



PHOTO BY BONNIE HOBBS/CENTRE VIEW

## A Tribute to Martin Luther King, Jr.

Siblings Jada and Ricky McGlothin, of Lees Corner Elementary and Franklin Middle, respectively, perform "We Shall Overcome" at the annual Martin Luther King, Jr. Festival held Jan. 10 at Westfield High School. More photos, page 4.

## Money, Lax Laws Draw Sex Traffickers

400 sex trafficking victims  
found in two years.

BY ISABEL KNIGHT  
CENTRE VIEW

Ever since the Human Trafficking Task Force began collecting data in October 2013, there have been 400 victims of sex trafficking found in 244 cases with over 130 suspected perpetrators in Northern Virginia.

Last year, before the state of Virginia passed its first sex trafficking laws, SB 1188 and HB 1964, it was the last state in the United

States without any sex trafficking legislation.

According to Taryn Offenbacher, the communications director for Shared Hope International, a non-profit nongovernmental organization dedicated to ending sex trafficking, this lack of legislation may have attracted more sex traffickers to Virginia.

"Traffickers are going to go the path of least resistance. They know the laws are in their favor, and

SEE 400 SEX, PAGE 2

## Meeting Focuses On Sex Trafficking

A free public event is offering information about human trafficking taking place around Northern Virginia. A rapidly growing crime on the national level, Fairfax County is no exception.

The Alexandria Commission for Women, The Arlington County Commission on the Status of Women, The City of Fairfax Commission for Women and the Fairfax County Commission for Women are co-sponsoring the event on Jan. 31. Organizers are looking to both increase awareness of trafficking and offer information and support for victims. Elizabeth Scaife, director of training at Shared Hope International, is the keynote speaker for the awareness event. She's the group's main trainer on domestic minor sex trafficking. In addition to the speaker, the event will also include work-

shops on the role of law enforcement, engaging with students on the issue, activating the business community and international trafficking. Workshop leaders include Detective Bill Woolf, a special trafficking investigator with the Fairfax County Police Department, and Dr. Liz Payne, coordinator for Health, Family Life Education and Physical Education with Fairfax County Public Schools.

"Human Trafficking: Get the Facts and Take Action!" is scheduled to take place Jan. 31 from 1-4 p.m. at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway in Fairfax.

Those attending the free event can bring used cell phones to recycle through the Verizon HopeLine program. The Artemis House domestic violence shelter will receive all proceeds.

— TIM PETERSON

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# 400 Sex Trafficking Victims Found in Two Years

FROM PAGE 1

there is minimal risk in Virginia to commit these crimes.”

Money is also a strong draw.

“Sex trafficking is an economic crime ... there has to be demand. Traffickers go where the money is,” said Detective Bill Woolf, former head of the Human Trafficking Unit of Fairfax County Police Department.

Kay Duffield, the executive director of the Northern Virginia Human Trafficking Task Force, reports that from October 2013 to October 2015, the task force has identified 400 victims of sex trafficking. Fifteen percent of these cases have been gang related and 55 percent of the victims are white females.

These numbers are underestimates of true rates, because there is currently no real mechanism for collecting data. Woolf estimates that true rates are likely closer to the 10,000 victims reported in San Diego, which has similar demographics to Fairfax County. The Task Force covers Alexandria, Arlington, Fairfax, Stafford, Loudoun County, and Prince William County.

This problem exists across the United States. In 2015, the U.S. Immigration and Customs Enforcement’s (ICE) Homeland Security Investigations arrested 1,437 individuals for human trafficking across the

country.

According to Woolf, the biggest hurdle law enforcement faces in catching sex traffickers is lack of resources. The Human Trafficking Unit was established in 2013, when the Fairfax County Police Department received a two-year grant from the U.S. Department of Justice which expired. Woolf investigated 244 trafficking cases.

Often, sex trafficking can only be addressed if they overlap with a related unit that gets more funding, such as the Gang Unit. Even the FBI addresses sex trafficking in the Crimes Against Children Unit, which addresses a broad spectrum of crimes, Woolf said.

His work requires balancing the desire for a quick case to protect as many victims as possible, while still collecting enough evidence to support a viable prosecution.

Woolf pointed out the disadvantage of not having officers trained in human trafficking specifically means officers will often prosecute the victims themselves for prostitution instead of the pimps. He also often has to use nontraditional methods to divert potential victims from harm without letting the traffickers know they are being investigated.

The cases that end in arrests and prosecutions may not be representative of the majority of sex trafficking cases, but instead

reflect cases that require fewer resources to investigate. For example, he said, gang-related trafficking is often prosecuted much more routinely than sex traffickers operating out of commercial establishments like massage parlours because those cases are difficult to investigate and require extensive resources.

Before 2012, this problem had gone largely unnoticed for a number of reasons. A number of victims see this as their only source of livelihood.

Many victims are undocumented immigrants. The National Center for Missing and Exploited Children finds that 68 percent of sex trafficking victims have been a part of the foster care system at one time, though Woolf said that percentage is probably lower for Northern Virginia.

Many victims of sex trafficking don’t see themselves as victims, but rather the main perpetrators of the crime, which is why only a very small percentage of them ever report trafficking to the police. That is why Fairfax County schools have been starting education initiatives to spread awareness of this crime from a young age.

“Despite the fact that Fairfax County is statistically the safest jurisdiction of our size, predators still exist here. It’s the job of everyone to be aware. Speaking as a mother and a grandmother, we need to make sure

our young people are educated about predators and have their eyes open.” said Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

Fairfax County Public Schools began implementing a formal curriculum on sex trafficking in its family life programming in spring of 2014 in response to several sex trafficking cases in spring of 2012.

This program currently begins in 6th grade and runs through 10th grade, with another year of programming for 12th graders, and the school is currently working on curriculum for 11th graders to begin next year because the school considers the issue grave enough to warrant continuous education on the matter.

After two years, these programs appear successful. Liz Payne, the coordinator for Health, Family Life Education, and Physical Education of Fairfax County Public Schools, said, “Reporting has gone up since this program has been implemented, so I think we are making strides.”

For more information about human trafficking in Northern Virginia, the Commissions for Women of Alexandria, Arlington, and Fairfax County will be holding an informational event about the issue on Jan. 31, 1-4 p.m. at the Stacy C. Sherwood Community Center. Email [cfw@fairfaxva.gov](mailto:cfw@fairfaxva.gov). Registration is required prior to the event.



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# Fairytales, Puppets and Laughter for Everyone

## Chantilly High presents "Jack and Jill and the Beanstalk."

BY BONNIE HOBBS  
CENTRE VIEW

**T**ake two popular fairytales, add a couple gigantic puppets and mix well inside the mind of Chantilly High Theater Director Ed Monk, and the result is the school's upcoming children's play.

Written by Monk, "Jack and Jill and the Beanstalk" is set for Friday, Jan. 29, at 7 p.m.; Saturday, Jan. 30, at 2 and 7 p.m.; and Sunday, Jan. 31, at 2 p.m. Tickets are \$5 at the door or via [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com). A mashup of two stories, the show is double-cast and has a cast and crew of 60.

"Jack gets his family in trouble because he grew an illegal beanstalk and the city fines them \$20,000," said Monk. "So he and his friend Jill — who's secretly in love with him — have to find a way to get some money to keep Jack's family from going to jail. But at the top of the beanstalk, they find many amazing things — including two giants."

Chantilly received a grant from the Wolf Trap Foundation for the Arts to bring a group of elementary-school students to see the show during the day and to bring in a puppet designer to teach Chantilly's thespians how to build puppets. So they created two, huge puppets to portray the giants and, said Monk, "That's been a very cool process to watch. One student will be inside each giant costume, operating the



The cast and crew of Chantilly High's "Jack and Jill and the Beanstalk."

mouth and saying the lines, while two other students work the arms."

Freshmen and sophomores put on the school's children's shows, and Monk said, "As always, it's fun to see the new talent in the Drama Department. And we're excited to have people come see the show because it's going to be a lot of fun for everyone."

Sophomore Patrick Collins plays Jack. "He's a poor boy, about 13, and is energetic and fun to be around," said Collins. "But he doesn't think before acting and is sometimes unaware of what's happening around him. He's also socially awkward and lonely and doesn't have many friends, so he talks to his cow."

Collins likes his role because, although it's a challenge since it's his first big part, "Jack kind of carries the play." He says the audience will love the show because "There are many timely, topical jokes that the parents will enjoy while the kids will like watching the characters' funny actions."

Portraying Jack's estranged father, Milton Weedwhacker, is sophomore Ben Klosky. He's normally a lighting tech but, for this production, he's become an actor. "Jack's father disappeared mysteriously, two years earlier, but reappeared when he ran out of chip dip in the basement, where he's been hiding," said Klosky. "He's a little timid, but tries to assert himself and doesn't like it when people get in the way of his sports-watching."

He, too, is enjoying acting and "can see myself sticking with it in the future. My character has lots of one-liners and jokes, and the audience will love him and what he brings to

this show." Besides that, said Klosky, "The kids will like the neat, bright colors of the changing background lighting, the wacky characters and the bizarre and unique costumes."

Sophomore Caroline Woodson plays Jill. "She's still a little girl trying to grow up and is dealing with her parents' pressure on her to fall in love," said Woodson. "But she's strong in her beliefs and is willing to tell Jack when he's being an idiot. She also pretends not to like him, when she really does. She's bubbly, confident and girly, while unafraid to speak her mind."

Woodson's having fun playing someone younger than her and, she said, "I can use big motions in a children's show. And Jill uses her intelligence to get her out of tough situations, which is a good character trait to have." Woodson said both children and adults will find humor in this show and "everyone's worked so hard to create unique characters to make this play different from any others."

She's also on the costume team and said, "We used bright, colorful, fairytale clothing mixed with modern-day outfits so it looks like a modern fairytale," said Woodson. "And we're even making a special costume so a goose can lay three eggs on stage."

Matthew Aldwin McGee is the professional actor and puppet designer working with the students. He's guided them through the process of building giant puppets out of different types of foam rubber.

"They helped transfer the pattern to the foam and learned how to get from the design stage to the finished product," said McGee. "I'm also working with the actors who play the giants to help them bring the puppet characters to life. Three students

will have to work in synch as a team to make each giant move and speak. And that's a harder challenge for an actor than to just play one character by himself."

To give them height and scale, the giants' heads were placed on a pole attached to a harness and backpack worn by the students. Then their costumes were draped and fitted onto the arms and head.

"It's been fun; different people each day have worked on it," said McGee. "They've been excited to see the progress and see the puppets taking shape. I'm the puppet designer and they're the labor; but by helping out, they've learned how it's done and have learned a different side of theater and a different skill set."



Puppet designer Matthew Aldwin McGee creates puppet fingers out of foam.



PHOTO COURTESY OF HANNAH WARNICK

The Jacks and Jills are (back row, from left) Patrick Collins and Caroline Woodson and (front row, from left) Gabe Ribeiro and Emily Fareid.

# Students Perform at King Festival

Sponsored by the Chantilly Pyramid Minority Student Achievement Committee (CPMSAC) and Westfield High, the annual Martin Luther King Festival was held Jan. 10 at the school. Welcoming the crowd, Westfield Principal Anthony Copeland said he was pleased to be part of the event.

Festival Co-Chair Kim Graham paid tribute to the late Shirley Nelson, CPMSAC founder, and her husband Johnny Nelson, CPMSAC president.

Holding up a picture of King, Johnny Nelson said, "I'm from Birmingham, Ala., and I was able to do a lot of things because of this man."



Chantilly High's Chamber Chorale performs "How Can I Keep from Singing?"



The Colin Powell Elementary Puma Choir sings "Follow Your Dream."

PHOTOS BY BONNIE HOBBS



Lees Corner sixth-grader DeSean Andrews reads "Remembering Dr. King."



Westfield High's Bobby Nevarez sings "All I Need."



Playing "Tekele Lomeria" are the Greenbriar East Elementary Amazing Strings.



Bill Burke (far left) conducts the Centreville High Wildcat Guitar Ensemble.



Praise in Movement performs "The Storm is Over Now."



The Chantilly Baptist Church Mime Team illustrates "The Dream."



Brookfield Elementary's fifth- and sixth-grade chorus sings "Freedom is Coming."



The Lees Corner Elementary Fifth-Grade Choir sings "Like the Beat of a Drum."

## SCHOOLS

Centreville Pyramid Choir encompasses Union Mill, Centreville, Centre Ridge and Colin Powell elementary schools, Liberty Middle School and Centreville High School.



### United in Song

Union Mill Elementary students perform.

PHOTOS CONTRIBUTED



Brian Case, choral director Liberty Middle School, at the Centreville Pyramid Choir Concert, held Jan. 11 at Centreville High School.

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# OPINION

## Pay Attention

General Assembly action matters more in Virginia.

**T**he Virginia General Assembly began its 60-day 2016 session on Wednesday, Jan. 13. Here in Northern Virginia, residents are often far more cognizant of national politics and government than state and local government. But there are several reasons why, especially in Virginia, especially if you live in Northern Virginia, you should pay attention.

In Virginia, localities have only the power expressly given by the General Assembly. So living in Fairfax or Arlington or Alexandria, your local governments and regulations are often not able to reflect the values and preferences of residents.

For example, for Fairfax County to have any say about whether a gun store can operate adjacent to a school, where students can see customers coming and going with weapons, the General Assembly would have to vote to give the county that authority. While this has been a hot topic here, and several legislators have introduced “authorizing legislation,” it would be remarkable if the currently constituted assembly would allow this to go forward.

Living in the wealthiest areas of the Commonwealth also raises concerns. Localities have very limited options for raising revenue. The revenue that is actually based on someone’s ability to pay, income taxes, is only collected by the state; localities cannot claim any portion of income tax. Of course Northern Virginia is the economic engine of the state, and so it makes sense that a significant portion of the

state budget would be funded with Northern Virginia dollars. But it is unfair that the General Assembly limits localities ability to access other revenue choices to fund local necessities like schools.

There are dozens of other examples, and most are complicated. But local officials are elected, and if local government takes action not supported by local voters, they will be voted out.

Because of gerrymandering of districts in both the House of Delegates and the Virginia Senate, the makeup of the General Assembly is far more conservative than the Commonwealth overall, as evidenced by Democrats elected to all statewide offices. This makes the control from Richmond all the more egregious.

Every resident is represented by one delegate and one senator in the Virginia General Assembly. You can visit the General Assembly website to find out who represents you, for contact information, for session livestreaming and more.

<http://viriniageneralassembly.gov>

## Vote Now for Presidential Primary

Who will be the next President of the United States also matters.

In order to vote in either of Virginia’s presidential primaries on March 1, voters must be registered by Feb. 8. Voting “absentee in per-

son” (early voting available for myriad reasons, including anyone who will commute to work on Election Day) is already underway.

In Virginia, voters do not register by party. In the primaries for President, you can vote either the Democrat or Republican ballot, but not both. If you choose to vote the Republican ballot, you will be required to sign the following statement first:

Section 24.2-545 of the Code of Virginia allows the political party holding a primary to determine requirements for voting in the primary. The Republican Party of Virginia has determined that the following statement shall be a requirement of your participation. STATEMENT: My signature below indicates that I am a Republican.

## For More Election Information:

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For details on absentee voting in Fairfax County, see [www.fairfaxcounty.gov/elections/absentee.htm](http://www.fairfaxcounty.gov/elections/absentee.htm).

# Update on Transportation Projects

BY JIM LEMUNYON  
STATE DELEGATE (R-67)

**W**e have been making progress on a number of transportation projects in Northern Virginia. A partial list of key transportation projects in our area is provided below. A complete list of transportation projects can be found at: <http://viriniaroads.org/>. Real-time snow plowing progress may also be monitored at this website during snowy weather.

VDOT is implementing a law I authored in 2012, H.B. 599, to require that proposed transportation projects in Northern Virginia be rated according to how much traffic congestion is expected to be reduced by each project. In this way, the best rated projects can be funded on a priority basis. This system is also being used by the Northern Virginia Transportation Authority. Evaluations of more than 40 projects have been completed within the last 18 months, with another two dozen projects under review. I have introduced legislation this year to direct VDOT to evaluate the benefits of building two new bridges across the Potomac River upstream and downstream from Washington, D.C.

Since the 2013 sales tax increase, which is dedicated to funding transportation, the Northern Virginia Transportation Authority has agreed to fund 69 road and transit projects with a financial commitment of \$535 million from

the 2013 tax. More projects are being considered.

In the process of rating transportation projects, VDOT has estimated that congestion in Northern Virginia totals approximately 900,000 hours of delay each work day. Putting this into perspective, a person who lives 900,000 hours lives to be about 103 years old. Clearly, congestion is costing our region millions of dollars of lost productivity each day — not to mention missed time with family and friends, wasted gasoline, pollution, etc. My goal is to reduce this 900,000 figure as quickly and as cost efficiently as possible with smart transportation solutions.

**I-66 SHOULDER LANES** are now open anytime they are needed between Route 50 and the Beltway. There were some initial problems when this Active Traffic Management (ATM) system became operational in September, but these have been largely (not completely) ironed out. Thank you to the many residents who provided comments on this new system, especially when it first became operational. You may have noticed that the old signs are still in place stating the previous policy that the lanes be opened only at fixed times. They will be corrected. Also, if you encounter moments when the shoulder lanes should be open and are not, please let me know. I will pass this information to VDOT to further improve ATM.

In addition to ATM, additional lanes on I-66

outside the Beltway have been proposed. This includes new express bus service, and expanded and new commuter parking. Two HOV lanes with tolls for non-HOV traffic are included in each direction in the proposal similar to the Beltway Express Lanes. Route 28/I-66 interchange improvements will be part of the I-66 lane expansion.

At the present time, the Secretary of Transportation anticipates that the toll would be collected by a private company that would construct the improvements to I-66, although no final decision will be made until the bids are reviewed from the potential contractors. More information about the status of these plans may be found at [outside.transform66.org](http://outside.transform66.org). In the meantime, I am evaluating the cost estimates for the project, which may approach \$2 billion, with a view toward ensuring that Northern Virginia receives its fair share of state tax dollars for this project.

A recent congestion analysis of the plan for I-66 outside the Beltway shows a significant impact in terms of reduced travel times. However, it’s clear that by adding lanes eastbound outside the Beltway but not inside the Beltway, the bottleneck at the Beltway would persist. Reducing congestion outside the Beltway will be limited unless additional lanes are added inside the Beltway.

For VDOT’s updates on this project, see [inside.transform66.org](http://inside.transform66.org).

# CENTREVIEW

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

## ONGOING

**Santa Through the Ages.** Through Jan. 31, 11 a.m.-4 p.m. daily, except Tuesdays, at Sully Historic Site, 3650 Historic Sully Way, Chantilly. This exhibit of Santa figures depicts Santa through different time periods. Tickets are \$7 for adults, \$6 for students, and \$5 for seniors and children. Visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov) for more.

**Fine Art Exhibit at Clifton Wine Shop.** Through Jan. 31, 10 a.m.-8 p.m. at The Clifton Wine Shop, 7145 Main St., Clifton. This exhibit includes landscapes, watercolors, and acrylics from artist Michele Frantz. Free. Visit [www.artgildofclifton.org](http://www.artgildofclifton.org).

**Toddlin' Twos.** Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot.

**Storytime for Three to Fives.** Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

**English Conversation Group.** Thursdays, 7 p.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

**English Conversation Group.** Saturdays, 3 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Practice English with a group of students and adults. Free. Call 703-830-2223 for more.

**English Conversation Group.** Tuesdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

**Plant Clinic.** Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

**ESL Book Club.** Mondays, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Meet and discuss a book chosen by group. Free. Call 703-830-2223 with questions and to reserve a spot.

**ESL Book Club.** Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and

discuss a book chosen by the group. To find out book title, call 703-502-3883.

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

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

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

**Singing.** 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for more.

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

**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.

## PET ADOPTIONS

**Adopt a Cat or Dog.** Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org) for more.

**Adopt a Dog.** Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit [hart90.org](http://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](http://aforeverhome.org) for more.

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## MONDAYS/THROUGH MARCH 7

**Castles & Catapults Workshops.** 1-2 p.m. or 4:45-5:45 p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will learn about science and engineering principles, like gravity, buoyancy, and simple machines, presented in the context of medieval times. Activities include building towers, boats, draw-bridges, and catapults as well as designing medieval coats of

arms and jewelry. The earlier session can be customized for homeschooled children ages 7-12, the second session is for grades 4-6. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org) for more.

**Science Solutions Workshops.** 2:15-3:15 p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will apply science, math and engineering solutions to help the owners of the "E.Z. Science Journal." They will create sand clocks, design an experiment, build a stronger egg carton, solve knot puzzles, design journal cover art, sketch and construct a new invention, and develop more efficient delivery routes. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org) for more.

## WEDNESDAYS/THROUGH MARCH 9

**Science Solutions Workshops.** 4:45-5:45 p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will apply science, math and engineering solutions to help the owners of the "E.Z. Science Journal." They will create sand clocks, design an experiment, build a stronger egg carton, solve knot puzzles, design journal cover art, sketch and construct a new invention, and develop more efficient delivery routes. This session is for grades 1-3. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org).

## SATURDAYS/JAN. 23-MARCH 12

**Castles & Catapults Workshops.** 10-11 a.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will learn about science and engineering principles, like gravity, buoyancy, and simple machines, presented in the context of medieval times. Activities include building towers, boats, draw-bridges, and catapults as well as designing medieval coats of arms and jewelry. This session is for grades 1-3. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org) for more.

**Science Solutions Workshops.** 11:15 a.m.-12:15 p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will apply science, math and engineering solutions to help the owners of the "E.Z. Science Journal." They will create sand clocks, design an experiment, build a stronger egg carton, solve knot puzzles, design journal cover art, sketch and construct a new invention, and develop more efficient delivery routes. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org).

## FRIDAY/JAN. 22

**Friday Night Flights: Meritage.** 7 p.m. at The Winery at Bull Run,

15950 Lee Highway, Centreville. Tasting room manager Dean Gruenberg will lead a wine tasting of meritage blends from Argentina, California, France, Washington State, South Africa, and Virginia. Tickets are \$20-30. Visit [www.wineryatbullrun.com/events](http://www.wineryatbullrun.com/events).

## FRIDAY-SUNDAY/JAN. 22-24

**Home and Remodeling Show.** 10 a.m.-9 p.m. on Friday and Saturday, 10 a.m.-6 p.m. on Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find and learn more about home related products and services. Tickets are \$10 for adults, \$3 for children 6-16, free for children 5 and younger. Visit [www.homeandremodelingshow.com](http://www.homeandremodelingshow.com).

## FRIDAY/JAN. 29

**Magic Show: Michael Cantori.** 7 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Experience magic, psychology, hypnosis, etc. Tickets are \$32-40. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## FRIDAY-SUNDAY/JAN. 29-31

**Sugarloaf Craft Festival.** 10 a.m.-6 p.m. on Friday and Saturday, 10 a.m.-5 p.m. on Sunday at Dulles Expo & Conference Center, 4320 Chantilly Shopping Center Drive, Chantilly. Find more 250 artists and craft designers. Tickets are \$8 in advance for adults, \$10 at the door, free for children 12 and younger. Visit [www.sugarloaforcrafts.com](http://www.sugarloaforcrafts.com) for more.

## SATURDAY/JAN. 30

**Winter Waterfowl Hunt.** 7 a.m. starting at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Hunt along the wetlands and the coast for water birds. Tickets are \$36. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

**Steven F. Udvar-Hazy Center Open House.** 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Go behind the scenes and talk with curators, conservators, archivists, and other Museum experts; see objects not on public display; and participate in unique activities, tours, and on-stage presentations. Call 703-572-4118 or visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy).

## SUNDAY/JAN. 31

**Groundhog Day.** 2:30-3:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Learn the story behind Groundhog Day and some interesting facts about this animal turned weather forecaster.

Visit the Walney garden groundhog home and play some groundhog games. Tickets are \$6. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## WEDNESDAY/FEB. 3

**Technology Tour.** 2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join Ellanor C. Lawrence Park historians and learn about the types of technology the Machen family used to improve their lives in the 1800s. Tickets are \$5. Visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## SATURDAY/FEB. 6

**Heritage Family Day: African American Pioneers in Aviation and Space.** 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Learn more about the accomplishment of African Americans in the fields of aviation and space exploration. Free. Call 703-572-4118 or visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy).

**Recipes from the Hearth.** 1 p.m. and 2 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 1794 kitchen, learn about Thornton, the enslaved cook of the Lee family. Make beaten biscuits like the ones that were served in the dining room, and corn pone, a staple of the enslaved community's diet. Compare the recipes and taste the difference. Tickets are \$8. Visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

**Superbowl of Wines.** 3 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Compete in a blind tasting of Paradis Springs wine. Tickets are \$25 per person, \$20 for wine club members. Call 703-830-9463 for more.

## FRIDAY/FEB. 12

**Friday Night Flights: Chocolate.** 7 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Find Bull Run wines paired. with Abby Rose Chocolates. Tickets are \$20-30. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com).

## SUNDAY/FEB. 14

**Valentine's Day Tea.** 2:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Listen to poetry and drink tea at the Machen Farm with your favorite sweetheart. A costumed interpreter will share a Walney mystery love poem, then invite participants to write and share verses with the group. Leave with a poem framed in Valentine-card style. Tickets are \$10. Visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

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# SPORTS



Westfield senior guard Blake Francis recently reached 1,000 points for his career.



Westfield senior Hank Johnson scored 26 points against Oakton on Jan. 12.

## Westfield's Francis Reaches 1,000 Career Points

**Bulldogs improve to 3-0 in Conference 5.**

BY WILL PALENSCAR

Prior to the tipoff of Westfield's Jan. 12 game against Oakton, Bulldog senior Blake Francis was honored by head coach Doug Ewell for becoming the second Westfield basketball player to reach a 1,000 points in his career.

Maurice Hubbard was the other.

"Blake is an amazing scorer who works extremely hard on his game," Ewell said. "Over the last three years Blake has developed into an all-around player, not just a scorer."

Francis scored 23 points, including three 3-pointers, against Oakton and Westfield won 75-51. The Bulldogs beat Centreville three days later, improving their record to 11-2 overall and 3-0 in Conference 5.

Hank Johnson, scored 26 points against Oakton, going 7-for-8 from the charity stripe.

"Hank has been great this season doing a lot of great things," Ewell said. "We will need him to continue if we want to play late in the season."

Opponents face a challenge in dealing with a team that shares the ball as well as Westfield does. Westfield has four players who average double figures, with Tyler

Scanlon averaging 24.9, Blake Francis 21.9, Kory Jones 12.1 and Hank Johnson 11.

When asked about his coaching staff, Ewell said, "I am blessed to have had my assistants for a long time."

The Westfield basketball staff has over 60 years of experience. JV coach Jamie Shepard has 16 years, Mike Coyle has 16 years — four as assistant JV and 12 years as varsity assistant — Ephraim Hawkins has 10 years as an assistant coach working with guards, and Garry Mendelsohn has 10 years working with post players.

Westfield jumped out to a 17-12 lead after the first quarter. In the second, Westfield outscored the Cougars 20-11. In the third quarter Oakton managed to hold Westfield to 17 points however still trailed 54-38 entering the 4th. Westfield would outscore the Cougars 21-13 in the fourth.

PHOTOS BY WILL PALENSCAR



Tyler Scanlon is one of the Westfield boys' basketball team's primary scoring threats.

## Centreville Swim and Dive Beats Lee

The Centreville swim and drive team defeated Lee on Jan. 7.

First-place finishers for Centreville included: The boys' 200 medley relay (Noah Desman, Daniel Shin, Kyle Cassidy, David Chu); The girls' 200 medley relay (Cara Patrick, Joanna Zhao, Lexi Cuomo, Gabby Kuehhas); Kyle Cassidy (200 free); Thalia Costanza (200 free);

Lexi Cuomo (200 IM); Noah Desman (50 free); Gabby Kuehhas (50 free); Tyler Kurowski (men's diving); Agnella Machete (women's diving); Noah Desman (100 fly); Gabby Kuehhas (100 fly); Daniel Shin (100 free); Lexi Cuomo (100 free); the boys' 200 free relay (Kyle Cassidy, Noah Desman, Daniel Shin, David Chu); the girls' 200 free relay (Thalia Costanza, Gabby Kuehhas,

Esther Lee, Lexi Cuomo); Kyle Cassidy (100 back), Cara Patrick (100 back), Joanna Zhao (100 breast), and the boys' 400 free relay (Daniel Levin, Sebastian Rojas, Michael O'Donnell, Austin Mysinger).

Centreville will host a tri-meet against Herndon and Stuart at 6 p.m. on Friday, Jan. 22.

# Seniors Who Sing

Improving and preserving the quality of life through music education.

BY MARILYN CAMPBELL  
CENTRE VIEW

When musician Jeanne Kelly was asked to be a part of a study on creativity in the aging, she readily accepted. She was a natural to be tapped for the job, since she was running a program for older adults at the Levine School of Music's Arlington campus. She was tasked with helping to measure the impact of professionally conducted cultural programs on older adults.

"The study found that artistic excellence has huge benefits, physically, mentally and socially. Out of that study, I decided to start Encore," said Kelly, referring to a group of singers, all seniors, who are part of one of the 18 Encore Chorales that make up Encore Creativity for Older Adults.

Encore is a nonprofit organization that offers arts education and performance opportunities for seniors. The chorales are currently accepting new members through the end of January.

**CHORALE MEMBERS** pay a fee which covers sheet music and the cost of the performances. In exchange, members receive music education and training from professional musicians, a chance to make social connections and an opportunity to perform challenging choral music. Participants learn proper breathing techniques and ways in which they can improve their voice, all under the guidance of a conductor.

"We don't dumb things down for our older adults," said Kelly. "Our members really appreciate the respect they get."

Adjustments are made, says Kelly, to accommodate the needs of some seniors. For example, rehearsals are held during the day out of consideration for those who don't drive at night, and members with mobility issues are not required to stand during rehearsals or performances. Encore focuses on offering a classical music repertoire. Choral works such as Giuseppe Verdi's "Messa da Requiem" are chosen to pair well with seniors' voices.

"Our voices do change as we age," said Kelly. "Soprano voices aren't as high as we age, for example, so we choose wonderful music that really shows them

## Encore Chorales

Singers accepted through the end of January. Visit [encorecreativity.org](http://encorecreativity.org), call 301-261-5747 or email [info@encorecreativity.org](mailto:info@encorecreativity.org). Fee is \$150 for 15 weekly rehearsals, sheet music and performances, unless noted below. Weekly rehearsals are underway at the following locations:

♦ **GMU Potomac Arts Academy Encore Chorale** – Rehearsals on Tuesdays at 11 a.m. at St. George UMC, 4910 Ox Road, Fairfax.

♦ **Encore Chorale of Reston** – Rehearsals on Tuesdays at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$160 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music and performances. Registration is through Fairfax County/Reston Community Center.

♦ **Lansdowne Woods Encore Chorale** – Rehearsals on Wednesdays at 2 p.m. in the auditorium of Lansdowne Woods at 19375 Magnolia Grove Square, Lansdowne. Fee is \$150 for 15 weekly rehearsals, sheet music and performances. Pre-registration is required for non-residents.



COURTESY OF ENCORE CREATIVITY FOR OLDER ADULTS.  
**Lee Lipsey is a member of and chorale master for the Encore Chorale of Reston.**

off and will challenge them to the max."

"What they're doing is beautiful because they're not only making healthy social connections, they're also challenging their brains which helps maintain their cognitive flexibility," said Carolyn Lorente, Ph.D., assistant professor of psychology at Northern Virginia Community College in Alexandria. "To be able to memorize a piece of music is impressive."

Encore Chorales travel and perform at venues around the globe. Janet Hansen, the chorale master for the Langston Brown Encore Chorale in Arlington, traveled to Cuba last year. "It was a marvelous experience that I wouldn't have had if I hadn't been in Encore," said Hansen, who is a retired education policy researcher. "I wanted to try new things that were different than I did when I was working. This one has been very rewarding." Chorale masters are singers who assist the conductor with administrative duties and serve as contact for singers.

The chorales are open to everyone over the age of 55, regardless of musical experience or ability. Members range from beginners to accomplished musicians. Joan and Ted Thayer are members of the George Mason University Potomac Arts Academy Encore Chorale in Fairfax. Ted Thayer has been a musician for most of his adult life, majoring in music at the University of Illinois and spending more than 30 years in the National Symphony Orchestra. Joan Thayer, however, had no musical experience. Both participate fully in their chorale.

Joan Thayer says she has enjoyed learning and sharing one of her husband's passions. "Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal," she said. "It's a great group of people, and it's nice to be able to talk with someone about something that happened in the 1940s or about things that seniors are going through now, and actually be understood."

Being challenged through musical performance is one of the things that Lee Lipsey, a member of and chorale master for the Encore Chorale of Reston, appreciates. "It's energizing and stimulating on a lot of different levels," she said. "It requires focus, hard work and practice to do it well, but there is a satisfaction in doing it well. You're part of a team, so your pursuit of excellence isn't an individual effort, it's for the team."

**ENCORE** has more than 1,200 members in 17 Chorale locations in the Washington, D.C. area and six Chorales in other cities. Opportunities for performance and travel for 2016 include a French Riviera cruise and intensive summer training at college campuses around the country. The season concludes with combined performances with other Chorales as well as local concerts at most Chorale locations.

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2/3/2016.....Wellbeing – National Children's Dental Health Month  
2/10/2016.....HomeLifeStyle  
2/10/2016.....Valentine's Dining & Gifts II  
2/17/2016.....A+ Camps & Schools  
2/24/2016.....Pet Connection

**MARCH**  
3/2/2016.....Wellbeing  
3/9/2016.....HomeLifeStyle Real Estate Pullout  
3/16/2016.....A+ Camps & Schools  
3/23/2016....Spring Fun, Food, Arts & Entertainment  
FCPS Spring Break 3/21-3/25

**APRIL**  
4/6/2016.....Wellbeing – Senior Living Pullout  
Easter Sunday is March 27  
4/13/2016.....Real Estate Pullout – New Homes

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# Pills A-Poppin'



By KENNETH B. LOURIE

I ingest between 40 and 50 pills per day. It's the first thing I do before breakfast, an occasional thing I do before/during/after lunch, and the last thing I do before dinner and sometimes before bedtime as well. To say I'm pill-centric would be an overstatement; I will admit to be pill-mindful though. Either I'm arranging them, organizing them, counting them or ordering them. Whether it matters or not to my health, I try never to be off my schedule too much or be too many days without my normal pill allotment/inventory. If I leave the house at pill time, I will take pills with me and swallow them accordingly. If people ask for any details, I offer as few as possible and move on. Not that I'm uncomfortable with any of the questions, it's more that there are infinitely more interesting topics of conversation.

Being away from home and routine does present some problems, however, especially if the trip involves planes. Trains and automobiles are not the problem. Not having a dedicated travel case, like the "train" case my mother had for her cosmetics, I simply stuff my 25-plus bottles into a plastic shopping bag and knot the handles at the top. No fuss, no muss. Planes, or rather the carry-on rules about such things are another matter entirely. I have never inquired – or gone on the TSA Website, to determine pill procedures. Certainly I'm aware – post-9/11, of the limits concerning toiletries, etc., and the plastic bags into which it all must fit. Not wanting to risk having hundreds of dollars of expensive pills confiscated at the airport, I've always preferred checking my bags (containing the pills) and avoided the potential nightmare. As to the alternative solution of segregating 40-odd pills (into three-times-a-day packets) times however many days into some kind of daily packaging – and leaving the bottles home instead – that has not been a solution I've been able to conjure. Not that any of this is an impediment, more like a challenge and inconvenience. And most definitely a consideration.

Still, it's a small price to pay – so to speak, to incorporate/assimilate a pill plan into my everyday life. I mean, for all I know, and I know very little, these pills might actually be responsible for my life-expectancy odds having been so badly beaten. Accordingly, I see no reason to stop now, especially considering that the majority of the drugs I take are designed to build up my immune system. Which, when one understands that at its core, cancer treatment weakens one's immune system, enhancing its resilience is crucial.

Recently, an entire new class of drugs called Immunotherapy ("OPDIVO") have been introduced. They have been designed – among other reasons, to stimulate the body's own immune system to fight the cancer. Rather than the process occurring externally and unnaturally as before, these new drugs will fight the cancer internally and naturally. It's an extremely encouraging and exciting evolution in the cancer treatment world, and holds great promise for many of us cancer patients burnt out (no pun intended) on the toxic chemotherapy drugs of our past.

In the interim, since I am not now on Immunotherapy, as a prudent and logical adjunct, I will continue to give myself and my body every opportunity, dare I say advantage, in its efforts to keep the cancer at bay. The pills are never really a problem, more so a piece of the puzzle. And the longer I live, the more convinced of it I become.

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

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21 Announcements

21 Announcements

**PUBLIC HEARING FOR TOWN OF CLIFTON  
PROPOSED AMENDMENT TO SPECIAL USE PERMIT  
PUBLIC HEARING TOWN OF CLIFTON  
PLANNING COMMISSION  
January 26, 2016**

Notice is hereby given that the Town of Clifton Planning Commission will hold a Public Hearing on Tuesday, January 26, 2016 at 7:30 P.M. at the Acacia Lodge Hall, 7135 Main Street, Clifton, VA 20124 to consider a requested special use permit for the Peterson's Ice Cream Depot, located at 7150 Main Street, which would include an expansion of the existing use, including, but not limited to, the increase in number of seats; an increase in parking; an expansion of the hours of operation; an increase in employees, from the previous special use permit. The application for the changed special use permit is available for review and downloading on the Town's website at [www.clifton-va.com](http://www.clifton-va.com) and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend the Planning Commission's public hearing and express their views with respect to the requested special use permit of Peterson's Ice Cream Depot.

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## DAR Donation

Recently, the Centreville-based Lane's Mill Chapter, Daughters of the American Revolution, planted a Flame Maple tree at Ormond Stone Middle School. Present for the tree planting were: Principal Amielia Mitchell, Assistant Principal Christine Sciabica, several students, and members of the chapter.

## ROUNDUPS

### Meet with LeMunyon

State Del. Jim LeMunyon (R-67) will host a Town Hall Meeting this Saturday, Jan. 23 at 10:30 a.m. at the Sully Government Center, 4900 Stonecroft Boulevard, Chantilly.

The meeting seeks public input on residents' issues and priorities.

### True Islam Campaign

The Ahmadiyya Muslim Community USA recently launched a campaign to separate True Islam from extremism. The program, to be held at Mubarak Mosque, 4555 Ahmadiyya Drive, Chantilly, on Saturday, Jan. 23, 11 a.m.-noon, is open to the public.

Public officials from Fairfax County as well as the School Board will attend.

For more information on the nationwide True Islam and the Extremists campaign, visit [www.trueislam.com](http://www.trueislam.com).

### Replenishing Food Pantry

Fairfax County's annual "Stuff the Bus: Helping Fairfax Families" program will arrive on Saturday, Feb. 6, at the Clifton Giant, 5740 Union Mill Road to benefit Western Fairfax Christian Ministries. All donation hours are from 9:30 a.m. to 4:30 p.m.

### Garza's 2016 Listening Tours

Fairfax County Public Schools Superintendent Karen K. Garza will hold five listening tours in 2016, and invites students, parents,

employees, and community members to participate. The local session will be held at 6:30 p.m., Monday, Feb. 29 at Centreville High School.

Garza, accompanied by the regional assistant superintendents, will provide an update on the budget, Strategic Plan, classroom initiatives, and other happenings in FCPS and listen to ideas, comments, and questions from the audience. Those planning to attend are asked to register in advance online at [www.surveymonkey.com/r/2016ListeningTour6YZ7PCY](http://www.surveymonkey.com/r/2016ListeningTour6YZ7PCY) and indicate if an interpreter is needed.

### Wedding Ring Found

A rose gold/diamond wedding ring was found in the parking lot at Shoppers Food Warehouse in the Marketplace at Centre Ridge on Tuesday, Jan. 12. It was given to the store manager who put it in his safe until the owner is found.

### Moving Equipment Is Sought

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

This equipment can be checked out by workers and brought back when they complete jobs.

It will ensure that they're able to complete moving jobs more safely. In addition, the CLRC is seeking Spanish-speaking people to fill a number of volunteer positions. Contact Molly Maddra-Santiago at [director@centrevillelrc.org](mailto:director@centrevillelrc.org).

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