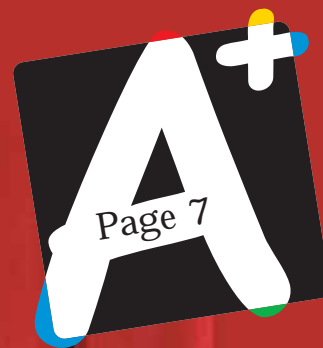


Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

From left: Jared Belsky, Samantha York and Megan Dinnenn are in Chantilly High's children's play about



Pirates and Mermaids And Parrots, Oh, My!

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Follow '76 Trombones'

Centreville resident has a leading role in "The Music Man."

By Bonnie Hobbs
The Connection

When fast-talking Harold Hill comes to River City, Iowa with a grand plan to create the finest band in America, the townspeople are thrilled. But straight-laced librarian Marian Paroo thinks it's all just a scam.

That's the premise behind City of Fairfax Theatre Co.'s upcoming musical, "The Music Man," which includes a Centreville resident in its cast. It'll take the stage, July 22-30, at Lanier Middle School, 3801 Jermantown Road in Fairfax. There's a live, pit orchestra and a cast and crew of 65.

"Everybody knows and loves this story," said Director Lisa Anne Bailey. "It's a classic, feel-good musical, complete with quirky characters. The cast is a mix of both new and experienced actors from the local area. They're working hard and their voices are lovely, across the board, especially the quartet. It's a community-minded production, and the story's about a community, so the cast really suits it."

Portraying Mayor George Shinn is David



Photo by Bonnie Hobbs/The Connection

Posing in character are (from left) Elizabeth Ferrante, Sara Alipanah and David Britt.

Britt of Centreville's Centre Ridge neighborhood. "Mayor Shinn comes off as pompous and overbearing, but he loves and is protective toward his family," said Britt. "He also speaks in a very convoluted way and is concerned about everyone's 'phraseology'."

See Following, Page 5



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Pirates and Mermaids and Parrots, Oh, My!

Chantilly High presents funny and swashbuckling children's play.

By Bonnie Hobbs
The Connection

An 8-year-old boy's pirate adventures on the high seas will elicit laughter in Chantilly High's children's show, "Pirates! Theodore Thud and the Quest for Weird Beard."

Featuring a cast and crew of 25, it's set for Wednesday-Friday, July 27, 28 and 29, at 10:30 a.m. in the school theater. Tickets are \$5, purchased at the door or via www.chantillyhsdrama.com. And children will be able to meet and greet the cast after the show for photos and autographs.

One minute, young Theodore is pretending to be a pirate; and the next, he's tangled up with real pirates and wondering how he'll ever get home again. One of the swashbucklers, Mr. Clunky Bones, insists that Theodore is really a pirate named Weird Beard. So Theodore goes on a mission to find the real Weird Beard and bring him back to his ship.

"It's a wonderful show for the entire family," said Director Shannon Khatcheressian.

"The characters are zany, and there's someone for everyone to enjoy." She's also excited "to have the opportunity to work with current students as well as our incoming students. And for them to get the chance to work with one another on a show before the school year even begins is beneficial toward fostering that sense of community."

This play is the culmination of Chantilly's first summer theater camp and, said Khatcheressian, "All the actors received their scripts in June and came to camp with their

lines already memorized. They work beautifully together and are enthusiastic and energetic, and they've created some hilarious characters the audience is sure to love."

Sophomore Jared Belsky portrays Theodore. "At the beginning of the show, he's submissive and listens to all the pirates and does what they say," said Belsky. "But after he leaves on his adventure, he becomes more courageous and a leader."

Playing a lead role has given Belsky "a lot more lines to memorize [than usual]," he said. "But I'm happy to take on the task. And it's fun that Theodore is a child, so I get to act out and do what I want with him from my own imagination. The audience will like this show because it's an over-the-top comedy and has lots of funny and wacky characters."

Playing Mr. Clunky Bones is sophomore Samantha York. "He's one of the pirates and is the villain of the story," she said. "He's trying to steal treasure from the ship's captain. He's already made one of the pirates disappear and claims that Theodore is that pirate. He's mischievous and can be tough, but he's not mean and cruel. He's also got a skeleton face, so it'll be interesting playing a non-human and a villain who's not so evil."

York said the audience will like "how crazy the characters are and how different



From left: Megan Dinnenn (Harriet the Ghost), Samantha York (Capt. Cranky Bones) and Jared Belsky (Theodore) rehearse a scene.

each one is. In a children's show, the actors get to be over-the-top and go out of their comfort zones. Kids will enjoy the story because it has lots of jokes for them and the characters' hand motions and funny voices will make them laugh."

Senior Bryan Matthews portrays Capt. Cramp Hand. "He's a courageous captain and a good guy," said Matthews. "He can be tough on people, but he's actually nice. But he's a little naïve because someone's stealing his loot."

"I've done children's shows here in the past, so I'm certainly happy to be in this one," continued Matthews. "Children's shows are big and goofy and have a funny sense of humor. I'm having fun with this role because I can make the captain into a SpongeBob SquarePants kind of guy. And the audience will love the show because it's

a silly, pirate adventure with teenage mermaids, dramatic-artist frogs and happy, dancing dudes."

Playing out of the most unusual parts in this show is senior Gabe Ribeiro, who portrays Polly Parrot. "He's a sidekick to Mr. Clunky Bones and is helping him steal the captain's loot," said Ribeiro. "Polly's obedient and follows orders."

Ribeiro will give his character a squeaky, high-pitched voice like a parrot and will even repeat some words. "I'm portraying the parrot like I am in real life," he said. "But I do have to act differently and more like a bird, flapping my 'wings'."

As for the show, he said, "Everybody's been working hard to make it even bigger so the kids will enjoy it and stay interested. There'll be big, exaggerated movements, actions and walks, so it should be a lot of fun for them."

Jason Deal Selected as Officer of Month

By Bonnie Hobbs
The Connection

Each month, the Citizens Advisory Committee (CAC) of the Sully District Police Station honors one of the station's officers for his or her outstanding service to the police and to the community. And Officer Jason Deal was selected as Officer of the Month for May.

"Officer Deal was chosen due to his consistent performance and leadership efforts on his squad," wrote 2nd Lt. Nicholas Dipippa, who nominated Deal for the honor. "In 2015, he was one of the top producers in DWIs. And Jason has taken several classes to include rifle school, search warrant seminar and an EMT

course to help enhance the squad's capabilities."

"He has also stepped up to assist the squad with AIU [Accident Investigation Unit] responsibilities," wrote Dipippa. "As one of the senior officers on the squad, Jason uses his prior law-enforcement experience to help the younger officers on the squad."

A prime example of Deal's "thorough investigative ability," said Dipippa, was a recent assault case that

occurred in Centreville. "Two high-school females had a slumber party on a weekend night," he wrote. "They awoke to an unwanted touching by a person in the house."

"This was a very traumatic event for any person, much less younger females," he continued. "Officer Deal separated both girls in order to obtain accurate accounts of the event so they

would not unwillingly taint the other's account. The females were distraught, and Deal spent great patience in making sure the girls felt safe and secure so they could relate what happened."

After they identified a suspect, wrote Dipippa, Deal interviewed him and "alertly observed possible evidence of the crime. As a result, the officer obtained warrants for the suspect's arrest and made sure the juvenile females were safe and secure in their neighborhood."

"Not being satisfied with simply making an arrest, Deal then worked with family members to make sure they understood the court process, doing his best to ensure a conviction," wrote Dipippa. "Officer Jason Deal is most deserving of this recognition."

"Officer Deal was chosen due to his consistent performance and leadership efforts on his squad."

— 2nd Lt. Nicholas Dipippa

★ INSTRUCTIONS ★

- Visit eight of the 12 sites during business hours.
- Pick up a map sticker for each site at the site sticker location listed in the table below, and place each sticker in the corresponding box.
- Once you receive eight stickers, present your map at **Lake Accotink Park, Burke Lake Park, or Lake Fairfax Park** to receive a prize packet and be entered into a drawing for a new bicycle!

★ STICKERS ★

Burke Lake Park	Colvin Run Mill	Eleanor C. Lawrence Park
<i>Sticker Location:</i> Train Station	<i>Sticker Location:</i> General Store	<i>Sticker Location:</i> Visitor Center
Frying Pan Farm Park	Green Spring Gardens	Hidden Oaks Nature Center
<i>Sticker Location:</i> Country Store	<i>Sticker Location:</i> Horticulture Center	<i>Sticker Location:</i> Nature Center
Hidden Pond Nature Center	Huntley Meadows Park	Lake Accotink Park
<i>Sticker Location:</i> Nature Center	<i>Sticker Location:</i> Visitor Center	<i>Sticker Location:</i> Marina
Lake Fairfax Park	Riverbend Park	Sully Historic Site
<i>Sticker Location:</i> Administration Building	<i>Sticker Location:</i> Visitor Center	<i>Sticker Location:</i> Visitor Contact Building
Prize Pack Award	Date:	By:
Name	Age	
Address		
City	State	Zip
Phone		

Fairfax County Park Authority Discovery Trail Map - Presidential Edition.

Park Discovery Trail Leads Children to Presidential History, Prizes

Which U.S. President made a daring escape from the enemy through Riverbend Park? What does the house at Hidden Pond Nature Center have in common with the White House? Which commander-in-chief saved Sully Historic Site from demolition? The answers to these questions and more can be found in this year's Fairfax County Park Authority

Discovery Trail Map - Presidential Edition. Now in its third year, the free Discovery Trail Map summer fun activity encourages students age 17 and younger to explore 12 distinctive parks and explore their unique features and connections to U.S. Presidents or their administrations. Students who visit eight of the 12 featured sites will receive tickets to more park fun valued at nearly

\$90 and will be entered into a drawing for one of three bicycles and helmets donated by Spokes, Inc. through the Fairfax County Park Foundation.

Discovery Trail Maps will be available at any staffed Fairfax County park, RECenter, nature center, historic site and golf course (while supply lasts) and any Fairfax County Public Library (while supply lasts).

Instructions for participating in the activity are included on the map. The promotion runs through Monday, Sept. 5.

Parents/guardians of the bike winners will be notified by e-mail and/or phone. Bike winners will be publicly announced in September. For more information contact the Public Information Office at 703-324-8662.

Roundups

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, July 21, 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 it, 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 to confirm dates and times.

Summer Parent Clinic Returns

The Fairfax County Public Schools Office of Intervention and Prevention Services will again be offering Summer Parent Clinic. Parents will have an opportunity to schedule a 45-minute consultative appointment with a school psychologist or school social worker.

Supportive consultation is available for parents when children are experiencing social-emotional, behavioral, or academic challenges such as anxiety, attention, poor school performance, bullying, and poor peer or family interactions. School psychologists and school social workers will be available to parents for assistance in identifying community resources, guidance on how to man-

age challenging behaviors, as well as how to work collaboratively with school teams around issues of academic or behavioral concern.

This summer, Parent Clinic appointments will be available now through Aug. 19. To schedule an appointment, call the FCPS Parent Clinic at 703-503-2506 or email the Parent Clinic at <http://www.fcps.edu/dss/parentclinic/mailform.html>.

Softball Umpires Needed

The Northern Virginia Softball Umpires Association is seeking individuals interested in becoming certified umpires for high school and recreational fast pitch softball in the Northern Virginia area. Complete

training is provided with in a flexible schedule. For the fall season, training will begin in late August. For more information contact Bob Angeli at president@nvsua.org, 703-599-0016, or www.nvsua.org.

Interested in Citizen Corps Council?

There is an opening for a Sully resident to serve on the Citizen Corps Council. The Citizen Corps is FEMA's grassroots strategy to bring together government and community leaders to become involved in all-hazards emergency preparedness and resilience. Visit www.fairfaxcounty.gov/oem/citizencorps/.

Contact Laura Floyd at laura.floyd@fairfaxcounty.gov to volunteer.

www.ConnectionNewsletters.com

Crime

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

PURSUIT: Rt. 28 / Space Museum Pkwy, July 18, 12:22 a.m. A lookout was given for a suspicious vehicle in the area. It was also determined that a felony warrant was associated with this vehicle. An officer located vehicle and the driver drove away. A precision immobilization technique (PIT) was utilized and disabled the vehicle. The driver was transported to a local hospital with non-life-threatening injuries. The investigation is ongoing and charges are pending.

BURGLARY: 3100 block of Nestlewood Drive, July 15, 4:40 a.m. A resident reported someone entered his vehicle and took property. The suspect then entered the garage to the residence and fled once the alarm was activated. The suspect was described as white, 15 to 20 years old, 5 feet 9 inches to 6 feet 2 inches tall, and 150 to 170 pounds. He was wearing a black shirt, black shorts, black hat, and carrying a backpack.

BURGLARY: 13500 block of Leith Court, July 12, 7 a.m. A resident reported that someone unlawfully entered their home and took property.

BURGLARY: 9500 block of Lindenbrook Street, July 11, 6:50 a.m. A resident reported that while she was out of town someone unlawfully entered her home and took property.

BURGLARY: 13000 block of Blueberry Lane, July 7, around 4p.m. A resident reported someone entered their residence and stole

property.

BURGLARY: 13000 block of Legacy Circle, July 2, 9:13 p.m. An employee reported someone entered the business and took property while he was inside. The four male suspects were described as black and between 13 to 17 years old.

BURGLARY: 4400 block of Weatherington Lane, July 1, 10:45 p.m. A resident reported someone entered the house and took property.

JULY 15-17 LARCENIES

2900 block of Chain Bridge Road, groceries from vehicle
9600 block of Courthouse Road, cash and items from vehicle
13900 block of Metrotech Drive, purse from business
9800 block of Oakdale Woods Court, bag from vehicle
9600 block of White Cedar Court, wallet from vehicle

JULY 15 LARCENIES

11700 block of Fair Oaks Shopping Center, merchandise from business
11100 block of Lee Highway, tools from residence

JULY 14 LARCENIES

9500 block of Blake Lane, bicycles from residence

JULY 13 LARCENIES

3900 block of Fair Ridge Drive, liquor from business
11200 block of James Swart Circle, wallet from business
4100 block of Monument Corner Drive, phone from residence

JULY 12

LARCENIES

11900 block of Fair Oaks Shopping Center, merchandise from business
13800 block of Park Center Road, property from residence
4300 block of Sutler Hill Square, jewelry from residence

JULY 8-10 LARCENIES

12200 block of Fairfax Towne Center, phone and purse from business
13000 block of Fair Lakes Shopping Center, merchandise from business
3900 block of Fair Ridge Drive, merchandise from business

12700 block of Shoppes Lane, cash from vehicle
2900 block of Sutton Road, property from school

JULY 8 LARCENIES

4600 block of Stringfellow Road, purse from vehicle

JULY 7 LARCENIES

3900 block of Fair Ridge Drive, property from residence
10500 block of Page Avenue, license plates from vehicle

JULY 6 LARCENIES

11200 block of James Swart Circle, keys from vehicle
12300 block of Lee Jackson Memorial Highway, sign from residence
2600 block of Lemon Tree Lane, movies from vehicle

STOLEN VEHICLES

9800 block of Fox Rest Lane, 2001 Honda Odyssey

JULY 1-4 LARCENIES

3000 block of Melanie Lane, wallet from location.



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ADDITIONS | BATHS | CONDOS | INTERIORS | KITCHENS

Follow Those '76 Trombones'

From Page 2

when they use foul language."

This show is special to Britt because, more than 40 years ago, he acted in it as a townspeople with his mother, who played a town gossip, along with his father — who played the mayor, too. Britt likes this part, he said, because "Mayor Shinn takes life so seriously, and I don't, but he really is a caricature. And it's also fun to show his soft side a couple times."

To Go

Show times are Friday, July 22, at 7:30 p.m.; Saturday, July 23, at 2 and 7:30 p.m.; Sunday, July 24, at 3 p.m.; Thursday-Friday, July 28-29, at 7:30 p.m.; and Saturday, July 30, at 2 and 7:30 p.m.

Tickets are \$15, adults; and \$10, children 12 and under, at [\\$18 and \\$13, respectively, at the door.](https://fairfaxcitytheatre.ticketleap.com/musicman/_or)

www.ConnectionNewspapers.com

His favorite number is a blend of "76 Trombones" and "Goodnight, My Someone" near the end of the show, because "That's where you see the love between Marian and Harold really come out." He said audience mem-

bers will see similarities in the characters' personalities to people they know today.

And, he added, "There's a tremendous amount of energy in this show, plus a sense of nostalgia for how things were."



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Opinion

Voting, for Former Felons and Others

In a Democracy, we're best served by more voter participation.

Today, the Virginia Supreme Court will hear an expedited challenge to Gov. Terry McAuliffe's (D) restoration of the voting and civil rights of more than 200,000 Virginians who were convicted of felonies, served their time and completed any supervised release, parole or probation requirements.

The restoration of voting rights moves Virginia into the mainstream. Virginia had been one of four most restrictive states with lifetime bans on voting for those convicted of felonies. Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison. Only 10 states have more restrictive policies than McAuliffe's order about voting for people who have been convicted of

felonies.

While the perception is that such a move will favor Democrats, in a Democracy, it's better for all when more people vote.

According to statistics released by the governor's office, 51.5 percent of those whose voting rights have been restored by McAuliffe's order are white; 45.9 percent are African American. Eighty percent were convicted of nonviolent offenses. Almost half had been completed both their sentences and supervision more than 10 years ago.

Editorial

McAuliffe said: "If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance. We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

This action brings Virginia into line with 39 other states, with more than 20 states having less restrictive policies. For example, on Feb. 9, 2016, the Maryland General Assembly restored the vote to all convicted felons immedi-

ately upon their release from prison. Previously, people convicted of felonies in Maryland had to complete all parole and probation before they were able to vote.

In Virginia, such individuals still are required to complete their term of incarceration and their term of probation or parole before voting rights are restored.

MEANWHILE, for all Virginia voters, the deadline to register to vote for the Nov. 8, 2016 general election is Oct. 17. You can verify your voter status at <https://vote.elections.virginia.gov/VoterInformation>. This is especially important to do if you have moved or have not voted recently.

In person absentee voting begins Sept. 23. It's an important election, with Virginia playing a critical role in the outcome of the race for U.S. President. There will also be many important local issues on the ballot, along with the races for U.S. Congress.

— Mary Kimm
mkimm@connectionnewspapers.com

Letter to the Editor

Financial Literacy: A Big Concept for Small Learners

To the Editor:

As parents, we often contemplate new ways to support if not catapult our children into exciting and memorable experiences both academically and socially, all in the name of making them "well-rounded." Yet, how often does this quest involve taking the time and energy to have meaningful discussions about financial literacy? Most likely a parent's response to this question might sound similar to a fictitious quote by the ever wise Yoda, "Financial discussions with my child — I did not have."

This past school year, I was determined to become more active in teaching my children and other school-aged children, the importance of this subject in their everyday life. Fueled by personal successes and failures on the topic, I proposed and was approved to form the Bull Run Elementary School "The Money Club" after-school activity for the 2015-2016 academic

year. Bull Run has a diverse student population ripe for learning. The target audience was 4th through 6th graders.

As the club's leader, I created and taught "The Money Club" members a broad overview of financial concepts and applications. The topics included an introduction to the history of money, the importance of saving, spending, and giving.

We researched how personal and family values, feelings, and interests influence financial habits, potential responses to panhandling, utilization of credit cards, loans, and mortgages. Although these concepts may appear to be ultra-progressive, the students embraced them with insatiable vigor and were quick to ascertain that making wise financial decisions pays off — literally.

During Financial Literacy Month, April 2016, Bank of America (Centreville branch) sup-

ported our club by having two financial representatives participate in our monthly financial discussion. During their visit, the representatives led the students through a mock budget exercise that contained real life scenarios such as buying clothes for work, the cost of fixing a flat tire, and saving money for unplanned emergencies.

Although the school year came to an end as expected, it was difficult for me to say goodbye to my esteemed financial minions. I thought to myself, "There's still so much to learn!" Yet, deep inside of me, a pervasive sense of calm persisted. I knew that the seeds of financial peace and wisdom were firmly planted and would bloom in a variety of ways in their lives and in the world.

Lisa Wallington
Centreville

Bulletin Board

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

AUG. 8-11

Vacation Bible School. 12:30-3:30 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Jubilee Christian Center is having Vacation Bible School for ages 3-11. There will be Bible stories and crafts, with a theme of "Walk This Way." The cost is \$15 for first child, \$10 for second child and third child, with a family maximum of \$35, with a free family preview on Sunday, Aug. 7, 6-8 p.m. To register, call 703-383-1170, or visit www.jccag.org.

SEPT. 10-21

2016 Northern Virginia Senior

Olympics. Online registration will open July 5. Registration forms will be mailed to previous participants in late June and will be available at community and senior centers, senior residences and event venues. The registration fee of \$12, which covers multiple events, remains the same. Three events have an added fee, ten pin bowling, golf and orienteering. Deadline for registering is Aug. 27 (by mail), Sept. 3 (online). Call 703-830-5604 or email nvso1982@gmail.com for more. To volunteer, call 703-403-5360.

TUESDAY/SEPTEMBER 13

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Classes are Tuesday and Thursday, 7-9 p.m. and run from Sept. 15-Nov. 22. Beginning, intermediate and

advanced levels will be offered. Registration fee is \$15, text book is \$25. Call 703-323-9500 or visit www.lordoflifeva.org for more.

SATURDAY/SEPT. 17

Volunteers Needed. 9:30 a.m.-4 p.m. at Dulles International Airport. Special Olympics Virginia's Dulles Day Family Festival and Plane Pull is looking for 600 volunteers to help with all of the events that happen during this hefty fundraiser. From T-shirt sales, team check in and event parking to car show monitors, event greeters and event clean up, shifts are offered in the morning or afternoon (or both). All volunteers will receive a souvenir Plane Pull T-shirt and lunch. Visit www.planepull.com/View/Page/Volunteer.

VOLUNTEERS NEEDED

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. Hours are flexible, and volunteers attend a one-day training in before being assigned to schools. To volunteer, email donaledge@aol.com.

Chantilly CONNECTION

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Creating a College Packing List

Sorting out the essential from the unnecessary.

By Marilyn Campbell
The Connection

When a Chantilly family prepared to send their daughter to college, their process was threefold: packing up her childhood bedroom, setting up her college dorm room and getting organized in the process. They enlisted the help of professional organizer Jodie Campbell Jacobs of SOUPerior Organizing in Springfield. Jacobs discarded, preserved and streamlined, helping the family create a list of items that their daughter would need for college.

"I helped them clean out what they already had so they could get a better idea of what they needed to bring to school," said Jacobs. "I told her not to bring too much personal stuff. Going off to college is a new chapter in your life and you want to decorate the new space for the new stage."

Though it is the middle of summer, many families are preparing their rising college freshmen for a new school environment and the requisite lifestyle adjustments: sharing a cramped living space, awkward walks down a hallway to a shared shower and doing one's own laundry.

A COLLEGE PACKING LIST can help organize the transition, but students should find out before arriving on campus the items that are necessary, such as a microwave oven, mini-refrigerator, television, bed linens and laundry bags, as well as those that are questionable, such as extension cords, multi-plug adapters and toaster ovens.

"Students frequently arrive on campus bringing their pet, such as a snake, turtle or dog," said Yolanda Gibson, D.A., associate dean of First Year Experience at Marymount University in Arlington. "Unless you have an approved service animal, be mindful of your community and room-

mate. Also, most college campuses won't allow you to burn items, such as candles and incense."

Gibson, who is in the midst of coordinating new student orientations for Marymount, recommends that freshmen get a packing list from their university or college and reach out to the person with whom they'll be living.

"Students often come to campus with televisions without consulting their roommate," said Gibson. "You don't want to have two televisions in a dorm room. Be sure to communicate with your roommate before moving in."

When it comes to deciding what goes on a packing list, Susan Unger of ClutterSOS suggests starting with a generic list, such as one created by one's college or a home merchandise store. "There's no need to reinvent the wheel, you can start with one of those and then personalize it to your own needs," she said.

One factor to consider when creating a packing list is the distance between one's hometown and their college campus, says Jacobs. "If you live within driving distance, for example, you can think seasonally and only bring what you need until your next visit home then swap out items," she said. "Don't bring a ton of sweaters that are going to take up space if you don't need them right away."

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College students move into a residence hall at Marymount University.

Organization is critical to managing a significant downsize, such as moving out of a family home into a shared residence hall, said Jacobs.

"Maximize the space you have," she said. "When it comes to sharing a dorm room or bedroom in an apartment, look at all the unused space that you normally look past, like the space under the bed."

Risers, for example, can elevate a bed creating space for stackable storage bins that hold items such as extra towels, sheets and clothing.

Jacobs also advises resisting the urge to super-size. "You don't necessarily need the Costco size of shampoo, you can buy more whenever you need it," she said.

Think vertically advises Unger. "For example, use the backs of doors to hang a shoe organizer," she said. "These can be used for items other than shoes such as toiletries, snacks and school supplies. Consider using hanging shelves in your closet for the folded clothing. Use a double hanging rod to double your hanging space."

Since dorm living means sharing a space, make sure all personal items are identifiable. "Be sure to label everything, especially things like phone chargers since they can easily get mixed up," said Unger.

Both Unger and Jacobs recommend hooks that attach to a wall with an adhesive. "They can be removed later with no wall damage," said Unger.

adhesive. "They can be removed later with no wall damage," said Unger.

ONE ITEM that Jacobs says many people don't think about is a lockbox or safe that is fireproof and waterproof. "Keep documents like your social security card, certain medications and anything that you consider valuable," said Jacobs.

Jacobs suggests storing that safe or lockbox in a place that is out of view and inconspicuous. "If someone goes looking, it's not the first thing they will find," she said. "You can put it on a closet shelf under a stack of sweaters or under the bed in a storage bin."

Finally, not all shopping needs to be done in advance. "Our word of advice is to wait to purchase some of the items until you get here," said Joey Allen, communication and events manager, Housing and Residence Life at George Mason University in Fairfax. "There is usually time on move in day and the days after to go shopping for items."

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— Yolanda Gibson, D.A.,
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Virginia Run Achieves Two Victories

The Virginia Run Riptide achieved two victories during the fourth week of the NVSL summer season with a win at Wednesday's Divisional Relay Carnival and a hard-fought win of 232 to 188 over the Cottontail Cobias on Saturday.

Not only did the Riptide capture the Division 4 relay trophy, they sent four teams to the NVSL All-Star Relays on July 20. Three relay teams set new team records. The 8 & Under girls Caroline Friess, Jenna Van Buren, Charis Roundtree, and Anna Kelliher swam to a record of 1:38.09 for the 100 medley relay. The 15-18 boys 200 medley relay of Geoffrey Eisenhart, Leo Wang, Patrick Kearney, and Nick McGrath broke their own record with a swim of 1:56.50. The 15-18 girls relay team of Mia Newkirk, Sarah Boyle, Didi Pace, and Chloe Hicks obliterated the team medley record with a 2:04.37 and slashed the freestyle record with a 1:53.12.

The 11-12 girls medley relay of Alana Turflinger, Gabriella Borsato, Maddie Whitton, and Isabella Cogan, the 15-18 boys medley and the 15-18 girl's medley and freestyle relay teams qualified to swim in the NVSL All-Star Relays.

Swimming at the Cottontail Cobia's pool, the Riptide showed their strength in freestyle capturing eight firsts: Kevin O'Connor (8U B), Charis Roundtree (8U G), Jason Cheifetz (11-12 B), Maddie Whitton (11-12 G), Anthony Arcomona (13-14 B), Chelsea Nguyen (13-14G), Nick McGrath (15-18 B) and Chloe Hicks (15-18 G). Second place swims were posted by Jack



Photos Contributed

The record setting All-star bound 15-18 girls relay team. M. Newkirk, C. Hicks, S. Boyle, and D. Pace.

Jeffries (8U B), Charles Beamon (9-10 B), Patrick Kearney (15-18 B) and Didi Pace (15-18 G), while Anna Kelliher (8U G), Samuel Roundtree (9-10 B), Neha Srinivasan (9-10 G), and Emily Jon (11-12 G) swam for thirds.

With a 57-33 lead the backstrokers pushed off. But backstroke wins were few with only Nick Harris (8U B) and Chloe Hicks (15-18 G) taking firsts. Jack Jeffries, (8U B), Carson Coughlin (8U G), William Whitton (9-10 B), Alana Turflinger (11-12 G), Chelsea Nguyen (13-14 G) and Chanel Cogan (15-18 G) placed second and those all-important third place points were captured by Caroline Friess (8U G), Teresa Seraphin (9-10 G), Caitlin Kelliher (11-12 G), Geoffrey Eisenhart (15-18 B), and Lauren Stovall (15-18 G).

Heading into the breaststroke competition, the Cobias were narrowly in the lead 93-87. The 8 and under boys, Cooper Hutt 1st, Kevin O'Connor 2nd, and Tyler Dahm 3rd,

swept their race putting the Tide back in the lead. First place breaststroke wins by Jenna Van Buren (8U G), Davis Collinsworth (9-10 B), Jason Cheifetz (11-12 B), Leo Wang (15-18 B), and Meredith Matz (15-18 G), second place swims by Griffin Osterhout (9-10 B), Allison Nguyen (9-10 G), William Beamon (13-14 B), Meghan Gary (13-14 G), and Nick McGrath (15-18 B) and third place performances by Sarah Van Buren (9-10 G) and Alana Turflinger (11-12 G) maintained the Riptide advantage.

As the fliers took to their starting positions, the Riptide led 139-131. Once again the energetic 8 and under boys swept their event, with Nicholas Harris first, Ewan McDonough second and Tyler Dahm third. The talented 8 and under girls answered with Charis Roundtree flying to first and Caroline Freiss taking third. The 9-10 boys also took first and third with Davis Collinsworth and William Whitton. Neha



The All-star bound 11-12 girls medley relay: A. Turflinger, G. Borsato, M. Whitton, and I. Cogan.

Srinivasan (9-10 G) swam to a new best time and captured second in her heat, while Andrew Boyle (11-12 B) stayed strong to finish third. For the 11-12 girls Maddie Whitton was first and Isabelle Cogan third, and for the 13-14 girls Catie Gunn swam to first and Becca Matthews for third. Anthony Arcomona (13-14 B), Leo Wang (15-18 B) and Didi Pace (15-18 G) were dominant in winning their races.

Moving into the relay portion of the meet the Tide had widened their lead to 192-168. Needing four relays to secure a win, the Riptide swam with enthusiasm and won 8 of 12 contested races.

The Riptide will be conducting a Lap-a-thon this week to benefit Brain Injury Services of Northern Virginia (braininjurysvcs.org) and invites everyone in its Western Fairfax County community to support this local agency named "Non-profit of the Year" in 2014 by the Fairfax Chamber of Commerce.

SSTs Have Six Relays Continuing To All-Stars

The week of July 10 was full of records for the Sully Station SSTs. It was a beautiful week with scattered storms, and relay carnival, which is a day for relays from every team in the division to try to get times to go to all-stars.

Relay Carnival was on Wednesday, July 13 with 22 relays overall ready to fight for a spot in all-stars. The meet kicked off with the mixed aged relays, and almost immediately the boys not only received a first place but also a team record. Their finals time was a 1:55.42, a full second faster than the previous record set in 1998.

In relay carnival, each team receives a certain number of points, with 14 points for first place, 10 for second, 8 for 3rd, 6 for 4th, and so on until last place receives 2 points.



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Sully Station Relay Teams gather after their division win on Wednesday night.

Unless a team is disqualified, they will receive points.

Moving into the medley relays, the 8 and under boys received a 1:31.24, winning first place and creaming the record from 2013 by 5 seconds. The SSTs received 2nd place

in both of the 9-10 medley relays, and also in the 11-12 girls relay. The 13-14 girls received 2nd as well, while the boys received 3rd.

Moving into freestyle relays, the SSTs began with yet another first place by the 8

and under boys relay, and a second place by the 9-10 girls. The 11-12 girls received a first place of 59.82, and the 13-14 girls won first place. The 13-14 boys won 3rd place, and the 15-18 boys ended the meet with a 2nd place in their 200 meter freestyle relay. The meet ended with Sully Station Swim team winning a combined score of 194, winning the division champ of the relays.

The SSTs have six relays continuing to All-Stars, including both boys 8 and under, boys and girls 9-10 freestyle, both 13-14 girls, and mixed age boys.

The "A" meet against Arlington Forest was on July 16. In a hard-fought swim by all swimmers, Sully Station finally fell to Arlington Forest, losing its first meet of the season. The meet began with Luke Campet and Katherine McArthur winning first place in the 25 meter freestyle. The meet continued, with Sully Station slowly gaining a lead over Arlington Forest throughout freestyle and backstroke. Elise Mozeleski broke the team record for her 50 meter backstroke, and received first place in the event. However, after backstroke, Arlington Forest slowly began recapturing the lead, and were beating Sully Station by 5 points by relays. They proceeded to win the meet, making both teams have the same record of 4-1.

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Piranhas at Relay Carnival

The Sully Station II Piranhas had an extraordinarily fun and busy week. It began with a terrific B meet on Monday, July 11 followed by the exciting NVSL Division 10 Relay Carnival two nights later. SS II capped the week by hosting Sleepy Hollow on Saturday, July 16 with their trademark spirit and camaraderie.

Relay Carnival is always a highlight of the season, and the older girls demonstrated true talent and depth by capturing four first place wins. The 13-14 girls combination of Delaney Kennedy, Liliana Glancy, Kelly Elson, and Faith Alston proved too powerful for their competition in both the free and medley relays. The 15-18 girls squad of Karenn Hall, Georgia Stamper, Carly Logan, and Caitlin Campbell were dominant with a 6 second win in the free relay and a 9 second win in the medley.

The fourth A meet of the season began with the traditional Piranha Pass to honor graduating senior Caitlin Campbell. The team showed their love and gratitude for her leadership and contributions in and out of the pool.

SS II wishes Caitlin the best as she continues her swim career at York College and pursues a major in nursing.

Caitlin led the way during the meet once again with double victories in free (30.42) and back (34.19), joining five other Piranhas with two victories each. These swimmers included Ehma Stalfort in free (18.63) and fly (22.41), Simon Campbell in free (39.43) and fly (20.44), Angela Cai in breaststroke (39.56) and fly (34.22), Faith Alston in backstroke (34.81) and breaststroke (36.88), and Anthony Kang in a fingertip finish in free (29.40) and back



Sully Station II swimmers were all smiles as they hosted their final B meet of the season.

(34.03).

Strong first place swims were turned in by AJ Sexton in freestyle (19.37), breaststrokes Jason Li (25.64), Caden Seng (53.87) and Hope Alston (43.15) and fly specialists Colin Brown (34.37) and Delaney Kennedy (34.71). Adding points to the board were Piranhas Payton Susko, Caroline Li, Madison Stalfort, Hannah Kang, Collin West, Jack Jiang, Carly Logan, Hayley Norris, Dorothy Cervarich, Brantley Cervarich, Kellen Campbell, Alyssa Seng, Mary Campbell, Emerson Saint Germain, Harrison Saint Germain, Charles Tai, Michael Jiang, Harmon Saint Germain, Ally Introne, and Cecilia Alquinta.

A special shout out goes to Isabella Ibrahim for swimming up in the 15-18 girls relay and securing the win with teammates Carly Logan, Ally Introne, and Hope Alston.

SS II senior Caitlin Campbell with her coaches and parents.

Photos Contributed



Also showing heart and dedication by swimming up was Brooke Franconeri in both free and back as well as 9-year old Alyssa Norris who swam up two age groups in 13-14

breaststroke.

The Piranhas will travel to Fox Mill Woods for their last A meet of the season next Saturday, July 23.

Softball Umpires Needed

The Northern Virginia Softball Umpires Association is seeking individuals interested in becoming certified umpires for high school and recreational fast pitch softball in the Northern Virginia area. Complete training is provided with in a

flexible schedule.

For the fall season, training will begin in late August.

For more information contact Bob Angeli at president@nvsua.org, 703-599-0016, or www.nvsua.org.

Sports Briefs

FIELD HOCKEY: Registration is now open for Potomac Field Hockey's fall FUNDamental program for Pre-K through 2nd grade and Youth Rec League program for grades 3rd through 8th. No experience necessary. Once-weekly team practices with games on Saturdays. Technical skills sessions included. Season begins Aug. 29 and runs through Oct. 22. For more information or to register, visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

FIELD HOCKEY: Coaches and umpires are needed for Potomac Field Hockey's upcoming Fall season. Coaches have two practices per week and games on Saturdays. Umpires needed for youth games on Saturdays. Send coach inquiry to info@potomacfieldhockey.org; send umpire inquiry to toumpire@potomacfieldhockey.org.

FIELD HOCKEY CAMPS: Players will learn both indoor and outdoor hockey. The camps are for rising 1st through 8th graders for girls and boys. Campers will be divided by age and skill level. Held indoors at Dulles Sportsplex, 8 a.m.-5 p.m., July 11-13, July 14-15, July 25-27, and July 28-29. For more information or to register, visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

FIELD HOCKEY: Potomac Field Hockey will run a game-only Adult League on Sundays 6-8pm at Evergreen Sportsplex. Aug. 28 and run through Oct. All games are on Sundays; no play on Labor Day or Columbus Day weekends. For more information or to register, visit www.potomacfieldhockey.org or email adult@potomacfieldhockey.org.



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IM record setters: Blake Madsen, Ben Farello, Kai Taft, and Fletcher Madsen.

Pirates Complete Circle of Swim life

Chantilly Poplar Tree Pirates Swim Team completed the circle of swim life at a Monday night B meet on July 11.

Blake Madsen broke the Boys 8 & Under 100 IM record with a time of 1:32.47, which was previously held by Ben Farello, who in turn broke the Boys 10 & Under 100 IM with a time of 1:27.78, which was previously

held by Kai Taft. Kai Taft broke the Boys 11-12 100 IM record with a time of 1:13.78, previously held by Fletcher Madsen, who in turn broke the Boys 15-18 100 IM with a time of 1:03.38, previously held by David Stewart.

The Pirates are in good hands with the rising generations improving and expanding their swimming prowess.

Before, During And Not Yet After

By KENNETH B. LOURIE



It's a peculiar task to be writing ahead (for publication July 20, 2016), about something that has not happened, yet when this column ultimately does publish will have likely already happened. This "bassackward" perspective (and Colorado "Blue" run) refers to the CT Scan I had completed last Wednesday, July 13, results of which I will learn anywhere from two days from now (electronically) at the quickest to two weeks at the latest (when my next face-to-face appointment with my oncologist is scheduled). And yes, if you think two weeks is a long time (interminable comes to mind) to ponder your fate and the universe in which you hope to still live, it most definitely is. But given the nature of the medical system/appointment availability with which I have to work, I have limited say in the matter, a matter of crucial importance – to me.

However, after seven-plus years of it, I've gotten use to (I wouldn't say comfortable though) the process. Is it my preference to wait for fate and allow medical nature to take its course? Hardly. Have I been told (and experienced quite frankly), that if there is significant, time-sensitive, potentially life-changing information to relate, I will be informed much sooner than later? Absolutely. (During the original diagnostic assessment of the migrating pain in my ribs.) Is there/has been there room for misinterpretation in the silence/lack of communication from one's oncologist when said oncologist has said he prefers to deliver bad news in person – not electronically and/or over the phone? Of course. What if, and I found out after the "interminable" wait (which happened to me yesterday at my infusion, as a matter of coincidence) that my doctor is actually away on vacation during this post-scan week and the non-communication has nothing at all to do with "bad results wanting to be delivered in person?" Moreover, what happens to my level of expectation when the oncologist has good news to share about my scan and in turn breaks his own rule about wanting to inform me in person, generally, and e-mails me early with good news? Happiness, relief, obviously. But what happens on subsequent scans (like now) when he doesn't e-mail me early? What if I didn't know he was on vacation or at a medical conference, as another example, which has also happened? I never know. Or has the doctor decided he wants to deliver all news in person to eliminate ANY possible misinterpretation of scans (which has also happened)? So does good news always travel fast, and bad news much slower? Not necessarily and not so consistently. Welcome to my cancer whirled.

All of this is fairly manageable (believe it or not), except that I know of lung cancer patients who have their CT Scans in the morning, and after lunch, have their appointment with their oncologist to discuss the results. Just like at my wife's bar: "Same Day Service." Unfortunately, that's not my day. My reality is quite different, and there seems little I can do about it. And consider that for yours truly – and any other patient waiting for scan results (mammograms comes to mind) – managing the anxiety seems the only reasonable action, rather than stressing about a results loop that likely will never change (maintaining similar behavior and expecting different results; I'm not insane. See July 13th column).

As you can read, my cancer-patient experience has been a combination of a roller-coaster ride, Ferris wheel and bumper cars; up and down and all around and getting smashed at any time. Without much amusement. However, if you don't find some joy in it, there will only be loathing. And that's no way to live your life, making a bad situation worse, especially as a cancer patient. Certainly communication and clarity matter; so too does peace and happiness.

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

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Low Vision Patients with
MACULAR DEGENERATION
DMV offers a special permit allowing
low vision patients to drive with
bioptic telescopic glasses.
Call for a FREE phone consultation
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Offices in: Roanoke, Harrisonburg, Wytheville, Virginia
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Dr. David L. Armstrong (866) 321-2030

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Join Our Team!
Chesterfield County Public Schools
Food and Nutrition Services Employment Opportunities
We are currently accepting applications for:
Field Supervisor - Marketing
Provides strategic leadership for the marketing area of the Food and Nutrition
Services Department and professional technical supervision in all areas of food
services. Plans, develops, and executes the Food and Nutrition marketing plan
to promote school meals and nutrition initiatives programs. Apply via the
CCPS website at http://mychesterfieldschools.com. Complete job description
and application procedures are available on the website.
EOE/M/F/D

News



Photo Contributed

Literacy Project

The Centreville High School National Honor Society participated in a literacy project to benefit the students at Brookfield Elementary School. They raised funds to purchase each student at Brookfield in kindergarten through 6th grade a new book for their summer reading.

Military Notes

Army Pfc. **Arrion Thompkins** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Thompkins is a graduate of Westfield High School.

U.S. Air Force Airman 1st Class **Valeria S. Catacora** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Catacora is a 2015 graduate of Centreville High School.

U.S. Army Pfc. **Kenneth L. Wilson** has graduated from basic infantry training at Fort Jackson, S.C. Wilson is the son of Kyong H. Pak of Centreville and Kenneth L. Wilson of Jacksonville, Fla.

Aaron Pauli of Clifton has been selected for promotion to the major rank in the Air Force. Pauli is a 2001 graduate of Centreville High School and a 2006 graduate of the Miami University of Ohio. Pauli has served in the military for 9 years.

Catalina O. Sanchez, a 2012 graduate of Westfield High School in Chantilly, graduated from basic infantry training at Fort Jackson, S.C.

Angelica M. Wilkins, a 2015 graduate of Chantilly High School in Chantilly, graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

'Drive to 100'

Latia Ferguson Reyes gets the keys to her new ride at **Brown's Chantilly Mazda** at 4155 Auto Park Circle during the "Drive to 100" event hosted by Mazda and Vehicles for Change. The event in May awarded refurbished Mazdas to families along the East Coast.



Photo Contributed

Entertainment

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

ONGOING

Evenings on the Ellipse Summer Concert Series. Thursdays through Aug. 25, 5:30 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. In addition to different music each week, find wine tastings. Free. Visit www.fairfaxcounty.gov for more.

Government Center Farmers Market. Thursdays through Oct. 27, 3-7 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org for more.

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilaire.org for more.

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.

SATURDAY-SUNDAY/JULY 23-24

D.C. Big Flea Market. 9 a.m.-6 p.m. Saturday, 11 a.m.-5 p.m. Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find period and antique furniture. Tickets are \$10 for both days. Visit www.thebigfleamarket.com for more

SUNDAY/JULY 24

Book Sale. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Books of all genres will be offered for sale with an emphasis on history and the Civil War. Regular admission rates apply but discounts may be given for purchases. Museum members and children 4 and under, free; children 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org.

MONDAY/JULY 25

Rhythmaya. 10:30-11:15 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Indian dance and music. Free. Visit www.fairfaxcounty.gov/library/branches/ce or call 703-830-2223.

MONDAY-FRIDAY/JULY 25-29

Westfield Theatre Young Actors' Workshop. 9 a.m.-12 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. This high-energy, educational summer musical theatre camp is open to elementary students in rising grades 2-7. Tuition

is \$125. Westfield Theatre Boosters is now accepting registrations for Young Actors' Workshop. For an enrollment form and more information, visit www.westfieldtheatreboosters.com.

WEDNESDAY/JULY 27

Balloon Sculpting. 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn the art of balloon twisting. Free. Visit www.fairfaxcounty.gov/library/branches/ce or call 703-830-2223.

Fireflies in the Meadow. 8:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring a plastic jar with a lid to catch and then release fireflies. Tickets are \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

FRIDAY/JULY 29

Reptile Campfire. 6:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join a naturalist for a night hike to learn about native reptiles that become nocturnal during the warmer months. Tickets are \$8 for Fairfax County residents, \$10 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/JULY 30

Bull Run Bargains. 8 a.m.-1 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. A flea market and vendor fair. Free to attend, prices vary for vendors. Visit www.novaparks.com/parks/bull-run-regional-park.

Soul in Motion. 2:30 p.m. at Chantilly

Regional Library, 4000 Stringfellow Road, Chantilly. Enjoy West African drumming, song and dance. Free. Visit www.fairfaxcounty.gov/library/branches/ch or call 703-502-3883.

Giant Spiders. 8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Hunt for the giant nocturnal fishing spider. Tickets are \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/JULY 31

Nation's Capital Model T Ford Club. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host the Nation's Capital Model T Ford Club to commemorate Fairfax Station's brief fame as a movie star in the 1924 silent film, "The Road To Happiness." Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit www.fairfax-station.org.

Tree Trek. 5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join an expert naturalist on a search for the biggest, oldest, rarest and most important trees in the forest. Tickets are \$7 for Fairfax County residents, \$9 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

MONDAY/AUG. 1

"Sports Heroes: A to Z." 2:30-3:15 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Bright Star Theatre presents great American athletes in a live theatrical event. Free. Visit

www.fairfaxcounty.gov/library/branches/ce or call 703-830-2223.

FRIDAY/AUG. 5

Creek Adventure Wagon Ride. 7 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Explore Rocky Run. Tickets are \$6 for Fairfax County residents, \$8 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/AUG. 6

With the Help of a Physick. 1 p.m., 2 p.m., and 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 18th century diseases and their causes were mysteries. Take a tour of Sully and along the way, discover theories and treatments of the time for small pox, yellow fever and malaria. Learn about small pox inoculation, the precursor to modern vaccination and the 1793 yellow fever epidemic in Philadelphia. Tickets are \$8, \$7 for students, \$6 for seniors and children. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

Sully Fun Patch. 2 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Visit the 1794 home of Richard Bland Lee and experience what life was like for the children who lived at Sully through hands-on activities such as storytelling, music or games. Tickets are \$7. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

Pond Life. 5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Search for, catch, and release tadpoles, dragonfly nymphs, water scorpions and other creatures. Tickets are \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

Drive In Movie: "Minions." Gates open at dusk at Trinity Centre, 5860 Trinity Parkway, Centreville. Find "Minions" (rated PG) and children's games and rides. Food and drinks also available for purchase. Free. Visit www.fairfaxcounty.gov/parks/performances.

SATURDAY-SUNDAY/AUG. 6-7

Brickfair. 11 a.m.-4:30 p.m. at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. BrickFair hosts 1,000 adult LEGO builders from across the USA, Canada, and Europe. Tickets are \$15. Visit www.dullesexpo.com or call 703-378-0910.

SUNDAY/AUG. 7

Pancakes at the Mill. 11:30 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Enjoy a Sunday around the campfire and make corn pancakes with honey. Tickets are \$7 for Fairfax County residents, \$9 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

Elk Lick Wagon Ride. 4:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Enjoy Elk Lick's open meadow with a fun wagon ride and take a brief hike into the adjoining forest. Tickets are \$6 for Fairfax County residents, \$8 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

TUESDAY/AUG. 9

Wildlife Ambassadors. 10:30-11:15 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Meet animal heroes such as parrots, opossums, spiders and snakes. Free. Visit www.fairfaxcounty.gov/library/branches/ce or call 703-830-2223.

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