

Chantilly CONNECTION

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Resident Silvia Galindo: "From the bottom of my heart, I thank you."

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WELLBEING

Domenica M. Rubino, M.D., far right, pictured with Mougeh Yasai, PhD, clinical psychologist and Amy Allnutt, MS, ACSM/HFS, exercise physiologist. Rubino, director Washington Center for Weight Management & Research, Inc., recommends a research-based, comprehensive mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors and includes physicians, dietitians and psychotherapists



PHOTO COURTESY OF WASHINGTON CENTER FOR WEIGHT MANAGEMENT & RESEARCH, INC.

Shedding Pounds and Keeping Them Off

Suggestions for maintaining a healthy weight.

BY MARILYN CAMPBELL
 THE CONNECTION

For Toni Williams, effective weight loss and maintenance have been a struggle her entire adult life. Her introduction to unhealthy food came in college.

"Instead of the 'freshman five,' I did the freshman 20," she said. "I ate cheeseburgers and fried chicken every day."

Williams, now 60, identified here by a pseudonym, counts herself among the estimated 97 million Americans who the National Institutes of Health identifies as overweight or obese and at risk for health problems such as diabetes, high blood pressure and heart disease. Approximately 90 percent of people who have lost weight, including Williams, have regained weight after a weight loss.

"There are a lot of different ways to lose weight, and I know how to lose weight," said Williams. "The problem is keeping it off."

Williams is a patient at the Washington Center for Weight Management & Research, Inc., in Arlington, and says that through her work at the center, she has discovered her own personal formula for losing weight.

"Weight is a constant work in progress," she said. "There is no one way to do it. What works for some people won't work for others. You have to figure out what works for you."

VIEWING OBESITY as a medical condition is the first step to solving it, said Dr. Domenica M. Rubino, director of the Washington Center.

"Obesity is a serious and complex disease that affects each individual differently," she said. "It is significantly influenced by risk factors including genetic, environmental, economic, psychological and social determinants, as with most chronic diseases."

Rubino recommends a research-based, comprehensive, mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors, and includes physicians, dietitians and psychotherapists.

"I try to help my patients explore the triggers [such as sadness, anger, and anxiety] that lead them to turn to food as a way to cope," said Mougeh Yasai, a clinical psychologist at the Washington Center. "Mindfulness can help patients become more attuned to their feeling states, and also how to deal with these feelings when they come up. Once triggers are iden-

tified, we explore various coping skills that can be helpful during times of distress. The emphasis on mindful observation of eating behaviors is to practice the skill of observing with a nonjudgmental stance."

HEALTH CARE PROVIDERS at Weight Loss Services at Inova Fair Oaks Hospital in Fairfax, also assist patients in a weight loss program that includes a variety of bariatric (or weight loss) surgeries, generally reserved for those with a body mass index (BMI) of 40 or more.

"We also might use pharmacological methods to jump start weight loss," said Carmen Spencer, a registered nurse. She is the clinical program coordinator at the clinic.

"Medical weight loss is pretty much open to anyone with a BMI of 27 or higher," she said. "We offer a 12-week program that uses meal replacements."

"Maintaining weight can be difficult for several reasons," said Yasai. "There are physiologic signals of appetite, satiety and hunger that increase after we lose weight. These are normal responses after weight loss."

Some strategies are helpful in increasing one's chances of keeping excess weight at bay. "The environment is filled with opportunities to eat high-calorie foods and not move much," said Yasai. "So in addition to continuing the lifestyle changes that helped you lose weight, it is important to have strengthened coping skills for managing stress as well as being mindful of potential emotional triggers to eating."

Setting unrealistic goals, losing too much weight at one time and following fad diets can lead to rapid weight regain or failure to lose weight in the first place.

"There is no magic, no special potion or diet," said Rubino. "In fact, no one person or thing holds the key for the treatment of obesity."

Maintaining a healthy weight takes work and dedication. Adherence to healthy eating and physical activity are two of the most important aspects of keeping weight off. Williams builds both into her daily routine.

"I go to the gym three times a week at 6 a.m.," said Williams. "If I don't do it then, something will come up later during the day. I use a trainer because I find that it's a luxury that I can't afford not to have. My trainer keeps me motivated and from making the gym my favorite charity."

Day of Celebration: Homeless No More

The first residents move into Kate's Place.

BY BONNIE HOBBS
THE CONNECTION

Kate's Place consists of six apartments for extremely low-income and formerly homeless families. And to the mothers and children who just moved in, the homes are more than a roof over their heads — they're a lifeline.

"From the bottom of my heart, I thank you," said Silvia Galindo. "I wish I had a camera in my heart because I don't want to forget every, single face who helped give me such a sweet home."

She was speaking Monday afternoon, Feb. 23, during a Welcome Home ceremony at the Katherine K. Hanley Shelter, across the courtyard from the new homes. They're off of Lee Highway in Fairfax, at the intersection of Meadow Estates Drive and Route 29, across from the Hampton Forest community.

A mother of two daughters, 15 and 6, Galindo particularly praised Shelter House, the nonprofit which runs the day-to-day operations at the Hanley Shelter and provides case management. "Because we have support from Shelter House, my children will have a future," she said. "This is very special — God bless every one of you."

Several Fairfax County supervisors attended the ceremony, as did other stakeholders in Kate's Place. Deputy County Executive Patricia Harrington said that, on March 31, 2008, the supervisors adopted a plan to end homelessness in the county within 10 years. "Kate's Place is one step toward that progress," she said. "But it requires a collective effort."

Board of Supervisors Chairman Sharon Bulova said she was proud to celebrate a homecoming for these families. "This is a

wonderful demonstration of the county's commitment to ensuring safe homes for its residents," she said. "And it's an attractive addition to the community."

Bulova said the apartments provide "comfortable, affordable and supportive housing to families who've experienced prolonged homelessness. And since they're living next to the Hanley Shelter, they can obtain the services they need to be successful in their independence."

"Partnerships have been incredibly important in getting these homes open, she continued. "The Redevelopment and Housing Authority and other county agencies, plus the nonprofit organizations including Shelter House have all played a part. And without HUD's funding, we wouldn't have this facility."

Supervisor Pat Herrity (R-Springfield)

said the apartments "will give once-homeless families a place to call their own. And these families will be able to get services such as job-search and after-school tutoring, without leaving their neighborhood."

Marvin Turner, director of HUD's D.C. and National Capitol Area field office, said President Obama stressed that tackling the problem of homelessness and homeless individuals would be a cornerstone of his administration. And, he added, "The county's plan is in coordination with his."

"Fairfax County, under the leadership of Sharon Bulova and others, has been at the forefront, identifying the most vulnerable to prioritize them," continued Turner. "And I'm pleased that part of the funding came from [HUD's] Home Investment Partnership block grants providing homes for low-income families."

The Kate's Place families began moving into their new homes on Feb. 20. Altogether, there are six mothers and 13 children.

Rodney Lusk, on the governing board of the Fairfax-Falls Church Partnership to Prevent and End Homelessness, called the new apartments amazing and a "positive step" toward eradicating homelessness.

"Today is a day of celebration," he said. "I congratulate all the partners who've come forward to make this new housing possible. To the new residents, welcome home, and I wish you continued success in your future endeavors."

"This collaboration of compassion is a remarkable thing," said Robert Schwaninger, chairman of the Fairfax County Redevelopment and Housing Authority. "Without people committed to helping, we couldn't have gotten it done."

Speaking next was former Board of Supervisors Chairman Kate Hanley, in whose honor both the shelter and the homes are named. "This is incredibly exciting," she said. She also praised former Springfield District Supervisor Elaine McConnell for doing "a

yeoman's job" on the shelter. Hanley thanked the advocates for bringing the long-awaited, new residences to fruition and noted that Cornerstones is the shelter's nonprofit property manager.

"This time of year, when it's dangerously cold, people focus on the homeless," she said. "But that focus blurs when the weather's warmer. We're keeping the focus on it all year 'round."

Hanley said people often stop and tell her how wonderful the Hanley Shelter is and how they volunteer there. "And that's amazing," she said. "All I did was find the money. This is a wonderful example of a community that cares."

But, said Shelter House Executive Director Joe Meyer, "Without Kate, we wouldn't

SEE DAY OF CELEBRATION, PAGE 7



PHOTOS BY BONNIE HOBBS/THE CONNECTION

From left are Kate Hanley and Supervisor Cathy Hudgins (D-Hunter Mill) outside the Kate's Place homes.



Sharon Bulova



Pat Herrity: "It'll give once-homeless families a place to call their own."



Marvin Turner



Kate Hanley speaks during the ceremony for her namesake, "Kate's Place."



Joe Meyer

BULLETIN BOARD

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

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THROUGH APRIL

Kindergarten Registration. Greenbriar West Elementary School, 13300 Poplar Tree Road, Fairfax, is now accepting information for next year's Kindergarten classes. Parents of students within Greenbriar West's boundaries, who will turn 5 years of age by Sept. 30, 2015, should call the school office at 703-633-6700.

MULCH SALES

Centreville High School. Through March 8 at Centreville High School, 6001 Union Mill Road, Clifton. CVHS Class of 2015 is offering Premium Double Shredded Hardwood Mulch (3 cubic foot bags) at \$5 per bag for orders of 1-49 bags or \$4.60 per bag for orders of 50+ bags. Order online at www.cvhsmulch.org or download, print, and mail the order form from the website. Delivery available to ZIP codes 20120, 20121 and 20124. Free delivery for orders of 10+ bags. Delivery of mulch will be on March 13-14 (and 15 if necessary) or customers may pick up their mulch at CVHS on Saturday, March 14. Same

day sales available.

Westfield High School. Mulch delivery is scheduled for April 10-11. Order early to guarantee driveway delivery. Delivery limited to the WHS boundary area only. High-quality, double shredded mulch, \$4.95 per bag, \$2.65 of that amount is tax-deductible. Minimum order for delivery is 15 bags. Visit <http://ptsa.westfieldhs.org/parents/mulch-order-form.html> to order online. Mulch spreading service available for \$2 per bag, limited availability. Volunteers needed. Email bulldogmulch@westfieldhs.org for more.

WEDNESDAY/MARCH 4

STEM Academy Open House. 6-8 p.m. at Chantilly Governor's STEM Academy, 4201 Stringfellow Road, Chantilly. Evening includes: free spaghetti dinner, 6-6:30; dual enrollment info session, 7-7:30; meet instructors, tour state-of-the-art classrooms and labs, and learn more about programs for juniors and seniors. Courses include: Air Force JROTC, Auto Technology, Auto Collision, Animal Science, Carpentry, Culinary Arts, Cosmetology, Criminal Justice, Cyber: Computer Systems Technology A+, Cyber: Database Design & Mgmt, Oracle, Cyber: Network Administration, Cyber: Routing & Switching, Cisco, Dental Careers, Entrepreneurship, Geographic Info Systems, Medical Health Sciences, Pharmacy, STEM Engineering, STEM Robotics Systems, Engineering Math, Engineering Physics, Teachers for Tomorrow. Call 703-222-7460 or visit www.fcps.edu/ChantillyAcademy/ for more.

SATURDAY/MARCH 7

Children's Shabbat Service. 9:30

a.m. at Temple Beth Torah, 4212-C Technology Court, Chantilly. Child-friendly Shabbat service with songs and stories. Call 703-217-8938 or visit www.BethTorah.net for more.

Diagnosis Dementia...Now What?

10-11:30 a.m. at the Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. This discussion will help with planning for the future, while also adjusting to a new life with someone who has dementia. Items discussed will include how to maintain friendships, tips for traveling, changes to your routine, and future options. Free. Respite care may be available by request; call to make arrangements. RSVP to Christi Clark at 703-204-4664, or christi.clark@insightmcc.org.

SUNDAY/MARCH 8

An Ordinary Hero: The True Story

of Joan Mulholland. 2 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. "An Ordinary Hero: The True Story of Joan Mulholland" depicts the sit-in at Woolworth's and the movement it inspired. Hear firsthand from the Freedom Riders that took part in this movement including Joan Mulholland, Rev. Reginald Green; Dion Diamond; Joan's son, Loki Mulholland producer of the film; and Michael O'Brien, author of "We Shall Not Be Moved." Dessert reception will follow the film. All are welcome. \$15 in advance/\$18 at the door/students free. Email Carla.Rosenfeld@jccnv.org or call 703.537.3060. Visit www.jccnv.org for more.

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015

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NEWS

WFCCA Reverses Decades-Old Policy

The change paves the way for gas stations to sell alcohol.

BY BONNIE HOBBS
THE CONNECTION

They say it never hurts to ask, and Raj Gupta asked. Now, thanks to his persistence — and a local land-use group's willingness to reconsider one of its most long-standing policies — gas stations in the Sully District will no longer be barred from selling alcoholic beverages.

Gupta owns the Centre Ridge Exxon station, and he initially just wanted approval to add hot dogs to the station's convenience store's offerings. Last August, he made his request to the West Fairfax County Citizens Association (WFCCA) Land-Use Committee, which said yes.

But when he tried to obtain a county permit to do so, he learned the filing fee was \$10,000. So in September 2014, he returned to the WFCCA seeking permission to also sell beer and wine in the store. Otherwise, explained Boopendra Prakash of TPS, a land-development engineering firm representing the Centre Ridge Exxon, the station would lose money.

Since then, the WFCCA members have been grappling with one of its most strongly held tenets — and one which, for them, has also been a moral issue. For decades, they've believed that drivers should not be allowed to purchase alcohol and gas at the same place. They don't want motorists to easily be able to buy a cold beer and drive away drinking.

The Centre Ridge Exxon is at 6330 Multiplex Drive in Centreville, and Gupta's owned and run it since 2000. And over the years, a great deal has changed.

"In the 1980s, when 7-Elevens and gas stations couldn't sell certain food items, the proffer was written that they couldn't sell alcohol," said Prakash. "[Now, though], a 7-Eleven across the street can sell five coolers of beer and wine, and it's the same way for the Shoppers Food Warehouse, 200 feet away."

So the Exxon wants to convert three or four of its 10 coolers to be stocked with beer and wine for sale. "We have a quick-service food store," said Gupta. "Most of our customers are local and ask us why



The Centre Ridge Exxon's owner plans to sell hot dogs and alcohol in his station's convenience store.

we don't sell beer and wine. It takes them 30 minutes to buy it at Shoppers. So this would give them the service they need and would also give us some more small revenue in these tough times."

The WFCCA umbrella group (not the Land-Use Committee) discussed the matter at its Jan. 19 quarterly meeting, and At-Large Planning Commissioner Jim Hart — a past WFCCA Land-Use Committee chairman — also weighed in.

"For many years, this committee has been concerned about the sale of alcohol at gas-station convenience stores," he said. "But things have changed since then. The area's a lot more built up and we're the only land-use committee with

this policy."

"That's not to say you can't review this on a case-by-case basis," continued Hart. "Or do you want to revisit the policy? Whatever you do, you need to be consistent."

WFCCA's Carol Hawn said there were at least 12 gas stations, over the years, that the committee denied permission to sell alcohol.

"We're hindering businesses in our area from making revenue," explained WFCCA's Ted Trosciancki. "So I think we should shift our position and come up with the times."

Besides, added WFCCA's Steve Chulick, "In so many cases, people can just go next door [to a gas station] and buy alcohol."

Prakash, who was at the Janu-

ary meeting, said the filing fee has now risen to "close to \$17,000," so he was waiting for the WFCCA's decision before filing with the county. But he hoped it would go in the Exxon station's favor so it could be competitive with the businesses around it.

The Land-Use Committee was slated to meet and finally vote on the issue Feb. 17. But due to bad weather and icy roads, the members didn't meet in person. However, they did take action and voted via email.

"The long-standing policy was revised to allow sales of single servings of alcohol," said Land-Use Committee Chairman Jim Katcham. "The vote was three in favor of policy change, two opposed."

SCHOOL NOTES

Email announcements to chantilly@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Elizabeth Garner, of Fairfax, has been named to the dean's list at Frostburg State University, (Frostburg, Md.) for the fall 2014 semester.

Ari Veach, of Oak Hill, an acting major in the School of Humanities and Sciences at Ithaca College, NY, was named to dean's list for the fall 2014 semester.

Chantilly resident **Zakary Scott Rhodes** has been named to the dean's list at James Madison University for the spring 2014 semester.

Courtney Hulbert, of Chantilly, earned dean's list honors at Saint Joseph's University, Philadelphia, for the fall 2014 semester. Hulbert is majoring in biology.

Jeremy Carlin, of Fairfax, was named to Susquehanna University's (Selinsgrove, Pa.) dean's list for the fall 2014 semester. Carlin, a graphic design major, is a 2014 graduate of Chantilly High School and the son of Craig and Alice Carlin.

The following students from Chantilly earned dean's list status for the fall 2014

semester at Christopher Newport University: **Madeline Amend**, music; **Luke Bowers**, management; **Christina Chira**, marketing; **Nicholas Eccleston**, political science; **Jordan Krutz**, computer science; **William Morgan-Palmer**, political science; **Zachary Pereira**, American studies; **Rachel Schendzielos**, biology; and **Andrew Seitz**, computer science.

The following students from Fairfax earned dean's list status for the fall 2014 semester at Christopher Newport University: **Denisse Aquino**, cell, molecular and phys. biology; **Alice Boyars**, music; **Rachel Chalkley**, management; **Stephanie Cobb**, psychology; **Lukas Dambrauskas**, economics-BA; **Lauren Gardiner**, cell, molecular and phys. biology; **Brian**

Heck, business (undeclared); **Rachel Hildebrand**, American studies; **Taylor Hine**, computer engineering; **Olivia Hinrichsen**, psychology; **Stephanie Hudak**, English; **Matthew Jackson**, applied physics; **Hannah Leich**, cell, molecular and phys. biology; **Angelina Maimone**, theater; **Dean McKinsey**, business (undeclared); **Evan Monroe**, biology;

Eileen Murphy, English; **Grayson O'Reilly**, sociology; **Meghan Presing**, social work; **Nathaniel Ramey**, music; **Rayna Rossini**, psychology; **Emily Rowson**, theater; **Jeremy Taguding**, political science; **Teresa Tedrick**, marketing; **Laura Turkekul**, management; **Christian Vickland**, undeclared; and **Brianna Weiner**, psychology.

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OPINION

Good, Bad and Ugly

A look at recently ended session of the Virginia General Assembly.

The 2015 session of the Virginia General Assembly came to an end last week, and some of the biggest news was about what it did not do. By far the ugliest debacle rests in the Assembly's ongoing refusal to expand Medicaid to cover as many as 400,000 uninsured people in Virginia, even though it would come at no cost to Virginia (Federal government pays 100 percent for the next two years and 90 percent after that) and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

GOOD: The Assembly nixed a bill which "empowers the Director of the Department of Corrections to make and enter into contracts ... to compound the drugs necessary to carry out execution by lethal injection. ... Information

relating to the identity of the persons or entities compounding such drugs, the identities of persons or entities engaged to manufacture or supply the materials used to compound the drug products, and the name of the materials or components used to compound drug products for use in an execution are confidential, exempt from the Freedom of Information Act, and not subject to discovery or introduction as evidence in a civil proceeding ..."

The House of Delegates nixed executing people with secret potions. Passed in the Senate, blocked in the House of Delegates. Be sure to thank those local legislators who voted against this craven proposal: Senators: Adam Ebbin, Barbara Favola, Janet Howell, Dave Marsden and Chap Petersen. Delegates: David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam, Kay Kory, Rob Krupicka, Jim LeMunyon, Alfonso Lopez, Ken Plum, Tom Rust, Mark Sickles, Marcus Simon, Scott Surovell and Vivian Watts.

And ask these local legislators who voted to carry out executions with secret drugs and secret methods what they were thinking: Senators George Barker and Dick Saslaw. Delegates: Dave Albo and Tim Hugo.

No good comes from conducting the people's business in secret, all the more true when the business is brutal. Killing people is wrong, two wrongs don't make a right, killing people and keeping the brutal details secret is wrong.

BAD: State Sen. Barbara Favola's bill to ex-

tend foster care services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years who were formerly in the custody of a local board of social services passed unanimously in Senate, and died in the House of Delegates. The money spent would have been matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

UGLY: "Ethics reform" put a \$100 cap on each individual gift from lobbyists to members of the Assembly, with no enforcement mechanism, and no changes in campaign finance. Former Gov. Bob McDonnell and his wife were convicted of corruption for taking more than \$170,000 worth of gifts and favors from Star Scientific and related individuals; this was the catalyst for the so-called reform. It is apparently fine, however, that Star Scientific also gave \$108,000 to McDonnell's campaign. More than 40 other entities gave more, including Dominion (\$383,720), Altria (\$361,556), Smithfield Foods (\$267,738), Walmart (\$121,250), just as examples. (Source: vpap.org). No good comes from having our legislative body awash in this kind of cash. You can visit the Virginia Public Access Project at vpap.org and look up who has been giving how much to the people who represent you. It's fascinating.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Inova Announcement a Huge Win for Fairfax Economy

BY GERALD L. GORDON, PH.D.

There has been a lot of talk in recent years about the need to diversify the Fairfax County and Washington-area economies. Sequestration served as a wake-up call that the county and region must not be overly dependent on federal spending any more than Pittsburgh in the '70s was overly reliant on steel and Seattle on Boeing.

The Feb. 9 announcement by Inova Health System that it will acquire the 117-acre Exxon Mobil headquarters in Merrifield and create the Inova Center for Personalized Health has the potential to redefine the Fairfax County and regional economy just as much as the life sciences altered the Pittsburgh economy and Microsoft and Amazon changed Seattle's business landscape.

The Fairfax County Economic Development Authority has worked tirelessly for more than 50 years to build economic security for the county by attracting and retaining thousands of companies here. These companies have created hundreds of thousands of good-paying jobs and built the commercial tax base that the Board of Supervisors uses to fund the high-quality services, for which Fairfax County is known around the nation, and has done so without making residents pay the full cost of those services.



Gerald Gordon

The FCEDA has made tremendous headway in diversifying the county's economic base. Just since 2007 the FCEDA has helped build these non-governmental sectors: automotive (with Volkswagen of America's North American headquarters), hospitality (Hilton Worldwide corporate headquarters), engineering and construction (Bechtel global services headquarters), satellite services (Intelsat's administrative headquarters) and software (Cvent's corporate headquarters).

However, the enormity of the Inova announcement is almost indescribable. The research, education and commercialization entities that will make up the Inova campus will make Fairfax County a primary hub for genomic research and the commercialization of ground-breaking discoveries in the burgeoning field of personalized or translational medicine. Inova intends to spend hundreds of millions of dollars to fit the Exxon Mobil building for lab, research and education space.

The 1.2 million square-foot building will attract funding that will in turn attract world-class researchers, who have the ability to do

pioneering research that will lead to discoveries that could change the way we diagnose and treat individuals with illnesses such as cancer. Companies that can commercialize those discoveries – get them to medical professionals and patients – will grow close to the Inova campus in order to be near the source of the talent and work.

Inova wins by becoming a leader in another aspect of health care. Fairfax County wins with a larger and more diversified commercial tax base and an even better reputation as a business location. We all win with discoveries that improve the quality of life for millions.

When Mobil Corporation relocated its corporate headquarters to Fairfax County from New York in 1987, it in essence started the process of diversifying our economic base. In transferring its building to Inova, it furthers the process of strengthening the local economy for decades to come.

Gerald L. Gordon, Ph.D., is president and CEO of the Fairfax County Economic Development Authority.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Email chantilly@connectionnewspapers.com

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Day of Celebration: Homeless No More

FROM PAGE 3

be in this room today — and neither would the six families who've already moved in. It's permanent, supportive housing for people who wouldn't be able to pay regular, market rent or sustain their homes on their own."

After the shelter opened in August 2007, he said, curious and wary neighbors asked questions about it. "So we invited them in," said Meyer. "And that October, their homeowners association asked the [shelter] children to come trick-or-treat in their neighborhood. And now, we've allowed six families to integrate back into the community so they can have the integrity we all deserve."

With her 7-year-old daughter, Kariah, by her side, Kate's Place resident Tyrea Edmonds thanked God, Fairfax County, Cornerstones

and Shelter House for all their help. "This has been a long journey for me and my daughter," she said. "On more nights than I can remember, she's wiped my tears and kept me strong."

Turning toward Kariah, she said, "Thank you. This is for you and for all the children who need a home." For quite a while, said Edmonds, "My pride kept me from asking for help. But when your child is homeless, you keep up the fight. Finally, on Oct. 6, 2014, I moved into the shelter; I knew a new door had opened. We now have a new beginning and a place to call home."

"When you're homeless, you feel like no one can hear you," she continued. "So to others in this situation, I say, 'Make your crackly voice a roar so you can be heard.' Tonight, when I tuck my princess into her bed in her new home, I'll know my voice was heard."



Ready to cut the ceremonial ribbon are (from left) Robert Schwaninger, Patricia Harrison, Pat Herrity, Tyrea Edmonds, Kate Hanley, Sharon Bulova, Kariah Edmonds, and Supervisors Cathy Hudgins and John Cook.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Tyrea Edmonds shows her kitchen to a visitor.



Tyrea Edmonds and daughter Kariah, 7, just moved into Kate's Place.



With the bow from the ribbon-cutting across her, Kariah Edmonds relaxes in her new bedroom.

Facts and Details on Kate's Place

Kate's Place is new, permanent housing owned by the Fairfax County Board of Supervisors. It's on the campus of the Katherine K. Hanley

Family Shelter and will serve county families who've experienced chronic or frequent homelessness and are in need of supportive services.

All Kate's Place families face multiple barriers to maintaining stability, including disabilities that impede their household from earning a sufficient income. Each family will benefit from services provided by the nearby shelter, including tutoring and job-search assistance.

There are four one-level and two townhouse-style apartments within two, separate, three-unit buildings. Two of the one-level units are fully accessible, two-bedroom apartments. The remaining four units are three-bedroom apartments.

The total cost to develop the six units was \$2.1 million. The county Department of Housing and Community Development (HCD), on behalf of the Fairfax County Redevelopment and Housing Authority, constructed Kate's Place in partnership with the county's Department of Public Works and Environmental Services. The project was funded through the federal HOME In-

vestment Partnership Program and the Fairfax County Housing Trust Fund.

Hammerhead Construction of Virginia began building the homes in October 2013 and finished this February. Architectural and related services for Kate's Place were provided by Stanmyre+Noel Architects, and civil-

engineering services were done by ADTEK Engineers.

The units will be managed under the Fairfax County Family Supportive Housing Program, a partnership of Fairfax County Human Services agencies, including the Community Services Board, Department of Family Services, Office to Prevent and End Homelessness and the

Department of Administration for Human Services, plus nonprofit services providers including Shelter House, New Hope Housing and Cornerstones.

A case manager from Shelter House will provide direct services to the families of Kate's Place, offering holistic and comprehensive case management services to all clients. This includes intake

assessment, benefit assessment, goal setting, long-term care plan development, weekly case plan development, progress monitoring, individual money management, tenant education, advocacy and referrals. Cornerstones will provide property-management services including inspections, tenant orientation, maintenance coordination and rent collection.

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Annual Spelling Bee

Poplar Tree Elementary School held its annual Spelling Bee on Thursday, Feb. 19. Grade Level representatives were: Second Grade - Anshul Yarlaga, Third Grade - Mikael Kefale, Fourth Grade - Noah Perea, Fifth Grade - Sunny Ahuja, and Sixth Grade - Marissa Abueg. Also pictured are Spelling Bee Teacher Coordinator Pam Gomez and Principal Sharon Williams.



PHOTO CONTRIBUTED

'School Counselor Week'

Poplar Tree Elementary School celebrated "School Counselor Week." Students made cards and banners to honor their counselors, Katrina MacWhorter and Shari Hirsch.

'LAX for a Cause' Set for March 14

Chantilly Youth Association (CYA) and Southwestern Youth Association (SYA) are again joining forces to host the Second Annual "LAX for a Cause: Purple vs. Red" lacrosse marathon. The eight-hour lacrosse event features dozens of lacrosse games and will be held March 14 at Centreville High School. The goal is to raise \$20,000 to benefit the nation's wounded warriors through the Wounded Warrior Project. Last year, both CYA and SYA donated \$10,000 each to support our nation's wounded warriors.

The lacrosse marathon will feature more than 20 teams – with players ages 5 and up – which will play

at a different time slots throughout the day. Funds will be raised through both individual player and corporate sponsorships, as well as through concessions and T-shirt sales on the day of the event.

This year's event also includes speaker Jeremiah Pauley, an Army veteran representing The Wounded Warrior Project, as well as a color guard to honor the nation's armed service members. Pauley, who was injured by an IED in Iraq, will speak about his experience and what inspires him today to "carry on and be positive."

For more information, visit <http://www.lax4acause.org/>.

CRIME REPORT

The following incidents were reported by the Sully District Police Station.

BURGLARY, 6700 block of Bunkers Court, Feb. 28. A resident reported someone entered the residence and took property.

UNLAWFUL ENTRY, 13500 block of Ruddy Duck Road, Feb. 16. A resident reported an unknown person entered the residence and damaged property. Nothing was taken.

BURGLARY, 14500 block of United Drive, Feb. 16. A resident reported someone entered the residence and took property.

BURGLARY, 13500 block of Darter Court, Feb. 16. A resident reported someone entered the residence and took property.

BURGLARY, 13600 block of Orchard Drive, Feb. 16. A resident reported someone entered the residence and took property.

LARCENIES, 14600 block of Stream Pond Drive, cash from residence.

4100 block of Auto Park Circle, cash from business.

5600 block of Stone Road, merchandise from business.

14500 block of Lee Road, cash from business.

13900 block of Willard Road, license plate from vehicle.

4300 block of Chantilly Shopping Center, merchandise from business.

14500 block of Lee Road, merchandise from business.

5100 block of Woodmere Drive, laptop from residence.

14400 block of Newton Patent Court, property from residence.

4300 block of Chantilly Shopping Center, merchandise from business.

4100 block of Dawn Valley Court, property from residence.

14600 block of Illuminati Way, property from vehicle.

14700 block of Pan Am Avenue, cash from residence.

13400 block of Point Pleasant Drive, property from residence.

13900 block of Rockland Village Drive, phone from vehicle.

14900 block of Rydell Road, purse from vehicle.

CRIME REPORT

The following incidents were reported by the Fair Oaks District Police Station.

BURGLARY, 3800 block of Highland Oaks Drive, Feb. 28. A resident reported someone entered the residence and took property.

BURGLARY, 4000 block of Sherford Drive, Feb. 28. A resident reported someone entered the residence and took property.

BURGLARY, 4500 block of Arniel

Place, March 1. A resident reported someone entered the residence and took property.

BURGLARY, 4000 block of Woodberry Meadow Drive, Feb. 26. A resident reported someone entered the residence and took property.

GRAND LARCENY, POSSESSION OF COCAINE, 11700 block of Fair Oaks Shopping Center, Feb. 22, 5:03 p.m. A man entered a store and was suspected of shoplifting. The suspect

fled on foot from loss prevention security personnel. The suspect was located and began to fight with loss prevention personnel. An officer deployed the conductive energy weapon (CEW) and the suspect was taken into custody. A 51-year-old man from Washington D.C., was arrested and charged with grand larceny and possession of cocaine.

LARCENIES, 12500 block of Fair Lakes Circle, merchandise from business.

Bark and Call Mobile pet grooming services.

Marzi Sharifi started HoPPooH in Fairfax, a mobile pet grooming service, in 2013. With her two vans and groomer, Sara, HoPPooH — which means little dog or dog in Persian — will come to the pet owner's door to groom and style man's best friend...or his cat.

HoPPooH's area of coverage is between 10 to 12 miles of its base. Sharifi said that her business provides convenience for her and for her clients. "I can choose my clients, make my own hours."

She has learned a lot since she first started, such as accepting clients that are not more than 75 pounds. She once had a German shepherd in the van that

started "growling and barking" at her. "It was very dangerous for me," she said. But her confidence has grown. "I'm really good at grooming dogs, especially poodles."

Sharifi, a Persian-American, has a background in videography. It was this background that got her started in pet grooming. As a volunteer at the Animal Welfare League of Arlington, Sharifi created a video about one of its dogs, Gaston, an American Pit Bull Terrier mix, for Best in Shelter's first virtual dog show. The video won first prize and \$50,000 for AWLA.

"I have always loved animals," she said. To learn more about HoPPooH, go to <http://www.hoppooH.com/>.

— ABIGAIL CONSTANTINO



PHOTO CONTRIBUTED

Marzi Sharifi of HoPPooH in Fairfax with her dogs and her mobile pet grooming vans. Sharifi recently acquired a second van for her growing business.

Pinball Wizard

Chantilly man wins state pinball championship.

BY KENNETH MOORE
THE CONNECTION

Kevin Stone took out a loan to buy the 15 pinball machines in his McLean basement, the site of this year's Virginia state pinball championship. Virginia was one of 33 states to take part in the simultaneous championships on Saturday, Feb. 7.

Stone's Harlem Globetrotters machine was built in 1979, others from Stern Pinball and Jersey Jack Pinball are contemporaries. One machine cost him \$7,200, another cost him \$500, he said. "It depends on the bells and whistles."

"I thought, 'I might as well. If I take out a loan now, I'll be able to enjoy them while I pay the loan back,'" said Stone, who is known as "Pinball Kevin."

More than 30,000 players are ranked and more than 2,400 events bounce around the globe annually, according to the International Flipper Pinball Association, which started tournament-tracking nine years ago.

"I'm still shaking. I've got adrenaline pumping," Pinball Kevin said, after losing the first game in the second round to Julie Schober of Great Falls. Schober sent Stone down the chute in the first round in 2014.

This year, Stone got his revenge. "Everybody wants to win," said Stone.

But Pinball Kevin, a Langley graduate, was more than a gracious host; he lost to Austin Mackert, this year's Virginia state champion in the final round of the four-round tournament.

By winning the Virginia trophy, Mackert, 32, of Chantilly, qualified for the National Championship in Las Vegas at the Pinball Hall of Fame on March 26. Mackert lost only two games in his four "best of seven" matches, meaning he won 16 times and lost only twice.

"He played great and deserved the win," said Stone.

THE PINBALL WIZARDS call the stray machines they see at various restaurants and bars as being "in the wild."

Mackert calls his sighting of an "Avatar" machine in Manassas when he was doing an errand a "stroke of luck."



Austin Mackert (right) defeated Kevin Stone in this year's Virginia State pinball championship.

"I threw a quarter in there," he said. Afterwards he found himself driving to Manassas just to play the Stern Pinball machine.

Getting better was a simple economic payoff. "When I first played, I would spend \$25 to \$30 a month for three to five hours of play. Now, I can go in there with about five bucks and play the same amount of time."

Mackert had no idea there was competitive pinball before Pinball Kevin saw him playing and told him he had to come out and play. "You step in your first game and you're nervous, not in a zone, but by the end of the game you're locked in," said Mackert.

Mackert looked at tutorials about some of the machines he knew would be used at this year's tournament. "Pinball is about making good decisions," he said.

Pinball Kevin said he approaches everyone he sees playing pinball.

"It's a community of people, you always have a good time," said Stone.

GREAT FALLS couple Joe and Julie Schober have 22 machines at their home.

"We play a lot of pinball," said Julie Schober, the 2014 Virginia state runner-up.

"It's how I met my wife," said Joe Schober, the 2014 Virginia champion.

"We play aggressively against each other,"

he said, adding that he knew he would be happy with whomever won the final match last year.

Schober was hooked on pinball when he was a child; "if I behaved my mother would

Winners

- 1st – Austin Mackert – Chantilly
- 2nd – Kevin Stone – McLean (host)
- 3rd – Dale Geiger – Central Virginia
- 4th – Steve Kapinos – Ashburn
- 6th – Joe Schober – Great Falls (Defending VA state champ from 2013-14 season)
- 8th – Julie Schober – Great Falls (wife of Joe)
- 11th – Edan Grossman – Fairfax Station
- 14th – Daniel Cotter – Vienna
- 15th – Gilles Melanson – Sterling

give me a quarter to play."

His parents gave him his first pinball machine, a machine made out of particle board, the next Christmas. "I played that thing until I literally made it collapse," he said.

When he started playing in a league he found through fspazone.org in College Park, he started getting better, Schober said. "Everybody is so serious about the competition. If it's something you love, you go deeper and deeper."

The two buttons have a multitude of physical repercussions, he said. "It's a game of milliseconds."



District Title

Chantilly High School Forensics Team won the Conference 5 District Title last month. All 21 participants on the Forensics team placed in the conference championships as the team advances to the regional championships.

FORENSICS RESULTS:

First Place Original Oratory: **Sarah Kratt**; First Place Storytelling: **Shannon Darroch**; First Place Prose: **Justine Clougherty**; Second Place Prose: **Daniel Ricks**; First Place Poetry: **Mary Sophia Clougherty**; Second Place Poetry: **Nora Malantinszky**; First Place Dramatic Duo: **Asriel Walker** and **Kristen Popham**; Second Place Dramatic Duo: **Jason Saitta** and **Liam Darroch**; First Place Humorous Duo: **Maggie Schirecliff** and **Joey Cronin**; Second Place Humorous Duo: **Ryan Rickard** and **Lyndsay Steinberg**; First Place Extemporaneous: **Joey Reid**; Fourth Place Extemporaneous: **Sam Greenfield**; Second Place Humorous Interpretation: **Michael Rosegrant**; Third Place Humorous Interpretation: **Vi Trinh**; Second Place Impromptu: **Aron Malantinszky**; Fourth Place Impromptu: **Ben Fisher**; Third Place Dramatic Interpretation: **Diego Encarnacion**

- lost (adj): 1. unable to find the way.
- 2. not appreciated or understood.
- 3. no longer owned or known



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Sole-Searching

By KENNETH B. LOURIE



There's no denying the emotional fact that the CT Scan results I received and wrote about last week were a bit of a disappointment. Not a shock, mind you, because once yours truly was characterized as "terminal," back in late February 2009, all subsequent bets came off the table, almost literally; and expectations, such as they were explained to Team Lourie, likewise nearly ended up on the floor, figuratively speaking, meaning they were pretty low at that point. And ever since, my life has been about managing expectations and reacting to scan results and lab work and trying to live forward. This recurring assessment has dominated my life over these past six years.

So receiving results last week was, in and of itself, nothing new. Heck, I've received bad results before; I've even been hospitalized because of them. Obviously, I was not hospitalized this time. Nor will there be any changes to my treatment protocol, although we are advancing by one month my next CT Scan, as a precaution/prudent course of reaction to the mass which seems to be forming in my left lung. At this juncture however, premature as it may or may not be, nothing really has changed. Life goes on.

Nevertheless, I can't help thinking that change has indeed occurred. Unfortunately, the process by which one finds out about such change: scans, sort of happens in arrears. That's not to say that now is definitely too late, but neither is it too early. It's more that this kind of timeline makes for worrisome days and sleepless nights. All of which, if you believe the anecdotal evidence, are counter-productive to surviving cancer. It serves no purpose, other than as an entirely reasonable and predictable response to an incredibly difficult set of circumstances, to focus on such a negative. Moreover, attempting to control something likely beyond one's control similarly stretches one's emotional strings. Finding a balance between what is and what isn't quite yet, or what might become of what hasn't been confirmed, is a constant struggle.

Do I care and/or worry now and beat the rush, or do I do neither, and care/worry later? If this growth isn't quite something, do I presume its nothing? Or do I presume it's something even though it may still be nothing? Do I go around in circles or do I attempt to live long and prosper and damn any torpedoes that interfere with my life?

Such is life as a "terminal" cancer patient (mine anyway); upside down and all around, and never the twain shall meet, "except on the twack," as my father always joked. And though I am regularly supported – and encouraged, by friends, family and many of you returning readers, this surviving-cancer business is most often a solitary endeavor. Living with my own thoughts, internally, this cancer-afflicted life, regardless of what I hear, see or read externally, is my responsibility and somehow I must navigate the landscape; a landscape I knew very little about previously and one fraught with danger, both mentally and physically.

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

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SPORTS



PHOTO BY CRAIG STERBUTZEL

Jessica Reeves, seen during the Conference 5 championship game on Feb. 23, and the Chantilly girls' basketball team defeated T.C. Williams and Fairfax to reach the 6A North region semifinals.

SPORTS BRIEFS

Westfield Boys' Basketball Survives Upset Bid

The Conference 5 champion Westfield boys' basketball team entered the 6A North region tournament riding a 20-game win streak.

But the Bulldogs, considered one of the favorites to compete for a region title, almost didn't make it out of the first round.

Westfield survived an upset bid by West Springfield, beating the Spartans 70-69 on Feb. 27 in the opening round of the regional tournament at Westfield High School. The following evening, the Bulldogs defeated Osbourn 63-59 at WHS.

The Bulldogs were scheduled to face Fairfax on Tuesday in the region semifinals, after The Connection's deadline. The winner would advance to the region championship game and earn a state tournament berth.

The region championship game is scheduled for 8 p.m. on Friday at Robinson Secondary School.

Chantilly Boys Upset Champion SoCo

The Chantilly boys' basketball team entered the 6A North region tournament as the No. 4 seed from Conference 5 and quickly dispatched a champion.

The Chargers defeated South County, the No. 1 seed from Conference 7, 51-47 on Feb. 27 in the opening round of the tournament. The following evening, Chantilly fell short, ending its season with a 51-47 loss to Fairfax in the quarterfinals.

Chantilly finished the season with a 12-13 record.

Nova Elite Tryouts

The Nova Elite boys' 17U basketball team will hold tryouts at 9 p.m. on Sunday, March 8 at nZone, located at 14550 Lee Rd. in



PHOTO BY WILL PALENSCAR

Blake Francis, seen earlier this year, and the Westfield boys' basketball team won their first two 6A North region tournament games.

Chantilly. For more information, send an email to Novaelite2016@aol.com.

Chantilly Girls Advance To Region Semifinals

The Chantilly girls' basketball team advanced to the 6A North region semifinals with tournament victories over T.C. Williams (60-45, Feb. 27) and Fairfax (48-41, Feb. 28).

Chantilly, the No. 2 seed from Conference 5, was scheduled to face Madison in the semifinals on Tuesday, after The Connection's deadline. Madison is the No. 1 seed from Conference 6.

The winner would earn a state berth and compete for the region title. The region championship game is scheduled for 6 p.m. on Friday at Robinson Secondary School.

ENTERTAINMENT

Email announcements to chantilly@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Sully Historic Site. 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

Singing. 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit www.fairfaxjubilaires.org for more.

CAMPS, CLASSES & WORKSHOPS

2015 Summer Programs.

- Registration is now open for the following Fairfax County Public Schools summer camps. Students should register for programs based on the grade they are in during the current 2014-15 school year. Visit www.fcps.edu/is/summer/index.shtml for more.
- ❖ **Tech Adventure Camp** will be held July 20-31 at Robinson Secondary School from 8:30 a.m.-2 p.m. for students currently in grades 5-7. This camp allows students to explore careers and technology by rotating through eight areas including graphic design, automotive technology, culinary arts, television production, robotics, and computer technology.
 - ❖ **STEM Camp.** Held in two sessions at

Robinson Secondary School: July 6-10 and July 13-17 both from 8:30 a.m.-2 p.m., daily. STEM (science, technology, engineering, and math) Camp is a one-week camp for students currently in grades 3-5 to explore careers and technology as they rotate through activities focused on science.

- ❖ **Elementary Institute for the Arts.** Held July 13-24 at Robinson Secondary School from 8:30 a.m.-2 p.m. daily, Monday through Friday. Designed for students currently in grades 3-5, E-IFTA offers participants a total immersion in the arts as they rotate through classes in dance, drama, music, and visual art.
- ❖ **Institute for the Arts.** Held July 6-30 at Robinson Secondary School from 8:30 a.m.-2 p.m. daily, Monday through Friday. Designed for students currently in grades 6-11, IFTA allows students to create, perform, experiment, and explore—all in various music, dance, visual art, and theatre venues.
- ❖ **Robinson Extended Day Adult and Community Education Enrichment.** Programs will be held July 6-31 at Robinson Secondary School and will begin after Tech Adventure Camp, STEM Camp, IFTA and E-IFTA end. These programs are for students currently in grades 1-11 and will provide a continuum of activities for students who want additional programs and activities. Programs will include the Foreign Language Experience Program (FLEX), Culinary Adventure Camp, Language Immersion Camp, Creative Writing, Computer Graphics, and Chess.
- ❖ **Credit Recovery Academy.** This program will be held at Fairfax High School for students seeking credit for high school level courses. Students

will be able to take one course during each of the two sessions from June 29-July 16 and July 20-Aug. 4.

- ❖ **Online Campus.** For credit recovery, acceleration, and enrichment for middle school and high school students. Health, Physical Education, and Geometry Honors run June 29-Aug. 4; all other courses run July 6-Aug. 4.
- ❖ **SOL Remediation.** For FCPS high school students who passed an SOL course but did not pass the SOL test. Held at Fairfax High School.
- ❖ **SOL Test Only.** This program is for FCPS seniors who plan to graduate by Aug. 28 and passed an SOL course but failed the SOL test.
- ❖ **ESOL Numeracy and Literacy.** The ESOL Numeracy and Literacy class provides currently enrolled FCPS high school ELP Level 1 students with the opportunity to develop their numeracy and literacy skills. Students will meet face-to-face with their teachers daily. This is a noncredit class. Held at Fairfax High School July 6-24.
- ❖ **Online ESOL.** Through this three-week class, students will continue developing their academic and reading and writing skills in an online discussion with an ESOL teacher. This is a noncredit class. Held July 6-24.
- ❖ **Extended School Year Learning Communities.** Services for identified students with disabilities in accordance with their individualized education programs (IEPs).
- ❖ **Thomas Jefferson High School for Science and Technology (TJHSST) Summer Technology Institute.** The Institute will be held July 13-Aug. 7 at Woodson High School. Students currently in grades 7 and 8 will be introduced to science, technology, engineering, and

mathematics (STEM) through week-long sessions that allow them to explore a STEM topic of interest.

- ❖ **Thomas Jefferson High School for Science and Technology (TJHSST) Academic Summer School.** This program will be held July 6-Aug. 6 at Woodson High School. Current TJHSST students and incoming freshmen choose from a variety of courses for academic credit.

PET ADOPTIONS

- Adopt a Dog or Cat.** Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org.
- Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.
- Adopt a Dog.** Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.
- Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit foreverhome.org for more.

SATURDAY/MARCH 7

- Grass Roots Initiative.** 10 a.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. The U.S. National Arboretum has studied the love affair that Americans have with their lawns. Learn their findings about the role of turfgrass in the environment and see how you can have a beautiful lawn and protect the environment at the same time. Visit www.merrifieldgardencenter.com or call 703-968-9600.
- Wine Release and Living History.** 1 or 3 p.m. in the Barrel Room at the Winery at Bull Run, 15950 Lee

Highway, Centreville. This Winery at Bull Run red wine blend, termed "Reconciliation," is a tribute to all the soldiers who honorably served in both blue and gray. In conjunction with the unveiling of the new Reconciliation Wine, the Benson/Rice story will be presented at 1 p.m. for wine club members and at 3 p.m. for the general public. Visit www.wineryatbullrun.com for more.

SUNDAY/MARCH 8

Concert Series. 4 p.m. at Fairfax Presbyterian Church, 10723 Main St., Fairfax. Fairfax Presbyterian Church Abendmusik Concert Series presents Sanghwa Lee on the organ, featuring works by Bach, Mendelssohn, Vienne and more. Visit fairfaxpresbyterian.org for more.

THURSDAY/MARCH 12

Author Event. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Author Bert Dunkerly will be presenting and signing copies of his newly released book, "To the Bitter End: Appomattox, Bennett Place, and the Surrenders of the Confederacy." Visit www.bullrunwrt.org for more.

SATURDAY/MARCH 14

Gardening for Year Round Interest. 10 a.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. With planning and patience, you can have a beautiful garden in all four seasons. Peggy will show you how to combine trees, shrubs, perennials and annuals to make your landscape special. Visit www.merrifieldgardencenter.com or call 703-968-9600.

Heritage Family Day. 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. Explore Women in Aviation and Space. Admission is free. Parking at the Udvar-Hazy Center is \$15, free after 4 p.m. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

St. Patrick's Day / St. Joseph's Day Party. 6-9:30 p.m. at St. Veronica's Church Parish Hall, 3460 Centreville Road, Chantilly. This is a family event that includes food, drink, sing-alongs, Irish dancers and plenty of smiling Irish eyes. Adults \$7, Children \$5, drinks extra. Visit www.stveronica.net/ or call 703-773-2000.

Casino Night. 7 p.m. at Temple Beth Torah, 4212-C Technology Court, Chantilly. Enjoy a night of craps, blackjack and roulette. Professional instructional dealers and raffle prizes provided. Cash bar and assorted desserts. Live art auction. Open to adults over 21. \$36 per individual; \$54 per couple. Call Jennifer Harding 703-217-8938 or visit www.BethTorah.net.

SUNDAY/MARCH 15

Model Trains Running. 1-4 p.m., at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and over, \$4. Visit www.fairfax-station.org or call 703-425-9225.

MONDAY/MARCH 16

Feng Shui Presentation. 7 p.m. at the Cale Community Center, 4615 Stringfellow Road. GFWC Western Fairfax County Woman's Club presents Pamela Faye, who will discuss how Classical Feng Shui can help one achieve balance in everyday life. Guests are welcome, admission is free. Visit www.wfwc.org or call Marion at 703-631-7093.

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