can be found at: [stfranciscgreatfalls.org](http://stfranciscgreatfalls.org) or by calling the church office at: 703-759-2082.

St. Francis is located at 9220 Georgetown Pike, Great Falls, at the intersection of Georgetown Pike and Riverbend near Great Falls Park.

## SEPTEMBER IS SUICIDE PREVENTION MONTH



#CallTextLive is PRS CrisisLink's social media campaign for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide. Join us in changing the conversation from suicide to suicide prevention, promoting healing, helping and giving hope.

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# OPINION

# How To Vote

## Every year is election year in Virginia; early voting begins Sept. 21.

So many local elections, and critical policy that follows, have been decided by so few votes, no one can reasonably say that their one single vote does not matter.

Just one example: Control of the entire Virginia General Assembly came down to a single delegate race which was so close, it was declared a tie after a recount. It was awarded to the Republican by literally pulling a name out of hat.

Vote. Vote early if you qualify. Vote Nov. 6 if you haven't already voted by then. Make a plan.

First, be sure you are registered. Oct. 15 is the deadline to register, and to check your registration. Many voters across the country have discovered that they have been unexpectedly dropped from the voter rolls, so be sure to check at [elections.virginia.gov](http://elections.virginia.gov)

### Absentee Voting in Person Begins Sept. 21

Voting early if you qualify is a good choice. There are 20 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date.

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

### Early Voting Locations, Dates and Hours

Scheduled to begin Friday, Sept. 21, through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

#### Sept. 21-Oct. 12

Closed Monday, Oct. 8, Columbus Day  
Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

Thursday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

#### Oct. 15-Nov. 3

Monday-Friday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

### All Satellite Locations:

#### Oct. 13 - Nov. 3

Weekdays: Monday thru Friday,  
3 p.m. - 7 p.m.

Saturdays: 9 a.m. - 5 p.m.

Sundays: Closed

❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310

❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079

❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003

❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

### ELECTION DAY, TUESDAY, NOV. 6, 2018

On Election Day, polls are open from 6 a.m.-7 p.m., Nov. 6.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at [elections.virginia.gov/](http://elections.virginia.gov/) or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 15.

❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30.

❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

For more information on voting in Fairfax County:

Fairfax County Office of Elections

12000 Government Center Parkway Suite 323

Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711

Absentee Fax: 703-324-3725

Email: [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

Election Officer Info: 703-324-4735, TTY 711

For 24-hour recorded information call 703-324-4700

### FAIRFAX COUNTY PUBLIC SAFETY BOND

TEXT: Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older. An additional \$15 million would be used to improve one of the eight volunteer stations that is more than 40 years old.

The Fairfax County Police Department would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy, and \$18 million to renovate, expand or

❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306

❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

### Absentee Voting By Mail

To track the status of your absentee ballot application and ballot, you can view your Virginia Voter Record, [vote.elections.virginia.gov/VoterInformation](http://vote.elections.virginia.gov/VoterInformation)

The deadline to apply for an absentee ballot online, by mail, by fax, or by email is seven days prior to Election Day by 5 p.m.

You can apply for your absentee ballot online, [vote.elections.virginia.gov/VoterInformation](http://vote.elections.virginia.gov/VoterInformation)

Or print, complete, and sign the absentee ballot application, [www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf](http://www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf)

Absentee ballot applications are also available for in-person visits at county governmental centers as well as Fairfax County library branches.

### ON THE BALLOT

Fairfax County, Nov. 6, 2018

### UNITED STATES SENATE

Corey A. Stewart (R)

Timothy M. Kaine (D)

Matt J. Waters (L)

### HOUSE OF REPRESENTATIVES

#### District 8

Thomas S. Oh (R)

Donald S. Beyer, Jr. (D)

#### District 10

Barbara J. Comstock (R)

Jennifer T. Wexton (D)

#### District 11

Jeff A. Dove Jr. (R)

Gerald Edward Connolly (D)

Stevan M. Porter (L)

replace the Police Evidence Storage Building used to store evidence for court cases, and also houses the warrant desk and the victim services section.

The Adult Detention Center needs \$45 million of improvements to three wings, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

### TWO VIRGINIA CONSTITUTIONAL AMENDMENT BALLOT QUESTIONS

State Ballot Question One

**Question:** Should a county, city, or town be authorized to provide a partial tax exemption for real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property?

State Ballot Question Two

**Question:** Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouses of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?

Send in the completed application:

Scan then email the application to [absenteeballot@fairfaxcounty.gov](mailto:absenteeballot@fairfaxcounty.gov) or mail the application to the Office of Elections at Box 10161, Fairfax, VA 22038 or Fax the application to the Office of Elections at 703-324-3725

Once your completed application is received and accepted, your absentee ballot will be sent to you in three business days. If you have questions about your ballot, call the Office of Elections at 703-222-0776 (TTY 711).

Absentee ballots must be returned to the Office of Elections by 7 p.m. on Election Day, Nov. 6, 2018 in order to be counted.

### Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

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## Service Academy Deadline Coming Up

The deadline for students interested in applying for a nomination by the 10th District Service Academy Advisory Board to one of the nation's military academies for the Class of 2023 is 5 p.m. on Friday, Sept. 28 in U.S. Rep. Barbara Comstock's Sterling district office. Applications can be mailed or hand delivered to Comstock's Sterling office at 21430 Cedar Drive, Suite 218, Sterling, VA 20164. Applications must be received by 5 p.m. on Sept. 28. Interested students can request an Academy Nomination Application from Comstock's Web site at <https://comstock.house.gov/services/military-academy-nominations>. The selection process is strictly a competitive one. For more information about the congressional nominating process, contact Mary Ann Cannon in Comstock's Sterling office at 703-404-6903, or go to <https://comstock.house.gov/> and click on Military Academy Nominations under the Services section.



PHOTO CONTRIBUTED

**Christine Richardson**

## Christine Richardson Recognized for Sales Success

Mark Ackermann, president of Weichert, Realtors' Capital Region, announced that sales associate Christine Richardson of the Great Falls office was recognized for exceptional industry success in August.

A top producer, Richardson led her Weichert sales region for new home dollar volume for the month. The region comprises offices throughout Arlington, Fairfax, Fauquier, Loudoun, Orange, Prince William and Warren counties.

Invite this neighborhood specialist in to learn about the real estate services offered by Weichert, Realtors. Richardson can be reached in Weichert's Great Falls office at 731-A Walker Road, or call 703-759-6300 for more information.

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Photos by Walt Lawrence

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# Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent." Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

## Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.

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## NEWS

**Clayton Pelham, Jr. as Brad, and Anne Bowles as Kara in “Hero’s Welcome” at 1st Stage in Tysons Corner.**

PHOTOS BY TERESA CASTRACANE/  
COURTESY 1<sup>ST</sup> STAGE



# Finely-honed Dark Tale

**“Hero’s Welcome” at 1<sup>st</sup> Stage in Tysons.**

BY DAVID SIEGEL  
THE CONNECTION

**T**heater audiences hungry for a compelling, dark comic-tragedy having its DC area premiere need look no further than 1<sup>st</sup> Stage in Tysons. With a stylish, well-performed production of British playwright Alan Ayckbourn’s “Hero’s Welcome,” 1<sup>st</sup> Stage continues to present superior, newish theatrical creation not previously seen in the area.

Ayckbourn’s “Hero’s Welcome” is a prickly tale of simmering discord. Who and what can be trusted are key themes. There is plenty of smug condescension from those who think themselves superior with snippets of comic undertones.

Under Alex Levy’s finely-honed direction and his inspired diverse casting, what could have been a tale of nasty, privileged white British citizens becomes enveloping as it careens about.

“Hero’s Welcome” starts with the return of local war hero Murray played by Nick DePinto as a man with plenty of secrets to unravel about his life. Seems he left town nearly two decade before under a very dark cloud. Murray returns home with his young foreign-born wife. She is called Baba for short. She is with limited English language skills providing the opportunity for others to think her not-bright; something they do at their own peril. Baba is portrayed by a charmingly endearing Angeleaza Anderson. Murray and Baba have plans to resuscitate a now seedy hotel called the Bird of Prey.

War hero Murray is the petrol who lights disruptive fires under the assured public façade of his home town’s upper crust. One coiled-up couple is portrayed by Anna Bowles as Kara, a verbally abused wife living in a decorated cell of a prison, as she calls her home. Her abuser husband Brad is played by Clayton Pelham Jr. as



**Angeleaza Anderson and Nick DePinto in “Hero’s Welcome” at 1st Stage. The show runs through Oct. 7 in Tysons Corner.**

tormentor-in-chief full of hostility and contempt.

Another couple is composed of Lisa Hodsoll, persuasively playing Alice, an agonized, glum town Mayor with secrets of her own and James J. Johnson as her timid husband Derek with model trains as his diversion from reality.

Each character is visually distinct in attire designed by Danielle Preston. Kathryn Kaweck’s set is a handsome; with detailed, distinct areas depicting various lifestyles.

Ayckbourn penned a play not for those with little appetite for verbal or emotional assaults about marriage and wartime. “Hero’s Welcome” also has some overlong scenes that add little but time to

## Where and When

1<sup>st</sup> Stage presents “Hero’s Welcome” at 1524 Spring Hill Road, Tysons. Performances through Oct. 7, 2018. Thursday at 7:30 p.m., Friday at 8 p.m., Saturdays at 2 p.m. and 8 p.m. and Sunday at 2 p.m. Tickets: \$39 adults, \$36 seniors, \$15 students and military. Visit: [www.1stStage.org](http://www.1stStage.org). Or call 703-854-1856.

**Note:** wheelchair accessible

the proceedings. But, under director Levy’s fine touch and the cast’s acting talents, the play has a reflective air that leaves its mark with a fiery conclusion.

1<sup>st</sup> Stage presents “Hero’s Welcome” at 1524 Spring Hill Road, Tysons, through Oct. 7, 2018. Visit: [www.1stStage.org](http://www.1stStage.org) or call 703-854-1856.

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### Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening

**Fairfax County**  
Design Public Hearing

**Tuesday, October 23, 2018**  
**6:30 p.m. to 8:30 p.m.**  
**Presentation starts at 7 p.m.**

Dranesville Elementary School  
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**Find out** about plans to rehabilitate and widen the westbound Route 7 (Leesburg Pike) bridge over Sugarland Run in order to improve safety, extend the overall life of the bridge and add capacity. The bridge was built in 1947.

The planned improvements include a new, wider concrete bridge deck and widening and repairing the bridge pier and abutments. The project will also extend the acceleration lane from the Fairfax County Parkway (Route 286) on-ramp to Dranesville Road (Route 228) to improve operations. Other improvements include guardrail upgrades and new curb and gutter in the area of the bridge.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) was prepared under agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will be available with the PCE.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

**Review** project information at the VDOT project website ([www.virginiadot.org/projects](http://www.virginiadot.org/projects)), at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2304 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **November 2, 2018** to Mr. Shahrad Behboodi, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference “Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Shahrad Behboodi at 703-259-2304.

State Project: 0007-029-113, P101, UPC: 104556  
Federal: STP-PM09 (324)



# Suicide by Officer Prompts Chief To Combat ‘Silent Epidemic’

“Consequences of the Badge” relates firsthand battles to let everyone, including public safety officers, know that it’s okay to seek help.

BY PETE EARLEY

It takes courage to speak out. The unborn baby was dead after 12 weeks of pregnancy.

The mother stopped sleeping, became depressed.

The frantic call came on a Friday.

She had ended her life in the garage of their home.

Her husband began drinking whiskey as the “battle between demons” waged in his head.

One afternoon, he stopped in a church parking lot and lifted a handgun to his head. They had two small daughters.

He put the gun down. “I don’t know what stopped me.”

What makes this suicide story unique is that the husband is a Fairfax Police Officer and so was his wife — the mother who tragically ended her life.

The officer is one of several who tell their individual stories in an extraordinary video entitled “Consequences of the Badge” that Fairfax Police Chief Colonel Edwin C. Roessler Jr. is currently showing during roll calls throughout Fairfax County.

(In the video, all of the officers identify themselves and explain that they are neither ashamed nor embarrassed to share their emotional stories with their fellow officers. I have not interviewed them personally or asked for permission to write about them so I am not using their names.)

After the 2015 suicide of the distraught mother/police officer mentioned above, Chief Roessler felt compelled to act. He had to do something to help his officers deal with this preventable tragedy. During his career he has known of at least 16 active and retired Fairfax County police officers who ended their own lives.

Chief Roessler began by talking openly to his officers about his own struggles dealing with the horrors of death of both community members and police officers during his decades of service. Those incidents led him years ago to seek help from a therapist from the department’s Incident Support Services program — which he helped create in 2006 — to treat his own PTSD.

Over lunch at Bagel Buddies in Fair Lakes Shopping Center, Chief Roessler told me there should be no shame in talking openly about depression, PTSD and other mental illnesses. It is not a mark of weakness. Instead, admitting you need help requires courage and strength.

“Suicides in law enforcement are a ‘silent epidemic.’”

Because of fear and stigma, many in public service, especially in law enforcement, are reluctant to admit they are depressed or have PTSD. They keep silent because they



First responders are shown telling their stories in “Consequences of the Badge.”

During his career, Chief Roessler has known of at least 16 active and retired Fairfax police officers who ended their own lives.



Chief Roessler

do not want to appear weak. They keep silent because they are afraid disclosure could cost them their jobs. Yet what they witness at work takes a toll. How could it not?

In 2017, 103 firefighters and 140 police officers died of suicide nationally, whereas 93 firefighters and 129 officers died that year in the line of duty, which included everything from being fatally shot, stabbed, drowning or dying in a car accident while on the job.

Still, speaking out is difficult.

In Chief Roessler’s video, a veteran Arlington Police officer explains that if he were sitting in the back of a precinct room watching a teary-eyed patrolman recounting how he had nearly killed himself, he would have scoffed.

That was before he became that officer.

“It should be okay to not be okay,” Roessler told me, explaining that he wants Fairfax officers to know that they do not need to worry about damaging their careers or losing their jobs in Fairfax if they need counseling, attend therapy and/or take medication. This is not true in other police departments, he added. That is why the Fairfax video is not the only step in Roessler’s campaign to keep his officers and others safe. He plans to talk at an upcoming national law enforcement meeting about officer suicides.

Initially, the Arlington officer in the video sought help when he became deeply depressed.

He saw a therapist and took medicine, but

stopped both when he felt better.

“I treated depression like a cold rather than a long term illness,” he said.

When the officer became despondent, he locked himself in his home’s bathroom with a pistol. Gazing into the mirror, he imagined himself raising the gun — an image so real that he believed he could feel the gun’s barrel pressing against his temple. He saw himself pulling the trigger. Luckily, his wife broke through the locked door and got his best friend to go with them to a hospital. He was reluctant to be admitted until he wasn’t given a choice because of how sick he was. Still, he was afraid Arlington officials would fire him. Instead, everyone from the police chief down was supportive. He’s still on the force.

## TRAGEDY IN FAIRFAX

The Fairfax officer says his wife, who ended her life, was strong and determined. Those qualities and stigma caused her to not seek help. The loss of their baby sent her into a “deep chasm.” She believed the only way out was “to jump through a window, ignoring the door next to her.”

She was his soul mate and he felt half of him had died. Eight months later, in that church parking lot, he pressed a gun against his temple. It was a turning point that fortunately ended with him lowering his weapon.

Going through fire, he said, either makes you stronger or you melt. He came out stronger.

In 2016, a Virginia Highway Trooper learned his wife had failed to show up at work.

She was a Fairfax County firefighter. His entire world stopped. A missing persons report was issued. He’d seen plenty of them but this one was about his wife. They found a suicide note in her abandoned car. He kept thinking about the Tuesday night before she had disappeared. She’d not said a word. Nothing. No hints, no clues. A short while later, they found her body.

He refuses to say that she “committed suicide” because that implies it was the choice of a rational mind. The illness had taken control.

The day after her funeral, he awoke from a drunken stupor in the bathroom of his home with his handgun on the floor next to him. He had wanted to end his life so he could be with her. He began thinking about how devastating her death had been to him. How it would impact others. The illness hadn’t captured his mind. He sought help.

A Fairfax firefighter didn’t think anything was wrong with him when he joined the department after doing 20 years in the military.

That was before something triggered flashbacks. A special ops mission. He was one of four Americans sent to find a cache of arms. A “soft raid” that turned into an ambush. He shot an enemy combatant point blank in the face. He saw him die. He was certain he was going to die that night. Somehow, he survived — physically.

His PTSD didn’t surface until much later. His wife, a Fairfax police officer, knew when he switched off his phone one day that he was suicidal. Eighteen hours later, he turned it back on and agreed to seek help.

No one can see horrific acts day-after-day and not be affected

Only a few days before I had lunch with Chief Roessler, his officers had been called to investigate a murder-suicide in Herndon. A mother apparently had killed her two small children before ending her own life. Seeing such carnage takes a toll, the chief said. You can’t just keep stuffing such traumatic scenes into the back of your mind. Officers are human. They suffer the same as everyone else.

For several decades the Fairfax Police Department helped officers through its peer support program but on May 8, 2006, the department’s leadership realized more was needed. Two Fairfax County Officers, Detective Vicky Armel and Officer Mike “Gabby” Garbarino, were ambushed outside the Sully District Station and both died from their wounds.

On that day, Roessler was the commander of the Department’s Administrative Support Bureau responsible for all casualty assistance programs, including its peer support unit. He and his team realized they were overwhelmed because of the trauma inflicted upon officers, the survivor families, county employees, and the community. Roessler and his team reached out to the Federal Bureau of Investigation’s Behavioral

SEE ‘SILENT EPIDEMIC,’ PAGE 11

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## NEWS

# 'Silent Epidemic'

FROM PAGE 10

Science Unit at Quantico and the county's Risk Manager for advice and quickly formed an Incident Support Services (ISS) unit led by two full-time police psychologists and many support personnel. The ISS unit has been so beneficial that it has become a model for other public safety agencies across the nation and it continues to pursue Roessler's vision to rid the stigma of mental illness in the public safety profession.

The chief didn't stop there.

He recently was appointed to the board of directors of the Badge of Life, a not for profit foundation created to educate and train law enforcement officers about mental health and suicide prevention. In his sixth year as chief of police, Roessler said he wants to ensure that all of his employees are not afraid to seek help to maintain their mental wellness at all times.

Roessler said he knows firsthand how the cumulative exposure to tragedies coupled with all of life's challenges require "ensuring you treat your brain as a muscle and work it out often with a therapist." He added that he and his staff are working to change policies and procedures across the Commonwealth of Virginia to treat PTSD as a presumptive injury in order to treat officers and get them well.

"This has become my calling in life and I have assembled a great team of professionals who are committed to create change in mental wellness practices and policies in the public safety profession," he told me. "The facts are clear that suicide death rates exceed line of duty deaths across the nation."

And those are only the suicides that get reported. Some public safety agencies don't track suicides out of fear of the stigma, possibly eroding benefits to survivors, and exposing the lack of care given to their employees.

"Consequences of the Badge" is difficult to watch, but Roessler has watched it more than a dozen times. The first responders shown telling their stories are heroes, he told me.

So is he.

Courageous heroes.

*This first appeared on Pete Earley's blog at [www.petearley.com](http://www.petearley.com)*

*Local resident Pete Earley is author of 17 books including four New York Times bestsellers, including "The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search Through America's Mental Health Madness."*

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## PUBLIC NOTICE

### Public Hearing on the McLean Community Center's FY 2020 Budget (July 1, 2019-June 30, 2020)



### McLean Community Center Governing Board

Wednesday, Sept. 26, 7:30 p.m.

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers list. The draft budget proposal is available on the Center's website. Copies will be available at the Public Hearing.

Written comments may be delivered to the Center's temporary Administrative Offices (see address below) marked "Attention: Executive Director," or sent by email to [george.sachs@fairfaxcounty.gov](mailto:george.sachs@fairfaxcounty.gov). Written comments may be provided after the Public Hearing up through Monday, Oct. 22.



**The McLean Community Center**  
Temporary Administrative Offices  
6631 Old Dominion Dr., McLean VA 22101  
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## ENTERTAINMENT

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

### THURSDAY/SEPT. 20

#### Adventures in Learning Open

**House.** 10 a.m.-noon at Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Road, Oakton. AIL Fall classes begin Thursday Sept. 27 and run through Nov. 15 are held at (UUCF/Oakton). New this year is an eight-week course on Memoir Writing. Golf cart transportation will be provided to assist those in need of help traveling from the parking lot to open house and classes. Light refreshments will be provided at the Open House. For details call the office at 703-281-0538 or visit <http://www.scov.org/ail-open-house>.

### SATURDAY/SEPT. 22

**Native Plant Sale.** 8 a.m.-1 p.m. in the Vienna Community Center parking lot 120 Cherry St. SE, Vienna. The Town of Vienna's Community Enhancement Commission will offer native plants at its Native Plant Sale, including a variety of native plants, including flowering perennials, shrubs, and small trees, all of which attract beneficial birds, bees, and butterflies to the landscape. Rain or shine. Credit cards, cash, and checks are all accepted. Visit [www.viennava.gov](http://www.viennava.gov).

**Let's Move.** 10 a.m.-2 p.m. at Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna. "Let's Move with Music at Wolf Trap!" Activities and live music for all ages. Performances by Rainbow Rock, Kentlands Acoustic Jam, Vienna Jammers, and United States Army Brass Quintet. Free. Call 703-255-1828 or visit [go.nps.gov/letsmove](http://go.nps.gov/letsmove).

**Riverbend Park Barbeque Benefit.** 6-9 p.m. at Riverbend Park Visitors' Center, 8700 Potomac Hills St., Great Falls. The Friends of Riverbend Park (FORB) is sponsoring a fund-raising benefit. Enjoy a glass of wine or a bottle of beer on the deck, followed by a barbeque dinner catered by Mookie's of Great Falls. Boat rides on the Potomac and s'mores by a campfire will also be available. Family-friendly. Admission for adults is \$50 per person (\$20 tax-deductible), \$25 per person for children under 21 (\$10 tax-deductible), and \$125 per family of three or more persons (\$50 tax-deductible). Register online at [www.forb.wildapricot.org](http://www.forb.wildapricot.org).

**Movie on the Green: Ghostbusters (1984).** 7:30 p.m. on the Great Falls Village Centre Green (behind the Old Brogue). Bring your blankets, snacks and drinks. Popcorn provided. Free. Visit [celebrategreatfalls.org](http://celebrategreatfalls.org).

### SUNDAY/SEPT. 23

**15<sup>th</sup> annual Super H 5K Run, Walk & Wheel.** 7 a.m. at Tysons Sport & Health, 8250 Greensboro Drive, McLean. Registration includes a post-race party with food and entertainment. Proceeds from the race will support MedStar NRH's adaptive sports programs, which enable para-athletes – those with disabilities who stay active by competing in various sports – to participate in Paralympic sports such as wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, Boccia ball, hand cycling, rowing and more. \$35 until online registration closes on Sept. 21; \$40 on race day. Visit [www.MedStarNRH.org/SuperH5K](http://www.MedStarNRH.org/SuperH5K).

**2018 Cops and Kids Fun Run.** 11 a.m.-2 p.m. at Vienna Elementary School, 128 Center St. S., Vienna. The Town of Vienna Police



## Edible Flowers Workshop

The Ayr Hill Garden Club presents an Edible Flowers Workshop. Author Mary Newman shares the fascinating story of how flowers have been used in cooking from ancient customs with modern kitchens. Learn novel ways to prepare and eat soups, salads, desserts, and drinks. Books available for sale and signing. Thursday, Sept. 20, 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. The session is free and open to the public. Email [emilielarson@rcn.com](mailto:emilielarson@rcn.com).

Department's Cops and Kids Fun Run is back. In addition to the annual 1-mile run/walk, yummy food, and fun activities, this year's event will feature a water balloon toss. Pre-registration is closed, but the event is still free and open to the public. Those interested in participating, who have not registered, are encouraged to sign up to receive information regarding the 2019 Cops and Kids Fun Run at [viennapdfunrun.com](http://viennapdfunrun.com).

**Photographer's Day at the Mill.** 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Come to the mill and scout out the location as autumn begins. Staff members will be available to answer questions about Park Authority photography at the site and commercial photo permits. Free. No reservations are required. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**Amadeus Orchestra.** 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Festive selections from Handel's regal "Water Music" open the Amadeus Concerts 2018-2019 season. A pre-concert lecture by Music Director A. Scott Wood will begin at 3:15 p.m. A reception will follow the concert. Tickets are \$40 and may be purchased at the door or online at [www.amadeusconcerts.com](http://www.amadeusconcerts.com). Students 17 and under and active military are admitted free of charge.

**Countdown Concerts in the Park: Saved by the '90s.** 5 p.m. in the McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. Concert series tracks the history of the McLean Community Center from its opening in 1975 — revisit a decade as the McLean Community Center prepares for the reopening of the Ingleside Avenue facility. Visit [www.mcleancenter.org/alden-theatre/](http://www.mcleancenter.org/alden-theatre/).

### TUESDAY/SEPT. 25

**Arts Education Panel.** 8-10:30 a.m. at Conference Center, 2070 Chain Bridge Road, Vienna. Learn the science behind how the arts affect brain activity and how this information can be used in education and to develop a creative innovative workforce for the 21st century. Open to the public, registration required. \$10-\$25. Register at [artsfairfax.org/artist-residency-program/](http://artsfairfax.org/artist-residency-program/). Email [rcarroll@artsfairfax.org](mailto:rcarroll@artsfairfax.org) or visit [artsfairfax.org](http://artsfairfax.org).

### TUESDAY-FRIDAY/SEPT. 25-28

**Teaching Artist Seminar.** 8 a.m.-3:30 p.m. at Conference Center, Old Courthouse Road, Vienna. Teaching artists of all disciplines seeking to develop artist residencies for school students are invited to attend. \$99-\$120. Register at [artsfairfax.org/artist-residency-program](http://artsfairfax.org/artist-residency-program). Email [rcarroll@artsfairfax.org](mailto:rcarroll@artsfairfax.org) or visit [artsfairfax.org](http://artsfairfax.org).

### THURSDAY/SEPT. 27

**Tyson's Tailgate.** 5-8 p.m. at VALO Park, 7950 Jones Branch Drive, Tysons. Building Brighter Futures is a tailgate-themed festival, enjoy live music, beer, wine, tailgate-themed menu, lawn games, raffle prizes; proceeds will benefit Second Story, the only youth emergency shelter in Northern Virginia. Ticket price includes two drink tickets. \$30 per ticket/\$35 at the door. Tysons Partnership Members receive a discount. Call 703-688-2129 or visit [www.tysonspartnership.org/event/2018-tysons-tailgate/](http://www.tysonspartnership.org/event/2018-tysons-tailgate/).

**Join Scouting Night.** 7-8 p.m. at Christ the King Church, 10550 Georgetown Pike, Great Falls. Families with children in grades K-4 who are interested in Cub Scouting are invited to attend Pack 673's "Join Scouting Night" to learn about the program and meet returning scouts. Although this first meeting will be held at CTK Church, pack and den meetings are typically held at Great Falls Elementary. Free. Call 202-669-2502 or visit [pack673greatfalls.ScoutLander.com](http://pack673greatfalls.ScoutLander.com).

**Travel Photography Presentation.** 7 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Great Falls Studios is hosting National Geographic photographer Jeff Mauritzen for a presentation on travel photography. Mauritzen's assignments and adventures have immersed him in vivid landscapes on all seven continents and in more than 60 countries. All are welcome. Visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com).

### FRIDAY-SUNDAY/SEPT. 28-30

**ValeArts "Fall into Color" 2018.** Friday, 10 a.m.-9 p.m.; Saturday and Sunday, 10 a.m.-6 p.m. at Vale Schoolhouse, 3124 Fox Mill Road, Oakton. ValeArts will present an all new "Fall into Color" fine art show featuring Lynn Martin and Kathy Bodycombe in addition to ValeArts members Linda Lovell, Lorrie Herman, Meredith Hannon, Kim Davis, Laura Barringer and Jenna

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# CALENDAR

Klimchak. All varieties of fine art in a historic setting. Free and family friendly. A reception is planned for Friday, Sept. 28, 7-9 p.m. Call 703-860-1888 or visit [www.valearts.com](http://www.valearts.com).

## SATURDAY/SEPT. 29

**Fall Festival.** 8 a.m.-1 p.m. at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Children's activities; bake sale; White House ornaments; jewelry and accessories; used books, games and cds; silent auction; apple butter and apple cider; tools; Kitchen Kupboard vendor; and yard sale. Visit [www.greatfallsumc.org](http://www.greatfallsumc.org).

**Fall Festival.** 10 a.m.-4 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Where Fun and Kindness Connect, includes "Rise Against Hunger" food packing event (50,000 meals), as well as a blood drive, children's program, moon bounce and food and refreshments. Visit [www.GoodShepherdVA.com](http://www.GoodShepherdVA.com).

**St. Francis Fall Fest.** 3-7 p.m. at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Fall festival and wine tasting with bluegrass music by Andrew Acosta Band and Mookie's BBQ. Silent auction and fun activities for the children. Free admission. Email [laurenmcchewning@gmail.com](mailto:laurenmcchewning@gmail.com) or call 434-566-8302.

**Kayak Tour in the Parks.** 5:30-6:55 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 14 to adult. Watch for deer foraging on the islands and osprey and bald eagles searching for fish. This is not a whitewater tour. No previous experience is required. \$39 per person. Kayaks are provided; one person per kayak. This tour will be canceled in the event of inclement weather or hazardous river conditions. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

**Movie on the Green: Top Gun.** 7:30 p.m. on the Great Falls Village Centre Green (behind the Old Brogue). Bring your blankets, snacks and drinks. Popcorn provided. Free. Visit [celebrategreatfalls.org](http://celebrategreatfalls.org).

## SATURDAY-SUNDAY/SEPT. 29-30

**Fall Book Sale.** Saturday, 10 a.m.-4 p.m.; Sunday, 10 a.m.-2 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Featuring thousands of top quality used books, CD's, DVD's, books on CD. Special sale Sunday - fill a large shopping bag with books, movies, CDs, DVDs, etc., for \$5. Free parking and admission. Email [sharonbohlman@msn.com](mailto:sharonbohlman@msn.com), call 703-568-0104 or visit [www.fairfaxcounty.gov/library/branches/ph](http://www.fairfaxcounty.gov/library/branches/ph).

## SUNDAY/SEPT. 30

### Countdown Concerts in the Park:

**So Fetch.** 5 p.m. in the McLean Central Park Gazebo, 1468 Dolley Madison Blvd., McLean. Concert series tracks the history of the McLean Community Center from its opening in 1975 - revisit a decade as the McLean Community Center prepares for the reopening of the Ingleside Avenue facility. Visit [www.mcleancenter.org/aldentheatre/](http://www.mcleancenter.org/aldentheatre/).

## SEPT. 30-OCT. 26

### Art Exhibition: Colors in Memory.

Gallery hours at Aryan Gallery, 2236-C Gallows Road, Vienna. Colors in Memory featuring art by Rafat is open to all. Opening reception Sunday, Sept. 30, 5-8 p.m. is limited to adults. Call 202-391-1669 or visit [www.rafatart.com](http://www.rafatart.com).

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**New Location!** St. Luke's School, 7005 Georgetown Pike, McLean, VA 22101

# HARVEST HAPPENINGS!

**SATURDAY, SEPT. 22**  
**11 A.M.-2 P.M.**

Squeals On Wheels Petting Zoo  
Pumpkin Decorating  
Arts & Crafts  
Concessions  
Kids' Games  
The Amazing Kevin  
Kidsinger Jim

**Free Admission!**  
**No registration needed.**  
**For children 3-8 years old.**

**The McLean Community Center**  
703-790-0123/TTY: 711 [www.mcleancenter.org](http://www.mcleancenter.org)

## Here's What's Happening at MCC!

### Countdown Concerts

SEPT. 24

Saved by the '90s, 5 p.m.  
McLean Central Park Gazebo  
1468 Dolley Madison Blvd.  
*Free and open to the public*

SEPT. 30

So Fetch, 5 p.m.  
McLean Central Park Gazebo  
1468 Dolley Madison Blvd.  
*Free and open to the public*

### Old Firehouse Family Movie Night

SEPT. 21

"Mary Poppins" 7 p.m.  
1440 Chain Bridge Rd.  
*\$3 per person*  
*Preregistration recommended*

### Harvest Happenings

SEPT. 22

11 a.m.-2 p.m.  
New location! St. Luke's School  
7005 Georgetown Pike  
*Free admission*

### Old Firehouse After 7 Dance Party

SEPT. 28

7-10 p.m.  
1440 Chain Bridge Rd.  
*Admission: \$5*

### McLean 5K

OCT. 6

In McLean, By McLean, For McLean  
8 a.m.  
6631 Old Dominion Dr.  
*\$35 through October 5*  
*\$40 day of race*



The McLean Community Center  
[www.mcleancenter.org](http://www.mcleancenter.org)  
Home of the Alden Theatre  
[www.aldentheatre.org](http://www.aldentheatre.org)  
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## How To Vote

FROM PAGE 6

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

### Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person, or through the mail or commercial delivery service. The copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be

counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board for the identification requirement.

### Upcoming Events to Register and Get Voter ID

The Office of Elections is open daily during normal business hours to provide residents the opportunity to register to vote or obtain a free voter photo ID if needed. 703-222-0776, 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

The following events will also provide opportunity to register and/or get a Virginia Voter card:

❖ Wednesday, Sept. 19, 10 a.m. - 2 p.m., Greenspring Retirement

Community, 7410 Spring Village Drive, Springfield, 22150

❖ Monday, Sept. 24, 10 a.m. - 2 p.m., Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church, 22041

❖ Tuesday, Sept. 25, 11 a.m. - 2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke, 22015

❖ Wednesday, Sept. 26, 10 a.m. - 2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon, 20170

❖ Thursday, Sept. 27, 10 a.m. - 2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean 22101

❖ Thursday, Oct. 4, 10 a.m. - 1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale, 22003

❖ Saturday, Oct. 6, 10 a.m. - 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane Alexandria, 22306

❖ Tuesday, Oct. 9, 10 a.m. - 2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean, 22101

## League of Women Voters Supports No-Excuse Absentee Voting

The League of Women Voters of the Fairfax Area is submitting this statement of support for No Excuse Absentee Voting to the Joint Subcommittee on Election Review. The league's support of equal and easy access for voting across the Commonwealth includes legislation to allow all registered voters to vote absentee prior to Election Day without specifying a reason. This support covers absentee voting either by mail or in person.

### Reasons to Support No Excuse Absentee Voting

❖ All voters should have equal access to the ballot.

❖ No voter should have to provide personal unrelated information to cast a ballot.

❖ Voters have found it very confusing about their eligibility to vote before Election Day.

❖ Voting absentee in-person is as secure as voting on Election Day.

❖ Local Election Offices have had success in reducing long lines on Election Day by encouraging absentee voting.

❖ For voting absentee in-person, eliminating the cumbersome process of completing the absentee application would save time as well as the expense of printing the form.

❖ Extra personnel are needed to explain the form and check it for completion before a voter can proceed to checking in.

❖ Eliminating the use of the application form would speed the voting process considerably.

The league believes that the cost of providing equal access for voting throughout Virginia is a responsibility shared by both the

Commonwealth and local governments. Legislators and members of local governing bodies should adequately fund elections. After meeting with local general registrar, the league anticipates an increase in both types of absentee voting if No Excuse Absentee Voting is enacted, with a gradual decrease of voters on Election Day at the polls. Given this shift, it would likely result in an eventual "wash" with regard to resource needs.

*The League of Women Voters of the Fairfax Area is a nonpartisan political organization that encourages informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Learn more at <http://www.lwv-fairfax.org/>*

## Fairfax County Police to Investigate Inmate Death

Detectives from the Fairfax County Police Department are investigating the in-custody death of 68-year-old inmate Haywood Summers. Summers was taken from the infirmary at the Fairfax County Adult Detention Center to the hospital for additional medical attention on Thursday, Sept. 6. The medical examiner will examine the body, but preliminarily, police reported that there were no signs of foul play.

The inmate had been incarcerated at the ADC since Sept. 4. The Fairfax County Sheriff's Office and our department are working collectively to gather all information and to thoroughly document the situation.

We investigate all Fairfax County Sheriff's Office in-custody deaths.

The sheriff's office released the following on Sept. 14:

On Sept. 6, 2018, a 68-year-old African American inmate, Haywood Summers, was transported to the hospital from the Fairfax County Adult Detention Center infirmary. He had been in Sheriff's Office custody for two days. At approximately 5:25 p.m. on Sept. 13, the inmate experienced a medical emergency at the hospital. Hospital medical staff performed CPR without success. The inmate was pronounced deceased at 6:03 p.m. Fairfax County Sheriff's Office policy dictates that an in-custody death must be investigated by the Fairfax County Police Department. The investigation is currently underway.



## BULLETIN BOARD

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

### THURSDAY/SEPT. 20

**IEP Training: Least Restrictive Environment and Services.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn about new changes to the IEP regarding the least restrictive environment for students receiving special education services. Staff from the FCPS Office of Special Education Procedural Support and the FCPS Office of Special Education Instruction will present this workshop for parents of students receiving special education services. Visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) to register.

## Historic Fight

FROM PAGE 3

Wirth talked about Inez Milholland Boissevain, a suffragist and well-to-do lawyer, who died from pernicious anemia while she was giving a talk out West on women's voting. "We look at her as the martyr of the Suffragist movement," she said. Her memorial service was in the U.S. Capitol on Christmas Day 1916.

**BEGINNING IN JANUARY 1917**, women started picketing Woodrow Wilson's White House. By June 1917, Wilson gave word to start arresting the protestors for obstructing the sidewalk.

Lucy Burns, Co-Founder, National woman's Party, was one of the prisoners at Occoquan Workhouse in Lorton, where the conditions were brutal. Women on hunger strikes were force fed through their noses and mouths. "This is what women were willing to do so that we could vote," she said.

The word leaked out to the national press of their horrible treatment, so in November 1917, the women were transported from Occoquan to D.C. and were released from jail. In January 1918, the D.C. Court of Appeals ruled that their arrests were illegal so they were all freed.

Still, women were not included in the Constitution until the 19<sup>th</sup> Amendment.

It was President Wilson who went to Congress to say we need a National Amendment for the women's right to vote. The House of Representatives voted yea immediately but the Senate waited another 18 months to decide. Thus, began the fight for ratification in 36 states. Ratification came down to one final state: Tennessee. The vote in the Tennessee legislature was 48-48. So, as they were doing the vote count, they got to Rep. Harry Burn, age 26, who had received a note from his mother encouraging him to do the right thing and vote for suffrage. Burn's vote broke the tie in favor of ratifying the amendment. He cast the final vote, giving women the right to vote in 1920.

The ratification of the 19<sup>th</sup> Amendment led to the largest single one-day increase of potential voters in the history of the United States. It took 72 years to pass and ratify the 19<sup>th</sup> Amendment, but the Equal Rights Amendment has yet to be adopted to this day.

To donate, or for more information, visit [www.suffragistmemorial.org](http://www.suffragistmemorial.org).

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## A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head – while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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



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