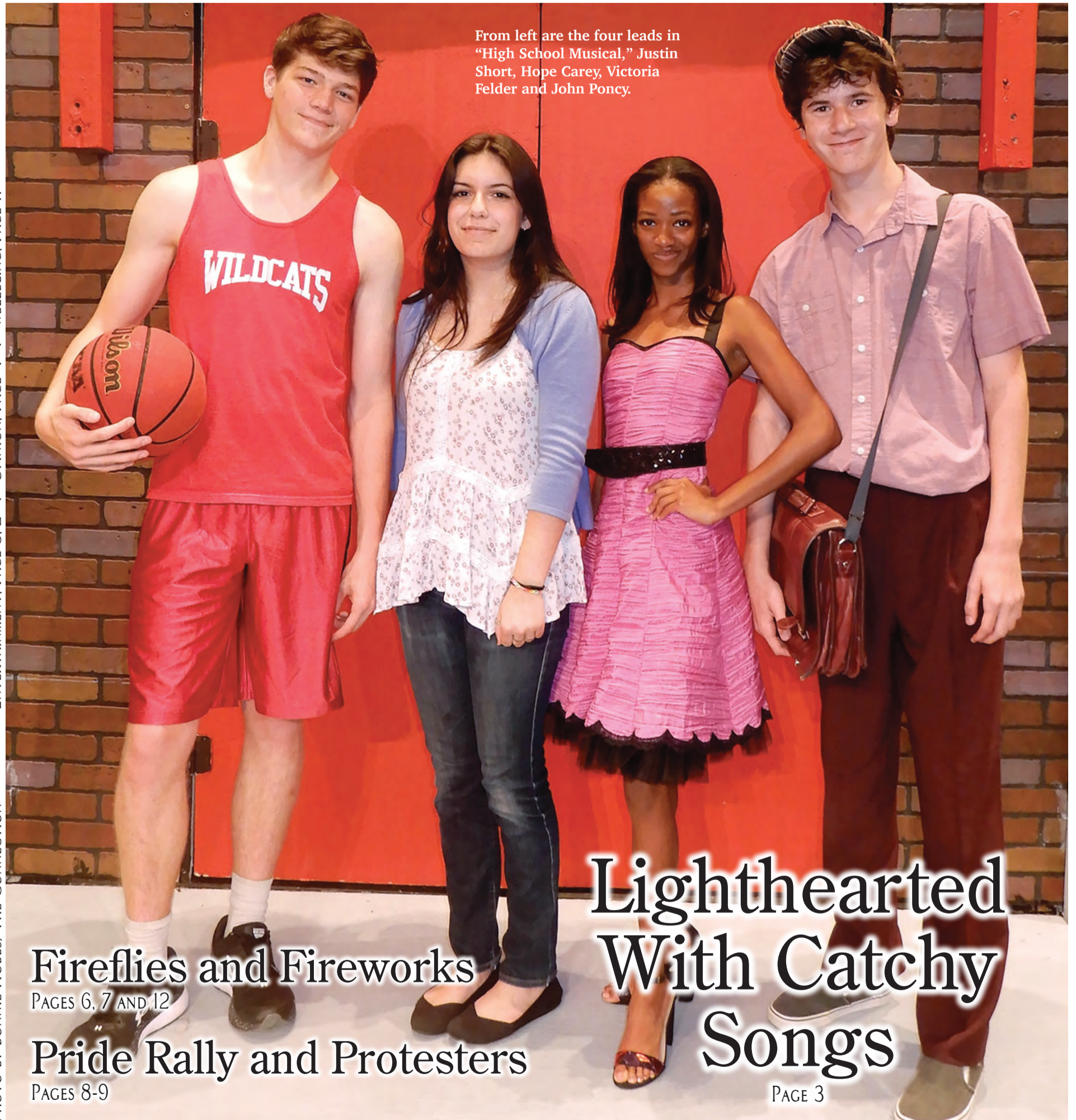


CONNECTION

Reston ♦ Oak Hill ♦ Herndon ♦ Chantilly ♦ CENTRE VIEW

From left are the four leads in "High School Musical," Justin Short, Hope Carey, Victoria Felder and John Poncy.



Fireflies and Fireworks

PAGES 6, 7 AND 12

Pride Rally and Protesters

PAGES 8-9

Lighthearted
With Catchy
Songs

PAGE 3

ENTERTAINMENT, PAGE 8. 2 ♦ OPINION, PAGE 4 ♦ WELLBEING, PAGE 11

PHOTO BY BONNIE HOBBS/THE CONNECTION

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

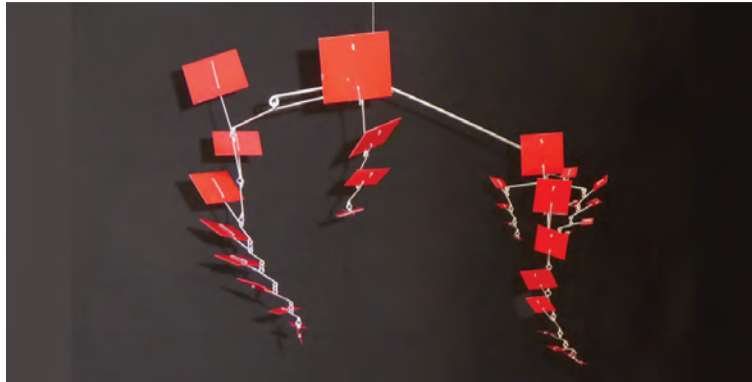
guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

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.

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.

Legal Notice

NOTICE TO THE PUBLIC OF AN APPLICATION BY
COLUMBIA GAS OF VIRGINIA, INC.,
FOR AUTHORITY TO INCREASE RATES AND
CHARGES AND TO REVISE THE TERMS AND
CONDITIONS APPLICABLE TO GAS SERVICE
CASE NO. PUR-2022-00036

- Columbia Gas of Virginia, Inc. ("CVA") has applied for authority for an increase in rates and charges and to revise the terms and conditions applicable to gas service.
- CVA requests an increase to its total revenue requirement of \$58.2 million.
- The Hearing Examiner appointed to this case will hold a telephonic hearing in this case on December 13, 2022, to receive public witness testimony.
- The Hearing Examiner will hold an evidentiary hearing in the case on December 14, 2022.
- Further information about this case is available on the State Corporation Commission's website at: scc.virginia.gov/pages/Case-Information

On April 29, 2022, Columbia Gas of Virginia, Inc. ("CVA" or "Company"), filed an application with the State Corporation Commission ("Commission"), pursuant to Chapter 10 of Title 56 (§ 56-232 *et seq.*) of the Code of Virginia ("Code") and the Commission's Rules Governing Utility Rate Applications and Annual Informational Filings of Investor-owned Gas and Water Utilities, requesting authority to increase its rates and charges, effective for the first billing unit of October 2022, and to revise other terms and conditions applicable to gas service ("Application"). In its Application, CVA indicates that the proposed rates and charges are designed to increase the Company's non-gas base revenues by approximately \$58.2 million per year. The Application states that the requested increase includes approximately \$17.7 million of revenues associated with its Steps to Advance Virginia's Energy ("SAVE") Plan pursuant to Code § 56-603 *et seq.* ("SAVE Act"). CVA states that it is proposing to include recovery of the costs associated with approximately \$154.4 million of net rate base SAVE investments as of September 30, 2022, in base rates, as permitted by the SAVE Act.

CVA states that the requested increase in annual non-gas base revenues reflects (i) its costs and revenues for the test year ended December 31, 2021; (ii) the increase in the Company's rate base since its last base rate increase in 2018, Case No. PUR-2018-00131 ("2018 Rate Case"); (iii) an updated capital structure and requested return on equity of 10.75%; and (iv) certain rate year adjustments that "reasonably can be predicted to occur" during the 12 months ending September 30, 2023, as permitted by Code § 56-235.2.

In the Application, CVA represents that in the time since it was last authorized to increase its rates and charges in the 2018 Rate Case, the Company has made significant capital investments to improve the overall safety, reliability, and integrity of its natural gas system for the benefit of customers and to accommodate steady customer growth. CVA states it expects to make over \$390 million in capital investments on behalf of its customers from 2021 through 2023.

In its Application, CVA states that, in the time since the 2018 Rate Case, the Company has also continued to enhance pipeline safety and reliability through its formal integrity management program for its distribution system ("DIMP") by identifying, prioritizing, and reducing gas distribution pipeline integrity risks. CVA indicates that, apart from DIMP initiatives, the Company conducts other operations and maintenance activities focused on further enhancing the safety of CVA's infrastructure.

The Company also proposes modifications to its currently effective Rate Schedules, General Terms and Conditions, and Form of Service Agreements. First, the Company proposes a three-month bill credit to return certain tax savings to customers associated with the Tax Cuts and Jobs Act of 2017 ("TCJA"). Second, CVA proposes a new voluntary companion tariff, designated Rate Schedule GPS, that will enable residential and small general service customers to opt in to offset the greenhouse gas emissions associated with the natural gas they receive from the Company by either 50 percent or 100 percent using environmental attributes. Finally, the Company requests approval of modifications to its existing line extension policy.

CVA requests that implementation of the rate and tariff modifications proposed in its Application be authorized on an interim basis subject to refund, effective for the first billing unit of October 2022. The Company asserts that, effective with the first billing unit of October 2022, the base rate increase and the implementation of the three-month TCJA-related bill credit will increase the average monthly bill of a typical residential customer using 5.4 dekatherms from approximately \$79.54 to approximately \$88.53, or by 11.30%. The Company further asserts that after the three-month bill credit expires, the Company's proposed rates will result in an increase to the typical monthly bill for a residential customer using 5.4 dekatherms to approximately \$89.38.

Interested persons are encouraged to review the Application and supporting documents for the details of these and other proposals.

TAKE NOTICE that the Commission may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Application and supporting documents and thus may adopt rates that differ from those appearing in the Company's Application and supporting documents.

The Commission entered an Order for Notice and Hearing that, among other things, scheduled public hearings on CVA's Application and permitted the proposed rate and tariff modifications to be placed into effect, on an interim basis subject to refund, effective for the first billing unit of October 2022.

On December 13, 2022, at 10 a.m., the Hearing Examiner assigned to the case will hold a telephonic hearing, with no witness present in the Commission's courtroom, for the purpose of receiving the testimony of public witnesses. On or before December 7, 2022, any person desiring to offer testimony as a public witness shall provide to the Commission (a) your name, and (b) the telephone number that you wish the Commission to call during the hearing to receive your testimony. This information may be provided to the Commission in three ways: (i) by filling out a form on the Commission's website at scc.virginia.gov/pages/Webcasting; (ii) by completing and emailing the PDF version of this form to SCCInfo@scc.virginia.gov; or (iii) by calling (804) 371-9141. This public witness hearing will be webcast at scc.virginia.gov/pages/Webcasting.

On December 14, 2022, at 10 a.m., in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, the Hearing Examiner will convene a hearing to receive testimony and evidence related to the Application from the Company, any respondents, and the Commission's Staff.

The Commission has taken judicial notice of the ongoing public health issues related to the spread of the coronavirus, or COVID-19. In accordance therewith, all pleadings, briefs, or other documents required to be served in this matter should be submitted electronically to the extent authorized by 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"). Confidential and Extraordinarily Sensitive Information shall not be submitted electronically and should comply with 5 VAC 5-20-170, *Confidential information*, of the Rules of Practice. Any person seeking to hand deliver and physically file or submit any pleading or other document shall contact the Clerk's Office Document Control Center at (804) 371-9838 to arrange the delivery.

Pursuant to 5 VAC 5-20-140, *Filing and service*, of the Commission's Rules of Practice, the Commission has directed that service on parties and the Commission's Staff in this matter shall be accomplished by electronic means. Please refer to the Commission's Order for Notice and Hearing for further instructions concerning Confidential or Extraordinarily Sensitive Information.

An electronic copy of the public version of the Company's Application may be obtained by submitting a written request to counsel for the Company, Vishwa B. Link, Esquire, McGuireWoods LLP, Gateway Plaza, 800 East Canal Street, Richmond, Virginia 23219, or vlink@mcguirewoods.com. Interested persons also may download unofficial copies from the Commission's website: scc.virginia.gov/pages/Case-Information.

On or before December 7, 2022, any interested person may file comments on the Application by following the instructions found on the Commission's website: scc.virginia.gov/casementments/Submit-Public-Comments. Those unable, as a practical matter, to file comments electronically may file such comments by U.S. mail to the Clerk of the State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. All comments shall refer to Case No. PUR-2022-00036.

On or before September 14, 2022, any person or entity wishing to participate as a respondent in this proceeding may do so by filing a notice of participation with the Clerk of the Commission at: scc.virginia.gov/clk/efiling/. Those unable, as a practical matter, to file a notice of participation electronically may file such notice by U.S. mail to the Clerk of the Commission at the address listed above. Such notice of participation shall include the email addresses of such parties or their counsel. The respondent simultaneously shall serve a copy of the notice of participation on counsel to the Company. Pursuant to Rule 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent must be represented by counsel as required by Rule 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUR-2022-00036.

On or before October 12, 2022, each respondent may file with the Clerk of the Commission and serve on the Staff, the Company, and all other respondents, any testimony and exhibits by which the respondent expects to establish its case, and each witness's testimony shall include a summary not to exceed one page. In all filings, respondents shall comply with the Commission's Rules of Practice, including 5 VAC 5 20 140, *Filing and service*; and 5 VAC 5-20-240, *Prepared testimony and exhibits*. All filings shall refer to Case No. PUR-2022-00036.

Any documents filed in paper form with the Office of the Clerk of the Commission in this docket may use both sides of the paper. In all other respects, except as modified by the Commission's Order for Notice and Hearing, all filings shall comply fully with the requirements of 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice.

The public version of the Company's Application, the Commission's Rules of Practice and the Commission's Order for Notice and Hearing may be viewed at: scc.virginia.gov/pages/Case-Information.

COLUMBIA GAS OF VIRGINIA, INC.

NEWS

Happy and Lighthearted with Fun, Catchy Songs

Westfield Summer Stage presents 'High School Musical.'

PHOTOS BY BONNIE HOBBS/THE CONNECTION

BY BONNIE HOBBS
THE CONNECTION

Featuring a cast and crew of nearly 60, Westfield Summer Stage presents Disney's "High School Musical." Performances are at Westfield High, 4700 Stonecroft Blvd. in Chantilly.

"It's been a blast, auditioning students from schools all over Northern Virginia and getting them ready for the show," said Director Greg Stowers. "We have rising eighth-graders through 2022 high-school grads, all performing together."

"Having such talented kids is a gift," he continued. "They all chose to be here and are really dedicated and rising to the challenge of putting together a show in three weeks – and they're doing a great job. We've also got a wonderful group of parent volunteers helping sew costumes, build sets and create props."

Show times are Friday-Saturday, July 15-16 and 22-23, at 7 p.m.; and Sunday, July 17, at 2 p.m. Tickets are \$17 at the door (cash or check only) or \$15 via www.etix.com/ticket/v/21130/westfield-high-school-auditorium.

The musical director is Jon Blank; choreographer, Carolyn Burke; and stage manager, Sierra Hoffman. And, added Stowers, "We're grateful to have in-person audiences come here again to support local students and the arts in Fairfax County."

Set in 2007, the story takes place over five days in an Albuquerque high school, with scenes in the gym, auditorium and classrooms and on the school roof. Popular jock Troy falls in love with new student Gabriella, upsetting Sharpay, who has a big crush on Troy. Making matters worse, Sharpay and her brother Ryan always get the leads in East High's school play, but now Troy and Gabriella decide to audition for the musical themselves.

"What's great about this story is that it's relatable to anyone of any age who's ever struggled with finding their place," said Stowers. "And these young actors can apply their own, unique, firsthand experiences to what they're doing onstage."

Playing Ryan is Franklin Middle grad John Poncy. "Ryan doesn't want the school to change and wants people to stay in their usual cliques," said Poncy. "He's sassy and has a big personality, but it's diluted when he's with his older sister. But he eventually learns change is good and people can be who they want to be."

"I love playing Ryan – he's super fun and quick-witted and has a spectacular, over-the-top personality," added Poncy. "And I like his interaction with Sharpay. My favorite song is "Bop to the Top," Sharpay and Ryan's big number when they're auditioning for the musical. We get to do some fun dance moves, twists and lifts; I'm a dancer, so I especially like that."



The cast rehearses a scene depicting East High's theater students acting wild during school detention.



From left are the four leads, Justin Short, Hope Carey, Victoria Felder and John Poncy.

He said audiences will love "High School Musical" because "It's a happy, lighthearted show with lots of fun musical numbers and catchy songs. They'll also like the costumes, including cardigans, low-rise jeans, pink track suits and sparkly vests."

Rising Chantilly High senior Victoria Felder portrays Sharpay. "She's bold, confident and ambitious and has big dreams to be a superstar and play the lead role in every show there is," said Felder. "She's also a bit misunderstood. She comes across as super confident but, like all the other characters, she has insecurities, but doesn't let them stop her."

Felder said her role's "so much fun" because Sharpay is "glamorous and fabulous and everyone wants to be the popular girl. She's also very dramatic and, for an actor, the more drama, the better. It's just so exciting playing her because there's no limit to what I can do with this character."

Felder especially likes the song, "Stick to the Status Quo," sung by the whole cast. "Sharpay gets to have her highest diva moment in it and really act out," she said. "And I love how it's super high energy and a catchy song everyone can jam to."

All in all, said Felder, "I think the audience will be impressed by how much talent

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 result 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.

Riding the Rails **Family reunion in Massachusetts chalet.**

JOHN LOVAAS

Last fall over Thanksgiving dinner, my siblings and I decided it might be time to take a trip to Pittsfield, Massachusetts to see our large extended family there. It had been too long,

and none of us... or them were getting any younger. My remaining siblings, two younger sisters and brother, and I had grown up (if at a distance) with the sons and daughters of our 100% Irish mother's five sisters, all of whom remained in Pittsfield after Mom came to Washington during WWII.

Should we drive or perhaps fly to Albany and rent a car to go to Pittsfield, about an hour to the east? Better yet my sister, who also lives in Virginia, Fran and I decided to travel by Amtrak train to Albany—more relaxing and a similar travel time. I've always liked trains AND they're cheaper than flying!

Fast forward to early June. We've arranged a Vacation Rental chalet in hilly woods east of Pittsfield for the five of us and we're off to Union Station to catch Amtrak's Northeast Regional to New York where we'll connect to Edgar Allan Express to Albany. Union Station



INDEPENDENT PROGRESSIVE

is easy to navigate – trains greet you right at street level – but it's aged badly and in need of major renovation. Still, it works. We're seated in pairs of comfortable lounge

seats watching Washington (many backs of old buildings); Maryland's green fields, BWI infrastructure, rundown urban core of Baltimore; a brief pass at Wilmington, Delaware; a long stretch of fascinating older residential back streets of Philadelphia, Newark, and then southwest New York City. From DC to New York's new (2021) Moynihan Train Hall wing of Penn Station, we had experienced a tour of the last 100 years in back streets through a lot of modest, lower income housing, the kind you find closest to the railroad tracks going through big city neighborhoods.

After an hour's pleasant layover, a sandwich and drink, we were on the Ethan Allan Express, heading for Albany, our last stop. We enjoyed the comfortable ride, about 2.5 hours, with a walk down to the dining/snack bar on the way. The scenery was dramatically different from the first leg. We had a lovely,

wide Hudson River on our left and rolling green hills with occasional villages to the right. Then we were in the small, but attractive older Albany station. Up an escalator, 50 steps to the door and we were on the street hailing a taxi to take us to our rental car. Then it was an easy drive, 20 minutes to the Massachusetts border and 30 more to a quaint, hole-in-the-wall restaurant in Dalton for burgers and our first clam chowder!

Then it was off to our chalet (see pic) in the forest where we'd spend the next week, the five of us, my two sisters and one brother-in-law. We started with an informal family

reunion on the chalet's deck with 30 cousins from our generation and the next one. Reminiscing was the order of the day and would be for visits all around town for the week. I could almost see my Irish grandmother Londergan, my Irish mom and all five Irish aunts who never left Pittsfield—all long gone, but I swear it seemed like they were there with us all week.

Pittsfield had changed a great deal from my younger days of growing up with all these folks, especially in the 1950s and '60s. Pittsfield in those days was a

SEE LOVAAS, PAGE 5

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NEWS

Westfield Summer Stage Presents 'High School Musical'

FROM PAGE 3

is in one room. And they'll be starstruck by the amazing choreography and upbeat songs. There's never a dull moment onstage and nothing people won't enjoy about this show."

Justin Short, a Westfield rising junior, plays popular kid Troy. "He's under lots of pressure to win the basketball championship and is seen only as the basketball star," said Short. "But when he discovers he likes singing, he finds a new part of himself that no one can understand. He's also a good guy who's always kind."

Short enjoys portraying Troy because "He's so versatile - he sings, dances, acts and plays basketball, so I get to explore different facets of him. Playing a lead role is a lot of stress, but fun - similar to what my character experiences."

His favorite number is "Getcha Head in the Game," which he and the basketball team sing together. Said Short: "We get to do some cool, fast singing we don't normally get to do - with some random, barbershop sections thrown in."

Proud of the whole production, he said, "Everyone is so invested in everything about it. We're all having fun, and it shows. The

energy is there and will make the audience have a good time, too."

Playing Gabriella is Hope Carey, who describes her character as "very shy and intelligent. But she has other interests besides schoolwork; and since her family is constantly moving, she keeps trying to not be known only as the smart girl. Although she doesn't like being in the spotlight, she's friendly and finds that she doesn't have to fit into only one box."

Carey said Gabriella is interesting to play because "I get to see her other sides as she realizes being in the spotlight isn't so bad. I like her development as she becomes more comfortable with herself and what she likes to do."

Carey especially likes the song, "Can't Take My Eyes off of You," which she sings. "It's a cute song," she said. "And it's fun to sing because it has lots of feeling behind it and the harmonies are really pretty."

She said audiences "will love the connection they'll feel to the characters and how heartwarming the story is. It's an energetic show, and the cast makes the audience feel that excitement as they watch it. People will also love seeing all the big, catchy and iconic ensemble numbers performed live in front of them."

OPINION



Site of the family gathering.

Lovaas

FROM PAGE 4

thriving town of 56,000 or so, with an economy driven by a huge General Electric manufacturing presence, along with Crane Paper Company and their plants on the Housatonic River. In 2020, Pittsfield's population had fallen to 42,514. GE is long gone, leaving huge PCB residues and high cancer rates as grim reminders of its reign. Crane, which used to provide paper for US currency is gone, too.

We retraced our steps coming home, driving back to Albany to take the Empire Service south along the Hudson to New York City. In New York, it was off on the Northeast Regional down the urban corridor to Union Station and home. Again, it was a comfortable ride. We arrived home pretty relaxed. Train rocks!

It was great spending time and reminiscing with the extended family, many of whom we likely saw for the last time. Perhaps some of them will still make a visit down here again. In any case, we acquired another trove of good memories.

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FIREFLIES

Fireflies need leaves and dead plant material for winter cover.

By GLENDA BOOTH
THE CONNECTION

Not only did fireworks light up the skies over the July 4th weekend, nature is putting on a light show too. As night falls, fireflies are twinkling in the dark in some areas across Virginia.

Fireflies, which many people call light-bugs or glow-worms, are not flies nor true bugs, but are beetles found all over the world, with 2,200 species documented worldwide. There are 165 species of fireflies in the United States and Canada. The flashing species occur mostly east of the Mississippi River, experts say. The flashing firefly, the most familiar nocturnal species, emits short, bright flashes of light at night. Some firefly species do not flash.

Why do some species flash? This process, called bioluminescence, is thought to discourage predators by signaling toxicity. It is also a way for adults to attract mates and communicate. Firefly experts can identify their types of flashes very specifically as a “glow,” a “flash” or a “flicker.”

Fireflies undergo complete metamorphosis in four stages: egg, larva, pupa and adult. For most species, females lay eggs in the summer in the ground. Eggs hatch in late summer and the larvae usually persist until the following spring. They pupate underground, in rotting logs or in tree bark furrows. Firefly adults typically emerge in late spring or early summer. Flashing adult fireflies spend most of their day on the ground and become active at dusk.

The mid-Atlantic and southeastern states have the most species diversity, according to Sara Lewis, author of *Silent Sparks: The Wondrous World of Fireflies*. In the U.S., fireflies thrive in wooded areas, marshes and fields near water.

Some Are in Decline

While acknowledging the need for more data, a 2021 study in the *PLOS One* journal, revealed that one-third of firefly species in the U.S. are “doing well,” wrote Lewis, but at least 18 species “face some risk of extinction.” Many of these are in the mid-Atlantic, Southeastern or Southwestern U.S.

July 2-3 was World Firefly Day, when around 200 scientists from over 20 countries in the Fireflyers International Network raised awareness of threats to the world’s fireflies, largely human activities.

How to Help Fireflies

A 2020 study published in *Bioscience* concluded that habitat loss is the most serious threat to fireflies, followed by light pollution and pesticides, all attributed to people’s behavior.

Fireflies need moisture-retaining organic material like leaf litter or decaying branches



Fireflies and flowers.



Fireflies at night.

Fireflies Light Up Summer Nights

Leave the leaves
Turn off the lights
Don’t spray pesticides



Eastern firefly in Rock Creek Park.



Firefly.



Photinus pyralis, common eastern firefly.

and stumps. Writing in the May/June 2021 *American Gardener* magazine, Danae Wolfe advised, “Because most fireflies lay their eggs in the ground, you can start by replacing lawns with native grasses or wildflowers and providing pesticide-free natural areas

for firefly larvae to thrive. Leave moisture-retaining organic material like leaf litter or decaying branches and stumps in your landscape and create areas of dense vegetation of varying heights that will provide shade and protection.” She adds that fallen native pine

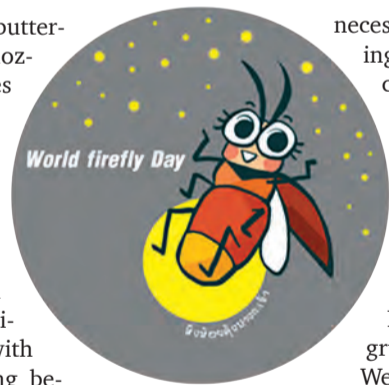
needles are “perfect for firefly larvae.”

Fireflies and many insects also need leaves and dead plant material for winter cover. Justin Wheeler of the Xerces Society wrote, “It may be habitual, a matter of social condi-

tioning or a holdover of outdated gardening practices from yesteryear — but for whatever reason, we just can’t seem to help ourselves from wanting to tidy up the garden at the end of the season — raking, mowing and blowing away a bit of nature that is essential

to the survival of moths, butterflies, snails, spiders and dozens of arthropods.” Leaves are not litter. Leave the leaves, he recommends.

Artificial lighting, such as street and security lights, signs and billboards “disrupts natural process in many nocturnal insects,” wrote Wolfe. Artificial light can interfere with communication and mating because fireflies rely on their luminous signaling system in the dark. Turning off un-



necessary lights at night, installing light motion sensors and closing window curtains and blinds can help.

Pesticides, including lawn chemicals and mosquito sprays, can harm firefly larvae and other insects, degrade habitat and reduce prey populations.

Fireflies naturally control grubs, slugs and snails.

We can save these “jewels of the night” if we choose to, say firefly scientists.

Catching Fireflies

In a long-established rite of summer, many youngsters delight in catching fireflies and watching them glow or flash in a jar. While scientists do not consider this to be a serious threat to fireflies, they advise caution. Use a net. Handle them gently, make sure any jar lid has an opening and add a moistened unbleached coffee filter or paper towel for a humid environment. Do not confine them longer than a day or two and release them at night when they are most able to avoid predators. On the other hand, about their favorite beetle, the Fireflyers International Network advises, “Watch us, don’t catch us.”

More Information

<https://www.xerces.org/publications/brochures/firefly-conservation-guide-to-protecting-jewels-of-night>
<https://www.iucnredlist.org/>

Rallying FCPS Pride Children and Parents Face Protesters Outside Meeting

Fairfax County School Board presents LGBTQI+ Pride Recognition and Adopts Updated Student Rights & Responsibilities (SR&R).

BY MERCIA HOBSON
THE CONNECTION

As the Fairfax County School Board prepared to recognize LGBTQIA+ Pride Month 2022 in Fairfax County during its June 16 meeting at Luther Jackson Middle School in Falls Church, what should have been a joyful FCPS Pride rally outside the school instead illustrated conflict and divide.

Shortly after 6:30 p.m. and before the school board presentation, FCPS Pride and LGBTQIA+ students, staff, families, supporters, and members of allied organizations, held their celebratory rally outside the school.

The LGBTQIA+ Pride Month Recognition reads: "In the spirit of One Fairfax, the Fairfax County School Board urges all to respect and honor our diverse community and to build a culture of inclusivity and equity, not only during LGBTQIA+ Pride Month but throughout the entire year as well ... The urgency of its charge [is] to foster a responsive, caring, and inclusive culture where all feel valued, supported, and hopeful, and [to] advance policies that seek to protect LGBTQIA+ students and staff."

At 5:30 p.m. and continuing through the time that FCPS Pride rallied, a counter protest was also taking place.

Members of the Family Research Council and others gathered outside the school near the street's sidewalk. Individuals distributed information by the Family Foundation and carried signage by the Foundation and Stand Up Virginia.

At the counter-rally, speaker Sebastian Gorka said, "My effort is to stop the insanity and protect our children from the transgender extremists." Gorka is former deputy assistant to President Donald Trump (2017), and appeared in the media as a spokesman for the Trump administration. "The correct use of pronouns in a transgender environment is just one aspect of a much deeper, invidious, and, I would say, diabolical scheme. The transgender movement in America today is evil."

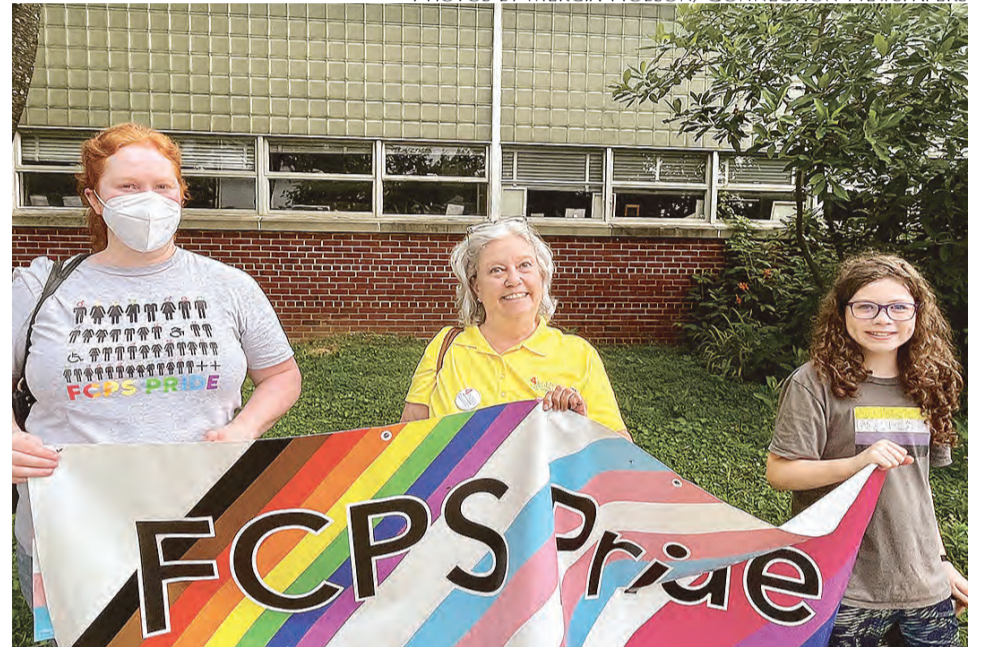
Retired FCPS teacher Robert Rigby, co-chair of FCPS Pride, called it, "A disturbingly grotesque counter-rally."

"Individuals harassed the young FCPS Pride children and their parents, approaching within inches of a child's face; after being encouraged to move further away, they continued to talk about burning people at the stake," Rigby said.

Speaker Stephanie Lundquist-Arora said she objects to the Student Rights & Responsibilities document regarding the misgen-



Pride supporter Kimberly Adams serves as president of the Fairfax Education Association (FEA).



From left, Emily VanDerhoff of Springfield, Cheryl Binkley, and Elias Benner, 11, of Burke hold the FCPS Pride banner at the rally.



Center back, Sebastian Gorka, former deputy assistant to President Donald Trump (2017), watches protestors hold signs from Stand Up Virginia and The Family Foundation. "The transgender movement in America today is evil," Gorka said.

SEE PRIDE, PAGE 9

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS



Jesus Saves: A protester holds signs from The Family Foundation, and Stand Up Virginia.



Protestors hold signs by Stand Up Virginia and The Family Foundation that, according to its website, advocates "for policies based on Biblical principles that enable families to flourish at the state and local level."

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS



Family Foundation material.

Pride Children and Parents Face Protesters

FROM PAGE 8

dering and deadnaming of students. "It is a violation of the First Amendment rights," she said.

Deadnaming refers to calling a transgender person by a name they have asked people not to use.

The school board also adopted the Students Rights and Responsibilities that evening in its annual review. The changes reflected stakeholder engagement by staff, students, families, community members, advisory committees, independent parent and teacher organizations, legislative updates, and the proposed Trust Policy, staff said.

The SR&R is "a work in progress... It is not perfect," said Karen Keys-Gamara, school board representative at large, during the June 16 meeting. The Student Rights and Responsibilities document undergoes review and approval by the school board annually.

Keys-Gamara highlighted some changes, including cell phone use and some mandatory reporting to law enforcement would



A child's sign at the FCPS Pride rally.

require ongoing advocacy.

"And we clarified protections for student identities that allow our students to feel that they will not experience reprisal because of their identity," said Keys-Gamara. The new policy removes the phrase "intentionally or not" from the definition of deadnaming, "deliberately or accidentally" from the definition of misgendering, and adds the term "malicious" to the glossary. Malicious outing extends to citizenship or national origin, immigration status, and malicious removal of religious garb.



From left, speaker Stephanie Lundquist-Arora, Jim Myles, 2022 GOP candidate for the 11th Congressional District and two protesters.

CALENDAR

FROM PAGE 2

on the Town Green, 730 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: Rocknoceros - 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, 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 con-

ditions 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.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.

SEE PRIDE, PAGE 10

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THE CONNECTION NEWSPAPERS

Car Seat Inspections, July 14

Parents may get their children's car seats inspected on Thursday, July 14, from 5-8:30 p.m., outside the Sully District Police Station. It's at 4900 Stonecroft Blvd. in Chantilly. Inspections are done on a first-come, first-served basis. Participants are asked to wear a mask and adhere to social-distancing and safety precautions. They should also install the child safety seat themselves, so the inspection can be performed. The seat will be properly re-installed, if necessary, and parents will be taught how to install the seat properly, for the future. Another car-seat inspection is scheduled for July 28, at the same place and time.

CALENDAR

FROM PAGE 10

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.

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.

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WELLBEING

Preventing Teen Summer Suicide

What to look for and where to go for help.

By MARILYN CAMPBELL
THE CONNECTION

Sleepaway 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.suicidpreventionlifeline.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.

Fireworks Light the Skies of Reston and the Town of Herndon

Happy 246th Birthday, U.S.A.

BY MERCIA HOBSON
THE CONNECTION

The Fairfax County Park Authority presented its Lake Fairfax fireworks spectacular on Saturday, July 2, to celebrate Independence Day. Pyrotechnicians discharged the explosives over the water shortly after 9:30 that evening as their finale to a food and family fun day at the park.

The Town of Herndon launched its 4th of July fireworks display Monday evening, July 4, from the Herndon Centennial Golf Course. The discharge site offered multiple strategic viewing settings throughout the town, one directly over the historic “Edwardstone” or the Braedy House. It is located at 920 Vine Street, across the street from the golf course, and depending on where one stands on the sidewalk; streetlights do not impact the view.

Herndon’s first mayor, Isaiah Bready, built the two-story, gable-roofed, three-bay dwelling in the 1870s, according to the town’s 1987 Historic Architectural Survey. The view from the sidewalk facing the expansive clear-cut lawn and the dark stone of the residence provided a skyline foundation to ground the colorful fireworks against the dark sky.



PHOTO BY TOLEEN ALHUSSANI / THE CONNECTION

Fireworks at Lake Fairfax in Reston, July 2, 2022



PHOTO BY TOLEEN ALHUSSANI / THE CONNECTION

Fireworks at Lake Fairfax in Reston, July 2, 2022



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Fireworks at Lake Fairfax in Reston, July 2, 2022



PHOTO BY MERCIA HOBSON / THE CONNECTION

Fireworks in the Town of Herndon, July 4, 2022



PHOTO BY TOLEEN ALHUSSANI / THE CONNECTION

Fireworks in the Town of Herndon, July 4, 2022



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Fireworks in the Town of Herndon, July 4, 2022



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Fireworks in the Town of Herndon, July 4, 2022