

SEPTEMBER 14-20, 2016

25 CENTS NEWSSTAND PRICE

Each year on Sept. 11, the front lawn of West Centreville Fire Station 38 is adorned with multitudes of small, American flags. This station's firefighters — who also responded to the Pentagon on 9/11 — place 343 flags outside in honor of the 343 firefighters who lost their lives that day in New York.

Always Remember

NEWS, PAGE 3

Fairfax County Fire & Rescue
Station 38 and
Centreville Volunteer Fire Dept.
IN MEMORY OF
343 FDNY
FIREFIGHTERS 9-11-01

Policing with
Compassion

NEWS, PAGE 3

Comfort Zone

HOMELIFESTYLE, PAGE 6

24th Annual!

CENTREVILLE DAY

CENTREVILLE DAY.ORG

Celebrating Centreville Community

OCTOBER 15, 10:00-5:00

Historic Centreville Park on Mt. Gilead Rd

AMERICAN LEGION PARADE at 11:00

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Trick or Treat!*

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Pirates for Sail
Fairfax Choral Society
NoVA Wushu Academy
and more!



SCHOOLS



Together

Union Mill Elementary School fourth grade teacher **Melissa Kees** receives support from her teammates as they don wigs to show their support in her battle against Hodgkin's Lymphoma.

SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

The **Community Foundation for Northern Virginia** awarded \$30,300 in Healthy Kids Grants to address the main causes of childhood obesity by supporting programs that increase physical activity and/or improve nutrition in Northern Virginia public schools. **Westfield High School** was awarded \$2,000 for Girl's Only Fitness. This class will educate female students who are not athletic team participants or in Physical Education (P.E.) class about a healthy

diet, the importance of 60 minutes of activities, and what they can do to stay healthy and fit for the rest of their lives. This class will change the way these girls think, feel and see themselves.

Stone Middle School alumnus **Conor Dupont** put his creative skills to use by developing murals to engage students as they enter the school's library. Dupont, who graduated from Westfield High and is currently a student at the University of Delaware, designed a mural that reflects the library's mission to have students think more critically about the use of online resources as they do research.

LEARN HOW TO BE THERE WHEN OTHERS NEED HELP

Addiction: The Taboo Subject

Drug overdose now kills more Virginians than car accidents.
It's time we talk about it. It's time we do something about it.
For our friends, our families, our futures.

Join us for a free educational program:

- Hear personal stories of addiction and recovery.
- Learn how to prevent, spot, and respond to substance misuse.
- Discuss - what is addiction? A disease, or a choice?
- Learn the resources available for families, adults and youth.
- Receive a free drug deactivation pouch to dispose of unused prescription medication at home.



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CHRIS  ATWOOD
FOUNDATION

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When (two options):

Sat., Sept. 24th, 9-11 am
continental breakfast provided

Mon., Oct. 3rd, 7-9 pm

Where:

Lord of Life Lutheran Church
13421 Twin Lakes Dr.
Clifton, VA 20124

Please Register at:
www.TheCAF.org



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Always Remember

Each year on Sept. 11, the front lawn of West Centreville Fire Station 38 is adorned with multitudes of small, American flags. This station's firefighters — who also responded to the Pentagon on 9/11 — place 343 flags outside in honor of the 343 firefighters who lost their lives that day in New York. Each little, white tag atop every flag contains the name and unit of one of those firefighters. The station is on ODay Drive, off Stone Road.



Policing with Compassion

Building trust between police and residents.

BY BONNIE HOBBS
CENTRE VIEW

Most residents aren't even aware that Fairfax County has a Communities of Trust (COT) Committee. But it held a Town Hall Meeting last Saturday, Sept. 10, at Centreville Baptist Church with the theme, "Communities Working Together: Justice, Unity and Peace."

Comprised of residents, community leaders and public-safety personnel, COT was established by Board of Supervisors Chairman Sharon Bulova in the wake of events in Ferguson, Mo. Its members focus on strengthening and building positive relations between public-safety agencies and the people they serve.

"There'll be other meetings such as this, plus fun events throughout the community, where residents can meet and interact with law-enforcement and fire personnel," she said. "It's critical for us to be a healthy community and to know and trust the people who keep us safe."

"About five years ago, I began to hear concerns — especially from Sheila Coates with Black Women United — about black people not always being happy in Fairfax County," continued Bulova. "And we were also looking at how police respond to situations and to people with mental illnesses. So I reached out to her and Communities of Trust was created."

Noting this county's great diversity, she said it's "important to be aware of our racial and cultural differences." She also said that, next week, the supervisors will create an independent review board to examine how the police respond to incidents.

Supervisor John Cook (R-Braddock) is chairman of the board's Public Safety Committee. "The authority of law enforcement doesn't come from their weapons, but from the support and respect of the community," he said. "We're at a difficult time in the country where people are often asked to



Jorge Figueredo



Keith Palli



Rich Perez



J-P Koushel

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

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OPINION

History: Protests Required to Advance Justice

Local story: Protest, arrests, brutal treatment, torture of advocates for vote for women.

Democracy without our Bill of Rights could amount to mob rule. The Bill of Rights, a visionary document made up of the first 10 amendments to the U.S. Constitution, is reprinted on our website; it's under 500 words; it takes just a few minutes to read.

In the United States, the Constitution and the Bill of Rights offer many protections of freedom and equality. But actually extending that protection and freedom to all has often required individual action and sacrifice, protest, demonstration and nonviolent civil disobedience.

That doesn't make every demonstration and every protest virtuous, but even when protest is not to our tastes, we should appreciate that we live in a country where the right to do so is protected.

Even something as basic as the right of women to vote only came about because of persistent, unpopular protests organized by a militant group, individual action, sacrifice and courage in the face of brutality and repression from existing authority.

The story of how women got the vote, that is to say how half the population of the United States escaped being disenfranchised, is a local story, and so appropriate to tell in the Connection.

EDITORIAL

Alice Paul, "one of the most notorious women in America, was the chairman of the National Woman's Party, a small and militant suffrage offshoot of the mainstream National American Woman Suffrage Association," wrote Catherine J. Lanctot, professor of law at Villanova, in "The Suffrage Pickets and Freedom of Speech During World War I."

In January 1917, Paul, Lucy Burns and other activists organized a relentless public protest outside the White House over President Woodrow Wilson's refusal to support the vote for women.

"By the fall of 1917, more than a hundred women had been arrested and imprisoned on charges of obstructing traffic and unlawful assembly, ostensibly because they attracted large and often hostile crowds to witness their demonstrations. ... Suffrage pickets found themselves at the center of increasingly violent confrontations with angry crowds and hostile law enforcement authorities. ...

"The judge assigned to their cases seemed perplexed by their stubbornness, patiently lecturing the women on world conditions, and explaining: 'We are at war, and you should not bother the President,' before sending them to

serve their sentence at the Occoquan Workhouse in Lorton, Virginia. This strategy backfired badly in mid-July, 1917, with a firestorm of controversy over the incarceration of several socially prominent women and the intervention of liberal lawyers who previously had been allied with Wilson. ...

"Wealthy women serving time in a workhouse brought extensive media attention."

In fact, protest by women of privilege made a critical difference.

Conditions in the workhouse were brutal and filthy; women were beaten and tortured by force feeding during hunger strikes.

The 19th Amendment was ratified on Aug. 26, 1920: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex."

Edith Mayo, curator emeritus of political and women's history at the Smithsonian's National Museum of American History, put the history in context at a recent event: "I think one of the things we're trying to get across is one has to be vigilant about voting rights. The voter suppression of recent years has concerned a lot of Americans. It took such guts and determination for all these groups except for white men to get the right to vote that any slipping backward and trying to suppress the right to vote is a grave concern."

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Suicide Prevention: Everyone's Business

To the Editor:

On behalf of the Suicide Prevention Alliance of Northern Virginia (SPAN), I thank you for the Connection's compassionate and informative editorial printed in observance of Suicide Prevention Week, titled Take One Action to Prevent Suicide.

Suicidal thoughts can affect anyone regardless of age, gender or background; it is the third leading cause of death among young people in the Commonwealth of Virginia, as well as across the United States. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), there is one suicide in the U.S. every 13 minutes; nearly 40,000 people per year die by suicide in the U.S. In Fairfax County, an annual youth survey found that local youth in 10th and 12th grades are at significantly higher risk for depression and suicide ideation than their peers in other parts of the state.

Launched with grant funding from the Virginia Department of Behavioral Health and Developmental Services and in kind contributions from local governments, mental and behavioral health partners from across the region launched SPAN, serving as a new regional resource for information, events and activities relating to suicide awareness and prevention.

The goal of SPAN is to provide an array of resources and support to increase help-seeking, reduce stigma, and prevent suicide.

Through sharing information and efforts with stakeholders across the region, creating opportunities to reach out and provide training, awareness campaigns, promoting health and wellness programs to prevent suicide, SPAN members hope to come together to make a meaningful difference.

Stigma around suicide is a major impediment and while we are making progress in building a firm foundation for suicide prevention, there's still so much more we need to do. Coming together around the concept of suicide prevention is easy but implementing regional efforts and collaboration is challenging. We need to remind our community that suicide prevention is everyone's business every day.

Be involved. Be engaged. All of us can have a key role in saving lives. Please learn more about SPAN at <http://www.suicidepreventionnva.org/>.

Jane Woods

Chairman, SPAN Committee
Fairfax-Falls Church Community Services
Board member

Shared Stories Of Sacrifice

To the Editor:

On Sept. 12, Muslims around the world celebrated Eid-ul-Adha, the Islamic holiday which commemorates the spirit of sacrifice of Prophet Abraham and his son Ishmael. One of these incidents of sacrifice was when Prophet

Abraham was told by God to leave his wife, Hagar and their son Ishmael alone in the desert. After they were left alone, Ishmael started crying and his mother ran frantically between two hills called Safa and Marwah to find help or water. While baby Ishmael was crying, he was hitting his feet into the ground. At one point, his heels hit a spring of water. This spring provides water even today and created the city we now know as Mecca one of Islam's holiest cities and the birthplace of the Prophet Muhammad, peace be upon him.

This biblical story of sacrifice is not only a major concept in the three Abrahamic faiths, but shows the beautiful connection that many faiths have. It is these connections that can be a source of unity in these tumultuous times. Whether you are Muslim or not, a happy Eid from my family to yours.

Saira Bhatti
Centreville

Write

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

CENTREVIEW

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NEWS DEPARTMENT:
centreview@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com

A Connection Newspaper

BULLETIN BOARD

Email announcements to 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.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is seeking volunteers to participate in a free, non-profit program, offered in conjunction with the IRS, that provides tax filing assistance to people of low- and middle-income, with special attention paid to those aged 60-plus. Training will be available in December and January to help taxpayers Feb. 1-April 18, 2017. Visit www.aarp.org/taxaide.

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.

SATURDAY-SUNDAY/SEPT. 17-18

Open House. 10 a.m.-1 p.m. at NOVA Field House, 14810 Murdock St., Chantilly. Join Lil' Kickers for an open house and learn what Lil' Kickers is all about. Free. Contact Matt Lee at info@totalfutbol.com or 703-403-0545. Visit www.lilkickersdmv.com for more.

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.

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

THROUGH MONDAY/SEPT. 19

Girls on the Run Registration. Girls on the Run of NOVA is now registering girls in 3rd through 8th grade for their after school programs: Girls on the Run and Heart & Sole. Both programs offer physical activity-based positive youth development with a focus on increasing self perception, learning to respond to oneself and to others with care, creating positive connections with peers and adults, and making a meaningful contribution to the greater community.


- ❖ In Centreville, Girls on the Run programming will be available at Bull Run Elementary.
- ❖ In Chantilly, Girls on the Run programming will be available at: Brookfield Elementary, Poplar Tree Elementary, and St. Veronica

SEE BULLETIN BOARD, PAGE 7

Learn as if you
were to live
forever; live as if
you were going to
die tomorrow.

—John Wooden

Gary Kramer, D.D.S.
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Benefits homeless pets. \$5 suggested donation to attend Barktoberfest. Kids and dogs free!

I have fetched this stick 128 times. Clearly, I will do anything to go to Barktoberfest.

GET READY!
Saturday, September 24, '16
Loudoun County Fairgrounds, Leesburg, VA

Benefiting **FOHA** Friends of Homeless Animals

BARKTOBERFEST Bands • Pet Contests & Prizes • Games for Dogs • Games for Kids • Kitty Corner • Animal Communicator • Canine Demos • Training Classes • Vendors • Artisans • Online Auction • Raffle Baskets • Food Trucks • Pouring for Paws • FOHA Pets for Adoption • and much more!

For more information on Barktoberfest, visit barktoberfest.org

GLOW DOGGLOW 1-mile and 5K race for you and your pup!
by night!

After Party Race with Bands • Glow Swag Bag • Prize for Best Glow/Best Dressed • Glow Photo Booth • Run with your 4-Legged Best Friend • and more!

Register for GlowDogGlow at Barktoberfest.org or novadogmagazine.com/events

Join us for a full day of fun! Barktoberfest: 10:30AM & GlowDogGlow Race: 7PM
The events benefit Friends of Homeless Animals (FOHA)



14th Annual Alexandria King Street Art Festival



EXTRAORDINARY
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September 17th - 18th
Sat. 10am - 7pm / Sun. 10am - 5pm

Featuring over six blocks of artwork by more than 200 artists from the US and abroad

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Comfort Zone

Local furniture maker combines style and comfort.

BY MARILYN CAMPBELL
CENTRE VIEW

John W. Smith treks through a maze of sleek chairs and stately sofas in a large, sunlit showroom tucked in an industrial warehouse center in Fairfax. He pauses at a dining chair, upholstered in beige linen and framed with espresso hardwood.

"Feel how smooth that is," he said, running his fingers along the wooden edge of the seat. "If you're at a sitting at the table for three, there's no sharp edge against the back of your calves."

Dubbed the "three-hour dinner party" chair, the Etesian is part of the Willem Smith Furnitureworks collection. Pieces ranging from the brown, leather San Luis, a streamlined version of a traditional wing chair, to the Francisco Metro Swivel, a petite recliner, to the Canapé sofa, fill the showroom.

"The comfort of the pieces sells them, but it doesn't look like big, over-stuffed furniture," said interior designer Lowell Wade of Interior Motives in Alexandria.

Like many furniture makers, Smith strives to marry style and comfort. He's taken that commitment to a new level, however, creating and patenting his own seating mechanism to ensure comfort. Named piErgonom, it's a device that attaches the seat back to the seat cushion, preventing slippage and offering back support. Beauty and style matter to Smith, but in his liberal view of aesthetics, beauty springs from not only the physical appeal, but also the way a piece feels and functions.



PHOTO BY DEB STEVENS/CENTRE VIEW

Interior designer Anne Walker used Willem Smith Quintana Swivel Chairs in Dreamer Apricot Leather to add a pop of color to a neutral palette in this Potomac home.

"Comfort is the final element that determines whether the chair or sofa is a success," said Smith, a Great Falls father of four teenage daughters. "We sweat all of the details and are completely consumed by making all of our seating more comfortable."

Smith says that he is committed to minimizing his company's impact on the environment. His practices include using non-endangered hardwoods. All of the springs incorporated into the cushions of his seats are made from recycled steel. Most of the furniture and fabrics used are made in the United States. Buyers can choose from a range of textiles and finishes, including

leathers and fabrics, which are displayed in the showroom.

Born and raised on a farm in Ontario, Canada, Smith left a career in banking to spend more time with his then-young family. He also itched to find creativity in his life. His pieces, which not only include seating, but also tables, cabinets and other wood works, are a blend of contemporary lines and classic styles.

Smith credits a talented team of what he calls "style leaders" with the aesthetics of his goods. "I have no illusions that I'm Yves St. Laurent and I wouldn't pretend to have an affinity for style," he said. "There is a difference between design and style. Design



PHOTO COURTESY OF JOHN SMITH

John Smith uses his firm's Caballero chair in his Great Falls home.

is the engineering, construction, materials and performance, and that's my focus."

Before hitting the market, for example, each piece undergoes a careful inspection by Smith and his business partner John "JB" Behrens.

"We know all of our pieces intimately," said Behrens. "The designs essentially come out of a collaborative process. We think about furniture logically and practically and we obsess over comfort."

"We focus a lot on scale and proportion and how that relates to a furniture buying decision," he continued. "When we have a chair, for example, John and I look at it together, think about what works, what

SEE COMBINING, PAGE 7

What's Permissible When Planning a Home Renovation?

Complete due diligence upfront to research any ordinances or restrictions that may affect the project.

BY JOSH BAKER

Unfortunately, homeowners and contractors often forget important steps during this project feasibility phase, which sometimes leads to wasted time and money or abandoned projects. To ensure you sidestep those mistakes, start with this checklist to look into to help minimize setbacks while planning and executing your next renovation.

Local Jurisdiction/County

First, call your local county government to find out if there are any site restrictions or requirements for your home or property.

Propose your plan to the county before you start and get their feedback on any set-



backs before moving forward. Ask them about any potential zoning ordinances as well. Also, check with the county to get building permits and land disturbance applications prepared. Many counties now allow these forms to be submitted electronically.

Department of Environmental Safety

You will also need to contact your local health department or department of environmental safety for water and septic tank

restrictions or conflicts. There are many water and sewer construction requirements that have to be adhered to by the contractor and homeowner. Long delays can arise during your permitting process if this part of the planning phase is neglected.

Homeowner's Association

Call your homeowner's association (HOA), condo association or equivalent, to see if there are any requirements or restrictions. HOAs can stop you from using certain materials or building on certain parts of the home. Additionally, HOAs sometimes require a review of your plans before you start the building process. These restrictions typically come written in covenants and, in most cases, are reviewed with prospective buyers before a purchase. To make sure you have the current information to share with your builder and get your project started on the right foot, it's always best to engage your association early in the process.

Check with Local Historic Boards

Do you know if your property is in or near a historic area? If there is any question, call your local historic review board or registries to double-check. Some requirements from historic boards are extremely specific and involve special attention and advance planning. For example, we have seen instances where a board has only allowed the use of one specific brick on a home addition. Make sure you know what your requirements are, so you can plan in advance and avoid a battle and costly changes later.

With so many requirements for designing, building, budgeting and engineering it can be easy to overlook certain steps. Always make sure you hire an advocate that knows how to manage the many aspects of your renovation from start to finish, so that your project runs as smoothly as possible.

Josh Baker of Great Falls is the founder and co-chairman of BOWA, an award-winning design and construction company. BOWA has more than 28 years of experience and has earned nearly 200 awards, including being named National Remodeler of the Year by Professional Remodeler magazine. Visit www.bowa.com.

WWW.CONNECTIONNEWSPAPERS.COM

Combining Style and Comfort in Furniture

FROM PAGE 6

doesn't, what things bother us, how can we figure out a solution to turn problems into positives."

A combination of versatility and comfort drew Potomac, Md.-based interior designer Anne Walker of Anne Walker Design to Willem Smith furniture during a recent home redesign. "All of their pieces are incredibly beautiful. They combine this very clever combination of Old World and classic style with innovation," said Walker. "The greatest strength is the comfort of their pieces. They take painstaking details. You can tell the first time you sit on one of their products that they are extremely comfortable."

Smith's wife, Mary, helps with marketing and other tasks. "The clear differentiator for the furniture is the attention to comfort and functionality," she said. "There is a lot of furniture out there that may look good, but isn't functional. A lot of the public doesn't realize it. That's the fun of the marketing piece: educating others about this great solution for people. Like before there was Starbucks people didn't realize they were drinking bad coffee all the time."

This attention to detail attracts clients ranging from furniture-seeking homeowners to interior designers on a mis-



PHOTO BY MARILYN CAMPBELL

John Smith of Willem Smith FurnitureWorks shows examples of leather used for the seating he creates.

sion to create a showplace.

"Their furniture has a bespoke quality and an incomparable level of comfort," said Joseph Van Goethem of Joseph Van Goethem Interior Design in McLean. "I believe Willem Smith is the epitome of authenticity and timelessness." Even better, he added, "when

I first took a client to Willem Smith, there was no smothering my client, no sales pitch. When your furniture is that good, there's no need to sell it."

Locally, Peet's Coffee & Tea selected Willem Smith's Rio Java chair for the lounge area of its coffee shops.

BULLETIN BOARD

FROM PAGE 5

Catholic School. Heart & Sole, the Girls on the Run middle school program, will be offered at St. Veronica Catholic School. Registration for both programs is available on the Girls on the Run of NOVA website until Monday, Sept. 19. Program discounts are available for active duty and retired military families as well as for families registering two or more siblings. Financial aid is available based on household income. More information about the program, fees, and registration can be found at www.gotrnova.org.

MONDAY/SEPT. 19

Garden Club Potluck Dinner. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Centreville Garden Club presents Feastin on Your Garden's Bounty, a potluck to share with new and returning members with program highlights for the upcoming year. Learn more at centrevillegardenclub.blogspot.com, email centrevillegardenclub@gmail.com or call 703-830-3271.

TUESDAY/SEPT. 20

Better Bicycling in Sully. 7:30-9:30 p.m. at Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly. Join the Fairfax Alliance for Better Bicycling and guest speaker Supervisor Kathy Smith to discuss opportunities to improve bicycling in Sully. Learn about upcoming projects and meet other bicyclists. Free. Contact Douglas Stewart at douglasbstewart@gmail.com or 703-407-2790. Visit www.fabb-bikes.org.

FRIDAY/SEPT. 23

Chantilly Homecoming Parade. 4-5:30 p.m. throughout the Greenbriar neighborhood. All families and all grades are invited to attend.

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3. Set ceiling fans to spin in a clockwise direction in winter, so they push warm air down.



SCORE BIG with more ways to save at NOVEC.com/Save today!

Communication and Compassion Needed

FROM PAGE 3

choose sides. But here, when we're successful as a county, it's because we work together."

And combined with COT and the county's Ad Hoc Police Practices Review Commission, said Cook, "That spirit will, I hope, make us a model for other communities in the nation. Our police chief is looking at policing in a more complete way, thinking about how to re-engineer the department for 21st-century policing."

He said this county is the safest jurisdiction of its size in the U.S., with "relatively little" violent crime. "But when someone is vulnerable, has an emotional difficulty, suffered a trauma or is upset about something, we want to give our officers the tools to deal with these things," said Cook. "So they'll be more understanding and residents can know that, when they call 911, the police can take a bad situation and, through dialogue, make it better."

COUNTY POLICE CHIEF Ed Roessler said the Police Department believes in "ethical leadership through engagement with the community." The goal is for police to be able to fight crime while maintaining a safe community where life is valued."

Seven of the COT's 33 members comprised a panel at Saturday's event. They shared their viewpoints and then received questions from those attending. Jorge Figueredo, executive director of Edu-Futuro – which empowers under-resourced Latinos through education – led things off.

"The first thing I learned when I came to this country was that I had a label – Hispanic," he said. "I was put into a box. But after more than 20 years here, it's wonderful that we're constantly learning about respect and opportunity. The immigrant community has to look for what unites us so scapegoats can go away and we can realize what's important."

In Edu-Futuro, said Figueredo, "We give children hope and make sure they go to school so they can join the workforce and be successful. My message today is that we are one community and are lucky to have the leadership we have in Fairfax County; we all need to work together."



Panel members (from left) are Jorge Figueredo, Special Agent Keith Palli, the Rev. Milton Harding, Shirley Ginwright, Maj. Rich Perez, Lt. J-P Koushel and Claire Gastañaga.

PHOTOS BY BONNIE HOBBS



Milton Harding

Special Agent Keith Palli is with the FBI's Washington Field Office. He said the FBI uses its community outreach and civil rights programs to unite people. The community outreach programs are for teens and youth.

"We liaison with police and business owners about civil rights to understand what's going on in the community," said Palli. "But we need to get into minority communities to understand them better. And we want people to know they can report criminal activity to us."

The Rev. Milton Harding, former pastor at Centreville Baptist, said people first have to learn "how to engage one another before we can engage law enforcement. We have a human problem; take the information you get today and put it into practice."

COT Chairman Shirley Ginwright is president of the county's NAACP and works on the police Diversity Council. "We're trying to reach young people to respect themselves and law enforcement," she said. "And we established the [nonprofit] Public Safety Outreach Foundation through which we'll work with younger, at-risk kids in our communities."



Shirley Ginwright

A 27-YEAR MEMBER of the county Police Department, Major Rich Perez coordinates policy change for the police. "We reviewed our police use-of-force policies with the community and are re-engineering our academy training [accordingly] to preserve the sanctity of human life," he explained. "We also provide training on critical decision-making and crisis intervention, and we've worked with mental-health personnel to divert those people away from jail."

Lt. J-P Koushel has spent 33 years with the Virginia State Police and said the troopers have five stations in Northern Virginia. "We have about 170 troopers when we're at full-strength," he said. "We have a diverse workforce from around the world, and about 33 percent of them represents the minority community."

"Most of our traffic stops are audio- and video-recorded, and we don't tolerate our officers mistreating the public," he continued. "We work hard to be fair and impartial, and our officers receive diversity training."

Claire Gastañaga, executive director of the Virginia American Civil Liberties Union

(ACLU), said community responsibility comes first. She said Ferguson happened in great part because "There was a significant effort to deprive certain people of their civil rights." She also said fees and policing for profit also played into the problems.

"So we need to look at this," said Gastañaga. "We need accredited policing like Fairfax County just received. We also believe civilian engagement is also about civilian authority. And we disagree with police collection of license-plate data. Constitutional policing is more than just [whether] we trust and get along well with each other."

Also speaking was Officer Jonathan Keitz of the Sully District Station. He spoke from the perspective of a patrol officer out on the streets. "The majority of the time, our problems can be solved with communication and compassion," he said. "But it's not always easy."

"In a couple minutes, I have to determine if a stranger is going to be friendly, is the victim, or will hurt me," he said. "Our biggest challenge is trying to figure out your situation and if you actually need help, or mental help, and if the situation is actually happening. The people involved make it complicated."

But, said Keitz, "If things go bad, it's our job to remain communicative and compassionate. For that person, it may be the worst thing that's ever happened to them, and you have to figure it all out in only five minutes."

"Training is so important, and that's our gap in law enforcement throughout the nation," added Perez. "Here, Chief Roessler brought in police T3 training dealing with tact, tactics and trust, and that furthers the relationship between the community and Police Department."

The panel then received several questions from the audience on index cards, and before the meeting ended, they answered a few of them. One was about how to build trust, and Ginwright advised residents to "Get actively involved in the community and with what law enforcement is doing. Get to know them as people and keep interfacing and communicating with them, and help young people do this, too."



Claire Gastañaga



Jonathan Keitz



Sharon Bulova



Ed Roessler



John Cook

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Sept. 15, 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.

Dulles Suburban Center Meeting

The Dulles Suburban Area Study Advisory Group is holding several meetings to examine the Dulles Suburban Center area. It will then make recommendations to Fairfax County for potential land-use changes and future development there. The meetings are open to the public, and the next one is set for Tuesday, Sept. 20, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

FABB to meet in Chantilly

The Fairfax Alliance for Better Bicycling (FABB) will meet Tuesday, Sept. 20, from 7:30-9:30 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly, and the public is invited. Guest speaker will be Supervisor Kathy Smith (D-Sully).

These meetings in district venues are part of FABB's efforts to hear from local residents about their bicycling needs. Fairfax County Bicycle Coordinator Adam Lind will discuss future projects in the district, and a FABB representative will lead a group discussion about local improvements needed.

Public Hearing on Land Exchange

The Fairfax County Park Authority will hold a public hearing on Wednesday, Sept. 28, to receive public comment on the exchange of property in the Sully District. The hearing on the Halifax Point District Park property will take place at 7:30 p.m. in the ninth floor Park Authority Board meeting room in the Herry Building, located at 12055 Government Center Parkway, Fairfax.

The Fairfax County Park Authority proposes to exchange approximately 10 acres of property, which is a portion of the overall 169.5 acres in Halifax Point District Park for approximately 63.7 acres of property that is owned by Columbia Gas Transmission, LLC. Both properties are located on Bull Run Post Office Road in Centreville.

Written comments on the exchange of property will be accepted until Sept. 27, 2016. Written comments should be directed to David R. Bowden, Director of Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, VA 22035. Email comments should be sent to: parkmail@fairfaxcounty.gov.

Learn about Trees

"Sully District Tree Forum: Everything You Wanted To Know About Trees But Were Afraid To Ask" will be held Thursday, Oct. 6, from 7:30-9 p.m. at the Fair Oaks District Police Department, 12300 Lee Jackson Memorial Highway, Fairfax.

Topics to be covered include the importance of a healthy urban forest; how to maintain healthy trees; who to replace damaged trees; and how to maintain common area.

This program is free and open to the public, however, space is limited, so RSVP to 703-324-1770 or TTY 711.

Moving Equipment Sought

The Centreville Labor Resource Center is in need of moving equipment to add to its tool supplies. Requested items are back braces, lift belts, sliders and straps that are used for moving jobs.

This equipment can be checked out by workers and brought back when they complete jobs. It will ensure that they're able to complete moving jobs more safely. In addition, the CLRC is seeking Spanish-speaking people to fill a number of volunteer positions. Contact Molly Maddra-Santiago at director@centrevillelrc.org.

Fire & Rescue Academy Classes Open

The Citizens Fire & Rescue Academy (CFRA) is open to persons 18 and older who live in Fairfax County. Classes meet Thursday evenings for nine consecutive weeks, from 6-9 p.m. beginning Sept. 22 and ending Nov. 17.

In each session, participants learn about a different aspect of the fire department, ranging from fire suppression, emergency medical services, hiring and training firefighters to special rescue operations. Participants will also spend time at fire stations, training academy, Public Safety Headquarters, and at the 911 dispatch center. For more information contact Battalion Chief Willie Bailey, willie.bailey@fairfaxcounty.gov or atfire.CFRA@fairfaxcounty.gov.

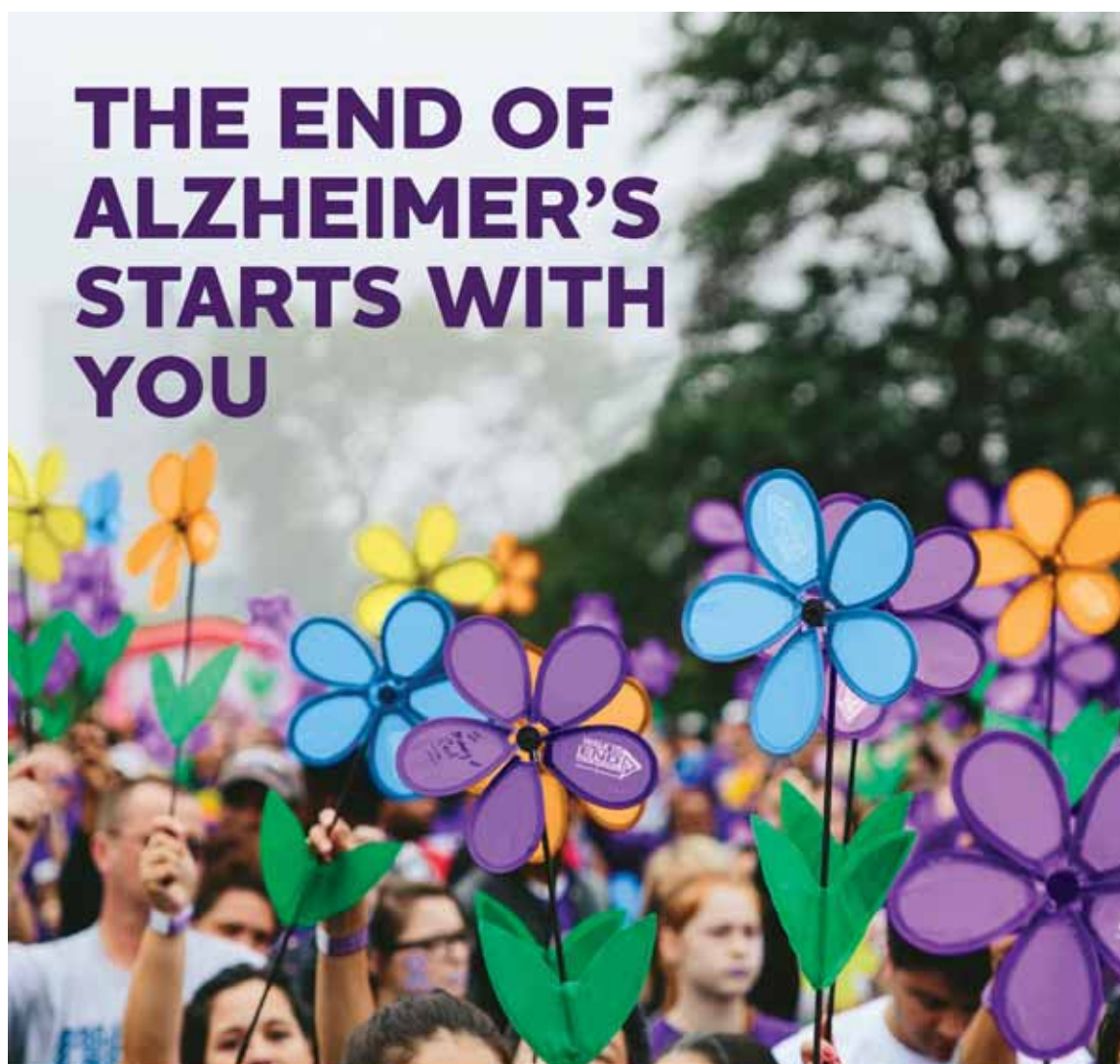
Authority Seeks Ideas on Center

The Fairfax County Park Authority is holding a meeting on Thursday, Sept. 15, in an effort to find partners interested in shaping a vision for a Sully Woodlands Stewardship Education Center.

Sully Woodlands encompasses 4,400 acres and 43 parks with multiple uses. The proposed facility would be a state-of-the-art interpretive center to manage non-recreational parkland, provide educational and visitor services, conduct research and include natural and cultural management activities.

The meeting will take place from 7-9:30 p.m. in Conference Room 9/10 at the Government Center at 12000 Government Center Parkway, Fairfax.

Contact the Public Information Office at 703-324-8662.



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Shore About One Thing

By KENNETH B. LOURIE



"Want to get away?" No. Not usually. I'm more of a home body than I am an away-from-home-body. But occasionally, even I have the urge to get up and go. And now that I've come up with a system to safely transport the 50 pills-plus I ingest daily, I feel less constrained by my previous limitations (how does one pack up/plan for travelling with 20-plus bottles of pills worth an estimated \$200? In a car? OKAY. But on a plane? If I do carry them on, are that many bottles/type of content even allowed? Do I carry on a day's worth and pack the rest? Would a note from my oncologist help? If I checked my luggage instead, what if the luggage gets lost?). So I'm now using bank envelopes (the kind used by the drive-through tellers) to segregate my a.m. and p.m. pills. As James Whitmore (as Brooks) in "Shawshank Redemption" said to Andy Dufresne (Tim Robbins) about distributing the library books to the inmates: "Easy peasy. Japanese." In effect, no fuss, no muss. As a result, I feel as if I've regained some control over my life (always a good thing for a cancer patient).

Ergo, I am now sitting poolside in New Jersey at my wife, Dina's, cousin's beach house. My pills are "enveloped" in our bedroom, my alkaline water (another transportation problem which I have not yet solved) is "galloned" in the fridge and my usual and customary anxiety is back home in Maryland. And if there's one thing a cancer patient undergoing chemotherapy needs, it's relief, maybe even relocation from all that is usual and customary. Not that you ever forget — for one second, your diagnosis/original prognosis/abbreviated life expectancy, but it "sure beats Bermuda off season" as the old adage rationalizes.

So, even though I'm not exactly fat and happy, neither am I skinny and miserable. And for a cancer patient originally characterized as "terminal" (by my oncologist), not being "skinny and miserable" is all it's cracked up to be and I mean that sincerely and serenely. And though I'm not yelling "Serenity Now" at the top of my lungs to reduce stress as Frank Costanza was advised to do and did, on a long-ago Seinfeld episode, I am feeling "unencumbered" (to quote one of my father's favorite words) and can't help wondering: what took me so long?

But I know what took me so long. Me, myself and I; that's who, and my commitment to maintaining my pill regimen/consumption — for fear of upsetting my emotional apple cart. Other than the regular/recurring infusions I've experienced over the past seven-plus years, the second most constant anti-cancer routine I've embraced has been my non-prescription supplements (most recently adding Chinese wormwood and Indian ashwagandha, while dropping N-Acetyl-L-Cysteine). For all I know, my unexpected survival has had as much to do with my pills as it has had to do with my chemotherapy? Finding a way after all these years to maintain this status quo might hopefully/presumably allow me to live longer and prosper and perhaps enhance my life, maybe even extend it. Besides, "I'm too young to die. Too handsome. Well, too young, anyway."

I realize I may be making a mountain out of a mole hill here. Nevertheless, when the adversary is cancer, specifically a heretofore incurable form of cancer: non-small cell lung cancer, stage IV, any port in this storm is much appreciated. For the moment it seems, finally, I am ready, willing and able to continue the fight away from home - should the opportunity present itself.

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

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SPORTS



PHOTO BY WILL PALENSCAR

QB Rehman Johnson (#17) bursts through his teammates' blocks.

Westfield Stalls SC Comeback

The Westfield Bulldogs traveled to play South County in a non-conference match up — the teams' third meeting in two seasons. Westfield's only setback last year came in week 2 against the Stallions. The second match up was the regional final which was held at South County and Westfield dominated South County 40-8, before advancing to and winning the 6A State Championship in Charlottesville.

Enter week 2 of the 2016 season.

Eugene Chung would open scoring in the first quarter with a 2 yard run. Chung would tally 79 yards on 19 carries for the game. Brian Delaney's PAT made it 7-0, which stood until the 3rd quarter when Westfield QB Rehman Johnson, scampered in from 1 yard.

Johnson would lead the team in rushing, running for 81 yards on 11 carries. With

Westfield up 14-0 in the 4th quarter, South County struck fast after inserting QB Jack McDaniels for Michael Salisbury in the 4th quarter. McDaniels twice hit receiver Seth Dunn for touchdown passes. The first was a 39-yard strike with 10:26 to go in the 4th, then a 73-yarder which had the Stallion fans hoping for a comeback. After a missed South County extra point, Westfield's lead was 14-13.

Soon thereafter, Joey Free stopped the comeback after intercepting his second pass of the game. Moments later Brian Delaney would add a 36-yard field goal to conclude scoring at 17-13.

Westfield improves to (2-0) and will face T.C. Williams in a non-conference game, while South County (1-1) will travel to Hayfield.

— WILL PALENSCAR

Where They'll Play Next Year

Four seniors from Westfield have committed to schools for the 2017 fall season.

Brian Delaney will be attending UVA and hopes to major in business or Global systems security and justice. Delaney also considered UNC but said, "There wasn't one specific deciding factor for choosing UVA but between the amazing academics, coaching staff, campus, and opportunities, UVA seemed like the clear choice for me." Delaney will play football for the Cavaliers.

Zach Jewell will be attending Georgetown University and has not yet decided on a major. Jewell also considered Columbia University and James Madison University. Jewell said, "The many deciding factors included the way the coaches made me feel like I was at home when I was at Georgetown, the location and the level of academics." Jewell will play football for the Hoyas.

Kevin Petrillo will also be attending Georgetown University. Petrillo hopes to study business or medicine. Petrillo said, "The deciding factor was the overall experience Georgetown offers me. With a mix of incredible academics, a beautiful campus and very good athletics it would be hard



PHOTO BY WILL PALENSCAR

From are #32 Kevin Petrillo, #5 Brian Delaney, #93 Zach Jewell, and #2 Sean Eckert.

to turn down." Petrillo will play lacrosse for the Hoyas.

Sean Eckert will attend West Point. Eckert plans on majoring in engineering, and would like to go into the Air Force. Eckert also considered VMI, the University of Delaware, and William and Mary. Eckert deciding factor of why he chose West Point "the thought of making a difference in the world and giving back to my country." Eckert will play football for West Point.



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White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378- 6216. It is possible to order previous years' ornaments.

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.

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.

SATURDAY/SEPT. 17

Dulles Day Family Festival and Plane Pull. 11 a.m.-4 p.m. at Dulles International Airport, 1 Saarinen Circle, Dulles. The Dulles Day Festival & Plane Pull is Special Olympics Virginia's "heaviest" fundraiser, pitting teams of 25 against one another to see who can pull a 164,000+ pound Airplane 12 feet the fastest. Teams must raise a minimum of \$1,500 to participate and all proceeds help Special Olympics Virginia provide year-round training and athletic competition to more than 11,000 athletes of all ages. Visit www.planepull.com for more.

SATURDAY-SUNDAY/SEPT. 17-18

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, Chantilly. Find period and modern furniture, housewares, and more. Tickets are \$8, good for both days. Visit www.dullesexpo.com or call 703-378-0910.

Cox Farms Fall Festival Preview Weekend. 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17.

Visit www.coxfarms.com for more.
Virginia Wine Festival. 11 a.m.-6 p.m. at Bull Run Regional Park, 7700 Bull Run Drive, Centreville. The Virginia Wine Festival offers a unique array of both free and ticketed tasting and learning opportunities. General admission tickets are \$29 in advance, \$40 day of; VIP tickets are \$59. Visit www.virginiawinefest.com for more.

SUNDAY/SEPT. 18

N-TRAK Model Train Show. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members and children 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org or call 703-425-9225 for more.

"Josiah Wedgwood & Egyptology." 2 p.m. at 13055-C Lee Jackson Highway, Chantilly. Lecture hosted by the Wedgwood Society of Washington, D.C. by Joseph Bothwell, art historian and former IRS director of art appraisals. Free. Visit www.wedgewoodcapital.org for more.

MONDAY/SEPT. 19

"Make It, Bake It, Fake It, Take It." 7 p.m. at Cale Community Center, 4615 Stringfellow Road. The GFWC Western Fairfax County Woman's Club (WFCWC) will host a bazaar and social evening where members of the club bring baked goods or crafts or white elephants to donate. This is a fundraiser, and items should be priced to sell for under \$10; most will be \$1 or \$2. Visit www.wfcwc.org for more.

Author Event. 7:30 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Don Hakenson and Chuck Mauro will discuss their book, "A Tour Guide and History of Combat Operations in Loudoun County." Light refreshments will be served after the talk. Presented by the Historic Centreville Society. Email paulhancq@aol.com for more.

WEDNESDAY/SEPT. 21

History for Small Fries. 10 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Bring toddlers for a story and craft to discover how things were in the olden days. Children can see how different things smelled, looked or worked. Tickets are \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

THURSDAY/SEPT. 22

Erin Peterson Fund Golf Tournament. 7 a.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Raise funds for the scholarship fund founded in honor of Virginia Tech massacre victim Erin Peterson. Registration is \$200. Visit www.erinpetererson.org/golf for more.

FRIDAY-SUNDAY/SEPT. 23-25

Capital Home Show. 10 a.m.-9 p.m. Friday and Saturday, 10 a.m.-6 p.m. Sunday at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. This event offers a one-stop shopping experience for the latest remodeling and decorating products and services. Tickets are \$10 for adults, \$3 for children, 6-12, and free for children 5 and under. Visit www.dullesexpo.com or call 703-378-0910.

SATURDAY/SEPT. 24

Hot Potatoes in the Kitchen. 10 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly.

Aspiring chefs learn about cooking in the open hearth. Using sights, sounds, smells and touch they will learn very basic cooking skills to help launch their culinary career. Children will learn fire safety. Tickets are \$10 for Fairfax County residents, \$12 for non-residents. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

Barktoberfest. 10:30 a.m.-5:30 p.m. festival, 7-10:30 p.m. Glow DOG Glow walk and race, at Loudoun County Fairgrounds, 17558 Dry Mill Road, Leesburg. Listen to live music, play games (kids and dogs), shop from a variety of vendors, eat and drink some great food and beverages, watch canine demonstrations, participate in the Glow DOG Glow Walk and Race and more. Various ticket prices. Visit www.barktoberfest.org for more.

FRIDAY-SATURDAY/SEPT. 23-NOV. 5

Fields of Fear. 7:30-11 p.m. at Cox Farms, 16521 Braddock Road, Centreville. The friendly Imaginature Trail takes a dark turn for Fields of Fear, transforming into The Forest: Back 40. The Forest has doubled in length for 2016, and now consists of half a mile of fear. The Forest joins two other haunted attractions at Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, entertainment, tasty treats, and Fear Games, including the dark maze, Nyctophobia. Tickets are \$6-17. Visit www.coxfarms.com for more.

SEPT. 24-OCT. 31

Cox Farms Fall Festival. 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17. Visit www.coxfarms.com for more.

SUNDAY/SEPT. 25

Mount Pleasant Baptist Church 150th Anniversary. 10:30 a.m. at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. Free. Visit www.mtpleasantbaptist.org/150thanniversary.

SUNDAY-FRIDAY/ SEPT. 25-30

Fall for the Book Festival at GMU. Times vary. Select locations throughout Northern Virginia, D.C., and Maryland. This week long regional celebration of literature and the arts, connects readers and authors at all levels. Offering bookworms the chance to meet their favorite writers. Free and open to the public. Visit www.fallforthebook.org for more

WEDNESDAY/SEPT. 28

Book Talk: Fred Bowen. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Children's author Fred Bowen discusses picture-book biography of Ted Williams titled "No Easy Way: The story of Ted Williams." Free. Visit www.fallforthebook.org for more.

WEDNESDAY/THURSDAY/SEPT. 28-29

Uniform and Shoe Sale. 10 a.m.-6 p.m. Wednesday, 7 a.m.-2 p.m. Thursday at INOVA Fair Oaks Hospital Auxiliary, 3600 Joseph Siewick Drive, Fairfax. Free. Visit www.inova.org for more.



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