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Chantilly

CONNECTION

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Celebrating National Night Out with cotton candy in Brookfield are the Muskett siblings, (from left) sisters Clare, 9; Lucy, 7 and Rachel, 4 and brother Adam, 11.

Bringing The Community Together

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Ready To Manage Deer

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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NEWS

Ready To Manage Deer

Officials hold public information meetings ahead of program launch.

BY ANDREA WORKER
THE CONNECTION

Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program. There are probably very few county residents who can claim to have never seen a deer in their travels around our region. Sadly, quite a few can claim having experienced an up-close-and-personal whitetail encounter on the roadways.

In a 2016 study, Virginia was ranked 13th in the nation for the number of deer-vehicle collisions. The latest study by State Farm Insurance companies puts the Commonwealth in 11th place. Since 2010, the state has averaged 111 deer-vehicle collisions reported annually, but those numbers are probably underestimating the actual events according to Dr. Katherine Edwards, the county's wildlife management specialist.

"The real number could be three or four times higher than that," said Edwards, noting that the Virginia Department of Transportation is called to pick up 1,500-1,600 deer carcasses each year and that field work has also shown that probably only 25 percent of the deer who are hit actually die on the roadside.

Edwards, along with Sgt. Earit Powell of the Fairfax County Police Department, and Kristen Sinclair, an ecologist with the Fairfax County Park Authority, are the county officials charged with the supervision of the program and they have been hosting a series of public information meetings prior to the launch to explain the logistics and answer any questions or concerns from citizens. The trio have already hosted two meetings; one at Fairfax County Government Center, and a second at the North Government Center in Reston.

THE SESSIONS OPEN with a bit of history explaining that public safety was the impetus behind the development of the program. Following a fatal deer-vehicle collision in 1997, and public demand for local government to address the issue of deer population, the Board of Supervisors mandated that a strategy to control the deer population in the area be put in place. The strategy addressed public safety concerns and also the increasing damage being done by the deer to private property and ecosystems of public parklands.

Today, the deer management program is implemented by the Fairfax County Police Department in partnership with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority.

Powell heads the deer harvest operations. Edwards is the wildlife management specialist, and Sinclair is the expert on all things related to the natural environment which the deer inhabit — and which they are in danger of permanently damaging.

The over-browsing of the parklands by deer is "hindering forest regeneration," said Sinclair, by their consumption of seedlings and saplings, shrubs and bushes, changing the very composition of the forest over time.

Gathering accurate data on the deer population and their ecological impact continues to be challenging, Sinclair admits, but efforts have been increased



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Sgt. Earit Powell, Fairfax County Police Department; Dr. Katherine Edwards, county wildlife management specialist; and Kristen Sinclair, county Park Authority ecologist, meet with the public at the North Governmental Center in Reston to discuss the upcoming deer management program, slated to begin on Sept. 8.

and scientifically improved over the last several years.

She oversees hundreds of "browsing plots" throughout the county's park system and in conjunction with the Northern Virginia Regional Park Authority.

The ecologist provided data showing that the impact of unchecked deer populations on parklands allows for the proliferation of non-native, invasive plant species and slowly erodes the biodiversity of these habitats.

"Over-browsing by deer can lead to a loss of ecosystem services," said Sinclair, "negatively affecting native plants, insects and birds in the area."

SEE DEER MANAGEMENT, PAGE 6



PHOTO BY COLIN DIXON

Deer by the roadside: Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

WWW.CONNECTIONNEWSPAPERS.COM

Building Trust, Rapport and Understanding

Local residents, first responders celebrate National Night Out.

By BONNIE HOBBS
THE CONNECTION

In people's yards, at community centers, pools and other spots throughout the country, firefighters, police and residents gathered last Tuesday, Aug. 7, to celebrate National Night Out. Locally, the fun included events held in Chantilly's Brookfield and Greenbriar communities.

Brookfield

In Brookfield, residents played ring toss, mingled with first responders and enjoyed cotton candy and chocolate-chip, macadamia nut and oatmeal-raisin cookies. Helping organize it all was Brookfield Civic Association President Sami Besalel.

"It's our second year doing it," he said. "We're all about intentional community. We're looking for positive interactions with our neighbors. We want people to get to know each other in a relaxed social setting, and we want to build a better and more inclusive neighborhood. National Night Out is a good opportunity for people to meet their first responders and see that they're really people in the community, just like us."

MPO Sabrina Ruck, of the Sully District Police Station, handed out reflective slap bracelets for children to wear when riding their bicycles after dark, as well as cardboard police caps, hand-sanitizer pens, toy badges and coupons from various restaurants.

She said National Night Out is important because "It's good fostering a relationship with the police and having conversations in a fun way. It helps us to build trust, have an understanding of and know more about



Sully District Police MPO Sabrina Ruck (back row, far left) joins Brookfield parents and children for their National Night Out celebration.



Greenbriar residents enjoy a potluck meal during their celebration.

the communities we serve and their residents."

"I think it's good for the public to get together with the police to see that we're all friends at heart," added VIPS (Volunteer in Police Service) Karen Sica. "And it helps children learn that police officers are their friends, too, and will always be there when they need us."

Greenbriar

Those attending the celebration at the Cale Community Center in Greenbriar feasted on a potluck dinner. Mission BBQ provided pulled pork and chicken, coleslaw and macaroni and cheese, and residents brought a multitude of both hot and cold side dishes, plus an array of desserts, including chocolate cupcakes, cherry pie, lemon cake and chocolate-chip bars.

It was the first National Night Out for Deputy Katie Farris, of the Fairfax County Sheriff's Office, and she was excited about it. "I love it," she said. "I think it's great any time we're able to get out and be part of the community and build that rapport with people. I'm always appreciative of the community and love serving it."

Lt. Derrick Ledford has attended many such events and was equally enthusiastic. "It's always fun because you're always greeted with smiles," he said. "Kids want to climb into our car and see how the lights work. They're not so much interested in your job, but in you."

And, added Farris, "It helps children become more comfortable with law enforcement — especially those of them who only see the more stressful side of it."

"It's good to get out and visit with the

SEE NATIONAL, PAGE 11



Greenbriar's Carmen Bedregal with some fruit from the dessert table.



Outside the Cale Community Center in Greenbriar are (from left) Deputy Katie Farris, Lt. Derrick Ledford and Reserve Deputy Kelly Gulich of the Fairfax County Sheriff's Office.



Maureen Thompson with daughter Haley, 2, are enjoying Greenbriar's National Night Out.

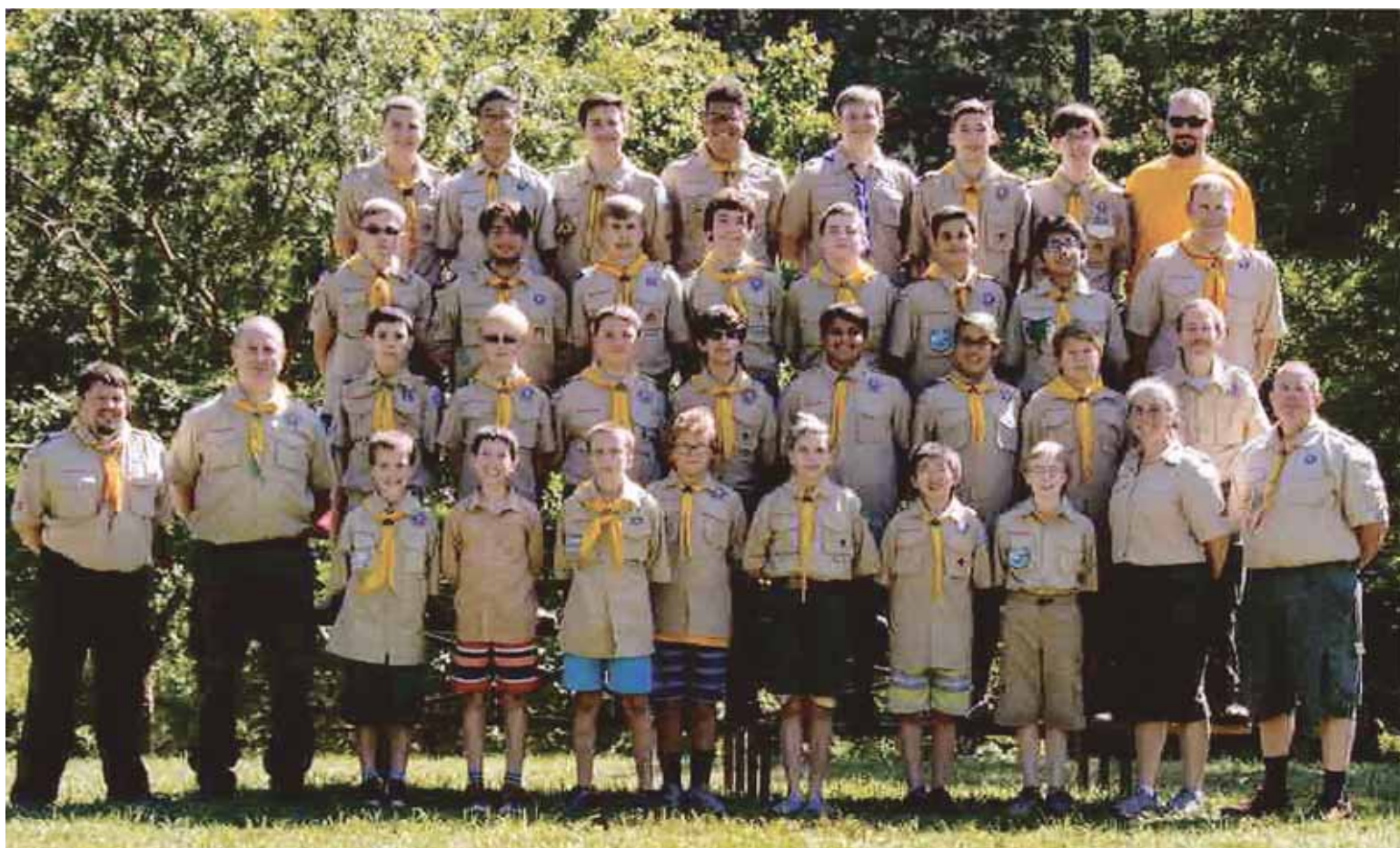


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Working on 117 Merit Badges

In mid-July, 28 Scouts and six adults from Troop 30 attended a week-long Boy Scouts of America summer camp known as Camp Raven Knob in Mount Airy, N.C. These Scouts were engaged in a variety of activities and programs while working on 117 merit badges, and one Scout completed the BSA Mile Swim. In all, 74 percent of the Scouts attended summer camp. Troop 30, chartered by Centreville Presbyterian Church, includes Scouts who attend the Westfield, Centreville, and Chantilly High School pyramids as well as homeschooled boys. See <https://www.troopwebhost.org/Troop30Centreville/Index.htm>.

ROUNDUPS

Register for Peterson Fund Tournament

Registration is now open for the 11th annual Erin Peterson Fund Golf Tournament, Sept. 27, at the Westfields Golf Club in Balmoral (Clifton). Put a team together now.

To date, the Erin Peterson Fund has donated \$199,000 to support the Westfield High School Young Men's Leadership Group, GRACE young ladies' group at Westfield High School and Stone Middle, Koats for Kids at Centreville Elementary School and 112 scholarships.

Register by going to www.erinpetersonfund.org click on Golf Registration. You can pay by credit card or mail

your check to: Erin Peterson Fund, P.O. Box 232170, Centreville, VA 20120.

Learn about New Center

The Joint Sully District Council/WFCCA Land Use meeting is set for Monday, Aug. 20, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Agenda items are as follows:

❖ Montessori Mansion: Naima Dar has been operating a home daycare in Chantilly for almost 18 months.

And at parents' requests, she'd like to increase the number of children from seven to

12.

❖ Sully Community Center: Members of Fairfax County's Building Design and Construction Division, DPWES, will brief the panel on plans for a new Sully Community Center. It would be built on a 5-acre parcel next to Sully Highlands Park.

❖ Izaak Walton League: The applicant is filing a special exception amendment to permit the phasing of site modifications at its existing facility at 14708 Mount Olive Road in Centreville. Phase I would add a 60-space, gravel parking lot. Phase II would permit the future construction of an indoor education and training facility, two additions to existing facilities, plus more parking spaces and detached pavilions.

BULLETIN BOARD

SUNDAY/AUG. 19

Fairfax Democrats Summer Fundraiser. 3-5 p.m. at Mustang Sally Brewing Company, 14140 Parke Long Court, Chantilly. Fundraiser features Neera Tanden, president and CEO of the Center for American Progress. \$25. Visit fairfaxdemocrats.org for tickets.

TUESDAY/AUG. 21

Bulldog BBQ Community Event. 5-7:30 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Open to the Westfield High School community and its feeder schools. Join the Bulldog family for fun,

activities, and information. Meet neighbors and allow students to meet and make new friends. Counselors will present information for students in grades 9-12. A Principal's Reception will offer quick informal meetings with students and parents/guardians in the Lecture Hall. The PTSA will also have a silent auction. Representatives from various clubs and activities, coaches, and other staff members will be present to share information. The administrative team will offer BBQ - hamburgers, cheeseburgers, hot dogs, and veggie burgers. Email Turnell Sims (Tsims@fcps.edu) or Luann Hoyseth (lhoyseth@fcps.edu).

THURSDAY/SEPT. 6

SYA Notice of Annual Board Meeting. 7 p.m. at the Centreville Regional Library, 14200 St Germain Dr., Centreville. The Southwestern Youth Association will be holding its annual Executive Board of Directors Election Meeting. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at admin@syayouthsports.org. Applicants must be in good standing

with SYA and at least 21 years of age. This meeting is open to the community. Contact the SYA Office at 703-815-3362 or admin@syayouthsports.org with any questions.

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church's two campuses: Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Registration fee \$15; Text book \$25. Class meets Tuesdays and Thursdays from 7-9 p.m.; start date is on Sept. 11 and ends Nov. 15, 2018. Call 703-323-9500 or visit www.lordoflifeva.org.

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PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

Lunches That Make the Grade

Ideas for packing healthy foods that children won't want to trade.

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added

sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also be added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

— Sara Ducey, Professor, Nutrition and Food at Montgomery College

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NEWS

Deer Management Program Explained

FROM PAGE 2

THERE ARE THREE methods of deer harvesting that the county employs, all permitted under the Commonwealth's Department of Game and Inland Fisheries: archery, managed firearms hunts, and sharpshooting conducted at night by police personnel in closed-park situations.

❖ Archery is the number one management tool as it has been shown to harvest the most deer with the highest degree of safety for hunters and for the general public in such high-density areas as Fairfax County. The archery harvest will run from Sept. 8 through Feb. 23, 2019.

The hunters must complete a bow hunting education course, pass proficiency tests and criminal background checks before being assigned to a hunt cluster under the oversight of a cluster supervisor. Each hunter has a personal ID number and their equipment should be marked with that number. All activity by the hunters is logged into a database within 24 hours and are monitored.

"They are also required to field dress any deer they harvest, and to remove the carcass covered and as discreetly as possible," said Powell.

The hunts are conducted from 30 minutes prior to sunrise to 30 minutes past sundown. Parks remain open during the harvests, but Powell notes that every precaution to protect citizens is taken. Hunting can only be done from raised deer stands using the ground as the backdrop. Hunters must remain 100 feet from any private property line, and at least 50 feet from a trail. Entering private property is strictly prohibited without the consent of the property owner.

"We have had zero safety incidents," said Powell, "and we work diligently to keep things that way."

Questioned about "wounding rates" versus proven kills, Powell insists that every effort is made to track "unrecovered hits." Powell himself can take to the woods to try and find a wounded animal or determine if the deer died later from the hit. The wounding rate between 2014-2018 is between 4-to-7 percent. "But even that is too high," added Edwards, who vows that they will keep working to reduce that number.

❖ Managed firearms hunts have been scheduled in the Sully Woods area, on Wednesday, Nov. 28, Wednesday, Jan. 9, 2019, and Wednesday, Feb. 6, 2019. Again, strict control and supervision is employed to ensure hunter and public safety. Hunters

are assigned tree stands by 6 a.m. and the hunt concludes with all participants vacating the stands by 1 p.m.

❖ Planned night time sharpshooting operations by specially-trained police personnel are scheduled for the Annandale Community Park, Bull Run Regional Park, Huntley Meadows/Dogue Creek Stream Valley, and Loftridge Park/Clermont Park. Officials are also considering sharpshooting at Frying Pan Farm Park. These operations will be conducted between November 2018 and March 2019, but no hunts will take place over the Thanksgiving holidays or during the winter holiday season between Dec. 19, 2018 and Jan. 2, 2019. The venison from the harvest is donated primarily to homeless shelters through the nonprofit "Hunters for the Hungry."

Hunting deer as a method of controlling their population is not always met with approval. Some residents object to destroying an animal that is just trying to survive in a vanishing wilderness. But as Edwards explained, other, non-lethal methods like tagging deer with birth control drugs or sterilization "just haven't proven effective or are cost prohibitive, although we continue to stay up to date with the latest research and will adjust our program accordingly."

THE DEER MANAGEMENT program is ultimately about public safety, said Edwards, "and the protection of the environment, and about helping sustain a population of healthy deer as part of our natural surroundings." There is one more public meeting scheduled for Thursday, Aug. 16, at 7 p.m. at the Mount Vernon District Police Station Community Room at 2511 Parkers Lane in Alexandria. A complete list of the parks where deer harvesting will take place, and the methods that will be employed at each, including dates for managed firearm and sharpshooting operations, is available on the county's website at www.fairfaxcounty.gov/wildlife/deer-management-program. The site also provides historical data on the numbers of deer harvested in past operations by location, by method, and by sex and more information about the logistics, requirements, and frequently asked questions.

Edwards, Powell and Sinclair welcome comments and questions from residents of the county, and are more than willing to speak with local groups, HOAs and other organizations, or private citizens looking for advice on how to coexist with hooved neighbors. Their contact information can be found on the website.

Disaster Preparedness for County Residents

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area. CERT trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

The CERT training classes follow the FEMA

curriculum, tailored to local disasters and hazards, educates people about disaster preparedness for hazards that may impact their area, and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

There's an emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility.

The next CERT training class will be held at the Fire and Rescue Academy, Monday and Wednesday, Aug 27, 29, Sept. 5, 10, 12, 17, 19, 26.

See <http://www.fairfaxcounty.gov/fr/cert/>



By BONNIE HOBBS/THE CONNECTION

Enjoying Brookfield's event in Chantilly are (from left) Sami Besalel, Margie Wheedleton, Bonni Epstein and Robert Muskett.

National Night Out

FROM PAGE 3

community in a social setting where people are having a good time," said Reserve Deputy Kelly Gulich. "We get to see each other on a social level and they can get to know us as people. And hopefully, it'll make them more likely to approach us if they need to."

Also at Greenbriar's celebration was Supervisor Pat Herrity (R-Springfield). He called National Night Out a "great opportunity for our citizens to show their support for our community and for the police and fire departments that support the community. We have 15 of these events going tonight in the Springfield District, and I want to go to as many of them as possible."

For Greenbriar resident Carmen Bedregal, the activity was a chance to "get together to share problems and experiences and listen to some helpful advice from the police officers. It's also an opportunity to meet more people from the neighborhood."

Meanwhile, Art Richter was attending his first National Night Out in the community, since he just moved here from Kentucky in June. "I came for the food and the ability to meet some of the people in the neighborhood we've moved to," he said. "Everything was good, especially the food from Mission BBQ — which was outstanding."

CRIME REPORT

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

BURGLARY OF AN OCCUPIED DWELLING: 12000 block of Lisa Marie Court, Aug. 11, 3:56 a.m. A resident awoke to find an unknown male subject in his home. The subject entered through an unlocked door and exited the same door when he was discovered inside of the home. Money was stolen from the residence.

BURGLARY: 9800 block of Sunrise Road, Aug. 8, 4:30 a.m. A resident woke up after hearing someone inside his garage. The lights in his garage were turned on, his back door was wide open, and there were several footprints leading away from the home. Nothing was damaged but several items were stolen.

ACCIDENTAL DISCHARGE OF A FIREARM: 3200 block of Arrowhead Cir., Aug. 7, 6:39 p.m. A resident was showing his friend a revolver that he had just bought. He put the revolver down on a table and went into a separate room. His friend picked up the revolver to look at it and accidentally pulled the trigger. He did not know that the gun was loaded. The bullet lodged into the floor and no one was harmed. Officers are currently following up with the Commonwealth's Attorney Office in regards to possible charges.

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

Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos — me, my wife Dina, and my oncologist — discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M*A*S*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life — sort of. You become a life-long member of the biggest club in the world. A club, as Grouch Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery — for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence — and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.) Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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

ENTERTAINMENT

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

ONGOING

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

History Volunteers Needed. Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email volunteers@fairfax-station.org or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. www.fairfax-station.org, 703-425-9225.

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.fairfaxjubilairs.org for more.

Live After Five. Fridays at 5:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Every Friday night a band plays on the patio of the winery. Free to attend. Visit www.wineryatbullrun.com for a full schedule.

Mondays are Family Night. 5-7 p.m. at Villagio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more.

Adopt a Dog. Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

LIBRARY FUN

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.

Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice.



Get your picture taken with Moose.

Meet Moose

Meet Moose and be in the next #MondayswithMoosepost. Give favorite furry K9 a big hug, belly rub, and a treat – and get to chat and hang out with officers. Open to Moose fans of all ages. Sunday, Aug. 26, 10 a.m.-1 p.m. in the McDonnell Room at the Sully District Station, 4900 Stonecroft Boulevard, Chantilly. Contact Officer Meg Hawkins at megan.hawkins@fairfaxcounty.gov for more.

Free. Call 703-502-3883 to reserve a space.

Lego Block Party. Every other Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a spot.

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

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

THROUGH SEPTEMBER

Swift Action to Protect Migratory Birds. Sully Historic Site is home to a new family: chimney swifts. These small, migratory birds recently moved into the chimney of the original 18th century kitchen and made a temporary home. It is illegal to disturb the birds, their nests or eggs. To protect the birds for the next six to eight weeks, Sully will do its part with some minor programming changes. Sully kitchen programs often include a hearth fire to demonstrate the kitchen use. However, to prevent disturbing the birds' nesting cycle, no fires will be lit until they leave. To learn more about swifts, visit any of Fairfax County Park Authority's five nature centers. Visit www.fairfaxcounty.gov/parks/sully or call 703-437-1794.

THURSDAY/AUG. 16

Life on the Farm. 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm

Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-the-scenes to help farmers with their work. \$7 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SATURDAY/AUG. 18

Dairy Farming at Walney: Ice Cream. 2-3:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Explore Walney's dairy farm history while touring the ice house and dairy. Try ice-making tools and picking up an ice block, and make and eat hand-cranked ice cream. \$10 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence for more.

Starlight Cinema: Lego Batman Movie. Gates open at 6 p.m.; movie starts at dark at Trinity Centre, 5860 Trinity Parkway, Centreville. Starlight Drive-in Cinema brings the community together with features that appeal to both children and adults. The atmosphere is relaxed and informal. Bring your own lawn chairs, blankets and FM radio if you wish to sit outside. Children's games and rides. Free. To volunteer, call 703-814-7100.

Squirreling Around by the Campfire. 6-8 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Come to Sully Historic Site and learn about the history of the Sully squirrel. Fill the evening with squirrel facts and stories and munch on s'mores at the "Squirreling Around by the Campfire" program. Then, take a wagon ride around Sully as you digest all you've eaten and learned. For participants 5-adult. \$12 per person. Children must be accompanied by an adult registered for the event. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Get the Scoop on Historic Desserts. 7-8:30 p.m. at Ellanor C.

Lawrence Park, 5040 Walney Road, Chantilly. Who doesn't love dessert? Join a historian at Ellanor C. Lawrence Park and try making raspberry dumplings and refreshing homemade ice cream. Learn how these desserts were made in the 18th century by residents of Walney. Recommended for those 7 and up. \$10 per person; children must be accompanied by an adult. Visit www.fairfaxcounty.gov/parks/eclawrence/ or call 703-631-0013.

SUNDAY/AUG. 19

Tea Time with a Furry Friend. 1-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Sample tea and tasty treats at "Tea Time with a Furry Friend." This isn't a typical afternoon tea. Stuffed friends are invited, too. Learn about the Lee family's special furry friend who brought "great care and amusement" to Sully in the 18th century. For participants age 6-adult. \$15 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site for more.

Table Top N Gauge Model Train Display. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Table Top N Gauge Model Trains (TTRAK) will be on display and running. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

FRIDAY/AUG. 24

Dairy Days. 1 p.m., 2 p.m., 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Cost is \$7. Learn to churn butter, crank ice cream, milk a fake cow and play 18th century games at Sully Historic Site's celebration of "Dairy Days" in August. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Capture the Moon and the Stars. 8:30-10 p.m. at Ellanor C. Lawrence Park is located at 5040 Walney Road, Chantilly. Meet at the park's Cabell's Mill and talk about the moon and stars around a warm campfire. Then, head out into the meadow with a naturalist to learn how to identify the

summer constellations. And, of course, no campfire evening is complete without s'mores. \$8 per person. Children must be accompanied by an adult registered in the program. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/AUG. 25

Dairy Days. 1 p.m., 2 p.m., 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Cost is \$7. Learn to churn butter, crank ice cream, milk a fake cow and play 18th century games at Sully Historic Site's celebration of "Dairy Days" in August. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Starlight Cinema: Coco. Gates open at 6 p.m.; movie starts at dark at Trinity Centre, 5860 Trinity Parkway, Centreville. Starlight Drive-in Cinema brings the community together with features that appeal to both children and adults. The atmosphere is relaxed and informal. Bring your own lawn chairs, blankets and FM radio if you wish to sit outside. Children's games and rides. Free. To volunteer, call 703-814-7100.

SUNDAY/AUG. 26

Meet Moose. 10 a.m.-1 p.m. in the McDonnell Room at the Sully District Station, 4900 Stonecroft Boulevard, Chantilly. Meet Moose and be in the next #MondayswithMoosepost. Give favorite furry K9 a big hug, belly rub, and a treat – and get to chat and hang out with officers. Open to Moose fans of all ages. Contact Officer Meg Hawkins at megan.hawkins@fairfaxcounty.gov for more.

First Responders Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Volunteer Fire and Rescue personnel as well as Fairfax County Police Officers will bring emergency vehicles for display and offer hands-on activities to demonstrate the critical role played by modern day first responders. Civil War Re-enactors will help visitors learn about medical and relief practices then and now. Fairfax Station was the site of a massive relief effort during the Battles of Ox Hill and Second Manassas in August 1862. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SUNDAY/SEPT. 2

Lego/Potomac Module Crew HO Model Train Display. Noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Lego/Potomac Module Crew HO Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/SEPT. 6

Life on the Farm. 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-the-scenes to help farmers with their work. \$8 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.