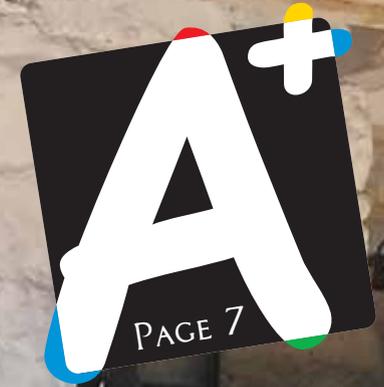


Chantilly CONNECTION

Fair Oaks ❖ Fair Lakes



Docent Dottie O'Rourke tells guests the hearth in Sully's separate kitchen was used until 1842. "I can cook anything in this kitchen I can cook at home," she said.

Hands-on History at Sully

Morris Leads
Mountain View

NEWS, PAGE 2

Survey Says:
More Open Space

NEWS, PAGE 9

CALENDAR, PAGE 12 ❖ CLASSIFIEDS, PAGE 10 ❖ SPORTS, PAGE 8

PHOTO BY BONNIE HOBBS/THE CONNECTION

SEPTEMBER 16-22, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

ROUNDUPS

Chantilly Man Charged In Setting Fire

Fire investigators have charged a 24-year-old man from Chantilly, with intentionally setting a house fire. He was charged with Virginia Code 18.2-77, burning an occupied building, a class four felony, in connection to a basement house fire at 13505 King Charles Drive on Aug. 19, 2015. There were no injuries. Damage was estimated at \$200. He is being held at the Fairfax County Adult Detention Center.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 24, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. Residents should install the child safety seats themselves so technicians may properly inspect and adjust them. The first 35 vehicles arriving on each date will be inspected, so inspectors have time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Sully District Council Meeting

The Sully District Council of Citizens Associations and its Land-Use Committee will meet Monday, Sept. 21, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. This meeting is on the third Monday of the month so as not conflict with Yom Kippur. Call Jeff Parnes, evenings, at 703-904-0131.

Following a presentation about a home-childcare application at 3930 Kernstown Court in Fairfax, the Council will host at 7:30 p.m. its sixth bi-annual State Legislative Candidates Night.

It's jointly sponsored with the League of Woman Voters of the Fairfax Area, the American Association of University Women of Virginia, the Zeta Phi Beta Sorority Inc. and the Fairfax County Council of PTAs. All candidates for the five Senate and five House of Delegate districts within Sully have been invited to speak and answer questions.

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 24, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

FCPS Seeking Bus Drivers

The Fairfax County Public Schools (FCPS) office of transportation services is currently seeking individuals who are interested in becoming school bus drivers. Drivers can earn \$18.63 per hour plus benefits.

On Saturday, Sept. 26, FCPS will showcase a school bus at the Fair Lakes Fall Festival. Prospective drivers will get an up-close look at a bus and speak with school bus trainers and operators to learn more about what the job entails, available hours, training, and FCPS benefits, including health, dental, and vision benefits and the FCPS Savings for Staff program. Drivers are allowed to bring their preschool-aged children on the bus with them. Prospective drivers will be able to apply for a bus driver position at the fair. Joining the FCPS transportation team comes with paid training and advancement opportunities. Summer hours are available. Retirees, college students, and career-switchers are encouraged to apply.

Applicants must be at least 21; have a good driving record; pass a physical exam, drug screening test, and background check; obtain a commercial drivers license; and complete a five-week training program and commercial drivers license road test.

Visit www.fcps.edu/fts/tran/opportunities/index.shtml

NEWS

Helping Students Reach Their Goals

Gary Morris takes the reins at Mountain View High.

By BONNIE HOBBS
THE CONNECTION

Gary Morris is Mountain View High School's new principal. But before he became an educator, he was a professional football player.

"I was a wide receiver, played football in college and, in 1992, got picked up by San Francisco as a free agent," he said. Morris then played three years in the Canadian Football League (CFL) and loved it.

The league eventually disbanded, but Morris had already prepared himself for another career. He'd originally intended to be an electronics technician so, in 1991, he got a bachelor's in electronics technology from Norfolk State University.

While playing football, he attended NSU in the spring and, in 1995, obtained his master's in teaching technology education. So when the CFL dissolved that year, he became a technology-education teacher at South Lakes High.

"We were moving from shop to true, technology education — computers and technical engineering," said Morris. "I built a computer lab there and got it up and running. It was an opportunity to do something I liked, and working with students was wonderful."

"Teaching felt natural to me," he said. But when South Lakes adopted an IB program, it cut some elective courses, including his. So he moved to Falls Church High from 1998-2004, in the same capacity. "While there, I earned my administration and supervision education-specialist degree from Virginia Tech," said Morris. "As a teacher, you're responsible for 150 kids, but I wanted to impact more."

So in 2004, he applied for assistant principal at Mountain View. Instead, Principal Jim Oliver hired him as the school's technology coordinator, working with teachers to infuse technology into the classrooms.

Morris later applied for assistant principal at South County High when it opened in 2006 and got it. "I loved it," he said. "We had a great staff of veteran educators and were a close group by the time I left, four years later."

In 2010, he returned to Mountain View; Oliver was leaving and Morris hoped to replace him. Dave Jagels got the job, instead, and Morris became assistant principal. But when Jagels left in December 2014 to lead Centreville High, Morris became Mountain View's acting principal.

He also threw his hat in the ring for principal. "When staff members here told me they wanted me to apply for it, it bred confidence in me," he said. "I knew I wouldn't be leading the school all by myself because I have so much support."

When Morris learned in May that he had the job, he "felt relieved, because it's such an intense process; it was a nationwide search. I was thrilled — not just about the job — but because people kept telling me, 'I hope you get it.' And that was just an awesome feeling."

In June, he was named principal and officially took over the reins July 1. "I'm excited," he said. "Alternate schools are a good fit for me because I figure most kids are genuinely good, and I haven't had trouble relating to them and breaking down their barriers. I know it's what they've had to do to sur-



Principal Gary Morris at his desk at Mountain View High.

vive in their social setting."

Morris said Dale Rumberger — his former South County principal and a good friend — advised him to "just be myself and use relationship-building as the basis for what I did. My strengths are being a people person and developing relationships and community, and that's what we're doing here. I want to continue creating an environment where people feel comfortable working together, as well as being accountable for every student who walks through our doors."

Morris is also a parent of teenagers, himself. He and wife Michelle have three children, sons Marcellus, 18, and Nicholas, 17, and daughter Camryn, 14.

While Mountain View's assistant principal, he set up a forum for students called the Student Congress to get an idea of what's going on in the school from the students' perspective. "That way, we can find out what they need and how we can better serve them," said Morris. "It also gives every student a voice — not just the best and the brightest — but one representative from every classroom. Whenever they feel like they're being heard, they feel that much more invested in school."

And now as principal, he said, there's "so much support in the building" for his ideas and for how he works with students. "I'm happy we have the opportunity to grow as a staff, and I want to use the teacher creativity we have here and share it across the school," said Morris. "I'd like to do more collaboration between departments and really start to bolster our foothold in Superintendent [Karen] Garza's 'Portrait of a Graduate' model."

He said people often look at Mountain View as taking students who weren't successful elsewhere and "getting them through" to graduation. "But I don't just want to get them through, anymore," said Morris. "I want our kids to begin to be recognized for their strengths and find ways they can lead within the county."

Therefore, he said, "My charge to the staff is to pull that from the students because they have that within them. For example, we already have a Reading Buddies program; our students read to students at Colin Powell Elementary. And we'd also like to do something for an elementary school with math. Mountain View is the teachers and the kids; my job is to stand by them, support them and fight for them."

Toughest, said Morris, will be letting someone else do his former job of handling situations with the students. But, he said, "Those experiences — which shaped me — will shape the assistant principals, as well."

He said his greatest satisfaction will be the next graduation — "seeing those graduation numbers go

SEE MORRIS LEADS, PAGE 9

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Area residents tour the Sully Historic Site's home and grounds.



Docent Allen Taylor in the home's dining room.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Where History Is 'Touchable' Celebrating 40th anniversary of Sully Historic Site's restoration.

BY BONNIE HOBBS
THE CONNECTION

The Sully Historic Site in Chantilly provides a window into late 18th-century life in Northern Virginia. And on Sunday, Sept. 6, volunteers, visitors and dignitaries gathered to celebrate the 40th anniversary of its restoration.

"History comes alive at Sully," said Hal Strickland, Sully District's representative on the Fairfax County Park Authority Board. "More than 200 years after its construction, this historic site continues to shape our understanding of the past."

On the approximately 130-acres of rolling hills and trees stands a three-story house, plus a separate kitchen/wash house building, smokehouse, lumber house and stone dairy. Built in 1794 on a land grant from Lord Fairfax, Sully was originally home to Richard Bland Lee who, in 1789, became Northern Virginia's first representative elected to the first federal Congress.

He and his family lived in the house until 1811. Following them were nine other families who helped preserve the home and land. Reflecting the county's history, too, Sully was a multi-crop farm, a dairy farm and a gentleman's country home before being deeded to the county Park Authority to become a museum.

During the anniversary celebration, visitors toured the buildings, learned about their architecture, the structural changes various families made, plus the restoration work of the Park Authority from 1959 through now. Most of this work was done in 1974-75 and, in 1975, the site opened to visitors on a regular basis.

The house is furnished as it was in the late 18th century. Extensive research was done to replicate paint colors, carpets, win-



Visitors head toward the dairy to peek inside.

dow hangings and furnishings. And courtesy of the Lee family, many of the objects on display were in the house when it was new.

At one time, though, Sully was on the chopping block — earmarked for demolition due to the construction of Dulles Airport. But an act of Congress saved it in 1959 and the historic buildings were deeded to the Park Authority. Eddie Wagstaff, hired by the last private owner to take care of the property, became Sully's main advocate. In 1969, he established the Sully Foundation to fund furnishings and special projects there. Since then, it's been doing just that, based on the endowment he left.

"Sully is referred to as the jewel in the crown of Fairfax County properties," said Carol McDonnell, Sully site manager, at the commemorative ceremony honoring Sully's preservation. "We're happy to have today's celebration."

Strickland called the staff, volunteers and Foundation the "heart, soul, blood and muscle of Sully. The Park Authority management and its leaders have provided vision for the long term, plus an outstanding

support staff, and I thank them all for their hard work and commitment."

The site received accreditation from the American Alliance of Museums, and that enables the Park Authority to interpret the

federal period of farm life at Sully, including slavery. Since its restoration, 962,478 people — 24,000 annually — have visited it. "Today, kids with iPads come here and learn about classrooms where slates and sealing wax were considered high tech," said Strickland. "They can also participate in churning butter, making ice cream and cooking over an open hearth."

"The house and grounds of Sully make history touchable," he continued. "But none of this could happen without all 60 of our volunteers. And without the Foundation, Sully wouldn't be the gem it is today. Over the past 45 years, it's given guidance and sweat equity, plus a million dollars in donations."

Strickland also thanked Supervisor Michael R. Frey (R-Sully) for all his support. "He's been a blessing to us in Parks and the Sully District," said Strickland. And he acknowledged his Park Authority Board colleagues for their "wisdom and support," too.

Also playing a vital role was Donald Hawkins, one of four members of the 1960 Historic American Building Survey team. In June 1960, these young student architects measured and drew all of Sully's buildings so they could be accurately preserved.

"It was thought at the time that this old, frame house would collapse under the stress of all the jet airplane traffic from the airport," he said. "And when I first walked inside, I felt like I was in a different place and a different time."

Frey spoke during the ceremony, too. "What a glorious day to be here," he said. Frey thanked the voters for passing the park bond providing the money to restore Sully, as well as the carpenters and tradesmen who brought it back to its authentic 1794 appearance.

Over the years, he said, the families living in the home added "modern conveniences" such as water pipes, electricity and



Celebrating the 40th anniversary of Sully Historic Site's renovation are (from left) Donald Hawkins, Michael Frey and Hal Strickland.

SEE CELEBRATING 40TH, PAGE 5

Treatment Denied Syndrome

Natasha McKenna's blood is on all of our hands.

BY PETE EARLEY

Natasha McKenna did not die from excited delirium. She died from Treatment Denied Syndrome.* Commonwealth Attorney Raymond F. Morrogh's 51-page investigative report about the death of the 37-year-old woman contains a horrifying litany of attempts by McKenna to seek help for her mental illness only to be met with ineptness and indifference.

Rather than being welcomed when she appeared in area emergency rooms, she either was shown the door without receiving help or was discharged before being stabilized. In one instance, she was stuffed into a cab less than four days after being so violent that she needed to be restrained to prevent her from harming herself or others. In another, a police officer and magistrate overruled a doctor who twice tried to get McKenna hospitalized. In a third, she was discharged from one INOVA hospital at 12:30 p.m., only to reappear at another INOVA emergency room at 10 p.m. on the same day. The medical personnel's solution was not to help her but to call the police and have her arrested. Taken to jail, she was stripped naked, held in solitary and stuck in bureaucratic limbo for several days. When it came time to move her, she was stunned with a taser four

times and died.

If the lack of treatment McKenna received while she was alive was not enough, she was further abused in death. Relying on "junk science," Medical Examiner Dr. Jocelyn Posthumus declared the cause of McKenna's death to be excited delirium — a make-believe syndrome not recognized as real by the American Psychiatric Association, American Medical Association or the International Classification of Diseases (ICD-9) of the World Health Organization.

No matter, that diagnosis allowed Fairfax Prosecutor Morrogh to drive in the final nail. Declaring at a press conference that McKenna possessed super-human strength and quoting a deputy who described McKenna as being demonically possessed, the Commonwealth Attorney stripped away what little dignity was left for this woman whose only real crime was that she got sick.

The release of a sheriff's video of McKenna being removed from her cell — naked and afraid — visually disputed Morrogh's characterizations. McKenna walked from her cell in handcuffs and was knocked to the floor by a squad of men who never showed any signs of losing control of her or of having their lives threatened.

This week, two important meetings could help set the agenda for change. On Monday Sept. 14, the Ad Hoc Police Practices Commission was scheduled to discuss the use of force by law enforcement in Fairfax. On Tuesday night, Sept. 15, community leaders planned to meet to discuss how to create a jail diversion system to keep individuals such as

COMMENTARY

McKenna from being incarcerated. Nearly 50 community leaders attended the inaugural Diversion First meeting last month. (Morrogh did not.)

The ideas being suggested by Diversion First are not new. They were first brought to the attention of Fairfax officials more than a decade ago but were never implemented because of a lack of funding, a lack of interest and a lack of leadership.

Natasha McKenna paid with her life because of that. Who's to blame?

Like the biblical Pontius Pilate washing his hands of Christ's blood, nearly everyone who crossed paths with McKenna during the last month of her life can claim blamelessness. Thanks to Dr. Posthumus and Prosecutor Morrogh, McKenna is not only the victim but perpetrator of her own death.

The unanswered question is whether Fairfax County — its leaders and its citizens — have learned anything from this tragedy or if they will continue washing their hands and reassuring themselves that there was nothing any of them could do — after all, Natasha McKenna was mentally ill.

* Treatment Denied Syndrome is a term first used by a long time National Alliance on Mental Illness advocate to describe our nation's lack of mental health services and callous disregard for persons with mental disorders.

Pete Earley is author of 13 books including the New York Times bestseller "The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search Through America's Mental Health Madness;" former Washington Post reporter, a resident of Fairfax, and a member of the Fairfax County Ad Hoc Police Practices Review Commission.

LETTERS TO THE EDITOR

Democracy in Action

To the Editor:

This fall, after almost 20 years of receiving campaign literature on Back to School Nights, I am handing out campaign information to potential voters. My husband, Tom Wilson, is running for the Fairfax County School Board seat in Sully District, which includes areas such as Oakton, Centreville, and Chantilly

For many weeks I convinced myself that I was too soft-spoken and not assertive enough to engage people in the School Board race and to explain to them why they should vote for Tom.

Finally, seeing how many schools Tom had to cover with volunteers for Back to School Nights, I put aside my excuses and went out to campaign. I arrived at my appointed school to find a small group of other politicians and their supporters starting to gather in front of the school.

In the lulls between waves of parents, the political types greeted old friends and discussed a variety of local, state, and national political issues. I was quickly introduced to everyone, no matter what political party they belonged to. Most of the parents were kind enough to stop and take our material and make eye contact. I quickly gained enough confidence to tell people about Tom and his hopes for the Fairfax County

Public Schools.

At the end of the night, one candidate exclaimed, "Ah! Democracy in action! I love it!" Yes, politics is a messy business and many of us are disillusioned for good reasons, however our community is directly affected by the decisions we do or do not make at the ballot box each November, especially in local elections. This fall I encourage everyone to try to follow local races, perhaps get involved by volunteering, and above all: vote! It is not as difficult as it seems, and you might even feel a twinge of pride and have fun in the process.

Kerry Wilson
Oakton

Welcome Back To School

To the Editor:

As your School Board member, I'd like to welcome you all back to school, and wish you good luck and success this school year. It's always an exciting time, and I enjoyed speaking with parents and teachers at several Back to School Nights last week. I was once again impressed with the enthusiasm and dedication of our teachers and principals.

I hope all students will take advantage of the opportunities to learn and grow, and also

enjoy participating in the many extra-curricular activities available.

A reminder to everyone to be mindful of children at crosswalks and bus stops, and to have a little extra patience with buses and young drivers back on the road.

I'm looking forward to seeing you at school events, PTA meetings and around the neighborhood.

Have a great school year!

Kathy Smith
School Board Member, Sully District
Fairfax County Public Schools

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.
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In the master bedroom is the original sewing table of Lee's wife, Elizabeth.

BONNIE HOBBS
THE CONNECTION

Celebrating 40th Anniversary

FROM PAGE 3

bathrooms, but they all had to go to make it historically accurate. However, cleverly hidden within it are heating, air conditioning and fire protection. And now, it attracts not only area residents, but people from around the world.

"As you walk the grounds and visit the historic buildings, you can feel the times gone by and gain a better understanding of how our founding fathers and their families once lived," said Frey. "It's an important story to tell, and it couldn't have been

done without everyone who's taken an interest in it."

"It's been my honor and privilege to be a part of it, and I look forward to working with all of you as we continue to develop the potential of Sully Plantation and tell the story of Fairfax County," he added. "We can all be proud that we have this magnificent structure here with us today."

Sully Historic Site is off Route 28 in Chantilly, at the same exit for the air and space museum annex. It's open every day but Tuesday, from 11 a.m.-4 p.m.

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Business Owner Seeks To Share Life-Changing Fitness

Anytime Fitness to open in Chantilly.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Finding the time to exercise is a struggle for many, but it is about to get easier for area residents thanks to Dino Garcia, a Herndon resident, who is in the process of launching an Anytime Fitness gym in Chantilly. Garcia's goal for the grand opening is late fall.

"Our club will be open 24 hours a day, seven days a week, 365 days a year," Garcia said. "It is a boutique gym, smaller than big box gyms. It has everything you need for a good workout. There will be state-of-the-art cardio machines, circuit training, free weights and a group exercise studio for both virtual and live workouts."

The first Anytime Fitness opened in 2002 in Cambridge, Minn. Now the franchises can be found all over the world.

"Our gyms are intentionally small so members don't get lost in the shuffle," Anytime Fitness National Media Director Mark Daly said. "The average membership is 825 members. The very first thing when someone joins is, we sit down and ask, 'why did you join a fitness center?' We determine individual, specific goals and then set personalized plans. We help achieve significant, measureable goals."

Garcia, whose business partners in this venture are his wife and father, said the virtual workouts he mentioned will be great for those who are looking for a workout class but come to Anytime Fitness outside of the hours when personal trainers and fitness instructors will be on duty.

"If you want to get a workout in at 3 a.m. before work, you just use your key fob to get in," he said.



Dino Garcia and his wife Alejandra

He added that students will be able to reserve the group studio online at times where there will be no scheduled classes.

Garcia purchased rights to the franchise after years of experience with gyms and other wellness centers.

"I worked with a management consulting company for seven years," he said. "We designed and managed health clubs and spas for upscale residential communities and hotels in the U.S. and abroad. Over my tenure with the company, I was involved with the design and management of over 80 sites worldwide."

Daly said that Anytime Fitness franchise owners are special, passionate people, including Dino Garcia.

"We get hundreds of inquiries each month from individuals who would like to be franchisees," Daly said. "So, out of about 3,000 inquiries per year, we only open around 300 per year. It is a very rigid screening process. What we are looking for in candidates as a number one criteria is being passionate about helping others in their communities. Dino has demonstrated that, especially with what he does in early childhood education."



Dino Garcia's training enabled him to complete Ironman Maryland.

Garcia and his wife, Alejandra, already are connected with the Northern Virginia community, as they own and run the Learning Tree Academy, a preschool in Manassas.

Garcia was drawn to Anytime Fitness because it will give him the opportunity to share life-changing fitness with the community. Garcia said his own life was touched and changed for the better by friends who encouraged him to challenge himself, continue to reset goals and push past physical boundaries.

"We want to inspire everyone in our community to live healthier lives," he said. "In 2011, I was inspired by a friend to train and run for my first half marathon. It was hard. The first few times I went running, it was painful. My knees and my shins really hurt the next day and I was sore all over and I was only running two miles. At that point, I could not even imagine running 13.1 miles to finish the half marathon. It seemed impossible. Since then I have been blessed to be surrounded by individuals that have inspired me to take on the next challenge. Three years later, I was able to complete Ironman Maryland. This is the type of inspiration and goal-setting we want to focus on. We will provide our community with a facility and a support group that will allow

them to set and achieve goals at every fitness level."

Speaking of challenges, Garcia said getting this gym up and running continues to be a big one. "We bought the Anytime Fitness franchise two years ago and have been looking for a location since then," he said. "Finding available real estate in the area has been the biggest challenge. We signed our Chantilly lease in June."

The gym will be on Route 50, a quarter mile away from Route 28 in the Chantilly Park Shopping Center.

Launching Anytime Fitness has been both difficult and rewarding for Garcia, who hopes to eventually open a second location in Herndon.

"Finding real estate and negotiating leases, which often fall through, has been the most challenging part of the process," he said. "I think the day we open our doors will be so rewarding. It's been a long wait. The rewards are coming, though. I want to help people achieve their goals. This is going to be a great gym."

For membership inquiries, contact Anytime Fitness of Chantilly at 703-574-7326 or via email at ChantillyVA@anytimefitness.com. A presale office will be located at the center starting Oct. 1.

Exploring Self-Acceptance

BY SENITRA T. MCCOMBS
THE CONNECTION

Emilie Bair's new children's book "Polly Peacock and the Pink Flamingos," teaching children about self-acceptance, was released nationwide in August.

The book focuses on a young peacock named Polly learning to accept her differences as gains the acceptance of the Pink Flamingos, a flock of birds who previously bullied Polly because of her differences.



Emilie Bair

"I think all of us have witnessed it at some point in time. My heart breaks for people who have actually been through it, and I regret playing the role of bystander in some instances growing up," Bair said.

She also believes that many individuals can be their own bullies, which is another

reason she stresses self-acceptance in the book.

"When thinking about what the most important advice I could offer to kids, it was to love and accept themselves and others. I mean, I think that's great advice for everyone," she said.

While many authors have an extensive writing and editing process, composing "Polly Peacock and the Pink Flamingos" was an easy process for the new author. During a creative writing course in high school, she was assigned to write a children's book. She decided to write about a wacky bird's journey toward self-acceptance.

Years later, she decided to follow her teacher's advice and publish the story. She immediately begin shopping it around to various publishers. While writing the manuscript took only a week, getting it published

Chantilly account executive writes children's book.

was a much longer journey.

Bair credits her high school friend and illustrator Trent Barfield in helping her bring her vision of Polly Peacock and her fictional world to life on the page through his creative and vivid illustrations.

"Polly Peacock and the Pink Flamingos" is available through the publisher at www.tatepublishing.com/bookstore, or by visiting barnesandnoble.com or amazon.com. It is also available at bookstores nationwide.

Café Amouri in Vienna is holding a book reading for "Polly Peacock and the Pink Flamingos" in September. In addition, Bair will be speaking at various local elementary schools this school year.

Readers can find other upcoming book readings and events through the Polly Peacock & The Pink Flamingos Facebook page.

Her favorite children's stories were "Puff



The Magic Dragon" and anything by Dr. Seuss.

"He's my favorite. I hope I can create a world of make-believe as amazing as his," she said.

In her spare time, she enjoys taking in all the sights and sounds around Northern Virginia especially all the great eateries.

"Any place that's a hole-in-the-wall or family-owned always seems to be a place I love. I had lunch at Willard's BBQ recently, best I've ever had," she said.

Bair is a graduate of Woodbridge High School. She also attended Old Dominion University briefly before transferring to a Swedish university as a dual citizen and finishing her degree online. Currently, she works as an account executive for ESB Advertising in Chantilly and resides in Alexandria.

Ending Bullying

Advice for parents on how to deal with bullying as school resumes.

By MARILYN CAMPBELL
THE CONNECTION

When Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren't fighting over anything in particular and Baker didn't sustain any physical injuries.

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

Bullying Resources

Know Bullying phone app:
store.samhsa.gov/apps/knowbullying/index.html
www.stopbullying.gov/
www.stopcyberbullying.org/
www.tolerance.org/
character.org/key-topics/bullying-prevention/

Fairfax County Public Schools:
www.fcps.edu/dss/ips/ssaw/violenceprevention/
bullyinginfo/definition.shtml

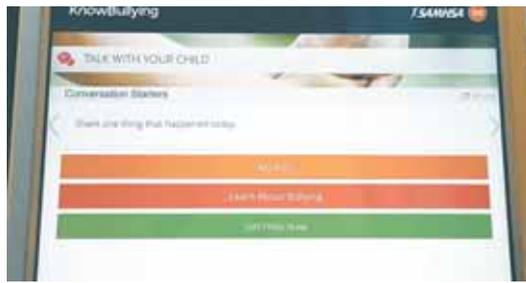


PHOTO BY MARILYN CAMPBELL/THE CONNECTION

A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.

"Most researchers agree that bullying is an intent to cause harm," said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it's important to know the difference between teasing, exchanges between two people who simply don't like each other, and outright bullying. "Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there," said Garofalo, who also has a private therapy

SEE ADVICE, PAGE 11

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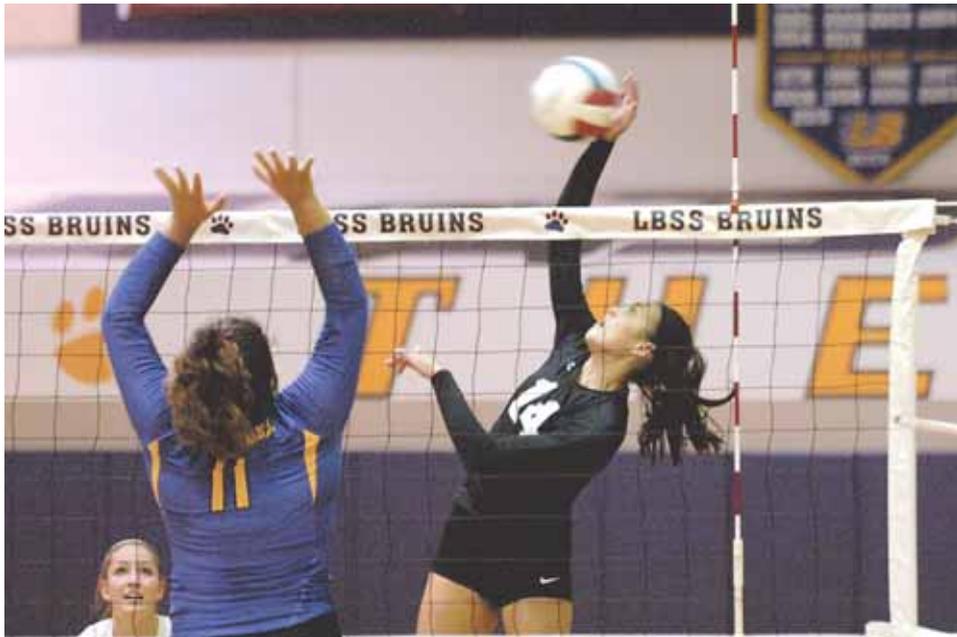
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SPORTS



Chantilly junior Julia Recto tallied 21 kills during the Chargers' 3-1 victory over Lake Braddock on Sept. 10.



Chantilly junior Milleysa Molina finished with seven kills against Lake Braddock on Sept. 10.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Recto Tallies 21 Kills in Victory over Lake Braddock

Chargers improve to 4-0 with win over Bruins.

BY JON ROETMAN

After falling behind multiple times in the first set, the Chantilly volleyball team scored five of the final six points to win the opener against Lake Braddock on Sept. 10.

With Chantilly having grabbed momentum, junior Julia Recto did her part to ensure the Chargers remained undefeated.

Chantilly won the first two sets, Recto totaled 21 kills and the Chargers cruised to a 3-1 (25-23, 25-14, 18-

very coachable. I'm really happy to have her."

Lake Braddock fell to 3-1.

Standing 5 feet 9, Recto is not exceptionally tall, but Ezigbo said her timing and fast arm swing help her to be a dangerous hitter.

"It's more technique than anything," he said.

With Chantilly leading 14-13 in the fourth set, Recto put down three consecutive kills to help the Chargers pull away.

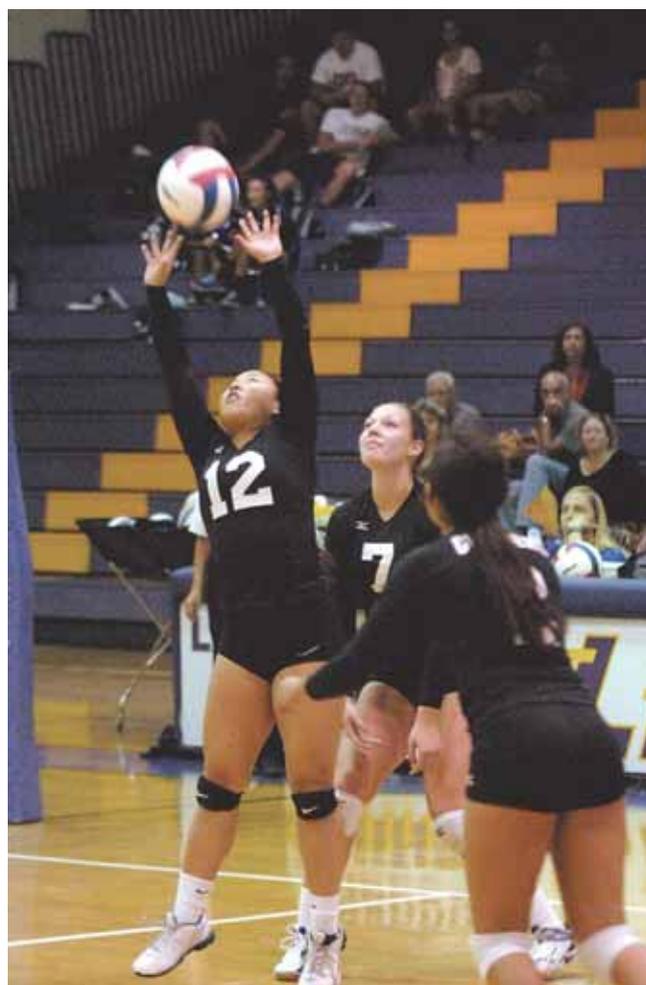
"I really make sure that I get my timing right," said Recto, a third-year varsity player, "and I do a lot of conditioning to make sure that I can out-jump the other blockers and make sure I can get there fast enough and beat them to the net."

Chantilly junior Milleysa Molina finished with seven kills and junior Brynn Feighery had four. Sophomores Alexa Carlisle and Katerina Bagatska each had two blocks, and Feighery and Recto each had one. Senior Emily Sciorra had three aces, and Molina, Recto and junior Julia Kim each had one.

"I think we're doing really well," Recto said about Chantilly's 4-0 start. "We still have a lot of work to do but we have a lot of potential to be even better than we were tonight."

Thursday's match might have had a different outcome if Lake Braddock was able to close out the opening set. The Bruins led 22-20, but scored just one of the final six points.

After a Lake Braddock attack error brought Chantilly within one, Bagatska produced a kill and a block to give the Chargers a 23-22 lead. A Chantilly service error



Chantilly junior Julia Kim sets the ball against Lake Braddock.

"As a player, [Julia Recto is] really good, the girls respond to her and [she is] very coachable. I'm really happy to have her."

— Chantilly volleyball coach Charles Ezigbo

25, 25-16) victory at Lake Braddock Secondary School.

Both teams entered Thursday's action unbeaten in best-of-five matches. It was Chantilly that emerged with a 4-0 record, thanks in part to the performance of Recto, who put away eight kills in the fourth and final set.

"Julia is one of our go-to players," Chantilly head coach Charles Ezigbo said. "She's one of those quiet people who just does what you tell her all the time. As a player, she's really good, the girls respond to her and [she is]

Lake Braddock head coach Aubrey Eaton said the Bruins' miscues played a significant role in the outcome.

"I don't think Chantilly did anything, I think we did it to ourselves," Eaton said. "Give them all the credit, of course, because they won that set, but I really believe that was on us, that we just basically allowed Chantilly to get back in the match. Maybe it did swing momentum that way, but I felt like we had control and then we let them get control again."

Katie Hibner, a 5-foot-8 sophomore outside hitter, led Lake Braddock with 13 kills, including 10 in the third and fourth sets.

"Katie Hibner was excellent tonight," Eaton said. "She always takes a little while to warm up to the game and you just have to go through that ... but once she gets going, she really does get going."

Senior middle blocker Faith Briden had five kills, two blocks, one block assist and two aces. Senior right side Miranda Cortez Verano had five kills, one solo block and one block assist. Junior defensive specialist Danielle Beirman had two aces.

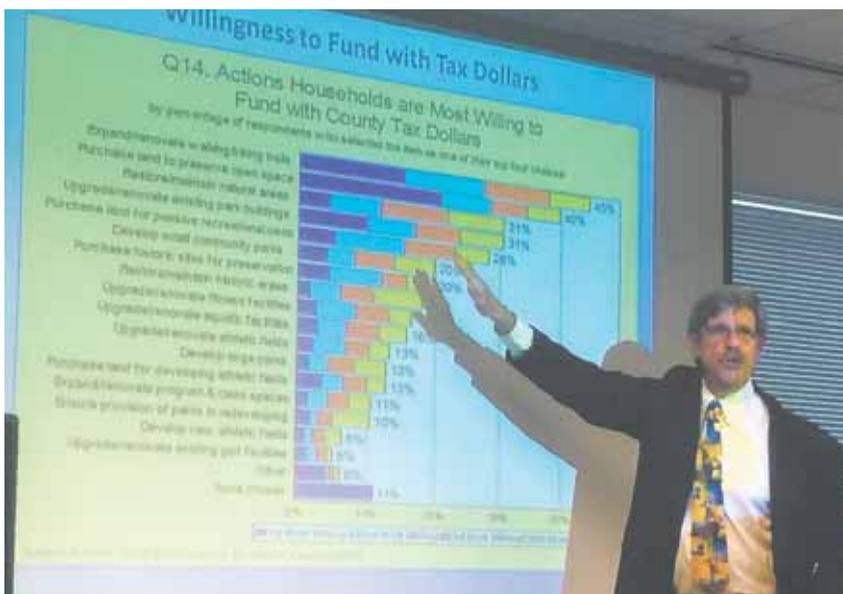
Eaton said senior libero Tara Wulf, and junior setters Grace Bergan and Maddy Sita played well for the Bruins.

Chantilly will travel to face defending 6A North region champion Madison at 7:15 p.m. on Thursday, Sept. 17.

Lake Braddock will travel to face Fairfax at 7:30 p.m. on Sept. 21. "I think that what we showed today was that we could play with the big girls and I'm looking forward to more of that," Eaton said. "I think we'll be real contenders in our conference and then also in the region, as well."

tied the score at 23, but the Chargers secured the set with a kill by Feighery and an ace from Molina.

"This game is all about momentum and when that happened I think we started feeling a little bit more within our game," Ezigbo said. "We just weren't playing really well earlier. ... They basically took us out of our game so we had to get back into the game and I think that run kind of gave us our confidence back a little bit."



Ron Vine presents results from a large survey concerning Fairfax County parks. County residents say top priorities for funding are expansion and renovation of walking and biking trails, and the purchase of land to preserve open space and restoration of natural areas.

PHOTO BY
KEN MOORE
THE CONNECTION

More Open Space

Survey about parks shows more households using the parks, lower satisfaction.

BY KEN MOORE
THE CONNECTION

Fairfax County residents say preservation of open space is the most important service that the Park Authority can provide.

"Parks are more important than anytime in the history of the system. Parks are used more today than anytime in the last 15 years," said Ron Vine, a member of the consultant team who administered the survey.

The percent of Fairfax County households that have used the parks in the past year increased to 87 percent, up from 76 percent in 2004 and 82 percent in 2000. The national benchmark is 79 percent, said Vine.

Vine, project manager with consultant Leisure Vision/ETC Institute, helped Fairfax County conduct a parks needs survey to "provide statistically valid, objective and quantitative data reflecting public input relating to park and recreation needs."

Preservation of open space and providing opportunities to improve physical health and fitness are the two most important services the Park Authority can provide, according to survey results.

This past March, 4,665 Fairfax County residents returned a survey sent to 15,000 randomly selected households. The completed surveys yield a 95 percent confidence level with a margin of error of 1.4 percent.

County residents say they are most willing to fund expansion and renovation of walking and biking trails, the purchase of land to preserve open space, restoration of natural areas, and upgrading and renovation of existing park buildings.

Vine, who conducts surveys across the states, called the Fairfax County survey the second largest in the nation.

"Larger than Los Angeles and Atlanta," he said.

Fairfax County parks are rated as excellent or good by 91 percent of households.

Overall satisfaction with county parks has declined, the survey showed. This year's satisfaction rating was 57 percent, down from 74 percent in 2007.

"You are considered one of the top rated systems in the country," said Vine. But, "Your public is saying, 'Good is not good enough.' You want to stay on top of this."

Needs change rapidly because people recreate differently said Bill Bouie, chair of the Park Authority Board. He called the authority a \$83 million business.

The three most important activities and programs are biking, hiking, walking, exercise/fitness, and special events and concerts, according to the survey. The three most important facilities are swimming pools, exercise and fitness facilities and gyms.

"We will continue to do more analysis," said Judy Pederson, spokesperson for the Fairfax County Park Authority.

Morris Leads Mountain View

FROM PAGE 2

up and hearing the staff say, 'You've done a good job.' The goal is to become First Year Principal of the Year because, if I achieve it, it means the building is happy with what we've done as a group and the staff feels like I've supported them and given them what they've needed to be successful. That award would be a team effort recognizing all of us."

Morris called Mountain View's staff "absolutely awesome — one of the hardest-working, most caring and compassionate staffs in Fairfax County. They're a special group of people I can trust and who'll do everything to make sure the students succeed."

"And the kids are the best part," he continued. "We take students who've either had gaps in their education or who've been reluctant about it and help them realize their true potential.

They come with all kinds of baggage and, in a matter of weeks or months, they trust us enough to share it. And that, in turn, allows them to become students."

Typically, students aren't there for four years; so, said Morris, "We really have to work that magic to help them achieve their goals and dreams. We make sure every student has a way to get to where they want to go and to see and almost touch their dreams and hopes."



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- Color logo on event banner displayed at banquet
- Eight (8) raffle tickets

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- One (1) hole sponsorship
- Opportunity to provide participant giveaways
- Four (4) golfers
- Color logo on event banner displayed at banquet
- Six (6) raffle tickets

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Week to Week to Week



By KENNETH B. LOURIE

As much as I'd like to write a new and different, non-cancer column this week, I'm afraid I can't. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical post-chemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed – emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stuck more in the present imperfect. It's not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/after-taste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anything for me except make me miserable, discouraged and disappointed. Moreover, since I'm not eating/eating very little, there's minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find it difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I've previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effect I didn't cause and one I can't control, I don't know whether to write off the week (no pun intended) or work through it in some way or another and try not be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please?), but not the third week. If this is how I must live my life, so be it. It doesn't make me happy, but neither does it seem to be killing me; only making me hungry, tired, unhappy and unproductive. It's not ideal but it is a living. And "living" sure beats the alternative. No worries, though. I'll manage to make the best of it, somehow; even during the worst of it.

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

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Advice on Bullying Awareness

FROM PAGE 7

practice.

When offering in-the-moment strategies for addressing bullies, Garofalo says children's well-being comes first. "Most importantly, students should consider their safety," she said. "If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor, teacher, administrator, parent. Students should not stay and fight back."

Bullying is most likely to peak in sixth through ninth grades. "The early teen years is when it emerges, when there is a lot of identity development," said Amy Best, Ph.D., chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities. "Peer groups assume much greater importance for kids and kids are more self aware than they had been previously. There's not a lot of cross-gender or cross-race bullying."

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

"The hard part is when kids don't want to talk about it, but parents should have on-going conversations with their kids," said Best. "It's useful to be able to create spaces where kids feel comfortable sharing."

ONE ROADBLOCK to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. "Yes and no questions won't glean the best information," said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. "Instead, parents should ask questions about relationships and times of day, such as: 'Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?'"

A new phone app comes to the aid of parents who might find initiating a conversation with their children daunting. It's called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have anti-bullying policies and plans in place. St. Stephen's & St. Agnes School in

Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where "students can talk candidly ... about their daily hopes and challenges," said Linda Stratton, director of communications at the school. "These groups also take leadership in fostering a community of respect."

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. "If parents believe their child is a victim, they should consult the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope," said

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— Amy Best, chair, Department of Sociology and Anthropology, George Mason University

Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

If parents find it necessary to contact their child's school, the approach is important, and experts suggest sticking with specifics. "Labels are often unhealthy in some cases. Parents and other adults would do well to address the behavior in front of them," said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md. "As a teacher or administrator, if you say, 'Josh is a bully,' I can't do anything about it, but if you say, 'Every time my son walks into Spanish class, Josh dumps his notebook on the floor,'" then I can address it."

AVOIDING LABELS also helps when confronting the child who is suspected of bullying. "One of the first things we hear from students is that they shut off when they hear the word 'bully,'" said Erin O'Malley, dean of student services at Bishop O'Connell High School in Arlington. "And we want the students to listen to us."

"Most kids don't want to be bullies," added Braverman. "Addressing specific actions and behaviors allows the kid to think, 'I'm a good person and I can modify these behaviors.' As an administrator, I have no problem calling your parents at work and telling them to come and pick you up. I'll help you change your behavior in any way I can, but if you do it again, you're going home."

Additionally, it is good for adults to focus on all parties involved in bullying. "There are three actors: the bully, the victim and the bystanders," Braverman continued. "The great irony is the bystanders are the ones who hold all the power."

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NOTICE OF TRUSTEE'S SALE*
14740 Flint Lee Road, Unit Q, Chantilly, Virginia 20151
Fairfax County

In execution of a Deed of Trust dated October 7, 2013, in the original principal amount of \$180,000.00, recorded as Deed Book 23421 at Page 0043 in the Clerk's Office of the Circuit Court of Fairfax County, Virginia, the undersigned Trustee will on *Monday, September 28, * *2015 at 9:30 a.m.*, by the front main entrance to the Fairfax County Courthouse, 4110 Chain Bridge Road, Fairfax, VA 22030, offer for sale at public auction to the highest bidder the following property with improvements thereon commonly known as *14740 Flint Lee Road, * *Unit Q, Chantilly, Virginia 20151 *and more particularly described as follows: *Building 14740, Unit Q of Parcel A of FLINT LEE BUSINESS PARK* *CONDOMINIUM, as created by the Declaration and By-laws, Plats and* *Plans as recorded in Deed Book 7173 at Page 1896, among the land records * *of the County of Fairfax, Virginia, together with an undivided interest in the* *common elements as set forth in the Declaration and Exhibits.* *Tax Map Ref: 034 3 12 4740Q*

This sale is subject to any reservations, restrictions on use, covenants, obligations, rights of way, conditions, easements, and mechanic's liens, if any, whether of record or not of record, to the extent any of the foregoing apply and take priority over the lien of the Deed of Trust. Deposit of \$15,000.00, or 10% of the sales price, whichever is lower, by cashier's or certified check, shall be required to qualify as a bidder prior to the sale, except for the Noteholder.

The deposit, without interest, is applied to the purchase price at settlement. Settlement will be held on or before fifteen (15) days after sale. Upon purchaser's default, the deposit shall be forfeited and the property shall be resold at the risk and costs of the defaulting purchaser.

The balance of the purchase price shall be paid by certified or cashier's check, or wire transfer. Settlement shall be at the offices of the undersigned Trustee, or other mutually agreed upon location. The property and any improvements thereon shall be sold in "as is" condition without any warranties. The successful bidder shall assume all loss or damage to the property from and after the time of the sale. Purchaser shall be responsible for all costs of the conveyance, which shall be by special warranty, including but not limited to, the preparation of the deed, the grantor's tax, and the congestion relief fee. Real estate taxes shall be adjusted as of the sale date. The sale is subject to such additional terms as the Trustee may announce at the time of sale. The purchaser will be required to sign a Memorandum of Sale incorporating all the terms of the sale.

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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

- Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.
- Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.
- English Conversation Group.** Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.
- English Conversation Group.** Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.
- English Conversation Group.** Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.
- Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a

- space.
- ESL Book Club.** Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.
- ESL Book Club.** Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning english are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.
- Lego Block Party.** Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.
- Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.
- Live After Five.** Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.
- Sully Historic Site.** 3650 Historic Sully Way. 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.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

FRIDAY/SEPT. 18

Friday Night Flights. 7 p.m. at the Winery at Bull Run, 15950 Lee Highway., Centreville. The Winery Tasting Room Manager teaches the principles of making wine cocktails. Tickets are \$20-30. Visit www.wineryatbullrun.com.

SATURDAY/SEPT. 19

Ride to Thrive Polo Classic. 1 p.m. at Chetwood Park, 6429 Clifton Road, Clifton. Northern Virginia Therapeutic Riding Program is hosting an afternoon of polo-watching, food, auctions, live music and more. Individual tickets are \$75. Visit www.nvtrp.org/polo.

SUNDAY/SEPT. 20

NTRAKScale Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will have a display and N gauge trains running. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is www.fairfax-station.org.

MONDAY/SEPT. 21

"Feasting on Your Garden's Bounty." 7 p.m. at Sully

Government Center, 4900 Stonecroft Blvd., Chantilly. Attend a potluck with new and returning members at a meeting highlighting the upcoming year. Free. Visit centrevillegardenclub.blogspot.com or email centrevillegardenclub@gmail.com.

FRIDAY/SEPT. 25

Erin Peterson Fund Golf Tournament. Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Early registration begins Aug. 10. Register at www.erinpetersonfund.org.

FRIDAY-SUNDAY/SEPT 25-27

Capital Home Show. 10 a.m.-9 p.m. on Friday and Saturday; 10 a.m.-6 p.m. on Sunday at the Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. More than 300 companies will showcase products and services in home remodeling, renovation, home decor, and redesign. Experts will be on hand providing seminars and workshops. The "Shedquarters" will feature the latest trends in backyard spaces as created by members of the Interior Design + Staging Association. Tickets are \$10 for adults at the door; \$7 in advance. Groups of 20 or more may purchase tickets for \$6 each. Tickets are \$3 for children ages 6-12. Child 5 and under are admitted for free. Tickets are good for one day only. Visit www.capitalhomeshow.com.

SATURDAY/SEPT. 26

Stretch & Sip. 11 a.m. at the Winery at Bull Run, 15950 Lee Highway., Centreville. Take an outdoor yoga

class, and a glass of wine is included in the price of the class. Tickets are \$13.50-15. Visit www.wineryatbullrun.com.

Museum Day at Sully. 11 a.m.-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. A part of Smithsonian Magazine's 11th annual Museum Day Sully Historic Site will open its doors free of charge to those who download a Museum Day Live ticket. Visit www.smithsonian.com/museumday.

SATURDAY-SUNDAY/SEPT. 26-27

ArabFest. 12-8 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. ArabFest is an Arab cultural festival, celebrating the culture through food, life, music, folk dances, and activities for children. Admission is \$10 in advance and \$15 at the door. Visit www.nvrpa.org for more.

SUNDAY/SEPT. 27

Vino Vinyasa. 12:30 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Yoga instructor Georgia Gerstein will lead an hour-long yoga class followed by a catered lunch by chef Steve Andronico, wine, vineyard tours, and more. Tickets are \$60. Visit www.paradisepriestwinery.com for more.

FRIDAY/OCT. 2

Annual Fellowship Dinner. 7 p.m. at Westfields Marriott, 14750 Conference Center Drive, Chantilly. The theme of Western Fairfax Christian Ministries' 8th Annual Fellowship Dinner is "Neighbors Helping Neighbors." The dinner is complimentary, but donations will be accepted to aid in WFCM's mission to prevent hunger and homelessness. Reservations are required by Sept. 23. Visit www.wfcma.org for more.

SATURDAY/OCT. 3

International Festival. 10:30 a.m.-4 p.m. at St. Timothy Catholic Church, 13807 Poplar Tree Road, Chantilly. Celebrate Northern Virginia's ethnic and cultural diversity. Free. Visit www.sttimothyfestival.org/.

Northern Virginia Pride Festival. 12-9 p.m. at Bull Run Special Events Center, 7700 Bull Run Drive, Centreville. The second annual Northern Virginia Pride Festival with the theme "The Road Ahead." Visit www.novapridefest.org/ or contact 703-506-2893.

SUNDAY/OCT. 11

T-TRAK Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top N gauge model trains will be on display and running. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

FRIDAY-SUNDAY/OCT. 16-18

Craftmen's Classic Art & Craft Festival. 10 a.m.-6 p.m. Friday-Saturday; 10 a.m.-5 p.m. Sunday at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Watch craftspeople and artists from across America at work on original designs including pieces that cater to every style, taste and budget during demonstrations. Tickets are \$8 for adults, \$1 for children 6-12 years old, and free for children under 6 years old. Call 336-282-5550 or visit www.craftshow.com.

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