

WELLBEING

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Bob Brandt explains the townhouse plan to the WFCCA Land-Use Committee.

Chantilly
CONNECTION

Fair Oaks ♦ Fair Lakes

'A Great Addition to Our Community'

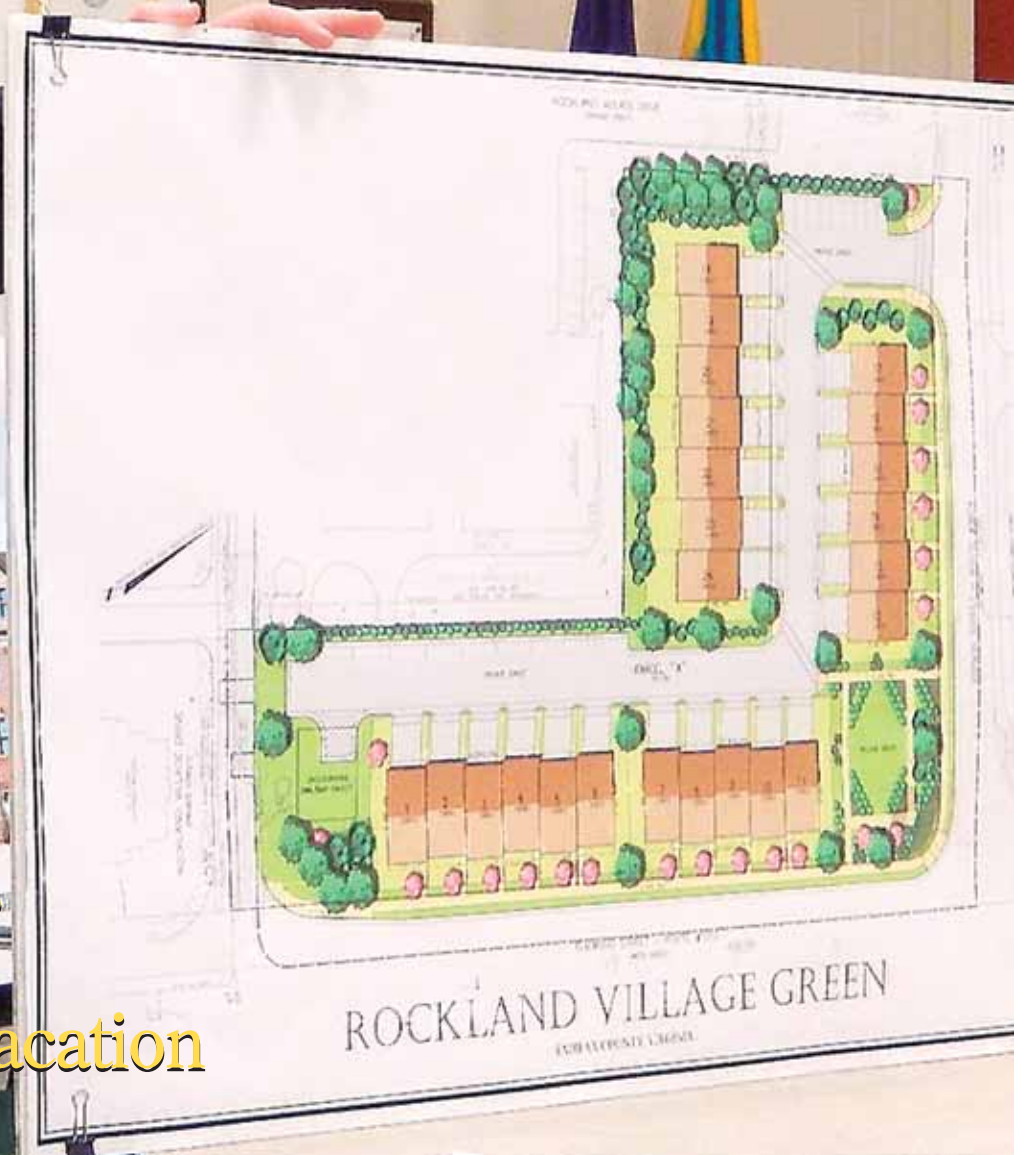
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Fairfax County Police Receive National Accreditation

Commission on Accreditation for Law Enforcement Agencies recognized compliance with 484 standards.

BY TIM PETERSON
CENTRE VIEW

In a hearing in Baltimore's inner harbor on Saturday, July 30, the Fairfax County Police Department received a formal recognition of its national accreditation from the Gainesville, Virginia-based Commission on Accreditation for Law Enforcement Agencies, CALEA.

"It means we're meeting the best practices in law enforcement, to put it pretty simply," said Camie King, a civilian who's worked as a crime and intelligence analyst for FCPD for more than a decade, but most recently King is serving as the accreditation manager.

King's job since FCPD entered into a self-assessment arrangement with CALEA in October 2014 has been to review the



From left, CALEA Executive Director W. Craig Hartley, Jr., Major Richard Perez, Maj. Gun Lee, Col. Edwin C. Roessler Jr., Accreditation Manager Camie King, Sgt. Kevin White, 2nd Lt. Rex Pagerie, and CALEA Executive Board President Richard Myers at the national accreditation ceremony in Baltimore in July 30.

county's police force policies up against the 484 standards set forth by CALEA based on best practices in law enforcement around the globe.

The standards fall into the categories of: Public safety agency capabilities to maintain law and order; Agency effectiveness and efficiency in the delivery of public safety

services; Cooperation and coordination with other public safety agencies, and with other agencies in the criminal justice system, and Citizen and employee confidence in the goals, objectives, policies, and practices of the agency.

When there were gaps, such as not having installed cameras in police cars, King

was responsible for managing the process to shore up policy and practice, and then proving FCPD's compliance with the standard in a report. Camera's were phased into most cars between 2013 and 2014.

In April earlier this year, several representatives from CALEA visited Fairfax County for four days for an on-site assessment. Baltimore's announcement, at a CALEA conference, was the culmination of that review: All the standards were met or exceeded by FCPD in practice.

"We've had an outside perspective come in and review our policies and processes," King said. "That outside perspective has told us we are in line with the best practices with law enforcement worldwide."

"For us, we had excellent police to begin with," she continued, "it was just shoring up, having that room for improvement. We were really able to see a huge benefit for our agency."

King said CALEA's reviewers were particularly impressed with Chief Edwin Roessler's Diversity Council, military reintegration program and the hosting of the World Police and Fire Games in 2015.

Each year, there will be a less formal electronic review of Fairfax County's maintenance to the standards by CALEA. They will send assessors onsite every four years, with the next visit coming in April 2020.

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‘A Great Addition to Our Community’

New townhouse development is coming to Chantilly.

BY BONNIE HOBBS
THE CONNECTION

The Fairfax County Board of Supervisors put out the welcome mat last week for a rezoning that’ll bring two dozen new townhouses to Chantilly. The community will be at Elmwood and Vernon streets and will be called Rockland Village Green.

“This development will be a great addition to our community, and I’m excited to welcome our new neighbors,” said Supervisor Kathy Smith (D-Sully). “The proffers ensure that the look and feel of this development will fit in very well with the surrounding area and provide lots of green space to benefit the community.”

Representing the developer, Carr Homes LLC, land-use attorney Bob Brandt first presented the plan during the April 19 meeting of the West Fairfax County Citizens Association (WFCCA) Land-Use Committee. He said the project involves five land parcels off Route 50, behind the Pohanka Lexus dealership, and entails a rezoning of 2.34 acres from R-1 to R-12 (higher-density residential).

“The proposed rezoning is to accommodate the construction of 24 townhouses in what was formerly the Rockland Village subdivision,” said Brandt. “Carr Homes is well-known and well-established in Northern Virginia. It’s been in business 90 years, building high-quality homes.”

He said the resulting density of 10.3 dwelling units/acre is within the recommendations of the county’s Comprehensive Plan for that area. And, he added, “The buildings’ facades will be brick or other masonry material, and the architecture will be compatible with homes in the surrounding community.” Most of the residents will also be offered 5x22-foot, cantilevered decks on their homes.

More than 25 percent of the property will be kept as open space. “In the northern corner will be a 90x70-foot village green, with landscaping and benches, where the community residents can relax and enjoy the property,” said Brandt. “And 17 of the townhomes’ fronts will face Vernon and Elmwood streets to create an aesthetically pleasing, welcoming streetscape. The other seven townhomes are in the interior, with access from Vernon Street.”



An artist's rendition of the new townhouses planned for Chantilly.

rior, with access from Vernon Street.”

There’ll be curbs, sidewalks and street ramps at intersections to make it pedestrian-friendly. And the community’s entrance off Vernon Street will lead to an interior street. Plenty of parking is also planned, with 113 spaces on site, including two-car garages underneath each townhome, plus driveway spaces for every unit, and 17 more spaces for visitors.

WFCCA’s Chris Terpak-Malm said she’s always concerned “whenever a community only has one access point,” but Brandt said

county staff didn’t want another one. He also noted that improvements will be made along Vernon Street.

“The townhouse fronts would face Vernon or Elmwood streets, so people are going to want to park where the door is,” said At-Large Planning Commissioner Jim Hart. “And the same for delivery people, who won’t want to snake around the back alley. So I’m suggesting parallel, curbside parking along the street. And there’s not any backyard space for kids to play, so it makes the usability of that village green even more

important.”

In addition, said WFCCA’s Carol Hawn, “Residents should know they’re close to an international airport so they’d be aware of possible noise issues.”

Brandt returned again to the group’s June 21 meeting and said the applicant had been working hard to fine-tune the project’s plans. He also stressed that “prospective townhome purchasers will be notified of the property’s proximity to Dulles airport.”

WFCCA’s Mark McConn asked if something “will require the owners not to use their garages for storage,” and Brandt said there’ll be a covenant to that effect. The panel members then unanimously approved the rezoning proposal, subject to county staff approval.

It then went to the county

“The proffers ensure that the look and feel of this development will fit in very well with the surrounding area and provide lots of green space to benefit the community.”

— Supervisor
Kathy Smith (D-Sully)



The site layout of the 24 townhouses in the future Rockland Village Green.

Planning Commission on July 13 and to the supervisors last Tuesday, July 26, receiving a thumbs-up from both. The supervisors passed Smith’s motion for approval unanimously. Pleased with what’s planned, Smith said the developer’s frontage improvements along Elmwood and Vernon will consist of curbs, gutters and 5-foot-wide sidewalks.

But that’s not all. “They’re proffering approximately \$62,000 to the Park Authority and over \$105,000 to Fairfax County Public Schools. The development has more parking spaces than would typically be recommended, and there is more than adequate space for emergency vehicles to enter and exit safely.”

Overall, said Smith, “I’m proud of the hard work that went into this project and look forward to seeing the finished homes.

I want to thank [county] staff and the developer for their hard work on this proposal.”

Funding a Fix

Agency allocates \$300 million for I-66/Route 28 improvements.

BY BONNIE HOBBS
THE CONNECTION

Good news for drivers who take the I-66/Route 28 exits and entrances in Centreville — and in this area, that's pretty much everyone. A fix for the congestion, especially during rush hours, just took a giant step toward becoming a reality.

The Northern Virginia Transportation Authority (NVTa) has passed its 2017 budget, including \$466 million total for 12 projects in Northern Virginia. And locally, \$300 million of that amount is earmarked for the I-66/Route 28 Interchange improvements.

They'll be constructed as part of the overall I-66 Corridor improvements being done by VDOT. The \$300 million will be spent on the Route 28 Interchange's design and engineering work, environmental mitigation, right-of-way acquisition and construction.

"This funding for improvements to the I-66/Route-28 interchange will be a major part of the I-66 transformation that VDOT is working on," said Supervisor Kathy Smith (D-Sully). "Combined with the governor's recent announcement of a \$50 million investment at Dulles airport, our area is seeing a record year for infrastructure improvements."



Jeff Parnes.

The NVTa also allocated \$5 million for a separate project — the widening of Route 28 from Route 29 in Centreville to the Prince William County line. The money will fund the design and engineering phases, as well as right-of-way acquisition, environmental mitigation and construction.

All in all, said Smith, things are looking up for traffic problems in Sully. "In 2013, then Gov. McDonnell created some new funding sources for transportation, and the money would be allocated through the NVTa," she said. "[And now], \$305 million is coming here to the Sully District."

In May 2015, VDOT held an informational meeting at Stone Middle School about plans to eliminate congestion at I-66/Route 28 in Centreville. Attendees learned about three, potential design alternatives and saw maps illustrating each one. They also heard a presentation by VDOT Project Manager Susan Shaw and then gave their feedback on each alternative.

A decision on which one will go forward has not yet been made, but the proposed alternatives are as follows:

*Alternate 2A provides direct access to and from the I-66 express lanes between Route 28 north and I-66 east/west. There's also direct access between the express lanes east of Route 28 and Route 28 south. But drivers can't go to and from Route 28 south and I-66 west.

*Alternate 2B offers direct access between



Map of the project area showing one of the proposed design alternatives.

Route 28 north and I-66 east/west.

*Alternate 2C has the smallest footprint, minimizing the impact to E.C. Lawrence Park. It has the same travel movements as Alternate 2A, as well as access between the I-66 express lanes west and Braddock and Walney roads in Centreville. It also extends Poplar Tree Road to the park.

Mike Coyle, who works on transportation and public-safety issues as part of Smith's team, recently explained that "Previously, VDOT stated it likely will mix and match the design proposals presented to the public. For example, one phase for the I-66 travel lanes may be selected which may not correspond with the same number of an interchange design."

He also noted that the Poplar Tree Bridge extension will occur as part of the interchange project. But meanwhile, he said, "VDOT is getting closer to narrowing the option it believes is best. Clearly, the NVTa action is another positive step for the project by providing an infusion of money."

Sully District Transportation Commissioner Jeff Parnes also weighed in on this latest development for the I-66/Route 28 Interchange. "The key stumbling block for the Transform 66 multimodal effort has

been the funding," he said. "Whether it ends up being solely state-funded or a public/private partnership, there are billions of dollars at stake."

He said the removal of the last of the [traffic] lights on Route 28, north of the Route

VDOT MILESTONES

Public information meetings on this project will be held this fall. They'll be followed early next year by the design public hearings. Below is a schedule of VDOT's anticipated milestones:

- ❖ August: Receive financial proposals
- ❖ September: Select the best-value proposals
- ❖ October: CTB (Commonwealth Transportation Board) briefing
- ❖ October 2016-April 2017: Early work and public-information meetings
- ❖ This fall: Selection of private partner
- ❖ November: Execute a comprehensive agreement
- ❖ Early 2017: Design public hearing
- ❖ April 2017: Financial closure.
- ❖ 2017: Construction start
- ❖ Late 2020: Interchange opens to traffic.

29 intersection, is now tied into the I-66 widening. And, he added, "The state has incentivized the proposed work by offering bonuses if the Route 28/I-66 interchanges, as well as the Walney Road and Braddock Road improvements, could be done early in the I-66 widening effort."

"With the NVTa \$300 million grant earmarked for the Route 28/I-66 Interchange project, it now moves to the forefront," continued Parnes. "[And although] a design preference has not been selected, there will be public informational and design review meetings in the fall of this year, as VDOT hopes to start construction in late 2017."

He also stressed that he's long been a strong advocate for a full interchange at Route 28, bringing back the traffic movements between Walney and Braddock roads and Route 28 that, several years ago, became prohibited.

As a result, explained Parnes, these movements have been "pushed to the Route 29/I-66 Interchange — northbound Route 28 to westbound I-66, and eastbound I-66 to southbound Route 28." However, he said, "The complexity of once again connecting Walney Road to Braddock Road — and allowing their access to the full movements at the I-66/Route 28 Interchange — makes this a very complicated and expensive project."

"The public will have a chance to comment on the plans," said Parnes. "If people think full interchange mobility is important, they need to make their voices heard when the opportunity once again presents itself."

CRIME

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

BURGLARY: 4800 block of Piney Branch Road, July 31, 2:30 a.m. A resident reported someone entered the residence and took property.

UNLAWFUL DISCHARGE OF PNEUMATIC GUNS: 12000 Government Center Pkwy, July 19, 7:18 p.m. Officers responded to a report of two men walking near the county government center with a long gun and a handgun allegedly firing shots. The subjects were located and an investigation determined the weapons were pellet rifles. Both men from Fairfax were released on a summons for discharging pneumatic guns in certain places prohibited.

AUG. 1 LARCENIES
12500 block of Fair Lakes Circle, merchandise from business
10500 block of William Terry Drive, cash from residence

JULY 29 LARCENIES
12900 block of Fair Lakes Shopping Center, shoes from business
12000 block of Fair Oaks Shopping Center, merchandise from business
13000 block of Lee Jackson Memorial Highway, merchandise from business

JULY 28 LARCENIES
3500 block of Armfield Farm Drive, items from vehicle
3600 block of Beech Down Drive, wallet from vehicle
12900 block of Cinnamon Oaks Court, check from residence
12000 block of Lee Jackson Memorial Highway, electronic devices from vehicle

12100 block of Monument Drive, cash and keys from vehicle
13600 block of Mountain View Court, sunglasses and cash from vehicle
13600 block of Old Chatwood Place, wallet from vehicle

JULY 27 STOLEN VEHICLES
9800 block of Clifford Drive, 2008 Cadillac DTS

JULY 26 LARCENIES
13000 block of Fair Lakes Shopping Center, phone from residence
STOLEN VEHICLES
Apple Orchard Court and Fair Ridge Drive, 2010 Acura TSX

JULY 22-24 LARCENIES
3900 block of Beeker Mill Place, credit cards from vehicle
13800 block of Sunrise Valley Drive, necklace from residence

JULY 22 LARCENIES
12500 block of Fairlakes Circle, wallet from business
13000 block of Lee Jackson Memorial Highway, merchandise from business

JULY 21 LARCENIES
3200 block of Kinross Circle, phone from residence

JULY 20 LARCENIES
13000 block of Fair Lakes Shopping Center, items from vehicle
12300 block of Lee Jackson Memorial Highway, checkbook and jewelry from residence

JULY 19 STOLEN VEHICLES
Mazarin Place/Summit Manor Drive, 2006 GMC Yukon

The following incidents were reported by the Sully District Police Station.

ROBBERY: 13000 block of Bent Tree Circle, July 30, 5:08 a.m. The victim was feeding a stray cat when he was approached from behind by three men. One suspect displayed a gun and demanded money. The suspects had shirts wrapped around their faces. They left the scene in an unknown vehicle. The victim did not require medical attention.

TRESPASSING: 6500 block of Haversack Road, July 28, 9:54 a.m. A neighbor reported an open window at the residence. Officers responded and determined that someone had entered the house but no property has been reported missing at this time.

BURGLARY: 10900 block of Centrepointhe Way, July 27, between 6 and 9 a.m. An investigation determined property was taken from an unlocked vehicle parked in the home's garage. Further investigation determined the garage had been left open that morning.

ROBBERY/MALICIOUS WOUNDING: 14700 block of Lee Hwy, July 25, 9:02 a.m. Officers responded to a report of a robbery. An investigation determined that a man had approached someone at a gas station, displayed a knife, and demanded money. The victim was able to flee. A short time later, someone entered the gas station with apparent injuries and requested help.

He reported he had allegedly been robbed and stabbed a short distance away. The victim was transported to a local hospital with life-threatening injuries, which were later upgraded to non-life-threatening. The suspect was described as black, mid 20s, with long braided hair.

AUG. 1 LARCENIES
3900 block of Avion Park Court, property from residence
13600 block of Bent Tree Circle, handbags from residence
11500 block of Clara Barton Drive, electronic device from residence
6500 block of Palisades Drive, purse from residence



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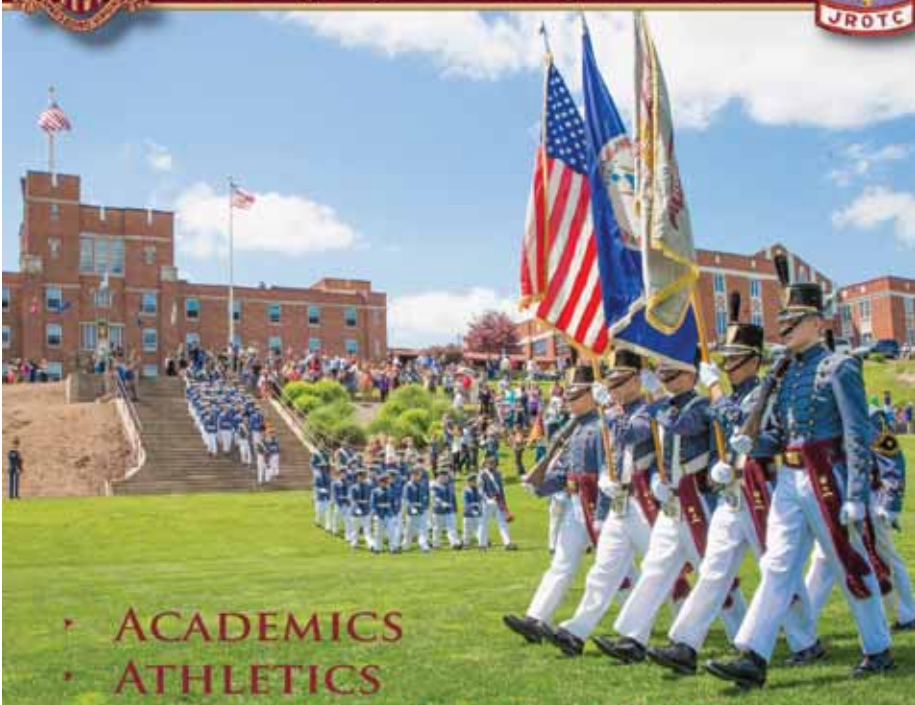
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OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Has your organization been featured in the Connection News papers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector. According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online. The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information at

email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities.

What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via www.connectionnewspapers.com/contact/letter/ by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

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

REGISTRATION OPEN

Registration is under way now for fall 2016 classes offered by Adult and Community Education (ACE). Brush up on computer skills, learn a new language, try a new culinary adventure, or pump up a résumé! See fall course offerings at www.fcps.edu/is/ace.

SATURDAY-SUNDAY/AUG. 6-7

Used Book Sale. Truro Anglican Church Common Grounds, 10520 Main St., Fairfax. Truro Anglican Church is holding its 17th annual used book sale. Email receptionist@truroanglican.com or call the church at 703-273-1300.

AUGUST SCHEDULE CHANGES

Jubilee Christian Center, Fairfax, 4650 Shirley Gate Road, Fairfax, has changed the mid-week schedule as follows: Aug. 10, no evening activities; Aug. 11, VBS open house and refreshments, 6 p.m.; Aug. 17, family picnic at the church, 6 p.m.; Aug. 24, no evening activities; Aug. 31, family movie night with pizza and popcorn, 7 p.m. The regular Wednesday evening Family Night activities will resume Sept. 7, 7:15 p.m. (Adult Bible Study, Boys and Girls Ministries) Also, College Kairos at 7 p.m. Call 703-383-1170, or see

www.jccag.org for activities.

AUG. 8-11

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

WEEK OF AUG. 15

Fitness & Well-being Classes. Inova offers a variety of fitness and well-being classes that are open to the community designed to fit every interest and ability level. Classes include senior classes, mat pilates, yoga, tai chi, core training, cardio kickboxing and more. A six week session starts the week of Aug. 15. Register at Inova.org/creg.

SATURDAY/AUG. 20

Bike Collection Project. 9 a.m.-noon at 14931 Willard Road, Chantilly. Collecting bicycles and accessories (along with a suggested \$10 donation for shipping, not required but suggested). Email thadseaglemail.com or visit bikesfortheworld.org 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.

TUESDAY/SEPTEMBER 13

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax or 13421 Twin Lakes Drive, Clifton. Classes are Tuesday and Thursday, 7-9 p.m. and run from Sept. 15-Nov. 22. Beginning, intermediate and advanced levels will be offered. Registration fee is \$15, text book is \$25. Call 703-323-9500 or visit www.lordoflifeva.org for more.

SATURDAY/SEPT. 17

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

shirt and lunch. Visit www.planepull.com/View/Page/Volunteer.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

DONATIONS

The **Student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Support Groups. Jubilee Christian

SEE BULLETIN, PAGE 8

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CONNECTION

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Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

PHOTO
COURTESY OF
CHRISTIAN ELLIOT

Staying Fit and Healthy on Vacation

Advance planning is key to maintaining a healthy diet and fitness on the road.

BY MARILYN CAMPBELL
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

"We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road," said Christian Elliot. "As long as you have gravity ... you can exercise."

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

"The biggest thing about eating healthy and exercising on vacation is planning ahead," said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. "People plan their vacation in pretty good detail, but they fail to plan where and how they're going to work out."

Part of that planning includes bringing packable equipment and appropriate clothing for exercise. "Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

GETTING ACTIVE with family and friends is one way that Bocker made exercise enjoyable during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight exercises is that

they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

"I do an upper body exercise, a lower body exercise, sit ups and some type of cardio," she said. "For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you're far more likely to do it."

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

"Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking," said Bocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick up healthier snacks," said Bocker. "Go-to foods for me are nuts or dried fruit. They're great when going through security."

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. "We have to manage their low blood sugar with quick energy hits," said Elliot. "Our kids love the grass-fed beef sticks or beef jerky."

"You can't deprive yourself and say 'I'm not going to have ice cream at all,'" said Janet Zalman, founder of the Zalman Nutrition Group. "You can say, 'I'm going to have ice cream one or two times, but I'm not going to eat the supersize, I'll have a kiddie size.'"

It's also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. "Research your options," said Bocker, "Like anything else you do, you have to plan and research it so that you can be an informed consumer."

Finally, if you decide to splurge on a favorite food, make it count. "When you go off the rails and eat high calories food, make sure it's fabulous," Zalman. "Most people cheat out of convenience, but if you're going to cheat, cheat high."

"Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

— Catie Bocker,
Marymount University

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SPORTS

Pirates Break Records at NVSL Divisionals

The storm clouds were a' brewin but the thunder held off this year at Virginia Run for a great event. In the Battle Royale of NVSL Division 4 on July 30 the Pirates showed they belonged with 31 best times and 7 records broken, one being a 36-year-old all-time NVSL record by Blazin' Blake "SuperFly" Madsen in the 8&U Boys Breaststroke with a record time of 20.15.

2016 Pirate All-Stars

Emily Radcliffe
Freestyle (16th)
Butterfly (8th)

Kathy Nie
Breaststroke (7th)

Sara Small
Backstroke (11th)
Breaststroke (6th)

Mary Kominski
Breaststroke (15th)

Julia Young
Backstroke (6th)

Lauren Young
Butterfly (20th)

Blake Madsen
Breaststroke (1st)
Butterfly (1st)

Adrian Coray
Freestyle (11th)

Ben Farello
Butterfly (12th)
IM (14th)

Kai Taft
Breaststroke (2nd)
IM (5th)

Fletcher Madsen
IM (13th)

Individual Records Broken

Boys 8 & Under 25 Breast
20.15 Blake N. Madsen

Boys 8 & Under 25 Fly
16.87 Blake N. Madsen

Boys 10 & Under 100 IM
1:26.52 Ben Farello

Boys 9-10 50 Free
33.43 Adrian Coray

Boys 11-12 50 Breast
35.02 Kai P. Taft



PTP All-Stars: (from left) Julia Young, Mary Kominski, Lauren Young, Fletcher Madsen, Kai Taft (front) Emily Radcliffe, Kathy Nie, Sarah Small, Blake Madsen, Ben Farello, and Adrian Corey.

Boys 11-12 100 IM
1:10.93 Kai P. Taft

Boys 15-18 100 IM
1:02.45 Fletcher S. Madsen

Perfect seasons: Sarah Small, Blake Madsen, Ben Farello, and Kai Taft.



SSTs End Season as Division Co-Champions

As the sun radiated down with intense heat in the early morning hours of Saturday, July 23, and while many were determined to find a cool place to hibernate, the SST swimmers of Sully Station took to the pool and performed like champions.

The 8 and under boys dove into the water first, sending the team on a roller coaster ride of winning and then losing ground to the undefeated Mosby Woods. The team had several first place finishes including: Tucker Whitacre, Katherine McArthur, Tyler Whitacre, James Kruck, Megan Montgomery and Collin Fiala in Freestyle, Charlotte McGonigle, Tyler Whitacre, Elise Mozeleski, and Collin Fila in Backstroke, Brooke Patten, Matthew McPherson and Payton Moore in Breaststroke, Luke Campet, Leah Mozeleski, Bryan Patten and Elise Mozeleski in Butterfly.

The 15-18 boys sweep the 50 meter Butterfly event with Matthew McPherson, Dominic Huffman and Carl Gerland finishing consecutively.

Despite their efforts the SST swimmers were down going into the final portion of the meet.

Relay after relay the SST's prevailed. The 13-14 boys Medley Relay team of Matthew Zang, Jose Artieda, Byran Patton and new comer to the team Jeffrey Cournoyer, broke the 16-year-old record set back in 1999 with a time of 58.01. This race clinched the win for the SST's with a final score of 213 SST to 207 MW. The SST's finished the season with a 4:1 record allowing the team to claim the NVSL Division 7 co-Championship award for the first time in 12 years. The SST's also walked away with a surprising first place finish in the Divisional Relays held at Dominion Hills on July 13.



Sully Station Senior Day.

BULLETIN BOARD

FROM PAGE 6

Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "The Image of God in You," and "Handling Loss and Grief." There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email

livingfree@jccag.org or see www.jccag.org.

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on Caregiver Telephone Support Group.

Fair Oaks Parkinson's Support Group for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

VOLUNTEERS NEEDED

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists,

engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special

topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To volunteer, contact donaldrea@aol.com.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.



PHOTOS BY MARTI MOORE/THE CONNECTION

Amy Burke, board chair of the Children's Science Center Lab, and executive director Adalene "Nene" Spivey watch Emily Brunner, 15, of Falls Church take on the robotic arm challenge after programming the device to play the "Happy Birthday" song on a xylophone following a Sunday morning ribbon-cutting in Fair Oaks Mall. Brunner participated on her school's robotics team at George C. Marshall High School.



Anna O'Sullivan, 10, of Great Falls learns about the science of acoustics from student intern Gaby Mugica, 13, of Loudoun County. The activity, called "good vibrations" helps participants make different sounds on the water goblet at the museum's experiment bar.

Mall STEM Lab Marks First Year

Children's Science Center Lab celebrates with cake, a new robot, aquarium and checks worth \$125,000.

BY MARTI MOORE
THE CONNECTION

Some children go to the shopping mall because their moms have to run errands or it's a nice place to hang out with friends. Who knew Fair Oaks Mall is a go-to place to conduct science experiments, program a robot and make stuff out of a 3-D printer?

Nearly 700 children and adults found out Sunday, July 25, as the Children's Science Center Lab celebrated its first birthday as a premier destination in this region for opportunities in science, technology, engineering and math education.

Board Chair Amy Burke says 80 percent of learning happens outside the classroom. She believes the museum is an informal education facility that reinforces learning in school.

"And it's fun," adds Burke, the mother of two boys who also works as a consultant for technology policy and government relations.

The lab received two huge corporate gifts worth \$125,000.

Lab visitors saw two new exhibits, an aquatic life display and a robotic arm challenge.

The small aquarium holds colorful fish like some of the sea creatures featured in

the popular 2003 Disney-Pixar movie "Finding Nemo" in a room designed for kids ages 5 and younger.

This Discovery Zone offers a tinker shop that introduces young minds to engineering and design concepts. It is earmarked for the \$75,000 birthday gift from Northwest Federal Credit Union in Herndon.

The robot exhibit in the adjacent gallery performs tasks users can program from four tablet computers installed around a booth. McLean commercial and government technology consulting firm Booz Allen Hamilton gave \$50,000 for this interactive display. Visitors can help the Children's Science Center Lab find a name for the new robot through Sept. 5. The winner will receive a birthday party at the museum.

Visitors can also sit at a bar and order a science experiment from a "STEM tender" who brings their ingredients and offers assistance if patrons need help with instructions shown on the Amazon Kindle electronic reading device at their station.

"It's fun and they don't even know they're learning," said museum marketing director Dorothy Ready.

Ready said the facility can fit 90 kids per field trip and many schools must send their students in separate groups. These "capacity constraints" are the reason why Spivey spoke to a crowd Sunday morning about the museum's 10-year expansion plan with a new center under construction soon in Loudoun County at the Dulles Town Center.

This million-dollar STEM education facility runs on corporate and private donors, annual memberships of \$150 a year for a



Children use KEVA educational tools called KEVA planks to help construct a wooden tower taller than themselves. The construction took place Sunday morning at the celebration of an interactive STEM education museum in Fair Oaks Mall.

family of four, birthday parties and a \$12 general admission.

The 5,400-square-foot Children's Science Center Lab has an annual operating budget

of \$1.2 million — according to museum executive director Adalene "Nene" Spivey — and employs 12 full-time and 20 part-time staff. The museum also boasts 300 active volunteers.

The museum also continues to thrive on its STEM education roots through a portable classroom in a van donated by Volkswagen that delivers science projects to area schools.

"We started as a mobile lab," Ready said. She said it took five years of fundraising to grow the van into a museum.

Spivey said the Children's Science Center Lab had at least 50,000 visitors throughout its first year and garnered 900 family memberships. The demonstrations change on a rotating basis. Part of her display criteria is "they are so fun, the adults want to play with the exhibits."

More activities held elsewhere in the mall focused on health and fitness in preparation for a special event to promote STEM education nationwide. Retired U.S. Army Col. Tim Hoffman of Warrenton will bike 4,200 miles across America to promote the initiative and raise money for the Children's Science Center Lab from Aug. 1 to Oct. 25. Participate in his cause online at www.afceanova.org/transamerica-cycle-for-STEM.

The Children's Science Center Lab is open every day in Fairfax from 10 a.m. to 6 p.m. on the Level 1 entrance at 11750 Fair Oaks Mall. Parking is between Lord & Taylor and Sears. Call 703-648-3130 or visit its website at www.childsci.org.

"Love That Dirty Water"

By KENNETH B. LOURIE



"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

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-Albert Einstein

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WELLBEING

Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer's disease at bay.

BY MARILYN CAMPBELL
THE CONNECTION

Most days of the week, Ana Nelson can be found educating others about Alzheimer's disease in her role as vice president of Programs and Services for the Alzheimer's Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She's currently training for the Marine Corps Marathon.

"I have worked in the (Alzheimer's disease) field for 30 years and have always been a promoter of healthy lifestyles," said Nelson. "When you're sightseeing and asking questions, you're stimulating and challenging your mind. When I enter and train for races, I'm interacting with other people and staying socially engaged."

Nelson is incorporating into her life key elements that are credited with staving off age-related mental decline. In fact, jobs and activities that require complex thinking and social connections can help build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer's Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson's had the most protective effect on the brain.

"With the brain, like other parts of the body, you use it or lose it," said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer's Association. "If you don't use it, it goes away."

Activities that require planning and processing information challenge the brain. "Sitting in front of the television is detrimental," said Hartley. "Being passive doesn't stimulate the brain."

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

"Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we're seeing the best protection against cognitive decline," said Amy E.



PHOTO COURTESY OF ANA NELSON

Ana Nelson of the Alzheimer's Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes develop-

mental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. "Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive," she said. "People are helping

them because they have lost the ability to do the tasks themselves and are dependent on other people."

However, Coren, Hartley and other researchers say that more research is needed.

"The study was done by a well-respected group of scientists, but we can't say that if you stay socially and mentally active you won't get this disease," said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. "There have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn't have a big impact and for others it does."

"With the brain, like other parts of the body, you use it or lose it."

— Dean Hartley, Ph.D.,
Alzheimer's Association

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ENTERTAINMENT

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

ONGOING

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

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

THURSDAY-SUNDAY/AUG. 4-7

County 4-H Fair and Carnival. Various times at Frying Pan Farm Park, 2739 W. Ox Road, Herndon. Enjoy carnival games, rides, fair exhibits and stage entertainment. You can visit exhibit booths, try cow or goat milking, see farm equipment demonstrations, participate in competitions, watch horse shows, purchase fair food, and enjoy live music and dance. Entry to the park grounds is free, however there is an \$8 parking fee per car, per day on the weekend. Visit www.fairfaxcounty.gov/parks/fryingpanpark/4-h-fair.htm.

FRIDAY/AUG. 5

Sipping & Painting. 6:30 p.m. at The Winery at Bull Run, 15950 Lee

Highway, Centreville. Instructors will help guests create their own masterpiece. Tickets are \$40-45. Visit www.wineryatbullrun.com for more.

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

SATURDAY/AUG. 6

We Share STEM! 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Celebrate the global feats in the fields of science, math, technology, and engineering. Meet scientists and engineers who are active in fields such as robotics, aerospace design, and aviation, and develop your own skills through hands-on activities. This family day is presented in collaboration with Smithsonian Latino Center. Free, \$15 parking. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

Stretch & Sip. 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Bring a yoga mat. A glass of wine will be included at the end of the session. Tickets are \$13.50-15. Visit www.wineryatbullrun.com.

With the Help of a Physick. 1 p.m., 2 p.m., and 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 18th century diseases and their causes were frightening mysteries for most people. Take a tour of Sully, an 18th century house, and discover theories and treatments of the time for small pox, yellow fever and malaria. Learn about small pox inoculation, the precursor to modern vaccination and

the 1793 yellow fever epidemic in Philadelphia. Tickets are \$8, \$7 for students, \$6 for seniors and children. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

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

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

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

SATURDAY-SUNDAY/AUG. 6-7

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

SUNDAY/AUG. 7

Pancakes at the Mill. 11:30 a.m. at Ellanor C. Lawrence Park, 5040

Walney Road, Chantilly. Enjoy a Sunday around the campfire and make corn pancakes with honey. Tickets are \$7 for Fairfax County residents, \$9 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

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

TUESDAY/AUG. 9

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

WEDNESDAY/AUG. 10

Yarn Art: Dream Catchers. 2-3:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Weave and manipulate patterns, adding charms and beads. Free. Visit www.fairfaxcounty.gov/library/branches/ce or call 703-830-2223.

Campfire with the Constellations. 8:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Meet at Cabell's Mill and talk about stars around a warm campfire. Then head out into the meadow with a naturalist to learn how to identify the early summer constellations. Tickets are \$8 for Fairfax County residents, \$10 for non-residents. Visit www.fairfaxcounty.gov/parks/performances.

eclawrence.

THURSDAY/AUG. 11

"Little Red Rocket Hood." 10:30-11:15 a.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Little Red and Jack and the Beanstalk travel to outer space in a fairytale puppet show presented by Goodlife Theater. Visit www.fairfaxcounty.gov/library/branches/ch or call 703-502-3883.

Civil War Lecture. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. John Hennessey discusses "Battle of 2nd Manassas Campaign." Free. Visit www.fairfaxcounty.gov/library/branches/ce or call 703-830-2223.

FRIDAY/AUG. 12

Historic Desserts. 6:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join a historian and learn about the Machens who lived at Walney in the 19th century and how they might have made dessert. Try making raspberry dumplings with homemade ice cream. Tickets are \$10 for Fairfax County residents, \$12 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

FRIDAY-SUNDAY/AUG. 12-14

Super Smash Con. 3-8 p.m. Friday, 10 a.m.-8 p.m. Saturday, 10 a.m.-6 p.m. Sunday at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. This is the first event to feature a full sized Super Smash Bros tournament alongside an all-ages convention, complete with exhibitors, vendors, competitions, music and more. Tickets are \$25 Friday, \$34 Saturday, \$29 Sunday. Visit www.supersmashcon.com for more.

SATURDAY/AUG. 13

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

SATURDAY-SUNDAY/AUG. 13-14

Civil War Encampment Weekend. 10 a.m.-4 p.m. Saturday, 10 a.m.-3 p.m. Sunday at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Federal and Confederate troops recreate Civil War daily life as reenactors demonstrate the various work of the army. Discover a soldier's lifestyle during this turbulent time in America's history. Enjoy live music and a fashion show. House tour includes artifacts rarely on exhibit belonging to the Haight family, mid-19th century residents at Sully. Tickets are \$9, \$7 for seniors and children. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/AUG. 14

T-TRAK Scale Model Train Show. 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge T-TRAK model train show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Visit www.fairfax-station.org.

Pakistan Festival. 4-9 p.m. at Bull Run Regional Park Special Events Center, 7700 Bull Run Drive, Centreville. Learn the culture and colorful traditions of Pakistan. Free. Visit www.pakfestusa.com for more.

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