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Chantilly CONNECTION

Fair Oaks ❖ Fair Lakes

In a darkened room, instructors (in orange vests) supervise while first responders tend to several "victims" during a joint training exercise.



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'Respond Rapidly, Engage And Neutralize the Threat'

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PHOTO BY BONNIE HOBBS
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Home LifeStyle

Design Upgrades for Fall

Minor elements can make an major impact as seasons change.

BY MARILYN CAMPBELL

As the time of year where more time is spent indoors slowly approaches, sprucing up an interior space can help ease the transition. From pillows and candles to wreaths and area rugs, local designers show how small touches can make a big impact as seasons change.

A new rug can set the tone for an entire room. "I just finished a living room where we added a luxurious leather sofa that's both elegant and timeless," said designer Sally Kane of Chantilly. "There is a loveseat in a chintz fabric and circular rug with warm shades of brown beige and turquoise. It's almost too pretty to walk on and can be changed out as the seasons change. It shows how adding the right rug can elevate a room."

Throw pillows in bold hues can add a burst of autumn color into a space, easing it from summer to fall. "I'm currently working on a family room where a deep, hunter green is the base color," said Todd Granger, interior designer and design graduate students at Marymount University. "I'm adding throw pillows with a yellow palette, including mustard, citrus and chartreuse."

"The Pantone color of the year for 2018 was Ultra Violet and I'm definitely seeing bold, deep purples being used this fall in interior design," continued Granger. "I'm incorporating them in spaces for my clients who appreciate bold colors. Buying throw pillows is an easy and inexpensive way to make your space match the season."

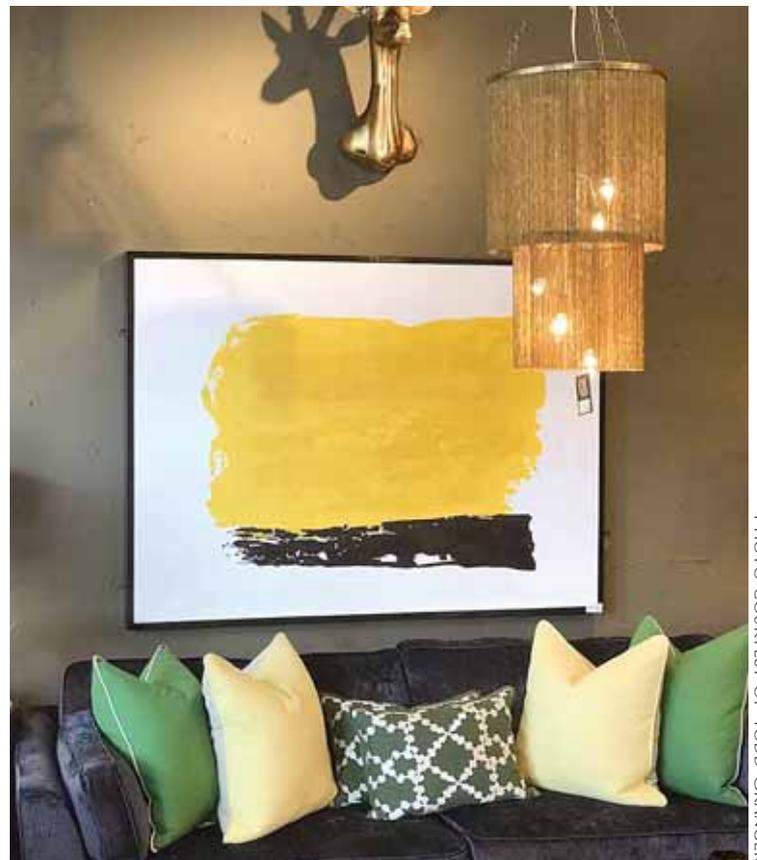


PHOTO COURTESY OF TODD GRANGER

Throw pillows in bold autumn colors can add warmth to a space as the season changes from summer to fall.

Table linens and serveware are a simple way to transition to fall when entertaining, advises Alexandria-based interior designer Beth Mahoney. "For my own home I purchased some dark blue, monogrammed linen napkins that pick up a shade of blue in my china pattern," she said. "Placemats, tablecloths and candles are all inexpensive things that can make an big impact when it comes to changing seasons."

A wreath in the rich autumnal colors hanging on the front door is a definite harbinger of fall, adds Mahoney. "Wreaths made with pretty combinations of fall foliage like pine cones, berries and even pumpkins can be hung in a foyer or the front door," she said. "Gooseberry, lavender and herbs like sage and bay also make great additions to a wreath."



Accessories in warm, rich shades can help transition a home's interior from summer to autumn.

PHOTO COURTESY OF THE NEST EGG

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‘Respond Rapidly, Engage and Neutralize the Threat’

BY BONNIE HOBBS

With an ever-increasing number of active-shooter incidents nationwide, every police officer and firefighter in Fairfax County is receiving six weeks of intensive training in preparation. And a few months ago, they held an active-shooter simulation at a Fair Lakes office building loaned to them by the Peterson Cos.

“We’ll work in tandem with the police to treat patients, so we’ll get used to working together in emergency situations,” said Fire Department Battalion Chief Lee Warner, at the outset. “If it’s a hostile incident, we wait for the police to call us in, so we don’t add to the problem.”

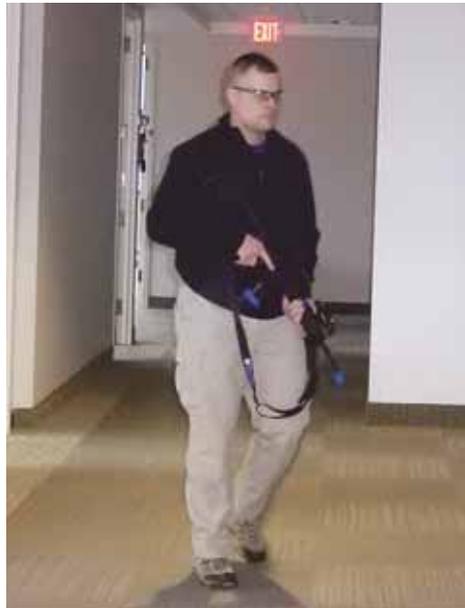
Police Lt. Brian Ruck, an expert in active-shooter training, said, “We’re constantly evaluating and updating our tactics. Our officers are trained to respond rapidly to the threat, engage and neutralize it.”

The simulation began with a call from dispatch telling police to respond to the Fair Lakes address for a report of an active shooter. “The suspect is described as a white male, wearing tan pants and a black shirt and carrying a rifle,” it said. “The suspect has shot multiple people on the second floor, and the caller can still hear gunfire in the background.”

Through the radio in a police cruiser, on-lookers could hear various police units telling each other where they were and what they were doing. Officers also directed each other where to go next.

Then, inside the building, fire and police personnel searched for, found and treated the “victims” in low light, while sirens blared and people screamed. Afterward, instructors critiqued their treatment and gave them pointers on doing it better.

The “victims” were special, 180-pound, battery-operated mannequins that can move and bleed. As the first-responders attended to them, applying chest seals and tourniquets as needed, police MPO Paul DeHaven, a tactical paramedic, told them



Carrying a weapon loaded with blanks, this firefighter portrayed the shooter in the scenario.



Sully District Police MPO Troy Hill explains the importance of active-shooter training.

to “Check all sides of the patient, including the back and armpits, in case there are other wounds not immediately visible.”

“When the door first opens and you see the flashing lights and loud noises, you’re a little disoriented,” said MPO Troy Hill, a patrol officer who served in the Marines during Operation Desert Storm. “But once you see the bodies, training kicks in and you focus on the mission. Not every police



Guns drawn, police search for the “shooter” in an office building.

officer or firefighter is a combat veteran. So this type of scenario — with the loud noises and bodies missing limbs — is important to do and helps us out tremendously.”

Normally, said Warner, about 75 firefighters would respond as a team to a mass-casualty incident. They’d don their ballistics gear and be ready to deploy to the incident command site when called to do so by the police.

“We do this training in the police and fire academies as part of our Rescue Task Force and Joint Operations training,” he said. “Joint training is important because, for example, we use thermal imaging to find people in fires, and we realized we could lend this equipment to police to use, too.”

Warner said everyone participating in the simulation has another full-time job within their organization and does this training as an ancillary duty. But, said Ruck, “We pull our guys from specialty units to do this, and it’s been very effective.”

During the simulation, a firefighter portrayed the suspect, running through the building, firing blanks. Meanwhile, 25 police officers and 25 firefighters responded to three floors.

“We do 56 revolutions of this over six weeks,” said Warner. “We also do it for other

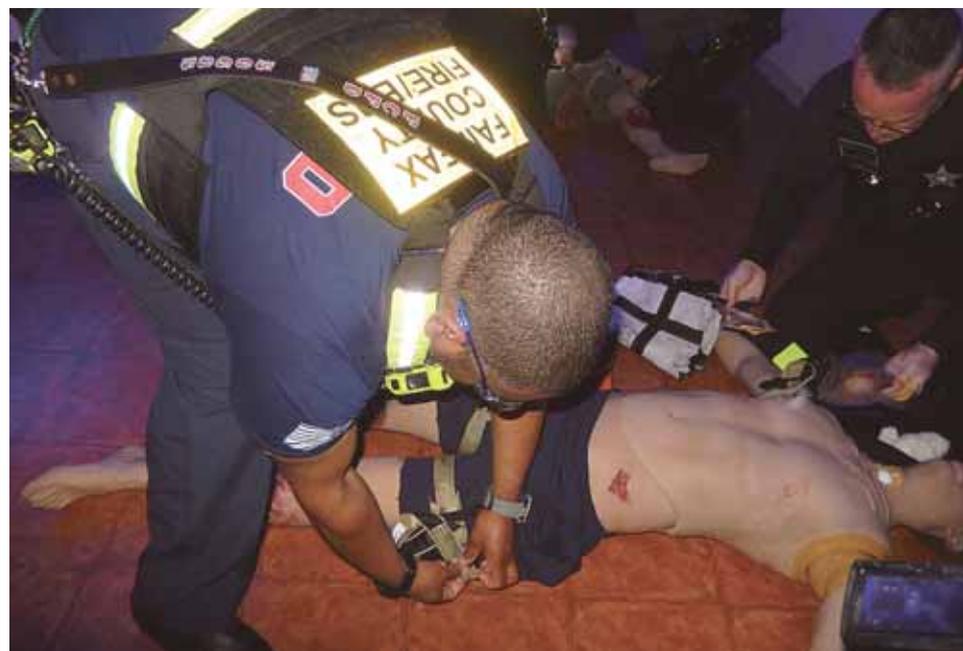
jurisdictions.”

“We’re continually training,” added Ruck. “In this simulation, police will come down a hallway, the shooter will shoot, police will engage him, and fire and police will eventually treat patients. The trainees don’t know the scenario details ahead of time.”

Some “victims” were designated fatally shot. But for those still “alive,” said Ruck, “Police will treat them first to stop the bleeding before the Fire Department comes in. Firefighters carry Rapid Trauma Kits with chest seals, tourniquets and collapsible stretchers; police carry smaller versions without the stretcher.”

Knowing how valuable is the experience gained during these scenarios, Warner said, “The firefighters know each other beforehand, but police officers work alone. However, in incidents like these, they have to assemble a team quickly. The bottom line is we can’t do this alone, so we have to work together.”

Furthermore, he said, “This can apply to other calls, if we know each other in advance. If we know each other’s names, we already have a relationship established. So this is where Fairfax County is different from pretty much every other county in the U.S. — our fire and police departments work together as a team.”



With sirens and screams in the background, police and firefighters treat pretend shooting “victims” (mannequins).



At far right, Police MPO Paul DeHaven, a tactical paramedic, critiques the firefighters and police on how well they treated the “victims” on the floor.

OPINION

County's 275th Anniversary Continues

With motorcycle charity ride.

BY SHARON BULOVA
CHAIRMAN, BOARD OF SUPERVISORS

If you enjoyed Fairfax County's 275th Anniversary Celebration last year, the adventure continues! Lord Nicholas Fairfax (a direct descendent of our county's namesake) will be back in town on Sept. 22-25, 2018 to lead a motorcycle charity excursion to benefit four local charities here in Fairfax County:

Bethlehem Baptist Church Community Support Program, Fairfax County Sheriff's Office Project Life-saver, Fairfax-Mason Research Fund at George Mason University, and The Lamb Center.

If you are a history buff and/or motorcycle enthusiast, this event is for you. Participants can ride via motorcycle or car on a one-day, two-day or four-day trip around the bound-

aries of the original Fairfax Land Grant.

This vast and beautiful area, which has been associated with the Fairfax family since the late 1600s, spans between the Potomac and Rappahannock rivers from the Chesapeake Bay to the Fairfax Stone in West Virginia.

Along the way, there will be opportunities for camping, seeing multiple historic sites, witnessing historic sign unveilings, hearing stories from colonial era re-enactment groups, and meeting plenty of great people who share of love of Fairfax history. The ride kicks off at the Patriot Harley-Davidson store in the City of Fairfax on Sept. 22 at 8 a.m. To register for the Lord Fairfax Charity Ride and to make a donation to the charity partners, please visit www.lordfairfaxride.org.



Sharon Bulova and John Mason at the Fairfax Stone in fall of 2017.

We Are Your Crisis Center

BY LAURA MAYER
PRS CRISISLINK,
PROGRAM DIRECTOR



From an early age, we are all taught that if there is an emergency we should dial 9-1-1. We know when we make

an emergency call, someone who is trained to help us will answer and eventually an ambulance, a fire truck or a police officer will soon arrive. I remember watching television shows as a child in which a 9-1-1 dispatcher was helping people provide CPR or bandaging a wound, and they had flip charts on their desks helping them guide a caller through their emergency.

For many people, their crisis does not fit this response. When the crisis is your own panic, fear, depression, anxiety, or trauma it is harder to know what to do. There are many numbers available for therapists, doctors, and services

for which you can schedule an appointment to be seen for specific problems. But what happens when you are not sure what the problem is? What happens when your pain is emotional and unbearable, and you cannot wait for a few weeks or even a couple of days to talk about it? What is the 9-1-1 response for thoughts so painful it might not feel like you can live another moment?

The number is 1-800-273-8255 or 1-800-273-TALK. This is the National Suicide Prevention Lifeline and this number is answered in your very own community. This number is not a call center in another state; this number is answered locally by people who are just like you.

As the director of PRS CrisisLink, I am often asked why people call our crisis center; what problems are they experiencing and how do we help them? The answer is simple: people connect with us when they are in emotional pain. They have limited options in their lives and they need someone to help them sort it out. They need someone who cares to listen

and help them find solutions. PRS CrisisLink is staffed with a mix of highly trained employees and volunteers. Many of our crisis workers have been through their own difficulties and are using their experiences to help others. Some are in school working towards becoming a mental health provider and some have lost loved ones to suicide and helping others is a way to honor those who died. Our crisis workers are all people living and working in your community and who have empathy for the challenges life throws at us. We do not use flip charts or standardized responses. We use our humanity and our kindness to offer a safe place to work together to find solutions; sometimes the solution is feeling cared for, heard and understood.

We know that for every person who dies by suicide in our community, roughly 250 people live through those thoughts. We want you to know that we are here for you, night or day, no matter your need, we are here to help live through your thoughts. We are your local, community-based crisis center, and we care.

ROUNDUPS

Commission Reviews Shopping Center

The Planning Commission will meet on Thursday, Sept. 13, 2018 at 7:30 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax in the Board Auditorium. The meeting will be televised live on Channel 16.

The following Sully District case is on the agenda:

❖ PA 2018-III-BR1 (Boundary Change-Sully Station Shopping Center) As a result of board action on May 15, PA 2018-III-BR1 was authorized for review by Planning Division staff. This plan amendment would incorporate the Sully Station Shopping Center into the larger Dulles

Suburban Center. No other modifications such as use recommendations, densities, or substantive text changes are proposed as part of this amendment.

A separate plan amendment, SSPA 2018-III-1BR, submitted through the Site Specific Plan Amendment (SSPA) Process for the same site is proceeding through a distinct SSPA review.

For more information on PA 2018-III-BR1, visit www.fairfaxcounty.gov/planning-zoning/sites/planning-zoning/files/assets/documents/compplanamend/dscsullystation/2018-iii-br1-staff-report.pdf.

For more information on the SSPA nomination, visit www.fairfaxcounty.gov/planning-zoning/plan-amendments/sspa-sully-station-shopping-center.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 13, 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.

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A Connection Newspaper

‘How You React Will Determine Survival’

BY BONNIE HOBBS

Turn on TV, pick up a newspaper or check the news feed on your phone and, chances are, there’ll be information about the latest school or workplace shooting, home invasion or other tragedy. So it’s a good idea to be as prepared as possible, should the unthinkable occur.

Toward that end, the Sully District Police Station’s Citizens Advisory Committee hosted a program presenting possibly life-saving tips to local residents. And Lt. Brian Ruck — now in his 20th year with the Fairfax County Police Department — told them what they can do to help survive an act of violence.

Currently the School Liaison Commander for FCPS, he served 16 years on the SWAT Team and then joined the Firearms Training Unit, teaching police officers what to do when facing a violent situation. And because it’s such a critically important topic nowadays, he’ll also be giving his presentation to workplace employees throughout the U.S. and the world.

Showing attendees photos of the Pulse nightclub and Las Vegas mass-shooting victims, Ruck said, “We focus on the victims because these were the lives that were shattered. Life-and-death situations are pretty hairy. Over the years, the level of violence

has increased — and the sad truth is that bad people will find ways to hurt good people.”

Since 2000, he said, there have been more than 200 mass-shooting incidents. And that number doesn’t reflect the number of people shot during each tragedy or the total injured and/or killed overall. Notably, only three of these events involved more than one shooter.

“Typically, they’re over in fewer than 10 minutes,” said Ruck. “At Virginia Tech [in April 2007], Seung-Hui Cho killed 31 people in less than 10 minutes. And that’s important because the average response time in Fairfax County is 3-4 minutes — so you need to figure out how to survive until the police get there.”

“Once the shooter is down/contained, the actual threat is minimal, even though it takes time [for authorities] to clear all areas,” he continued. “But victims have bled out from non-lethal wounds while awaiting care.”

Ruck said there’s no set profile of an active shooter, although they tend to be male. “It could be anybody,” he said. “But people see the signs and are either afraid to say something or don’t attach enough importance to them.” He then showed a video instructing people caught up in an active-shooting situation or act of violence to run, hide and/or fight. It also told them what to

do when law enforcement arrives on the scene and what information they should provide to police or to the 911 operator.

The movie explained that people’s motivations for committing violent acts are different, varying from person to person. “But the devastating effects are the same, and you need to be prepared for the worst,” said the narrator. “Your survival may depend on whether you have a plan.”

* Run: First, said the narrator, “If you can get out, do — run. And don’t let other people’s indecision slow you down. Leave your belongings behind and get out of harm’s way. Then prevent others from going into the danger zone and call 911.”

* Hide: “If you can’t get out safely, find a place to hide,” said the narrator. “Act quickly and quietly. Secure your hiding place, turn off the lights and lock the doors. Silence the ringer and vibration mode on your cell phone, and do your best to remain quiet and calm.”

* Fight: As a last resort, said the narrator, “If your life is in danger, act with aggression. Improvise weapons and commit to taking the shooter down and incapacitating him, no matter what.”

Then when law enforcement arrives, advised the narrator, “Remain calm, follow instructions and keep your hands visible at all times. And don’t have anything in your hands.”

Ruck said these instructions are crucial toward preventing a further tragedy, as a dark-colored cell phone can look like a weapon to an adrenaline-fueled officer responding to a crime scene. “The police will be amped-up to take down a shooter, so follow police commands,” he said.

Still, in an ever-changing world, no one can ever be certain how the next attack will play out. For example, said Ruck, “What happened in Las Vegas was a completely untraditional event. [The perpetrator] was shooting from the 30th floor of a hotel. It’s also hard to defend against people driving vehicles into a crowd.”

He said police rapidly deploy to a threat, assess the shooter’s location, make entry and start seeking the threat so they can shut it down. And as they’ve gained more experience responding to such incidents, they’ve also adapted the way they deal with the injured victims.

“We now treat people’s wounds before the medics get there and carry bleeding-control kits with us,” said Ruck. “And our Fire Department now trains with us and we have a coordinated, hostile-incident response. All police and Fire Department recruits receive this training.”

Basically, he said, “If we can get injured people to a hospital quickly, there’s a good chance of saving them. So we’re now teach

SEE SURVIVE, PAGE 7

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



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Announcements



PHOTO BY WILL PALENSCAR

Sharing Memories

Chantilly High School graduates from multiple classes got together at The Bungalow in Chantilly on Friday and Saturday night last week. Members from the Class of 1987 included Michael Walker, Randi Ritter Gladstone, Stephanie Judd Black, Karla Kent, Dave Taylor Poe, Dominique San Angelo Kehayias, Cydney T. Teal, Karen Wirz, Dawn Fisher O'Shea, Natalie Poe, and Amy S. Fendley. Members of the Class of 1986 included Mika Bosley-Foley, Anna Gnadt, Jana Kancitis, Robyn Williams, and Bruce Teal III.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg



Randi Ritter Gladstone (left) and Stephanie Judd Black.



Robyn Williams (left) and Cydney Teal



At the site of the May 2 fire are Cyndi Hoffman of the Ono Brewing Co.; Karen Hogan, treasurer, Sully Station II Community Association; affected residents Solomon Shin and Grace Kwon; Glenn Martin, president, Sully Station II Community Association; and Scott Hoffman of the Ono Brewing Co.

Ono Brewing Donates to Fire Victims

In response to the fire in Sully Station II on May 2, 2018, Ono Brewing Company of Chantilly donated half the tips received during the month of June to the residents who were displaced by the fire. The funds will be combined with those collected through the GoFundMe account set up for fire-related assistance at www.gofundme.com/sully-station-ii-community-ass039n.

The fire was accidentally caused by the improper

disposal of smoking materials. Ten townhomes were made uninhabitable by the fire, and the residents have had to find other accommodations. The rebuilding process is expected to take several months, and the GoFundMe account will stay open for donations.

The Sully Station II board of trustees is grateful for the outpouring of support for their fellow residents, and encourages other businesses and individuals to continue to contribute.

Survive

FROM PAGE 5

ing civilians how to save lives by stopping bleeding. It can be after a car accident, a serious fall, etc. The campaign is called, 'Stop the Bleed, Save a Life.'

People may obtain kits to control bleeding at Inova Hospitals and via www.bleedingcontrol.org.

"Call 911 first and then put pressure above the wound and apply the tourniquet until it hurts worse than the injury," said Ruck. "That way, it'll be tight enough to clamp the artery to the bone."

Ruck also told residents, "In your daily life, you should be in a state of relaxed awareness. But if you notice something wrong, you move into focused awareness. High-alert mode is when you're taking some form of action — running, hiding or fighting. You don't want to be comatose — in shock, unable to function in response to a threat."

He said law-enforcement officers operate in a particular, behavior pattern every day. "We observe, orient, decide and act — OODA — in a constant loop," said Ruck. "For example, if there's a shooter on the third floor of a building, I observe the situation and determine where am I in relation to him. I decide to run, but then I see him down the hall and I have to reset my OODA loop."

The same is true, he said, for both victims and the perpetrator of a violent situation. "The shooter wants to find the easiest targets," said Ruck. "But if you make it harder for him, you're disrupting his OODA loop and making him change his decisions."

To protect children, he also advocated for a police presence in Fairfax County's elementary schools. "Our high schools and middle schools all have SROs [police school resource officers], but our elementary schools are unprotected," said Ruck. But that wasn't always the case, before county budget cuts. Noting that elementary schools here used to have SEOs (police school education officers), with a police cruiser parked outside, he encouraged residents to request them again for the elementary schools.

At the end of Ruck's presentation, he answered various questions from attendees. In addition, Gary Orski, a volunteer paramedic with Fire Station 11 in Prince William County, shared his own experience with an active-shooter incident.

"I work at the Navy Yard [in Washington, D.C.] and I was there during the shooting on Sept. 14, 2013," he said. Orski then described what the terror was like that day and the horrified looks on people's faces as they tried to evacuate the building.

"When something so unexpected occurs, we can't believe this is happening to us because we feel safe and secure in our surroundings," he said. "So you have to override your senses and do what you're trained to do — and remember to run, hide and fight."

Summing up, Ruck said, "In a life-or-death situation, you're going to have an emotional and physical reaction. And how you react will determine whether you'll survive."

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg			

A Declaration of Semi Independence



By KENNETH B. LOURIE

Now that I've spent the last two publishing weeks moaning and groaning about my potentially life-changing CT scan results from my upcoming Sept. 26 scan, I think it's time to buck up, don't you? I mean, how long can I continue to drone on before I bore even myself? Talk about putting the cart before the horse, I'm putting myself before the cart.

If I've learned/assimilated anything in my nine and half cancer years, it is that waiting for results rather than presuming or anticipating and/or especially overreacting to them in advance of anything actually being confirmed as negative/problematic is, highly recommended. Much easier said than done I understand, but the alternative "batters no parsnips," to quote Mrs. Patmore from the Downton Abbey kitchen.

And if one has been compromised, as I have been by a "terminal" diagnosis (2/27/09), followed by years of chemotherapy and the variety of associated side effects, wasting any time or energy on pursuits which don't enhance life, liberty and the pursuit of happiness, is a pursuit not worth pursuing.

Moreover, given how little control one has over the entire cancer experience — from initial screening/testing/diagnosing/staging to lab-testing/treating/maybe even "surgerizing" (to use of my late father's made-up words), it would seem the sooner the patient/survivor accepts and sort of embraces their place in the cancer feedback loop, the better. Otherwise, the process likely becomes even more excruciating than it already is.

The problem is that cancer can be, shall we say, uncooperative.

Adding to its "uncooperativeness" is its effect on a patient (yours truly) who has lived years beyond the presumptive treatment guidelines oncologists refer to. Generally speaking, stage IV, non-small cell lung cancer survivors of nearly 10 years are few and far between so there's very little empirical evidence/information available advising oncologists how to treat the anomaly. (I've been called worse.)

They're challenged enough determining how to treat the 234,030 new cases projected for 2018 (according to the American Cancer Society). When it comes to treating an old case — mine, common sense and trying to not make things worse seems as much a reasonable course of action as any, especially as I try not to count the days until my next scan. It will get here soon enough — or not — so I see no advantage in obsessing about it and staring at the calendar.

Oddly enough, outliving one's prognosis by as many years as I have presents its own peculiar set of problems.

I never thought I'd be quoting/invoking a Doris Day song but, "Que sera, sera, Whatever will be, will be, The future's not ours to see, Que sera, sera. What will be, will be." And though I realize Doris wasn't singing about cancer per se, it was more so about life.

Nevertheless, if there's one subject that us cancer patients could use all the uplifting lyrics sung and/or talked about, it is words which can minimize the slings and arrows of the outrageous misfortune which has befallen us and to help find a way to make the best of the extraordinarily difficult circumstances life has us living.

So what if I have to wait a month for the other shoe to potentially drop? I'm alive and reasonably well. Besides, there's no guarantee that the shoe dropping will be the cancer shoe. Maybe it will be the non-cancer shoe?

Regardless, whatever shoe drops on or about Sept. 26, I'll be there to pick it up, find some bootstraps, buckle up and get on with it.

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



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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

WEDNESDAY/SEPT. 12

College Applications: Essays That Open Doors. 7:30-8:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Col. Carla Bass has received rave reviews for her writing workshops, based on her book "Write to Influence." Grades: 10 to adult. Visit librarycalendar.fairfaxcounty.gov/event/4194935.

SATURDAY/SEPT. 15

Tag Day. Westfield High School music students will visit the community during their annual Tag Day event, scheduled for the morning of Saturday, Sept. 15. Students from Band, Chorus, and Orchestra will be visiting their neighborhoods requesting donations to the WHS music program for the 2018-2019 school year. Music programs will accept donations made to WHS Music Boosters and mailed to Westfield High School Music Boosters at 4700 Stonecroft Blvd, Chantilly, VA 20151.

Ride to Thrive Polo Classic. 1 p.m. at Chetwood Park in The Plains, Va. The Northern Virginia Therapeutic Riding Program (NVTRP) will hold the 12th Annual Ride to Thrive Polo Classic. Participants will enjoy an afternoon of polo, live and silent auctions, music, drinks and dining on a private estate. This event will benefit NVTRP's mission to provide equine-assisted activities to children and adults with disabilities, youth-at-risk, military service personnel and their families. \$85. Visit www.nvtrp.org/polo-classic.

Chinese Dance. 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn about Chinese dance, which has a history of 5,000 years and is drawn from 56 ethnic groups. Dance showcase and demo lesson. Ages: 6 to adult. Visit librarycalendar.fairfaxcounty.gov/event/4137353.

SUNDAY/SEPT. 16

ASHA-JYOTHI 5K Run. 8 a.m. at Fairfax Corner, 4100 Monument Corner Drive, Fairfax. After months of research and planning, Asha-Jyothi has donated over \$106,000 to Chantilly High School towards the construction of a state of the art innovation lab so that all students at CHS will have the opportunity to explore STEAM skills. Asha-Jyothi sponsors an annual 5K Run/Walk in locations throughout the United States. A discounted price of \$10 (regular price \$25) will be given to participants from Chantilly High School. To sign up, participating students and/or their families may visit www.asha-jyothi.org/5K-registration-form/?event_id=8135.

2018 Bichon Bash. 11 a.m.-3:30 p.m. at Bull Run Park, 7700 Bull Run Drive, Centreville. The Bichon Bash is a family friendly event where Bichons can play together in a safe outdoor area, and experts can provide advice on the breed. This is an annual fundraiser for the Bichon Frise Club of America rescue group, a 501(c)(3) non-profit organization. Bichons only. \$15 pre-register online; \$20 at gate; \$5 children under 12. Call 703-401-9551 or www.bichonbash.org.

Folded Flag Project. 1-3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Help fold miniature American flags for active duty units to serve as a pocket



PHOTO BY MYRNA MILLER

Wedgwood Portrait Medallions – Samples of the many portrait medallions made by the Wedgwood Company.

Wedgwood Society Meeting

Wedgwood's Portrait Medallions: Famous (and some not so famous) Faces. Jeffrey Hoffman, a longtime Wedgwood collector and researcher, will speak about the Portrait medallions produced by the Wedgwood Company from the 1770s until the present. Light refreshments are served after the meeting. Open to the public. Sunday, Sept. 16, 2-3:30 p.m. at Total Wine & More, 13055-C Lee Jackson Highway, Chantilly. Free. Email 19pan78@gmail.com or visit www.WedgwoodDC.org.

full of home, hope, love and support. Other fun activities for younger participants. Free. Call 703-362-7774 or visit foldedflagproject.wixsite.com/home.

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern

Virginia NTRAK members will hold a N gauge model train show. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

Wedgwood Society Meeting. 2-3:30 p.m. at Total Wine & More, 13055-C Lee Jackson Highway, Chantilly. Wedgwood's Portrait Medallions: Famous (and some not so famous) Faces. Jeffrey Hoffman, a longtime Wedgwood collector and researcher, will speak about the Portrait medallions produced by the Wedgwood Company from the 1770s until the present. Light refreshments are served after the meeting. Open to the public. Free. Email 19pan78@gmail.com or visit www.WedgwoodDC.org.

MONDAY/SEPT. 17

Writer of Chantilly – Query Letters and Publishing. 6:30-9 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. This seminar offers tips, information, and resources to help craft an effective query letter that will get a literary agent's attention. Bring a draft query letter for feedback. Visit www.fairfaxcounty.gov/library/branches/ch or call 703-502-3883.

TUESDAY/SEPT. 18

Lunch and a Movie. 1-3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. For preschoolers and parents. Bring lunch and join in for a showing of "The Many Adventures of Winnie-the-Pooh." Ages birth to Kindergarten. Visit www.fairfaxcounty.gov/library/branches/ch or call 703-502-3883.

WEDNESDAY/SEPT. 19

Speed of Sound Lab. 3-4 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Discover the secrets of how sound

travels through different medium. A basic understanding of Algebra I is recommended. Violin Instructor Drew Robertson will lead this workshop. Grades: 7 to 12. Visit librarycalendar.fairfaxcounty.gov/event/4127599.

THURSDAY/SEPT. 20

Lost Puppies Rescue. 4:30-5:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Meet the Australian Shepherd dogs, Max and Tucker. Hear the true story on their animal rescue efforts at Bull Run Regional Park. All ages. Visit librarycalendar.fairfaxcounty.gov/event/4229088.

FRIDAY/SEPT. 21

OLGC Golf Classic. 11 a.m.-7 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. A fun-filled day with contests, food, and company. All proceeds benefit Tuition Assistance at OLGC School. Registration deadline is Sept. 7. \$200 Visit olgcva.org/fellowship/golf-classic.

Ready for School Storytime. 2-3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Early literacy storytime program for children ready to be on their own without caregivers or siblings. Ages 4-5. Visit www.fairfaxcounty.gov/library/branches/ch or call 703-502-3883.

FRIDAY-SUNDAY/SEPT. 21-23

Capital Home Show. Friday-Saturday, 11 a.m.-9 p.m.; Sunday, 11 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. More than 250 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. Headlining will be Vern Yip, star of "Trading Spaces." \$3-\$10. Visit capitalhomeshow.com.

SUNDAY/SEPT. 23

Memories of the Orange and Alexandria RR. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A special exhibit in cooperation with the Burke Historical Society will highlight the legacy of the Orange and Alexandria Railroad - the railroad the Fairfax Station was constructed to service. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.