

# Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

## WELLBEING

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Motorcycle officers salute Sgt. Ryan Lindenbaum's casket after his funeral.

# 'He Fought With Honor, Dignity'

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## NEWS

# Seeking to Steer Fairfax County

## Candidates vie for seats on Board of Supervisors.

BY VICTORIA ROSS  
THE CONNECTION

The 10 men and women who occupy Fairfax County Board of Supervisors set the tax rate, fund the public school system, and determine priorities and policies for issues ranging from affordable housing, homelessness and human services to economic development, traffic calming and the environment.

They manage a \$7 billion budget, larger than the budgets of four states, and rule over a county with a diverse, well-educated population of more than a million people.

Their decisions can propel the community forward — or degrade public education, livability and culture.

The board supported the long-awaited Silver Line expansion, increased property taxes an average \$185,

and approved a \$20,000 pay raise for themselves.

They want to hear from residents.

What they don't want to hear are complaints about potholes. Not because they don't care, but because they can't do anything about it. In the Commonwealth of Virginia, the state builds, maintains and operates local roads. Transportation funding is a perennial hot topic in the Virginia General Assembly.

So is redistricting, also known as gerrymandering, which has kept the Commonwealth in another form of gridlock as Republicans and Democrats struggle for control of the legislature.

Another perennial problem is the socioeconomic divide between affluent Northern Virginia (NOVA) and the Rest of Virginia (ROVA) — where a chunk of Fairfax County tax dollars disappear. NOVA gets less back from Richmond than sent down there, and so Northern Virginians have the privilege of paying extra taxes (and tolls) to fund the badly needed improvements to their own transportation infrastructure.

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### QUESTIONS

1.) What should newcomers know about the impact the Board of Supervisors has on their daily lives? In other words, what do you do at the county level that's important enough to compel newcomers to vote in this election?

2.) To make newcomers feel at home, what's a "must-see" place or event you recommend they check out in Fairfax County or your district?

3.) What's your favorite sports team?

4.) Fairfax County gained national and global Twitter prominence earlier this year when outraged FCPS students started the Twitter hashtag #closeFCPS after school officials did not call a snow day when it actually snowed. What Twitter or Instagram hashtag would you like to see trending in the coming year about Fairfax County or your district?

## Race: Chairman, Fairfax County Board of Supervisors

**Incumbent: Sharon S. Bulova (D)**

Home: Fairfax Station  
Email Address:  
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Twitter @sharonbulova  
Web sharonbulova.com



**Challenger: Glenda Gail Parker (Independent Green)**

Home: Alexandria  
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Phone: 703-960-5602  
Twitter - @ggailparker  
Web gailparker.us



**Challenger: Arthur G. Purves (R)**

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Twitter @agpurves



### Answers: Bulova

1) We are the most grass roots level of government. Our board is responsible for everything from ensuring clean drinking water, safe streets and neighborhoods, compassionate human services, attractive parks and libraries to funding our fantastic school system.

2) Hard to choose a favorite. Fairfax has the most wonderful park system with something for everyone to enjoy. I jog through the woods in Villa Park three

times a week.

3) My current favorite is Fairfax County's World Police & Fire Games Women's Basketball Team. They won a gold medal at the Games and presented me with an autographed ball.

4) Trending: #FairfaxCounty/#model/EngagedCommunity

"I'd like to see #FairfaxModel become a trend for what we are doing in the area of mental health. I want others to look to us the way we are looking to Memphis and Bexar County for examples of how to adequately train public safety to deal with people suffering from mental illness and diverting those individuals from jail into treatment."

### Answers: Parker

1) Your commute depends on politics, More Trains, Less Traffic! Trains as fast as planes. Nationwide and local rail feeder systems. We need light rail to serve tourists and VRE service throughout the day and on weekends. The Board of Supervisors can pressure the Virginia General Assembly and Virginia Congressional delegation to remove the barrier that prevents building rail mass transit and to encourage renewable energy — solar, wind, geothermal. Rail built anywhere in America benefits all of America.

2) Check out Channel 10's Green TV on Cox, Verizon or Fios. Visit us on YouTube: search for Independent Greens of Virginia or GailforRailParker YouTube channel.

3) My hometown girls' basketball team, the Kingston Princesses!

4) This is easy: #HHR4FXCounty #MoreTrainsLessTraffic #GailforRailroads #www.GailParker.us

\* Candidate Arthur Purves did not respond to the questionnaire.



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# ‘He Fought with Honor, Dignity’

**Sully Police Sgt. Ryan Lindenbaum loses battle with cancer.**

BY BONNIE HOBBS  
THE CONNECTION

**F**riends, family and the Fairfax County Police Department said goodbye to one of their own this week when Sgt. Ryan Matthew Lindenbaum was laid to rest. Just 30, the Centreville resident died last Thursday, Aug. 27, after a 15-month battle with brain cancer.



**Police Sgt. Ryan Lindenbaum**

“He fought with honor and dignity,” said his mother, Gail Lindenbaum. “He never complained, and some of his fellow officers didn’t even know he had cancer. Even while taking chemotherapy, he only spoke about it to a few family members and friends.”

Well-liked and respected, he was a nine-year veteran of the department. He served as a patrol officer at the Franconia District Patrol Division and was on the Neighborhood Patrol Unit/Selective Enforcement Team. And since being promoted to sergeant nearly 18 months ago, he worked in the Patrol Division of the Sully District Station.

In 2009, Lindenbaum received the department’s Meritorious Service Award and was named the Fairfax County Police Association Officer of the Year in 2010. He was also the Sully District Station’s Officer of the Month in July. A graduate of Edison



**Police officers line up outside the funeral home, waiting for their colleague’s casket to emerge.**

PHOTOS BY BONNIE HOBBS

High, he received his Associate of Science degree from Northern Virginia Community College and was working on his Bachelor’s degree in global affairs, with a minor in Arabic, at George Mason University.

Monday morning, Aug. 31, Immanuel Bible Church in Springfield was filled with row after row of both uniformed and plain-clothed police officers, as well as Lindenbaum’s friends and loved-ones. Also there were Fairfax County Police Chief Ed Roessler, former Police Chief and now Deputy County Executive Dave Rohrer, county Sheriff Stacey Kincaid and Spring-

field District Supervisor Pat Herrity.

A police honor guard carried in Lindenbaum’s flag-draped coffin and placed it at the altar. Then the Rev. Andy Morgan led everyone in prayer, read a Bible passage and talked about Lindenbaum. “For Ryan, the fears, worries and uncertainties of life are all gone,” he said. “Ryan’s life here on earth was so short, yet he left his mark and lived a full life.” Noting that Lindenbaum’s nickname was “Hercules,” Morgan said he was “larger than life to all who knew him.”

Even at birth, added his mother, he was 10 lb., 12 oz. “He came out hungry and

determined and never looked back,” she said. She described her son as “strong-willed and bossy,” but also smart and inquisitive. He liked playing with toy guns with his brother Kyle, she said, and was “destined to protect people. Ryan could be gruff outside, but with a gooey, marshmallow center. He and his brother shared a close bond and looked up to each other.”

When Lindenbaum had a car accident in 2014 and needed surgery, doctors discovered he had a glioblastoma, or brain tumor. “But the next day, he said, ‘OK, I’ve got it;

SEE ‘HE FOUGHT’. PAGE 4

## Snapshot of Sgt. Lindenbaum

*Written by Capt. Bob Blakley, commander, Sully District Police Station.*

**R**yan Lindenbaum was promoted to sergeant in November of 2014 and transferred to the Sully District Station, under my command. He was assigned to the day shift on B squad, one of the most senior squads at the station.

I was impressed by Ryan’s confidence and calmness as a new supervisor. He immediately earned my respect, and respect from his subordinate officers, through his confident, yet quiet, leadership style. Ryan quickly adapted to my leadership style and supported me very well. He knew what was important to the community and to me as the station commander and found a way to lead his troops in that direction.

In a supervisor’s meeting in the spring, I asked all the supervisors to put their heads together and think of a way that we could share information better. I wanted cops working patrol areas to be able to share information across all six shifts so that we could be more responsive and effective at combating crime and locking up repeat offenders.

Within a day or two, and without asking him to do so, Ryan had organized a group of sergeants at the station and led an effort to reinvent the way we communicate internally. He approached me with a solid solution, which we implemented and is working very well today. I knew from talking to others that the idea was his, yet every time I tried to compliment him in front of others, he would always throw the credit on others. He was a born leader.

In July — and before we knew that Ryan’s

cancer had resurfaced — the Chief’s Advisory Council awarded Ryan with Officer of the Month. It is not customary for supervisors to win this award, as it is reserved for line-level officers, but his leadership on the communication project, as well as some outstanding examples of operational leadership, had earned him this prize. Ryan was the first supervisor to win this award in several years.

Ryan was a great, humble man. He just wanted to get back to work and serve his community well. His loss will create a void on his squad and at our station that will be difficult to fill; however, our mission demands our focus and Ryan would expect nothing less. His death has reminded me how fragile life on this earth is; Fairfax County has lost one of its rising stars.



**The Fairfax County Police Color Guard.**



## Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 10, 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.

## 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.

## 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 years old; 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.

Additional information is available at [www.fcps.edu/fts/tran/opportunities/index.shtml](http://www.fcps.edu/fts/tran/opportunities/index.shtml)

## Volunteer Opportunities at CLRC

The Centreville Labor Resource Center (CLRC) is currently seeking bi-lingual (English/Spanish) volunteers to help with the daily operations of the worker center, with its new labor-justice projects and with a worker-created community newsletter.

The CLRC also is seeking volunteers to serve on committees. The committees meet quarterly at the Labor Resource Center, 5956 Centreville Crest Lane, Centreville at the back side of the shopping center. Current committee opportunities include personnel, fundraising and communications. See the Volunteer Fairfax listings, <http://volunteerfairfax.org/> or email [volunteer@centrevilleLRC.org](mailto:volunteer@centrevilleLRC.org). The next volunteer orientation and information session will be Sept. 10, 6:30-9: p.m. at the CLRC. RSVP to [volunteer@centrevilleLRC.org](mailto:volunteer@centrevilleLRC.org).

The Centreville Labor Resource Center (CLRC) also is seeking a Spanish speaking electrician to teach home electricity to enhance workers' job skills. A Wednesday morning ESOL instructor is also needed; contact Molly Maddra at [director@centrevilleLRC.org](mailto:director@centrevilleLRC.org) for more information.



PHOTO BY BONNIE HOBBS

Officers wait outside the funeral home after Sgt. Lindenbaum's service.

## 'He Fought with Honor, Dignity'

FROM PAGE 3

what's next?" said his mother. "He stepped up to the plate and faced it with bravery, courage and stoicism."

He eventually got the beast at bay and went on with his life. He hung out with his buddies, did his job and continued his studies. Yet, said his mom, "We lived in the shadow that someday the cancer would return. In July, our worst fears were confirmed, and it happened very quickly."

She said Jess Coe, "the love of his life," stood beside her son through it all. "They were never married, but he'd fully committed his life to her," she said. "They were together almost four years, and she made him a better person. She's the daughter of my heart."

"His brothers in blue also helped shape his life, and he grew into a dedicated cop and made many friends," continued Gail Lindenbaum. "Since Ryan was first hospitalized in 2014, his colleagues provided support to him."

She then named several officers and friends — including his close buddy, Jeff Mauro — who helped in many ways. They did everything from bringing him food to walking his German Shepherd, Niko, to building a ramp from his townhouse after he became wheelchair-bound.

"It's been a great honor to raise this extraordinary young man," said his mother. "And I know he's part of God's army in heaven protecting all of us who remain behind. He's once again strong and healthy and probably enjoying an awesome meal in heaven. And I know I'll see him [there] again one day."

Coe addressed the crowd accompanied by Niko, who gave a few barks of his own. Describing herself as "Ryan's girlfriend and soulmate," she said he made her a better person. "I was able to achieve great things I might not have done without his encouragement," she said.

"Ryan was passionate about protecting the community and doing the right thing," said Coe. "He was a man full of integrity, strength and courage. He tried to be the best at whatever he did — and thought he was; he was very competitive." Then, crying, she added, "I know Ryan will always be with me."

He'll be in my dreams until I see him again in

heaven. I miss him so much, and I'll never stop loving him."

His brother Kyle said Ryan's police colleagues were by his side until the end. And he said Ryan showed him that everyone can have a positive influence on others. "The words 'strength, courage, selflessness and resolve' defined Ryan," he said. "He never wanted pity. Whenever he took a punch from cancer, he responded with grace and humility. For that and much, much more, I'm honored to be Ryan's brother."

Roessler said only one out of 25 applicants becomes a Fairfax County police officer, and he signed Lindenbaum's paperwork when, on Feb. 21, 2006, he made it. "I tell every new recruit to always remain a student of the profession, and he did," said Roessler. "He was a patrol officer, on the bike team, on the civil-disturbance unit and became a sergeant — all while pursuing his educational goals. And he was a natural leader. I'm so blessed to have met Ryan and will continue to hold him in my memory. God bless you, your family and all of us."

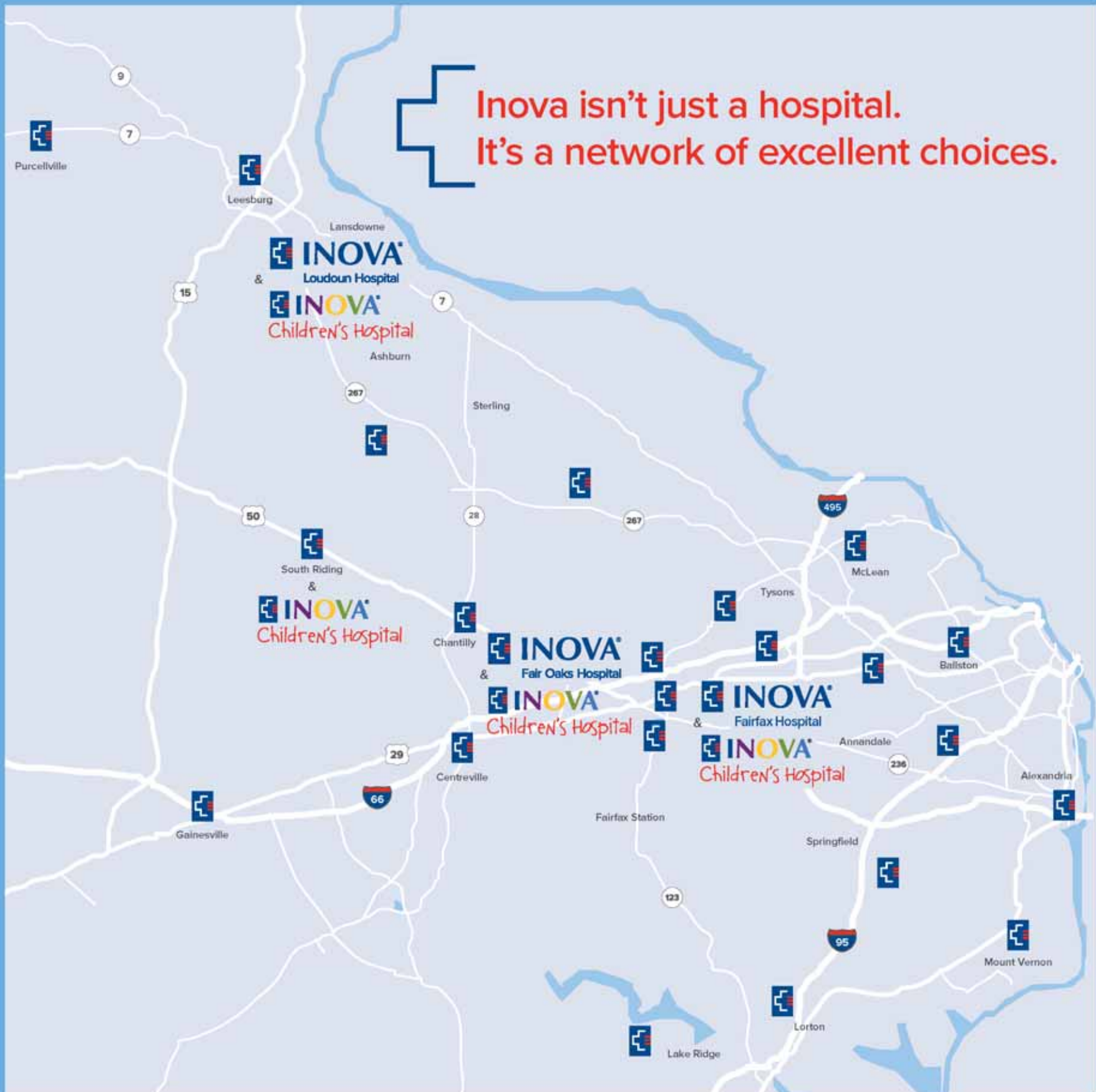
Police 2<sup>nd</sup> Lt. Jonathan Weeks called Lindenbaum a "funny dude," as well as a good friend who was there whenever needed. "Doctors told him 85 percent of those diagnosed with this cancer don't survive," said Weeks. "But he kept fighting and wouldn't surrender."

Lindenbaum's father, Francis Lindenbaum, said Ryan "didn't talk about his faith, but lived as a Christ-like example. I knew God built him with His hands. He told me, 'I believe in God and Jesus and I know how the story ends.' He was never out of the fight, and his strength came from God."

"The night before Ryan died, I kissed him goodbye, saluted him and went home, getting out of the way of God's plan," he continued. "The next morning, he was in heaven. So when you celebrate Ryan's life, remember that he's healed and alive forever."

After the funeral service, police officers lined up outside the church, standing at attention and saluting as Lindenbaum's casket was carried outside and placed into the hearse for burial at Fairfax Memorial Park. In lieu of flowers, donations may be made in his memory to the National Brain Tumor Society <http://braintumor.org/> or to the National Law Enforcement Officers Memorial Fund <http://www.nleomf.org/contribute/>.





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3600 Joseph Siewick Drive, Fairfax

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3300 Gallows Road, Falls Church

# OPINION

# How to Vote; It Matters

## Voting begins in two weeks, Sept. 18.

**E**lection Day is Nov. 3, and on that day, virtually every state and local office is on the ballot. In-person absentee voting begins Sept. 18, barely two weeks from now. Virginia Law allows voters to absentee vote if they could be “working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day.” You’re allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

It’s also worth noting that new, more restrictive voter identification regulations took effect last year.

Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth’s Attorney, Sheriff, Chairman

of the Board of Supervisors, District member of the Board of Supervisors, Soil and Water Conservation Board (vote for 3), School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

As of last summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo

ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality’s electoral board in order for their provisional ballot to be counted.

Virginia’s photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the “acceptable” forms of identification: Valid Virginia Driver’s License or Identification Card; Valid Virginia DMV issued Veteran’s ID card; Valid United States Passport; Other government-issued photo identification cards (must be issued by U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; Valid college or university student photo identification card,

### FOR MORE ELECTION INFORMATION

❖ Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>  
12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

❖ State Board of Elections, 804 864-8901  
Toll Free: 800 552-9745 FAX: 804 371-0194  
email: [info@sbe.virginia.gov](mailto:info@sbe.virginia.gov)  
<http://www.sbe.virginia.gov>

must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer’s business; Virginia Voter Photo ID Card obtained through any local general registrar’s office. “Valid” is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar’s office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

### EDITORIAL

### LETTERS TO THE EDITOR

## Dangerous Situation

To the Editor:

I am writing with concerns about the intersection of Stringfellow Road and Chantilly High School. I transport my daughter to work at the Kindercare child care center daily and have seen and had near misses with high school kids as they try to cross the road not at the crosswalk or with the crossing guard. When the light stops traffic, parents allow kids to jump out of the cars and dash across the street. Kids that are walking up Stringfellow from the area of the library don’t wait to walk up to the light and crossing guard and they too dart across the road.

When it is foggy or overcast the kids are harder to see. One morning last school year I came out of the parking lot of Kindercare to turn left on Stringfellow towards Route 50. All lanes were full of stopped cars and as I got the green light and proceeded to make the turn. Two young ladies stepped off of the curb in the middle of the road and as I came around the turn at a slow rate of speed and without being able to see them for the

traffic I had to slam on my brakes to not hit them. They were visibly shaken as was I; I came within inches of hitting them.

I’ve talked with the school and they tell me that because the students have not yet stepped onto school property there is nothing they can do. The crossing guard told me she has witnessed at least one student get hit by a car. This is a very scary situation and I hope there is something that can be done to fix it before we have a child get badly hurt or worse.

**Lori Whetzel**  
Chantilly

## A Path Toward Peace

To the Editor:

On June 2012 in a speech at Capitol Hill, the Khalifa of Islam Mirza Masroor Ahmad, worldwide spiritual leader of millions of Ahmadi Muslims stated, “The United States, as the world’s largest power, should play its role in acting with true justice and with such good intentions, as I have described. If it does so then the world will always remember with great

admiration your great efforts.”

We are at a remarkable time in history where diplomacy has taken precedence over military action with the Iran Deal. However, with several senators and House members such as Chuck Schumer and Marco Rubio deciding to vote against the deal shows the reality we are in. We are a nation so accustomed to war that we have a hard time accepting anything else. Is peace not always the better path? Why put more lives on the line? Promoting peace abroad will only help to make the world not just a safer place for Americans, but for everybody.

**Saira Bhatti**  
Centreville

## Join the Other America

To the Editor:

This summer, we have seen a groundswell movement to disrupt the course of our history of racism in America. Nowhere has this been more poignant than in southern states where cries of “heritage not hate” have bannered long-protected symbols of white supremacy. As white Virginians, we

believe that white supremacy may be our history, and for many, indeed our heritage, but it does not have to be our legacy.

During her work as a civil rights activist, white southerner Anne Braden spoke of “the Other America.” She said, “An older, African American leader that I respected highly told me I had to make a choice: be a part of the world of the lynchers or join the Other America — of people from the very beginning of this country who opposed injustice, and especially opposed racism and slavery. [He told me] I could be a part of that — that it existed today and offered me a home to live in. I felt like, well, that’s what I wanna be a part of.”

We know that the homages to confederate leaders and segregationists we see today are not old history. Many of these symbols were installed at a time when progress was beginning to take root: the integration of schools, advances in voting rights, among others. These embittered icons are not part of our storied past, they were retaliatory warning shots fired at those working to transform their communities into places of

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# LETTERS

FROM PAGE 6

liberty and inclusion.

Recently, leaders in our local community have called for us to take down these symbols in our midst, perhaps most notably, changing the names of three Fairfax schools: J.E.B. Stuart, Robert E. Lee, and Woodson high schools. It is offensive to human dignity that institutions we trust to embrace and educate our children would still bear such visible political shrapnel. Public education is at the core of our democracy: an educated electorate is an empowered people. Schools should be places where all children are welcomed, where all our children can glimpse a vision of

the future, rather than being saddled by the past failures of generations that came before them.

We stand with the NAACP, parents, educators, and concerned members of our community who want to see these schools renamed. We want our legacy to transcend the heritage of hate. It is our fervent hope that we can build upon the honorable history

of the Other Virginia, the Other Fairfax County, and resist the dominance of white supremacy to make our schools and communities safe and full of opportunity for all who live here.

**Cayce Utley**  
Centreville

Showing Up for Racial Justice  
(SURJ) Northern Virginia

## WRITE US

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. Send to:  
Letters to the Editor ♦ The Connection  
1606 King St. ♦ Alexandria VA 22314  
Call 703-917-6444 or email [chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com)

## VOLUNTEER OPPORTUNITIES

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com).

**Homeless Animals Rescue Team** is looking for volunteers to hold dogs at adoption events, Saturdays noon-3 p.m. Volunteers must be 18 or older. Events will be held at Petsmart, 13866 Metrotech Drive, Chantilly. Call 703-691-HART or visit [www.hart90.org](http://www.hart90.org) for more.

**Sully Historic Site** needs volunteers to help plan and present programs. Volunteers who enjoy gardening, working with children, learning new

recipes and cooking methods, or just like to be around interesting people are needed both weekdays and weekends. Sully is a historic house museum owned and operated by the Fairfax County Park Authority. Volunteer at Sully can choose an aspect of historic interpretation, event support or any other area to make a difference for visitors. Call 703-437-1794 for an interview. Visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site) for more.

**The Fairfax Station Railroad Museum** needs volunteer docents

on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Docents should possess good people skills. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 or visit [Fairfaxstation.org](http://Fairfaxstation.org)

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Advertising Deadlines are the previous Thursday unless noted.

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# Candidates Vie for Seats on Board of Supervisors

FROM PAGE 2

## Race: Sully District Supervisor

(\*No incumbent. Republican Supervisor Michael Frey, 58, announced in January that he would not seek a seventh term in November. In 1990, Frey became the Sully District's first and only supervisor.)

### Candidate: Kathy L. Smith (D)

Home: Chantilly  
Email Address: klskls1@verizon.net  
Phone: 703-803-7462  
Website: kathysmith.org  
Not on Twitter



### Candidate: John P. Guevara (R)

Home: Oakton  
Email Address: johnforsupervisor@gmail.com  
Phone: 703-218-1282  
Website: johnguevarafor-supervisor.com  
Twitter @johnpguevara



## Answers: Smith

1) The Supervisors make decisions that affect our quality of life. Our strong schools, which attract families and business to the county depend on the Board of Supervisors for over 70 percent of their funding. Setting policies which attract

business, making land use decisions, providing parks, libraries and human service needs are among the important decisions that supervisors make. They also provide constituent services so that people are able to navigate through the system.

2) Sully Plantation is a great place to visit, but I also recommend high school plays which are a great activity for children and adults.

3) Washington Nationals

4) #liveworkplayinSully

## Answers: Guevara

1) The Board of Supervisors is as local as politics gets; they facilitate our quality of life by influencing our property values and taxes, deciding how much in funds our schools receive, and selecting which programs and services the County will provide for residents. As your Supervisor, I'll work to spend our tax money more efficiently and ensure we're providing quality services with maximum return on investment, promote traffic solutions that ease congestion, and work to reduce class sizes as well as recruit and retain the best teachers with better pay.

2) Cub Run Rec Center! They've got everything! My family and I enjoy relaxing by the pool and riding one of the coolest water slides in Fairfax County.

## Race: Springfield District Supervisor

### Incumbent: Patrick S. "Pat" Herrity (R)

Home: Springfield  
Email Address: patherrity@gmail.com  
Phone: 703-222-7341  
Twitter @PatHerrity  
Campaign website - patherrity.org



### Challenger: Corazon S. Foley (Independent Green)

Home: Burke  
Email Address: corazonfoley@yahoo.com  
Phone: 703-250-1830  
Twitter: votejoinrun.us

\*Click on button for Corazon Foley



## Answers: Herrity

1) I am a firm believer that government closest to the people — the Board of Supervisors — must be the most responsive. I take pride in the job I do working to resolve residents issues — from land use, to public safety, to schools, to transportation and neighborhood blight. I also believe communication is critical and I hold townhall meetings, attend HOA meetings, and publish a newsletter — sign up at: <http://www.fairfaxcounty.gov/springfield/herrity-report-newsletter.htm>. — I look forward to serving you.

2) The Town of Clifton for Clifton Day,

Paradise Springs Winery, Burke Lake Park almost any day, and the Children's Science Center Lab at Fair Oaks Mall.

3) I prefer playing sports but like watching the Washington Capitals and Virginia Tech Football.

4) #WSHSJobs – I will be holding my second annual job fair for teens and recent graduates at WSHS on March 12, 2016.

## Answers: Foley

1) As full-time Springfield Supervisor, I will provide leadership and community engagement for affordable taxes to maintain outstanding school system and safe neighborhoods. Vote for me, Corazon S. Foley, because the incumbent is not doing his job of constituent service to improve our quality of life, particularly for seniors. In particular, he has ignored our proposed solutions to redress unfairness toward Springfield senior taxpayers and families: other districts have 17 permanent senior centers, Springfield District none!

2) My three Burke history books describe former Coffey properties in Springfield: Burke/Coffey home (1825); and Braddock: Second Coffey Home (1790); Little Zion Baptist Church (1891).

3) The Burke/West Springfield Senior Center Without Walls (BWSSCWOW) Line Dance Teams won for three years the gold and silver medals in the Northern Virginia Senior Olympics — and have been providing public service with free performances at numerous community events.

4) #buildSpringfieldSeniorCenter

## How Much Have They Raised?

The most recent financial filings for candidates in the 2015 race for Fairfax County Board of Supervisors were filed on July 15 for the period from Jan. 1, 2012 through June 30, 2015. The next financial report will be filed in September. For more details on candidates' financial filings, go to [www.VPA.org/localities/fairfax-county-va/elections/tracked/](http://www.VPA.org/localities/fairfax-county-va/elections/tracked/)

— VICTORIA ROSS

Source: Virginia Public Access Project

### Chairman, Board of Supervisors (At Large)

❖ Arthur Purves (R)  
Money Raised: \$12,223  
Money Spent: \$5,384  
Balance: \$6,837

❖ Sharon Bulova (D) Incumbent  
Money Raised: \$167,871  
Money Spent: \$96,446

Balance: \$78,878

❖ Glenda Parker (I)  
Money Raised: \$0  
Money Spent: \$0  
Balance: \$0

### Sully Supervisor

❖ John Guevara  
Money Raised: \$71,697  
Money Spent: \$58,333  
Balance: \$13,362  
❖ Kathy Smith (D)  
Money Raised: \$45,214  
Money Spent: \$20,135  
Balance: \$25,079

### Springfield Supervisor

❖ Pat Herrity (R) Incumbent  
Money Raised: \$409,995  
Money Spent: \$309,925  
Balance: \$102,129

❖ Corazon Foley (I)  
Money Raised: \$0  
Money Spent: \$0  
Balance: \$0

## BULLETIN BOARD

Email announcements to [chantilly@connectionnewspapers.com](mailto: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.

### THURSDAY/SEPT. 3

**SYA Annual Board Meeting.** 7:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd., Chantilly. The Southwestern Youth Association will hold its annual Executive Board of Directors Election Meeting. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Submit nominations to the SYA Office at [syaboard@verizon.net](mailto:syaboard@verizon.net). Applicants must be in good standing with SYA and at least 21 years of age. This meeting is open to the community. Contact 703-815-3362 or [admin@syayouthsports.org](mailto:admin@syayouthsports.org).

### THURSDAY/SEPT. 10

**Registration For ESL Classes.** 7 p.m. at Lord of Life Lutheran Church, Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Register for beginning, intermediate or advanced ESL classes starting on

Sept. 15 and running through Nov. 19. Classes will be held Tuesdays and Thursdays, 7-9 p.m. There is a \$15 registration fee and the textbook costs \$25. Visit [www.lordoflifeva.org](http://www.lordoflifeva.org).

### SATURDAY/SEPT. 12

**Parent Information Meeting.** 10 a.m. at Chantilly Library Meeting Room, 4000 Stringfellow Road, Chantilly. Primrose Schools is building a new preschool to open in early 2016. The Primrose School of Chantilly will offer programs for infant through pre-kindergarten as well as after-school programs. Free. Visit [www.primrosechantilly.com](http://www.primrosechantilly.com).

### SEPT.12-FEB. 20

**Deer Management Archery Program.** Under the oversight of the Fairfax County Police Department, in collaboration with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority, the archery program is conducted in parks and other locations. Visit [www.fairfaxcounty.gov/living/wildlife/archery/archery-program.htm](http://www.fairfaxcounty.gov/living/wildlife/archery/archery-program.htm).

### THURSDAY/SEPT. 17

**Liberty Republican Women's Club Meeting.** 6 p.m. social hour and 7 p.m. program at Sully Government Center, 4900 Stonecroft Blvd.,

Chantilly. Del. Jim LeMunyon will be the guest speaker. Free, the public is welcome. Call 703-378-4190.

### MONDAY/SEPT. 28

**Meet the Candidates.** 7-9 p.m. at Fairfax County Public Access Television, 2929 S. Eskridge Road, Fairfax. Meet Virginia state Senate candidate JC "Chap" Petersen and House of Delegates candidates, David Bulova and Sang H. Yi before the upcoming election and ask questions. Free. Email [insidescoop@NoVa.org](mailto:insidescoop@NoVa.org) or [league@lww-fairfax.org](mailto:league@lww-fairfax.org).

### THURSDAY/OCT. 15

**Liberty Republican Women's Club Anniversary.** 6 p.m. social hour and 7 p.m. program at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. The club celebrates its fifth anniversary. Free, the public is welcome. Call 703-378-4190.

### ELECTRONICS RECYCLING

**Residents Can "E-cycle"** at the I-66 transfer station. Free but may be asked for proof of residency. Personal items only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit [www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm](http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm).



## WELLBEING

# Workplace Fitness

Employer-based health and wellness programs are good for business.

BY MARILYN CAMPBELL  
THE CONNECTION

It's Wednesday afternoon and a cohort of George Mason University staff, students and faculty hit the pavement. Clad in attire ranging from running shorts and brightly colored sneakers to neutral walking shoes and business suits, the group takes part in "Who's Walking Wednesdays," part of an initiative to get moving for health and wellness.

"It's really important to connect faculty and staff into well-being and wellness practices," said Janet Walker, life/work connections manager at George Mason University. "It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work."

The effort underscores the role of workplace health and fitness programs can play in decreasing stress and improving overall well-being. A National Institutes of Health study of more than 29,000 employees who participated in comprehensive workplace health programs that included components such as fitness, weight control and smoking cessation, showed a 14 percent decline in illness over a two-year period, as well as a six percent increase in productivity.

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

"There's all sorts of research about how time spent outdoors and taking walking breaks at work fosters creativity and problem solving," said Jeanne Bliss, director of marketing, Center for the Advancement of Well-being at George Mason.

Bliss says university officials hope to impact the well-being of 10 million people within the next four years through the center. "We want to be a replicable model for well-being," she said. "That has been one of our strategic 10-year goals."

"We're in a position to help the next generation in terms of how they connect with their own workforce in terms of health and well-being," said Brandice Valentino, director of well-being programs and mindful living coordinator at the Center for the Advancement of Well-being. "Our programs focus on topics



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

**Staff, students and faculty at George Mason University take part in "Who's Walking Wednesdays," an effort to increase physical activity and well-being. Research shows that workplace health programs can lead to increased productivity.**

for well-being and integrating mindfulness practices."

Amy K. Turner, executive director of Innovation Health, a Northern Virginia health insurance company formed as a result of a partnership between Aetna and Inova, says her company has improved the health of its workforce through tailored employee wellness programs.

Innovation Health has also created corporate wellness programs for its corporate clients. In fact, the company received the Loudon Chamber of Commerce Healthy Business Award, which honors the winners of the Loudon Healthy Business Challenge, a competition designed to recognize Northern Virginia businesses that have improved the health of their workforce through tailored employee wellness programs.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. "I feel like when you do it in a group and you're part of a group, you're more committed," said Turner. "It holds people accountable and promotes success."

"Our 'Get Active Challenge' is where employees set fitness goals and challenge other teams within their corporation," she said. "It engages employees to work together in teams, challenges them. We've found that it improves employee satisfaction."

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# PET Peeve



By KENNETH B. LOURIE

Since it's never too early to start worrying about one's next scan, especially if it's a scan which shows more detail than the typical CT Scan, and a scan you've not had since February, 2009 (I refer to the PET Scan [positron emission tomography] I have scheduled for mid October), I'll begin worrying about it now – in print. Incidentally, the PET Scan in '09 was the last diagnostic scan I had before my surgical biopsy confirmed a malignancy. I still remember the phone call/conversation I had with my thoracic surgeon when he gave me the PET Scan results. He told me the scan indicated positive for cancer. I replied/asked, having gained a little advance knowledge on the subject, that "aren't there a lot of false positives on PET scans and that's why they're not used as often?" To which the doctor responded: "That's partially true. But you lit that scan up like a Christmas tree. If it's a false positive, it's a world-record false positive." I don't recall if I laughed out loud or just snickered (at that time, I certainly wasn't aware of the consequences of the results, which of course were hardly a laughing matter). Nevertheless, it remains one of my favorite cancer stories.

A few weeks later, Team Lourie was sitting in a man's office who I/we had never met before (my oncologist), listening to him tell me that I had stage IV, non-small cell lung cancer which was incurable and that I likely had "13 months to two years" to live – at age 54 and a half. To say I lost my sense of humor at that point is a bit of an overstatement. However, you lose something. Fortunately, as you regular readers know, eventually I regained my footing and my sense of humor and have remained determined to laugh and joke and smile in the face of the adversity that I – and many other "terminal" patients – endure. Still, cancer is not for everyone. Even after six and a half years, the challenges persist and the fears rarely fade away. Having my first PET Scan in more than six and a half years sort of reignites those fears and of course reminds me of how I got into this mess in the first place: the pain in my left-side rib cage that migrated to the right-side for no apparent reason and the associated difficulty I had inhaling and bending at the waist; the New Year's Day Emergency Room Appointment; the X-Rays that day and again a week later; the follow-up appointment with a pulmonary doctor; the subsequent CT Scan; the appointment with the thoracic surgeon; the on-off and back-on-again PET Scan; the biopsy and then the hammer: the midday call from my primary care physician advising me that the biopsy confirmed the malignancy and the rest, as most of you readers know: chemotherapy; yada, yada, yada.

But that next PET Scan is not for almost two months. In the interim, why can't I channel my best Alfred E. Neuman of Mad Magazine: "What – me worry?" and enjoy relative good health? Much easier said and written than actually done. Unfortunately, it's very difficult. As a characterized-as-"terminal" cancer patient, especially one who's far outlived his original prognosis, to not think you have – to quote Radar O'Reilly from a long-ago M\*A\*S\*H episode – "One foot in the grave and the other on a banana peel," is a mind that does matter.

But there's no future thinking like that, only an acceptance of the past. If I do indeed want to "live long and prosper," worrying about things I can't control is hardly the recipe for lasting success. The PET Scan will get here soon enough and the results will be illuminating whether they're positive (bad) or negative (good). It will just be another hurdle/obstacle to overcome. This is not to say that it ever gets easy, but making it harder by worrying about it months in advance serves absolutely no purpose and likely causes more harm than good, certainly more anxiety.

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

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**THE CONNECTION**  
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# SPORTS



PHOTOS BY JON ROETMAN/THE CONNECTION

The Centreville field hockey team went 4-0 during the Blast ALS tournament at Lake Braddock Aug. 26-27.

## CVHS Field Hockey Goes 4-0

### Wildcats outscore opponents 7-0 at Blast ALS Tourney.

BY JON ROETMAN  
THE CONNECTION

The Centreville field hockey team opened the 2015 season in dominant fashion. Competing in the Blast ALS tournament Aug. 26-27 at Lake Braddock Secondary School, the Wildcats won each of their four games while not allowing a goal, outscoring opponents 7-0.

"Overall it helps create the mindset of adaptability, confidence, trust and a feeling of success," head coach Demby Banbury wrote in an email about Centreville's tournament performance, "all within the mindset that every day is a learning day and we need to keep moving forward."

On the first day, Centreville defeated Oakton 1-0 and Lake Braddock 1-0.

Against Oakton, senior Caroline Kelly scored with an assist from sophomore Paige Richbourg. Junior goalkeeper Kylie LeBlanc had 10 saves and senior goalkeeper Regina Weiss finished with five.

Against Lake Braddock, Kelly scored with an assist senior Nicole Kang.

During second-day action, the Wildcats

beat West Springfield 2-0 and Mount Vernon 3-0. Kelly finished the tournament with four goals. Senior Jessie Summers scored two goals, and Kang finished with one goal and two assists.

LeBlanc had 14 saves for the tournament and Weiss totaled 12.

"I truly except all of my players on and off the field to be top players," Banbury wrote, "but needless to say I am fortunate to have Kylie LeBlanc (junior) and Reggie Weiss (senior) to play in the cage as strong field generals. Lauren Potts (senior) has really stepped it up with her finishing attitude and consistency as a defender. I am looking for strong play out of Paige Richbourg (sophomore) and Nicole Kang (senior) with their athleticism and field sense/field hockey knowledge. Both Amanda Culclasure (junior) and Sidney Kiefaber (sophomore) have improved tremendously and will contribute with their ball handling skills, along with the speed of Jaimi Pollack (sophomore) and closing ability of Caroline Kelly (senior)."

Banbury is in her fifth season as Centreville head coach. The Wildcats failed to qualify for regionals last year, losing to Robinson in the opening round of the Conference 5 tournament.

Centreville faced Woodson on Tuesday, after The Centre View's deadline. The Wildcats will host Marshall at 4:30 p.m. on Friday, Sept. 4.

### SPORTS BRIEF

## Girls on the Run Registration Now Open

Girls on the Run of Northern Virginia is now registering girls in third through eighth grade for their curriculum-based after school program. By using a curriculum that integrates running with life lessons, Girls on the Run of Northern Virginia supports girls in developing the confidence and character they need to become strong, healthy women.

Girls on the Run NOVA programming is primarily delivered at schools. In Chantilly, fall 2015 teams will be hosted at Liberty

Elementary, Brookfield Elementary, and Poplar Tree Elementary.

Girls on the Run NOVA is offering discounts for active duty and retired military families. In addition, the organization is bringing back special discounts for families registering two or more siblings. Financial aid is also available based on household income.

Families can register on the Girls on the Run NOVA website (www.gotrnova.org) until Sept. 21.

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# ENTERTAINMENT

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## ONGOING

**“Evenings on the Ellipse” Concert Series.** Thursdays, 5:30-7 p.m. at the Fairfax County Government Center Ellipse (Backyard), 12000 Government Center Parkway. Chairman Sharon Bulova of the Fairfax County Board of Supervisors hosts weekly live music events. Relax to the music and enjoy complimentary samples of local wines. Free. Visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks).

**Summer Reading Program.** Through Sept. 5 at all regional libraries. Come to the library for books and other fun events. All ages welcome. Free. Visit [www.fairfaxcounty.gov/library/branches/](http://www.fairfaxcounty.gov/library/branches/) for locations and information.

**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.

**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](http://www.wineryatbullrun.com).

**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](http://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.

**Starlight Storytime.** Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223.

## FRIDAY/SEPT. 4

**The IAI Foundation Golf Classic.** 9 a.m.-3 p.m. at Bull Run Golf Club, 3520 James Madison Highway, Haymarket. The Integrity Applications Incorporated (IAI) Foundation, based in Chantilly, is hosting a charity golf tournament to raise fund for IAI’s many programs including Diving With Heroes, a nonprofit that helps injured service members and veterans participate in rehabilitative scuba. Tickets are \$130

per player. Visit [www.iaifoundation.org](http://www.iaifoundation.org) for more.

**Country Line Dancing.** 6 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Learn to line dance on the main lawn. Free. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for more.

## SATURDAY/SEPT. 5

**National Bacon Day at Paradise Springs.** 12-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. In honor of National Bacon Day, taste five Paradise Springs Wines each with bacon pairings. Tickets are \$20. Visit [www.paradisep Springswinery.com](http://www.paradisep Springswinery.com) for more.

## SUNDAY-MONDAY/SEPT. 6-7

**HO And LEGO Model Train Show.** 12-5 p.m. on Sunday and 12-4 p.m. on Monday at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Crew and LEGO modeler Monty Smith join forces for a special two-day exhibit at Fairfax Station. Admission is free for museum members and children under 4, \$4 for adults, \$2 for children 5-15. Visit [www.fairfax-station.org](http://www.fairfax-station.org) for more.

## MONDAY/SEPT. 7

**Labor Day Picnic.** 11:30 a.m.-4 p.m. at St. Mary’s Church, 5612 Ox Road, Fairfax Station. Following a 10:20 a.m. Mass and blessing of tools, find carnival rides, games, a rummage sale and more. Admission is free and open to the public. Call 703-978-4141 for more.

## FRIDAY/SEPT. 11

### First Responders Wine Tasting.

All day at the Winery at Bull Run, 15950 Lee Highway, Centreville. To show appreciation for first responders, firemen and policemen receive free wine tastings. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

**Sipping and Painting.** 6:30 p.m. at the Winery at Bull Run, 15950 Lee Highway., Centreville. Instructors from Creative Mastermind will give detailed instructions. Tickets are \$40-45. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SATURDAY/SEPT. 12

**Dog Day 2015.** 10 a.m.-2 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. Bring your dog for a day at the waterpark. Admission is \$5 per dog. Visit [www.nvrpa.org](http://www.nvrpa.org).

## SATURDAY-SUNDAY/SEPT. 12-13

**National Capital Cat Show.** 9:30 a.m.-5 p.m. on Saturday, 9-4:30 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Cats will compete in championship, premiership, kitten and household pet classes; find pet product vendors; adopt pedigreed and rescued cats; and attend a Cat Fashion Show. Admission to the show is \$10 for adults, \$6 for children, and \$30 for families of five or more. Visit [www.nationalcapitalshow.com](http://www.nationalcapitalshow.com).

## 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](http://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](http://www.nvtrp.org/polo).

## 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](http://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](http://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](http://www.wineryatbullrun.com).

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