



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Visitors head toward the dairy to peek inside.

## Where History Is 'Touchable'

**Celebrating the 40<sup>th</sup> anniversary of Sully Historic Site restoration.**

BY BONNIE HOBBS  
 CENTRE VIEW

**T**he Sully Historic Site in Chantilly provides a window into late 18<sup>th</sup>-century life in Northern Virginia. And on Sunday, Sept.



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

6, volunteers, visitors and dignitaries gathered to celebrate the 40<sup>th</sup> anniversary of its restoration.

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

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

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

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

The house is furnished as it was in the late 18th century. Extensive research was done to replicate paint colors, carpets, window hangings and furnishings. And courtesy of the Lee family, many of the objects on display were in the house when it was new.

SEE CELEBRATING 40TH, PAGE 8

## Helping Students Reach Their Goals

**Gary Morris takes the reins at Mountain View High.**

BY BONNIE HOBBS  
 CENTRE VIEW

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

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

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

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

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

"Teaching felt natural to me," he said. But when South Lakes adopted an IB program, it cut some elective courses, including his. So he moved to Falls Church High from 1998-2004, in the same capacity. "While there, I earned my



BONNIE HOBBS/CENTRE VIEW

**Gary Morris is happy to be Mountain View's new principal.**

administration and supervision education-specialist degree from Virginia Tech," said Morris. "As a teacher, you're responsible for 150 kids, but I wanted to impact more."

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

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

SEE MORRIS, PAGE 3

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## PEOPLE

**Debutantes attend the Old Dominion Cotillion's 24th annual Debutante Ball.**



PHOTO CONTRIBUTED

## A Tradition of Grace, Elegance

The Old Dominion Cotillion held its 24th annual Debutante Ball at Westfields Marriot on July 18. This tradition has become the premier event of the Old Dominion Cotillion's social season. The debutantes included:

❖ Miss Hannah Sumner Bridenbaugh, daughter of Mr. and Mrs. Andrew S. Bridenbaugh of Chantilly, is a rising senior at Chantilly High School in Chantilly.

❖ Miss Rachael Paige Lowrey, daughter of Mr. and Mrs. Stuart L. Lowrey of Crestwood, Ky., will be a senior at South Oldham High School in Crestwood, Ky.

❖ Miss Virginia Scarlett Elena Matsumoto, daughter of Mr. and Mrs. T. Steve Matsumoto of Potomac Falls, will be a senior at Foxcroft School in Middleburg.

❖ Miss Paige Yvonne Olivera, daughter of Mr. and Mrs. Kevin R. Olivera of Ashburn, is a rising senior at Stone Bridge High School in Ashburn.

❖ Miss Alexandra Maria Ramella, daughter of Mr. and Mrs. Joseph J. Ramella of Dunn Loring, and Ms. Amy T. Manley of Alexandria, will be a senior at Marshall High School in Falls Church.

❖ Miss Liana Aleja Ruiz, daughter of Dr. Ellen Fancher-Ruiz and Mr. Hernán A. Ruiz of Fairfax, will be a senior at Robinson Secondary School in Fairfax.

❖ Miss Caitlyn Joy Watkinson, daughter of Mr. and Mrs. Steven A. Watkinson of Clifton, is a home-schooled senior with a dual enrollment in Northern Virginia Community College.

The debutantes, dressed in white Cinderella-like ball gowns, were presented by their fathers and escorted by cadets from Fishburne Military School.

The debutantes participated in etiquette lessons and many social activities throughout the year-long program.

In addition to learning the social graces, they also participate in many philanthropic activities throughout the social season. The Old Dominion Cotillion's philanthropic mission is to provide experiences that encourage social awareness and compassion for the needs of the community. In the past, Old Dominion Cotillion has been recognized as the Outstanding Youth Volunteer Group for Fairfax County and also received the Champion Award from Shelter House, Inc.

The 2014-2015 Assembly included 10 pages, six future debutantes, two post debutantes and three post-post debutantes who also were introduced at the ball.

The Old Dominion Cotillion program is open to all girls in grades seven through 12. Membership is now open for the 2015-2016 social season, which begins in September with the Invitational Tea and concludes with the 25<sup>th</sup> Anniversary Debutante Ball in July 2016.

Visit [www.olddominioncotillion.org](http://www.olddominioncotillion.org) or the Old Dominion Cotillion Facebook page. Contact the director, Mrs. Francine Gallagher at [info@olddominioncotillion.org](mailto:info@olddominioncotillion.org).



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ROUNDUPS

## Chantilly Man Charged in Setting Fire

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

## Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 24, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. 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.

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

## FCPS Seeking Bus Drivers

The Fairfax County Public Schools (FCPS) office of transportation services is currently seeking individuals who are interested in becoming school bus drivers. Drivers can earn \$18.63 per hour plus benefits. On Saturday, Sept. 26, FCPS will showcase a school bus at the Fair Lakes Fall Festival. Prospective drivers will get an up-close look at a bus and speak with school bus trainers and operators to learn more about what the job entails, available hours, training, and FCPS benefits, including health, dental, and vision benefits and the FCPS Savings for Staff program. Drivers are allowed to bring their preschool-aged children on the bus with them. Prospective drivers will be able to apply for a bus driver position at the fair.

Joining the FCPS transportation team comes with paid training and advancement opportunities. Summer hours are available. Retirees, college students, and career-switchers are encouraged to apply.

Applicants must be at least 21 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-

SEE ROUNDUPS, PAGE 8

# NEWS

## Morris Leads Mountain View

FROM PAGE 3

I left, four years later.”

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

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

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

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

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

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

While Mountain View's assistant principal, he set up a forum for students called the Student Congress to get an idea of what's going on in the school from the students' perspective. “That way, we can find out what they need and how we can better serve them,” said Morris.

“It also gives every student a voice — not just the best and the brightest — but one representative from every classroom. Whenever they feel like they're being heard, they feel that much more invested in school.”

And now as principal, he said, there's “so much support in the building” for his ideas and for how he works with students. “I'm happy we have the opportunity to grow as a staff, and I want to use the teacher creativity we have here and share it across the school,” said Morris.

“I'd like to do more collaboration between departments and really start to bolster our foothold in Superintendent [Karen] Garza's ‘Portrait of a Graduate’ model.”

He said people often look at Mountain View as taking students who weren't successful elsewhere



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Principal Gary Morris at his desk at Mountain View High.

**“I knew I wouldn't be leading the school all by myself because I have so much support.”**

— Gary Morris, Principal, Mountain View High School

and “getting them through” to graduation. “But I don't just want to get them through, anymore,” said Morris. “I want our kids to begin to be recognized for their strengths and find ways they can lead within the county.”

Therefore, he said, “My charge to the staff is to pull that from the students because they have that within them. For example, we already have a Reading Buddies program; our students read to students at Colin Powell Elementary.

And we'd also like to do something for an elementary school with math. Mountain View is the teachers and the kids; my job is to stand by them, support them and fight for them.”

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

He said his greatest satisfaction will be the next graduation — “seeing those graduation numbers go up and hearing the staff say, ‘You've done a good job.’ The goal is to become First Year Principal of the Year because, if I achieve it, it means the building is happy with what we've done as a group and the staff feels like I've supported them and given them what they've needed to be successful.

That award would be a team effort recognizing all of us.”

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

“And the kids are the best part,” he continued. “We take students who've either had gaps in their education or who've been reluctant about it and help them realize their true potential. They come with all kinds of baggage and, in a matter of weeks or months, they trust us enough to share it. And that, in turn, allows them to become students.”

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

## Treatment Denied Syndrome

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

BY PETE EARLEY

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

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

times and died.

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

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

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

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

### COMMENTARY

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

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

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

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

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

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

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

### LETTERS TO THE EDITOR

#### Democracy in Action

To the Editor:

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

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

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

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

Public Schools.

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

**Kerry Wilson**  
Oakton

#### Welcome Back To School

To the Editor:

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

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

enjoy participating in the many extra-curricular activities available.

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

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

Have a great school year!

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

### Write

The Centre View 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  
Centre View  
1606 King St.  
Alexandria VA 22314  
Call 703-917-6444  
Email [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com)



# NEWS



PHOTO CONTRIBUTED

**Cub Scouts from Centreville Pack 127 hiked to Viewing Rock and Jump Rock at Goshen Scout Camp.**

## Completing a Double Summit Hike

**E**ight Cub Scouts from Centreville Pack 127 accomplished, for the first time in the Pack's history, a double summit hike to both Viewing Rock and Jump Rock at Goshen Scout Camp in Goshen, Va. The boys persevered in tackling the six-mile hike from a starting elevation of 1,500 feet. They summited Viewing Rock at an elevation of about 2,500 feet and made the second push on to Jump Rock at an elevation of about 3,149 feet.

While at camp all the boys achieved Aquanaut at the camp's aquatics facility along with several awards. The boys earned the 2015 Camp Ross Diamond "W" Award and the 2015 Camp Ross Adventure Award.

Pack 127 has a year-round den program. Join Scouting Night is on Oct. 1 at the Centreville Elementary School Cafeteria. Pack 127 serves the communities and families around Centreville Elementary School.



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# Ending Bullying

**Back to School: local educators offer advice for parents on how to deal with bullying as school resumes.**

By MARILYN CAMPBELL  
 CENTRE VIEW

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

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure

PHOTO BY MARILYN CAMPBELL/CENTRE VIEW

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

out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her

two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from smart phone apps to in-school programs, there

## Bullying Resources

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

**Fairfax County Public Schools:**  
[www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml](http://www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml)



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Registration & admin support powered by Mason's Potomac Arts Academy: [www.PotomacAcademy.org](http://www.PotomacAcademy.org) (Game & Technology)



are a plethora of initiatives to address and prevent it.

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

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

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

When offering in-the-moment strategies for addressing bullies, Garofalo says children’s well-being comes first. “Most importantly, students should consider their safety,” she said. “If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor,

SEE ADVICE, PAGE 11



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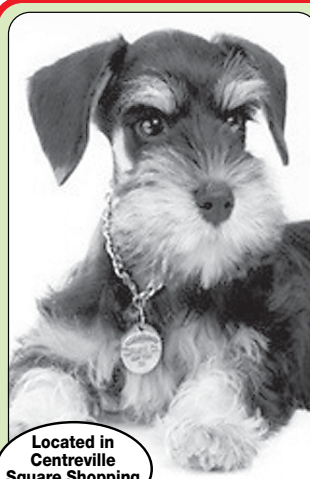


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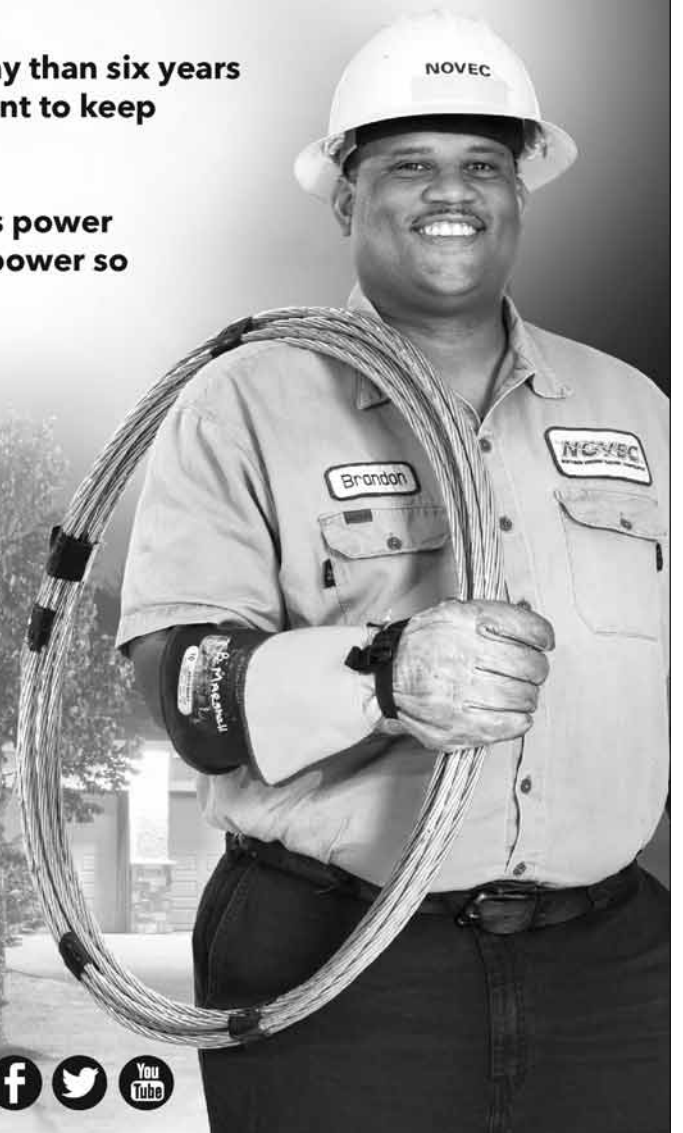
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Area residents tour the Sully Historic Site's home and grounds.



Docent Allen Taylor in the home's dining room.

## Celebrating 40<sup>th</sup> Anniversary of Site's Restoration

FROM PAGE 1

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

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

Strickland called the staff, volunteers and Foundation the "heart, soul, blood and muscle of Sully. The Park Authority management and its leaders have provided vision for the long term, plus an outstanding support staff, and I thank them all for their hard work and commitment."

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

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

Strickland also thanked Supervisor

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

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

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

Frey spoke during the ceremony, too. "What a glorious day to be here," he said. Frey thanked the voters for passing the park bond providing the money to restore Sully, as well as the carpenters and trades-



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

men who brought it back to its authentic 1794 appearance.

Over the years, he said, the families living in the home added "modern conveniences" such as water pipes, electricity and bathrooms, but they all had to go to make it historically accurate. However, cleverly hidden within it are heating, air conditioning and fire protection. And now, it attracts not only area residents, but people from around the world.

"As you walk the grounds and visit the historic buildings, you can feel the times gone by and gain a better understanding of how our founding fathers and their families once lived," said Frey. "It's an important story to tell, and it couldn't have been done without everyone who's taken an interest in it."

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

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

### ROUNDUPS

FROM PAGE 3

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)

### Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cere-

als, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil. Toiletries needed include facial tissues, toothpaste, shampoo and solid deodorant.

Bring items to WFCM'S food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or [abosley@wfcmv.org](mailto:abosley@wfcmv.org).



# ENTERTAINMENT

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

## ONGOING

- Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.
- Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.
- English Conversation Group.** Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.
- English Conversation Group.** Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.
- English Conversation Group.** Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.
- Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.
- ESL Book Club.** Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.
- ESL Book Club.** Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning english are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.
- Lego Block Party.** Every other Tuesday, 3 p.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.
- Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.
- Live After Five.** Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway. Every Friday night a band plays on the patio of the winery. Free to attend. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for a full schedule.
- Sully Historic Site.** 3650 Historic Sully Way. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.
- Singing.** 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit [www.fairfaxjubilaires.org](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.

## 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).

## SUNDAY/SEPT. 20

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

## MONDAY/SEPT. 21

**"Feasting on Your Garden's Bounty."** 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Attend a potluck with new and returning members at a meeting highlighting the upcoming year. Free. Visit

[centrevillegardenclub.blogspot.com](http://centrevillegardenclub.blogspot.com) or email [centrevillegardenclub@gmail.com](mailto:centrevillegardenclub@gmail.com).

## FRIDAY/SEPT. 25

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

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

## SATURDAY-SUNDAY/SEPT. 26-27

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

## SUNDAY/SEPT. 27

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

## FRIDAY/OCT. 2

**Annual Fellowship Dinner.** 7 p.m. at Westfields Marriott, 14750 Conference Center Drive, Chantilly. The theme of Western Fairfax Christian Ministries' 8th Annual Fellowship Dinner is "Neighbors Helping Neighbors." The dinner is complimentary, but donations will be accepted to aid in WFCM's mission to prevent hunger and homelessness.

Reservations are required by Sept. 23. Visit [www.wfcma.org](http://www.wfcma.org) for more.

## SATURDAY/OCT. 3

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

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

## SUNDAY/OCT. 11

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

## FRIDAY-SUNDAY/OCT. 16-18

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

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# Week to Weak to Week



By KENNETH B. LOURIE

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

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

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

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

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# Advice on Bullying Awareness

FROM PAGE 7

teacher, administrator, parent. Students should not stay and fight back.”

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

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

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

### ONE ROADBLOCK

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

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

Local school districts and private schools have anti-bullying policies and plans in place. St. Stephen’s & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where “students can talk candidly ... about their daily hopes and challenges,” said Linda Stratton, director of communications at the school. “These groups also take leadership in fostering a community of respect.”

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. “If parents believe their child is a victim, they should consult the school counselor or mental health pro-

fessional who can work with the child to examine feelings and come up with strategies to help the child cope,” said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

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

dumps his notebook on the floor,’” then I can address it.”

**AVOIDING LABELS** also helps when confronting the child who is suspected of bullying. “One of the first things we hear from students is that they shut off when they hear the word ‘bully,’” said Erin

O’Malley, dean of student services at Bishop O’Connell High School in Arlington. “And we want the students to listen to us.”

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

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

Braverman knows this from experience. “The best class I ever graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately.”

Garofalo is about to embark on a research project to study the role of bystanders in bullying situations.

Parents can also turn bullying situations into teaching opportunities, says Best. “Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action.”

**“If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication.”**

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

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**21 Announcements**

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

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

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

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

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

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