

# Great Falls CONNECTION

ENTERTAINMENT, PAGE 2 ❖ OPINION, PAGE 4 ❖ WELLBEING, PAGE 11

PHOTO BY MERCIA HOBSON/THE CONNECTION

It's great fun at the Little Patriots Parade.  
Great Falls celebrated July 4th in great style.

## Celebrate Great Falls

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New Citizens  
PAGE 8

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# ENTERTAINMENT

## SATURDAY MORNINGS

Summer Programming for Kids. 9 a.m. to 1 p.m. At Reston Museum, 1639 Washington Plaza, Reston. Reston Museum is launching new summer programming for kids! Visit the Reston Museum to participate in fun and creative activities inspired by Reston's history. Program is free and everyone will receive an Explore Reston packet.

## NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with

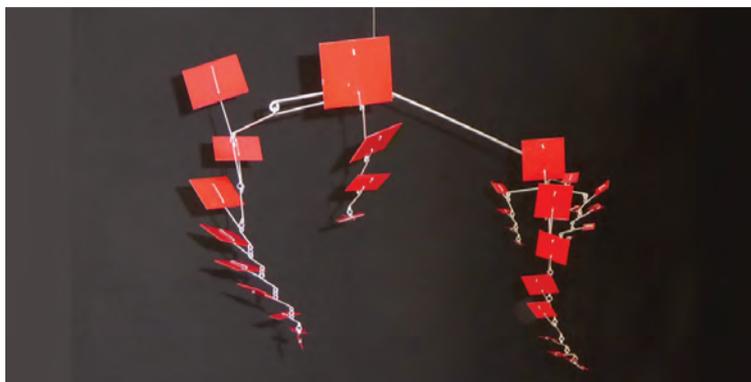
guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: [www.restonartgallery.com](http://www.restonartgallery.com)

## SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

## MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on May 6th, at Lewinsville Park, 1659 Chain



Art in Motion will be featured at the Reston Art Gallery in Reston from July 5-31.

Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through November 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. For more information, see: <https://www.fairfaxcounty.gov/parks/farmersmarkets/>

## HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfaxcounty.gov/parks/farmersmarkets/herndon>

## GREAT FALLS

### FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>

## NOW THRU AUG. 26 (FRIDAYS)

Storytime for Little Historians. 11 a.m. The second annual Storytime for Little Historians program returns this summer. Reston Museum invites our youngest visitors to the Reston Museum every Friday at 11 a.m. to listen to a story about Reston or one of Reston's founding principles. Books for the program come from the Reston Museum and Reston's Used Book Shop. Program is offered free of charge and each child will receive a goodie bag. Program is recommended for children under 7. Visit [www.restonmuseum.org](http://www.restonmuseum.org).

## NOW THRU JULY 24

"Memory and Illusion." At Jo Ann Rose Gallery, 1609-A Washington Plaza, in Reston. A retrospective exhibit of more than 50 original paintings by Reston-based painter Sandra C Dovberg will be shown in the Jo Ann Rose Gallery at Reston Community Center-Lake Anne. Dovberg's solo exhibit, "Memory and Illusion," is a highly eclectic collection of paintings that show the versatility of the artist who is also an award-winning silversmith and jewelry designer. Everyone is welcome to an informal reception to meet the artist at the gallery on Sunday, July 10 from 2 until 4 p.m.

## JULY 5-31

Art in Motion. At Reston Art Gallery, 11400 Washington Plaza West, Reston. Mobiles and Stables by Wayne Schifflbein on display. An array of mobiles suspended from the ceiling and stables displayed on tabletops are presented by Wayne Schifflbein in his show, "Art In Motion." The show offers 20 pieces of Schifflbein's latest 'Calder-esque' works that range in size from 1 1/2 inches to 46 inches in width, each with its own distinctive character in combinations of colorful aluminum and glass balanced with stainless steel.

## JULY 7-AUG. 18 (THURSDAYS)

Farmers' Market Fun Days. At Town Green, 730 Elden Street, Herndon. Enjoy free kid-friendly entertainment on Thursdays running July 7-August 18 from 10:30-11:15 a.m. on the Town Green, 730

SEE CALENDAR, PAGE 5



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Volunteer Azure Briguglio, 12, of Great Falls, checks out Terry Bender, the organ grinder.



Piper Ryan and Frank Pieruccini of Great Falls hold up a couple of the over 100 volunteer shirts that await pickup by registered volunteers who are the backbone of the celebration.



Peter Brunett, a grandfather from New York, and his 2-year-old granddaughter Cordelia

# Hometown 4th of July Celebration

Annual community Great Falls tradition, time for family memories.

BY MERCIA HOBSON  
THE CONNECTION

Celebrate Great Falls produced its annual Fourth of July Hometown Celebration and Fireworks in all its splendor. According to Piper Ryan, almost 100 volunteers participated in supporting the all-day event. One of the volunteers was Azure Briguglio, 12, of Great Falls. When asked what he was doing, Azure said, “Learning the value of service and enjoying it,” much to his mother’s pleasure.

Earlier that morning, families with small children had gathered at the Village Centre Green to participate in the Little Patriots Parade, an event sponsored by the Women’s Club of Great Falls. Roz Drayer, an original and annual sponsor of Celebrate Great Falls and who still supports it, predicted the “fabulous turnout,” for the parade because of the weather.

Peter Brunett, a grandfather from New York, brought his 2-year-old granddaughter Cordelia to the parade. She became enthralled by organ grinder Terry Bender’s plush stuffed monkey. Grandpa held Cordelia up high, level with the mechanical monkey, to watch its mouth open and close. Grandpa appeared to take great satisfaction in his granddaughter’s delight and tight hugs when watching the monkey, all part of the appeal, family fun, at the 4th of July events.

After leading the Little Patriots procession and circling the Village Green, Mark Casso of Great Falls returned to head the main parade to loop around the Village Centre parking lot.



Mark Casso leads the Little Patriots Parade. Children dress up in patriotic attire and walk or ride around the Village Green, an Independence Day tradition begun in 1955.



Little Patriots Parade, where children dress up in patriotic attire and parade around the Village Green, an Independence Day tradition begun in 1955.



Enjoying the animated monkey and sounds played by the organ.



Young Patriots Parade, where children dress up in patriotic attire and parade around the Village Green, an Independence Day tradition begun in 1955.



Young Patriots Parade, where children dress up in patriotic attire and parade around the Village Green, an Independence Day tradition begun in 1955.

# Erosion of Confidence

The former president should be charged with treason.

BY DEL. KENNETH R. "KEN" PLUM

I am an upbeat guy. I try to see the best in others and look to make the best out of any situation. In recent times I must admit that my confidence has been shaken. And if my confidence is shaken, I shudder to think what might be happening to others.

Where to start? Well, I have always thought that the Supreme Court would be the great protector of our liberties even though there have been instances in the past where the justices' reasoning was open to question. Never before was it as bad as now. The original Roe v Wade decision settled for the most part the nightmare that women in our country had faced over their reproductive health care decisions. To return to a patchwork of laws across the states, back-alley abortions, to carrying a fetus that is the re-

sult of incest or rape, and to ignore the health of the woman are unconscionable acts to exist at all much less with government sanction!

The idea that the Court should follow some originalist theory is to close your eyes to the world around you and write your opinions as though you are living in the eighteenth century. To leave such a universal decision to the states is to assign rights to individuals based on political boundaries or zip codes for which there is nothing in the Constitution that suggests that was the Founders' intent.

Likewise to decide gun-related cases based on eighteenth century lifestyles is ludicrous. The Founders recognized that without a standing army it may be necessary for citizens to own weapons for the national defense. To say that anyone should be able to own and carry guns that blow people to pieces is unconscionable. The Second Amendment relates to a "well-regulated militia" and not to everyone owning whatever weapon in whatever number they may individually choose.

I have sat in shock listening to the testimony of appointees of the former president about his

active participation in seeking to overturn the results of an election. The peaceful transfer of power had always been a hallmark of American democracy. The former president should be charged with treason. He goaded his followers with lies about the election, although dozens of courts found his assertions to be lies, and he encouraged his supporters to attack the Capitol, the ultimate symbol of our democracy. These actions should not go unpunished.

At the state level there are members of the current administration who deny the connection between health and race, who are actively working to take resources from the public schools and give them to charter schools of their design, and who want to limit the role of education with assertions of critical race theory and other dubious claims to create fear in the electorate.

Ultimately, those who share the concerns I have expressed must work harder than ever to attract good candidates to run for public office, to support them in every way possible, and to get our friends to vote. An active electorate can revive confidence in our democracy.

## Supreme Court Puts Virginians Safety at Risk

BY SEN. SCOTT SUROVELL

The U.S. Supreme Court on June 23 issued a disturbing decision on guns, the New York State Rifle & Pistol Assn. v. Bruen case, which clarified the scope of firearms rules declared by the Supreme Court in a previous case, D.C. v. Heller, decided in 2008. This is yet another disappointing decision from that court, like the one I wrote about last week, the Dobbs case, which would severely limit women's reproductive rights.

Before 2008, American courts interpreted the Second Amendment as authorizing states the freedom to regulate their militias – today's National Guard. In Heller, the Court invalidated the District of Columbia's handgun ban and requirement that rifles in the home be stored with trigger locks and unassembled. This was the first time the Court found such a right existed.

Today, New York requires every gun owner to obtain a license to own or possess a gun and to meet certain character standards. If a person wants to carry a concealed firearm outside the home, he or she has to demonstrate "good cause," which courts have found is "a special need for self-protection distinguishable from that of the general community," such as specific threats.

New York's concealed handgun ban dates to 1905 and it was one of only six states where concealed carry permits are discretionary. In

Virginia, concealed carry permits must be issued unless you fall within one of 18 exclusions such as a felony conviction, mental illness or have specific misdemeanor convictions.

The NY Rifle case abandoned tests that had been settled on by the federal appellate courts and set aside the New York rule by creating a new test stipulating that all firearms rules must be "consistent with this Nation's historical tradition ... when the people adopted them" and consistent with the "public understanding" of the amendment.

This "historical tradition" test is preposterous. At the time our country was founded, it took eight to 10 seconds to put one bullet in a musket. The effective range of an 18th century musket was 50 to 100 meters. George Washington would not recognize today's firearms, you could not carry a pistol with 33 bullets in your pocket, and it is unlikely James Madison ever stuffed his musket rifle in his jacket while he perused grocery store aisles. Concealable guns did not exist.

The Court also discussed what kinds of "sensitive places" firearm regulation might be allowed including some "government buildings," such as courthouses, but it did not clarify the scope. Given this discussion, Virginia's rules prohibiting firearms on school property, in Richmond's Capitol Square or in state government buildings could be at issue.

In 2020, I helped pass several

historic laws that could be at issue because

- ❖ Universal background checks;
- ❖ "Red Flag" laws allowing police to seize guns from mentally unstable people in an emergency;
- ❖ Allowing only one handgun purchase per month; and
- ❖ Allowing localities to regulate firearms on government property and at government-permitted events.

I was especially proud to carry the local authority bill after several men from Hopewell, Virginia, carried AR-15 rifles around the Alexandria Farmers Market while my father and son tried to buy a baguette and ham biscuits. Since then, many Virginia localities have adopted ordinances prohibiting firearms in government centers, libraries, local parks and during parades, protests or other government-permitted events.

All of these ordinances are now at risk. Background checks, red

flag laws and gun purchase limits did not exist in 1776 and I have no idea what the Supreme Court thinks the "historical record" says about these rules.

The Court has also created this new legal regime out of thin air. It effectively requires legislators and judges to become historians. History is often written by the victors, filled with the period's prejudices and interpretation is subject of debate. Law schools do not teach historical analysis and our system is wholly unprepared for this new "legal test" which is going to result in a legal feeding frenzy which is one reasons courts often avoid overruling precedents.

Confidence in the Supreme Court is at an all-time low today because today's Court operates more as a legislature instead of nine impartial jurists who follow the U.S. Constitution or law enacted by democratic legislatures.

### Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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# CALENDAR

FROM PAGE 2

Elden Street. Before or after the performance, people are welcome to shop the locally grown and homemade goodies at the Farmers' Market from 8 a.m. - 12:30 p.m., on Lynn Street in historic downtown Herndon. If inclement weather occurs, call the Inclement Weather line at 703-435-6866 for the status of the performance.

Entertainment Schedule:

July 7: Rocknrocros - pop-style music with an all-age appeal

July 14: Drew Blue Shoes - interactive magical miracles

July 21: Marsha and the Positrons - songs about science and how the world works

July 28: Mr. Jon and Friends - Parents Choice Award winning music for kids

August 4: Milkshake - music for little dudes

August 11: Groovy Nate - fun and educational shows using exotic musical instruments

August 18: Rainbow Rock - plays original children's music for the tot rock set

To learn more about the Town of Herndon Parks and Recreation Department, visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation), or call 703-787-7300.

## THURSDAY/JULY 7

Nottoway Nights. 7:30-8:30 p.m. at Nottoway Park, 9537 Courthouse Road, Vienna. Joe Coleman, Joe Blunt and Theo Peoples of Voices of Classic Soul have been around the world and back again several times, each as the lead singers of four legendary vocal groups: the Temptations, Platters, Four Tops and Drifters. Call 703-324-SHOW (7469) for inclement weather updates.

## JULY 8-17

"Newsies." At Capital One Hall, 7750 Capital One Tower Road, Tysons Corner. The Reston Community Players (RCP) presents a youth-centered production of "Newsies" this July as part of their new Apprentice Program. Based on the 1992 motion picture and inspired by the true story of the Newsboy Strike of 1899, Newsies tells the story of Jack Kelly, a charismatic newsboy who dreams of a better life. After publishing giant Joseph Pulitzer raises newspaper prices at the newsboys' expense, Jack rallies a ragged band of newsies from across the city to strike against the unfair conditions and fight for what's right. Newsies will perform July 8-10, and July 15-17. Curtain time is 7 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. For tickets, visit [www.newsies.org](http://www.newsies.org).

[capitalonehall.com](http://capitalonehall.com).

## SUNDAY/JULY 10

Summer Sunday Concert. 3 p.m. At 1468 Dolley Madison Blvd., McLean. Featuring Oh He Dead, an indie soul band from Washington D.C. Led by the smoky, passionate harmonies of CJ Johnson and Andrew Valenti, Oh He Dead mixes classic R&B influences with poignant lyrics to move your soul, your ears, and your feet.

## WEDNESDAY/JULY 13

Fraternidad Folklorica Cultural Morenada Bolivia. 7:30 to 8:30 p.m. At Graham Road Community Building, 3036 Graham Road in Falls Church. Call 703-324-SHOW (7469) for inclement weather updates.

## THURSDAY/JULY 14

Project Locrea. 7:30-8:30 p.m. At Nottoway Park, 9537 Courthouse Road, Vienna. Join this ensemble for an evening of eclectic music that crosses cultural and musical boundaries, which fuses modern technology with Western classical, jazz and traditional folk instrumentation from around the world. Call 703-324-SHOW (7469) for inclement weather updates.

## SATURDAY/JULY 16

90's JParis Live. Part of the Summer Concert Series. 7-9 p.m. At Tysons Corner Center, McLean. Join Tysons Corner Center on a tour through the decades! Listen to your favorite songs on the plaza while enjoying drinks and takeout from the plaza retailers. These events are free to attend.

## SATURDAY/JULY 16

NVMR Train Station Open House. 1-5 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun and activity for the young and young-at-heart. Hosted by the Northern Virginia Model Railroaders. See [www.nvmr.org](http://www.nvmr.org).

## SUNDAY/JULY 24

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Ranger Rik & The Trash Pandas - Dumpster-diving Rock-n-Roll so good you can't get the taste out of your mouth. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

## 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 the event.

### GIANT FOOD ANNOUNCES LOCAL PRODUCE BOXES

Giant Food announces the relaunch of its Local Produce Boxes featuring locally sourced, in-season produce sold exclusively through Giant Delivers. Available throughout the summer without a subscription or commitment, the boxes retail for \$20.00 and contain six or more items from local farms

in Maryland, Virginia and Delaware. For more information and to purchase a local produce box, visit <https://giantfood.com/pages/giants-local-best>.

### METRO TRANSIT POLICE TO USE BODY WORN CAMERAS

The Metro Transit Police Department will equip officers with

SEE BULLETIN, PAGE 10

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# Hometown 4th of July Celebration

FROM PAGE 3

"I do it for the kids, to educate them," he said, dressed as a soldier from the American Revolution. The parade featured all things Great Falls — vintage vehicles, community groups, civic officials, politicians, and children walking in the parade dressed in their sport and organization uniforms, flinging candy to the crowds lining the route as is customary for hometown parades.

After that, there was more fun on the Village Green with a bouncy house, inflatable slides, and food and beverages.

By 6 p.m., the venue changed to Turner Farm for the fireworks viewing, which began reportedly at "9:07," but not before the live music, games, and food trucks.



And winning an award; it's all fun at the Little Patriots Parade.



Great Falls BSA Troop 673 and Mark Casso lead the Main Parade of the Great Falls July 4th Hometown Celebration.



Carrying the parade banner



Four-legged fun



Antique fire engine



Antique mail truck



Civic leadership



Elected officials Supervisor John Foust (D-Dranesville) and State Senator Jennifer Boysko (D-33)



One of many local service organizations



The Knights of Columbus- St. Catherine of Siena Church



A miniature replica of the gazebo on the Town Green signals the near end of the parade.



Enjoying the main parade in the shade.



Fireworks at Turner Farm

PHOTO BY BILL CANIS

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GREAT FALLS CONNECTION ♦ JULY 6-12, 2022 ♦ 7

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS



In the first row sits the 15 naturalization candidates about to take the Oath of Allegiance to the United States of America.



In the first row sits 15 naturalization candidates about to take the Oath of Allegiance to the United States of America



In the first row sits the 15 naturalization candidates about to take the Oath of Allegiance to the United States of America

# Naturalization Ceremony Held in the Town of Vienna

**Their stories are now our stories, to be woven into the fabric of the United States of America.**

BY MERCIA HOBSON  
THE CONNECTION

**F**ifteen naturalization candidates from Afghanistan to Bolivia, Albania to Ghana, Nepal to the Democratic Republic of the Congo, and nine other countries, assembled in the community center in the Town of Vienna, Va., two days before the 4th of July. Each had prepared to take the Oath of Allegiance to the United States of America and become citizens. They had studied hard and were ready to declare they would “support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic” ... so help them, God.

The U.S. Citizenship and Immigration Services held its first-ever naturalization ceremony in the Town of Vienna on Saturday, July 2, as part of the town’s Liberty Amendments Month, celebrating the 13th, 14th, 15th, and 19th amendments to the U.S. Constitution. When the 14th Amendment was passed in 1868, it gave citizenship to everyone born or naturalized in the United States, including formerly enslaved people. It also said, among other things, that all citizens would get “equal protection of the law.”

Linda Colbert, mayor of the Town of Vienna welcomed the 15 candidates as their families, friends, and distinguished guests, among them Del. Mark Keam (D-35) and Supervisor Walter Alcorn (D-Hunter Mill).

“This is a very significant day in your lives, and it marks a change in your life going forward as a new citizen of the United States of America,” Colbert said. “Natu-



Family and friends are there to witness the moment.



Family and friends are there to witness the moment.



Linda Colbert, mayor of the Town of Vienna



Girl Scout Troops 50157 and 1489 enter the auditorium at the Vienna Community Center to present the colors. (Far left) Fairfax County Board Supervisor Walter Alcorn (D-Hunter Mill) and his wife, Kristina, look on.

ralized citizens are an important piece of the fabric of our country. You bring many talents and unique qualities that shape the character of our nation.”

Colbert urged the candidates to stay informed nationally and locally, recognize and exercise their right to vote, and, wherever they lived, express their ideas at town hall meetings. “Volunteer in an organization and run for public office. Every community needs to hear from its citizens, and it needs a broad range of people with different backgrounds and ideas,” Colbert said.

Max Carroll of the U.S. Citizenship and Immigration Services (USCIS) presented the candidates and recommended that they be administered the Oath of Allegiance, admitting them to United States citizenship.

“Raise your right hand and you will be repeating after me,” said Kimberley Zantonni, Washington Field Office Director, USCIS in Fairfax. “I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince,

SEE NATURALIZATION, PAGE 9  
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PHOTOS BY MERGIA HOBSON/THE CONNECTION

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Third from left, vocalist Jordyn Jones of the Vienna Youth Players sings the national anthem as (far left to right) Kimberly Zanotti, Washington Field Office Director, USCIS; Avril Haines, Director of National Intelligence; Linda J. Colbert, mayor of the Town of Vienna; Max Carroll, supervisory Immigration services officer, USCIS; and members of Girl Scout Troops 50157 and 1489 stand and place their hands over their hearts.

## Naturalization Ceremony Held in the Town of Vienna

FROM PAGE 8

potentate, state, or sovereignty ... I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic ..."

Keynote speaker Avril Haines, Director of National Intelligence and the first woman to lead the U.S. intelligence community, congratulated America's newest citizens on reaching the final step in the naturalization process. "I suspect you'll remember this occasion for the rest of your lives. I am truly honored to be among those bearing witness and to celebrate your joining us as fellow Americans," Haines said.

Haines said the community center setting struck her as the perfect place for the ceremony because the new citizens were, at that moment, truly joining the U.S. community. She asked, "What better place to do so than in the State of Virginia, where Thomas Jefferson, the primary author of the Declaration of Independence, lived, and on the very weekend that we celebrate the 246th anniversary of its adoption?"

Haines's grandparents were immigrants.

Their stories about how they got here were extraordinary and different, just as true for the 15 new citizens seated before her. They too were equally passionate about becoming citizens of the United States.

"They recognize that we were not perfect. They were enthralled by a government that vests power in the people, and they understood that the Constitution to which you have now sworn al-

legiance confers both rights and duties to those who are bound by it. And much like you, my grandparents didn't look alike ... didn't worship the same, and their journeys were remarkable," Haines said. Each new citizen had an incredible story to tell, and now their story is part of our country's story. They would weave their accomplishments and experiences into the larger story of our nation. Haines told the new citizens that the U.S. needs them as much as they need the U.S.

"I don't want to sugarcoat it. Being an American, that is, being a citizen in a democratic government, is hard. You have to get involved in order to ensure that we live up to the ideals that we have. It is up to us to make sure that the United States is the best country that it can be. ... You're the future of the United States of America; you are the writers of our future history... We need the diversity of your ideas, your talents, and your spirit. American citizens represent a host of ethnic, social, racial, sexual orientations, religions, agents, and geographies, and our nation is stronger for it... "Congratulations to each of you, my fellow citizens," Haines said.

After the ceremony, Mercury Payton, Vienna town manager, said that the naturalization ceremony was a reminder of how great it is that we have a nation where people from around the world want to call this country their home. It is "because of the liberties guaranteed by our U.S. constitution, which is full of hope, promise, and opportunity," Peyton said.

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**BULLETIN**

FROM PAGE 5

body worn cameras (BWC), adding a new tool to MTPD's crime fighting initiatives. The program is designed to create an additional layer of transparency for sworn officers who protect Metro customers and employees. MTPD is in the initial stages of developing the program, supported by a grant award from the U.S. Department of Justice (DOJ) of approximately \$905,000.

**VIRGINIA ABC EXTENDS CLOSING HOURS IN 31 STORES**

To provide greater customer convenience, the Virginia Alcoholic Beverage Control Authority (ABC) has extended Monday through Saturday closing hours from 7 p.m. to 9 p.m. in 31 stores. Customers are encouraged to visit Virginia ABC's website at [www.abc.virginia.gov](http://www.abc.virginia.gov) to search for stores and view operating hours, as well as order spirits online for in-store or curbside pickup, or home delivery in select areas.

**SUPPORT GROUPS**

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-north-ernvirginia.org/parent-peer-support.html](http://www.nami-north-ernvirginia.org/parent-peer-support.html).

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at [jtarr5@verizon.net](mailto:jtarr5@verizon.net) or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, [www.havenofnova.org](http://www.havenofnova.org) or [havenofnova@verizon.net](mailto:havenofnova@verizon.net).

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

**VOLUNTEERS NEEDED**

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email [info@alnv.org](mailto:info@alnv.org), or visit [www.alnv.org](http://www.alnv.org).

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

## WELLBEING

# Preventing Teen Summer Suicide

## What to look for and where to go for help.

By MARILYN CAMPBELL  
THE CONNECTION

**S**leepaway camp, trips to the beach or marathon video gaming sessions are some of the hallmarks of summer for many teens. For those who struggle with anxiety, depression and suicidal ideations, this time of year can mean a loss of mental health resources and monitoring by school psychologists, guidance counselors and teachers.

“[Summer] can sever important linkages for children and families that are reliant on schools for social work support,” added Kurt Larrick, Assistant Director, Arlington County Department of Human Services.

“Though suicide happens in all age groups, it is the ... 2nd leading cause of death for youth [between] 10-14,” added Lisa Jackson-Cherry, Ph.D., who is Professor and Director, School of Counseling at Marymount University, and co-author of the book, “Crisis Assessment, Intervention, and Prevention.”

While families with health insurance have access to a variety of resources, local health departments want parents and caregivers to know that there is free or low-cost mental health assistance as well as the warning signs that such intervention might be needed.

“At my agency, the DHS Children’s Behavioral Healthcare Bureau provides a wide range of services to children and their families experiencing mental health and substance use issues,” said Larrick. “We focus mostly on youth from low-income and uninsured households whose needs cannot be met elsewhere and who do not have alternative resources.”

Local health departments offer mental health assistance to teens, parents are caregivers. “Our agency has counselors, workshops, trainings and other resources to help reduce youth suicide and substance use,” said Lisa Flowers, Director of Communications and Public Information Officer, Fairfax-Falls Church Community Services Board.

In addition to knowing that there are resources for mental health services, parents should be aware of the signs that a child needs help, advises Stephanie Will, LCPC, Mental Health Services Program Manager, Montgomery College.

“Adults should be looking out for signs of withdrawing from loved ones and usual interests, feelings of hopelessness and helplessness, engaging in risky behaviors like substance abuse, unsafe sex, driving too fast, acting out, giving away prized possessions, and saying goodbye through notes, texts, or

## Get Help

The toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential. <http://www.suicidepreventionlifeline.org>

### Fairfax County:

- Community Services Board  
Emergency mental health services - Available 24/7 703-573-5679 TTY 711 <https://www.fairfaxcounty.gov/community-services-board/mental-health>

- Healthy Minds Fairfax, provides resources to parents and caregivers <https://www.fairfaxcounty.gov/healthymindsfairfax/>

- Community Regional Crisis Response 844-627-4747 to access 24-hour rapid response to youth and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization.

social media posts,” said Will. “Other signs to look for include self-harming behaviors like cutting or burning their skin and significant changes in mood. Most importantly if someone tells you they are thinking about suicide, believe them and get them help.”

“There is not one specific profile or checklist of a suicidal individual,” added Jackson-Cherry. “Some mental health concerns that may increase suicidal risk are a history of mood disorder, including bipolar and major depressive disorder; anxiety, schizophrenia, eating disordered behaviors, and substance use.”

Create an environment that can mitigate some of the mental health issues that lead to suicide include several tools, advises Jackson-Cherry. “It is also important to know

that there are protective factors that include a strong family and social support system, access to resources, sense of belonging and acceptance, sense of purpose, hopefulness,

ability to problem solve and work through prior conflicts.”

Be sure any suicidal person does not have access to firearms.

According to the National Institute of Mental Health, in 2020 suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

In 2020, there were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). In 2020, firearms were the most common method used in suicide deaths in the United States, accounting for over half of all suicide deaths (24,292).

## Suicide is the second leading cause of death for youth ages 10-14.

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## Progressively More Irritating



By KENNETH B. LOURIE

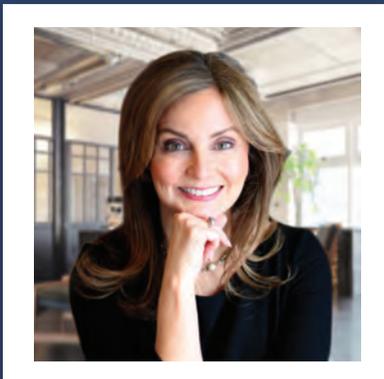
Recently, after years of radio and television advertising/sponsorships, I blinked. I switched from one frequently advertised auto insurer to another. And sure enough, there was savings to be had. More than enough in fact to compensate me for the time spent on the phone comparing policies, provisions, premiums, et cetera. Every month when I make my new payment, I feel the joy. The joy being that I saved so much money that I was nearly able to pay for my new homeowner's policy without increasing the cash flowing out.

Part of the inducement to make the change was the prospect of additional savings in a few months. That inducement by way of a device to be installed in my car/under the driver's dash, which measures – presumably, my driving tendencies (speed, acceleration, aggressive stops and so forth) in some algorithmic way to evaluate the driver's actual risk to the insurer. On paper, as a careful between-the-lines driver, I saw no downside (actually, I'm not sure if my rates can increase if my driving fails to match expectations) so I agreed and have installed the devices in both our cars. I suppose I'll know in six months if there is damage yet to be done. I kind of remember a timeline but can't recall if there were any potential rate-type consequences. No matter, overall, it sounded reasonable, and the savings were enticing so the change was made.

Off paper, there have been consequences, and they have nothing to do with price. They have to do with people. One of those consequences involves my wife, Dina and the other involves me (actually, they both involve me). The part which specifically involves my wife is the part of the device that beeps three times if it doesn't like the stopping speed/braking pressure. The beeping serves as a friendly reminder to the driver to moderate some aggressive tendencies and to drive more defensively. The beeping also serves to bring attention to the passenger – usually my wife, Dina, of my driving skills or lack thereof – according to her, and therein lies the problem. What was once unseen/unnoticed/lost in the shuffle of every day traffic has now become front and center/in my wife's face, and in turn in my ear and as a result, has now become the bane of our driving togetherness. That damn beeping is interfering with our driving compatibility – which was never great to begin with, is now worse than ever. Previously, it had more to do with getting lost and my having a poor sense of direction than it did with yours truly stopping short or accelerating through a yellow light. Now my driving indiscretions – which I didn't really think I had, have been laid bare not simply to me, but to my wife. And for those of you who share regular time in your vehicles with a significant other with whom you've already shared a significant amount of time/life together, there might be a slight risk of too much of good thing is not a good thing anymore.

The emotional issue aside, I wonder if there will be rate consequences when my new rate is renewed after this initial six-month trial-type interval has ended. Will that new rate be based on actual real-time data, or will it continue be on than favorable presumptions/lower rate which enticed me to change carriers in the first place? I suppose I can always switch to yet another carrier if there are rate consequences. There's certainly enough of them around and one insurer's experiences are different than another's so my past indiscretion might not be so obvious. But for me, the real problem isn't the insurer, it's the passenger.

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



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