

WELLBEING

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Chantilly  
CONNECTION

Fair Oaks ♦ Fair Lakes

MPO Tom Eggers  
with one of the  
police bomb  
squad's robots.

# Robots, Dogs And Police Officers

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PHOTO BY BONNIE HOBBS/THE CONNECTION

FEBRUARY 3-9, 2016

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Bite Me Cancer Gets New Home

PHOTO COURTESY OF ROB PAINE/BITE ME CANCER



**Nonprofit now headquartered in AFCEA building in Fair Lakes.**

BY BONNIE HOBBS  
THE CONNECTION

**W**hen Nikki Ferraro was just 17, she was diagnosed with a rare form of thyroid cancer. Since then, she's fought it hard while also reaching out to help other teenagers battling the same disease.

While still a student at Chantilly High, she organized a Relay for Life team and raised \$20,000 for the American Cancer Society. Later, she and her parents formed the nonprofit Bite Me Cancer Foundation (BMC), [www.bitemecancer.org](http://www.bitemecancer.org), to support teens with cancer and raise money for thyroid cancer research grants.

That organization has grown so much and become so successful

that it's outgrown her parents' home in Chantilly's Armfield Farm community. And on Jan. 21, Nikki Ferraro and others cut the ribbon on BMC's new headquarters in the AFCEA building in Fair Lakes. The ceremony was also part of the group's observance of Teen Cancer Awareness Week in Virginia, which BMC initiated in 2014.



COURTESY OF SHARON FERRARO

**Nikki Ferraro**

"I'm so happy and proud that we now have an office space of our own," said Nikki Ferraro, now 23 and a resident of Arlington. "We've been successful since we began in 2010 and have been growing quickly, especially with our Teen

Support Bag program. We needed a storeroom, an assembly room and a more efficient shipping system. We get all of that here."

According to the National Institutes of Health, thyroid cancer is the third most diagnosed cancer among children ages 15-19 in the U.S. So BMC has also raised more than \$160,000 to fund three, thyroid cancer research grants. It's partnered with the American Thyroid Association which directs the grant program. The first two recipients were doctors at the M.D. Anderson Cancer Center in Houston and at Memorial Sloan Kettering Cancer Center in New York; the third grant will be awarded this spring.

Throughout her own diagnosis, surgery and ongoing cancer treatment, Nikki Ferraro discovered there were several programs for children and adult cancer patients, but little geared specifically toward teenagers. So since September 2010, BMC has donated support bags to hospitalized teen cancer patients. They each contain a stress ball, Bite Me Cancer baseball cap, journal for writing and drawing, water bottle, iTunes gift card, USB drive, game book and a Bite Me Cancer car magnet.

Since its inception, the support-bag project has served more than 2,200 teenagers in 70 hospitals — including Inova Fair Oaks and Inova Fairfax — in 29 states and the District of Columbia. With about 50 volunteers total, BMC sends as many bags as each hospital requests.

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## ROUNDUPS

### State of the Station

At the next meeting of the Sully District Police Station's Citizens Advisory Committee, Capt. Bob Blakley will give his annual, State of the Station report about crimes in the local community over the past year.

The meeting is set for Wednesday, Feb. 10, at 7:30 p.m. in the Sully District Governmental Center, 4900 Stonecroft Blvd., in Chantilly. Refreshments will be served.

### Comment on I-66 Project

The Transform 66 Outside the Beltway Tier 2 Revised Environmental Assessment (EA) is now available for public review and comment until Feb. 4. The Revised EA is based upon the Preferred Alternative design concept for the Transform 66 Outside the Beltway project. The project consists of two express lanes alongside three regular lanes in each direction, with space in the median for future transit; dedicated express lanes access points; safety and operational improvements at key interchanges throughout the corridor; new transit services, such as new and expanded park and ride lots and bus service; and corridor-wide bikeway, trail and sidewalk improvements.

The Revised EA may be viewed on the project website at [Transform66.org](http://Transform66.org).

### 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.

### 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).

### Food Donations for WFCM

Western Fairfax Christian Ministries' food pantry needs donations of 1-2 pound bags of rice, canned fruit (all types), canned pastas, canned meats (tuna, ham, chicken), cold and hot cereals, spaghetti and sauces, peanut butter, canned vegetables (including spinach, collar greens, beets) and cooking oil.

Toiletries needed, which WFCM clients cannot purchase with food stamps, include facial tissues, toothpaste, shampoo and solid deodorant.

Bring all items to WFCM's food pantry, weekdays, 9 a.m.-1:30 p.m., at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center. A volunteer stocker/bagger is needed Wednesdays, 4-6 p.m. Contact Annette Bosley at 703-988-9656, ext. 110, or [abosley@wfcmbva.org](mailto:abosley@wfcmbva.org).

## NEWS

# Robots, Dogs and Police Officers

## Learning how the bomb squad keeps residents safe.

By BONNIE HOBBS  
THE CONNECTION

Whenever there's a bomb threat in Fairfax County, police MPO Tom Eggers and his partner Moose are among those ready to respond. Eggers, a county police officer for 21 years, has been a member of the bomb squad since 2002, and K-9 Moose is his explosives-detecting dog.

"He's 5 and a half years old and was raised by prisoners in Connecticut in their Puppies behind Bars program," said Eggers. "He was also trained by the CIA to recognize black powder, fireworks, gunpowder, etc."

Eggers was addressing members of the Sully District Police Station's Citizens Advisory Committee about the bomb squad and what it does. And at the time, Moose was recovering from skin cancer, so he wore a cone to prevent him from chewing the spot where he was healing.

"There are two people on the bomb squad, which has been full time since 1983, and we use a mobile command truck," said Eggers. "We have four dogs, including Moose's brother, Marco."

He said the dogs receive food rewards and only eat when they work and find something. "They get lots of repetitions and remember odors because they get so much practice," said Eggers. "And we keep teaching them new odors. We use Labrador Retrievers, as do the CIA and ATF [Bureau of Alcohol, Tobacco, Firearms and Explosives]."

Calling Moose his "take-home" dog, Eggers said they're on call together. "I train him daily and our squad trains monthly," he said. "Moose has to certify every year; it's a blind test, and he has to find 100 percent of the hidden explosives."

The bomb squad checks out improvised explosive devices (IEDs) and suspicious packages and dismantles them to make them safe. And since bomb-squad members are also trained, hazardous-materials technicians, they do HAZMAT monitoring, too. They send robots with equipment into a HAZMAT area to sniff it out and return with information.



**Police MPO Tom Eggers with his K-9 partner Moose and one of the bomb squad's robots.**

The members are involved, as well, with the SWAT team, hostage negotiations and robot entry and search. That way, a robot will be placed in harm's way, instead of a person. The police have a variety of robots for different types of searches and can deploy weapons via the robots.

Discussing two, specific robots, Eggers said one named Dog is 600 pounds, and one named Pony is 800 pounds. He said Pony has many accessories which make it worth \$225,000. "In 2003, Dog cost us \$86,000, stripped," said Eggers. "To replace it today would be \$130,000-\$140,000, stripped, and a quarter of a million dollars, fully loaded. We named them Dog and Pony because we're always showing them to people."

He said both robots have video feeds and counter IED platforms. "Their barrels are 'disrupters' and use 12-gauge cartridges," said Eggers. "We shoot high-

SEE ROBOTS, DOGS, PAGE 11



**With a bomb-squad suit in the foreground and the mobile command truck behind him, MPO Tom Eggers talks to CAC members.**

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



# Bite Me Cancer Gets New Home

FROM PAGE 2

"In 2013, we gave out 200 bags," said Nikki Ferraro's mother, Sharon, a BMC board member. "So in 2014, we expected to deliver 400 — but we did 700. Our goal for 2015 was to deliver 1,000, but we did 1,200 and outgrew our house. We assemble the bags and then pack 10 per box. With all those packing boxes, bags and 10-15 volunteers at a time putting them all together, the house was just a big assembly line."

BMC also doubled from serving 35 hospitals in 2014 to 70 by the end of 2015. "We call the hospitals or send informational postcards to their Child Life departments to tell them what we have to offer," said Sharon Ferraro. Noting how much the support bags mean to the teen recipients, she said, "One family told us their daughter was in the hospital a month and never smiled until she got our bag."

Meanwhile, a chance meeting at a Greater Reston Chamber of Commerce event early last year led to Sharon Ferraro meeting Nancy Temple — who's in charge of finding tenants for AFCEA's building. "She mentioned they were looking for tenants, and I told her we'd been daydreaming about a room where we could assemble the bags," said Sharon Ferraro. "So she suggested my



PHOTO COURTESY OF SHARON FERRARO

**Nikki Ferraro's JMU graduation cap explains her philosophy of life.**

husband Michael and I come see what they had available."

AFCEA International works with military, government, industry and academia to advance global security, and its local headquarters is at 4400 Fair Lakes Court. There, Temple showed them Suite 40, which has an office, kitchenette and small storeroom.

"She also showed us their board rooms, huge mailroom and their community lounge where we could assemble the bags on weekends and at night," said Sharon Ferraro. "We didn't think we could afford it, but Nancy worked with her staff and was able to offer us a discounted rate because AFCEA really wanted us there."

"AFCEA is delighted to have Bite Me Cancer as a tenant in our headquarters building," said Temple. "We're impressed with their outreach, growth and many volunteers who participate on their committees, as well as all those who help create the bags for distribution. AFCEA appreciates the opportunity to facilitate this wonderful cause. Nikki, Sharon and Michael have an incredible passion for what they do, and it's wonderful to witness the efforts of the team that supports them."

Thrilled with BMC's new digs, Sharon Ferraro said, "We have tons of requests for the support bags, but we have to raise the money to buy the items for them and then to pay for shipping by UPS. Each bag costs about \$65 to fill and ship, and AFCEA is giving us its corporate discount on shipping and letting us use its mailroom."

"It makes us more efficient, saves us money and keeps our inventory secure because it's now shipped to the inside of an

office building, instead of to our front steps," she added. "AFCEA even allows us to use its board rooms for meetings, so we can do everything all in one place. It's very community-oriented and really wanted to help us."

As for Nikki Ferraro, after graduating from Chantilly High in 2011, she got a degree in marketing last May from JMU. She now does marketing for Hitt Contracting Inc. in Falls Church. And she's also attending the Leadership Arlington Young Professionals Program, which trains young leaders.

Since there's currently no cure for thyroid cancer, Nikki Ferraro always has to be on some form of treatment. She's been on oral chemotherapy for the past 14 months and is feeling good. She's also delighted with BMC's continued success.

"It means the world to me that I can help other teenagers get through such a challenging situation," she said. "And if I can be an inspiration to any of them, that's great."

To learn more about Bite Me Cancer or opportunities to volunteer, see [www.bitemecancer.org](http://www.bitemecancer.org) or email [info@bitemecancer.org](mailto:info@bitemecancer.org). Written correspondence, donations and requests for Bite Me Cancer Teen Support Bags may be mailed to Bite Me Cancer, 4400 Fair Lakes Court, Suite 40, Fairfax, VA. 22033.

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# BULLETIN BOARD

Email announcements to [chantilly@connectionnewspapers.com](mailto: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.

## THURSDAY/FEB. 4

**Nomination Deadline.** Volunteer Fairfax invites organizations to nominate volunteers who have provided outstanding service to an organization. Details are available at [www.volunteerfairfax.org](http://www.volunteerfairfax.org). Nominees will be honored at the 2016 Fairfax County Volunteer Service Awards breakfast on Friday, April 8 at the Waterford at Springfield.

## THURSDAY/FEB. 11

**Sully Democratic Showdown.** 8 p.m. at The Bungalow, 13891 Metrotech Drive, Chantilly. Watch the last Democratic debate before the Iowa caucuses, conduct a Sully straw poll of the candidates, meet new Democratic friends and enjoy free appetizers. The event is open to anyone who wants to participate. RSVP to [sullydems.org/showdown](http://sullydems.org/showdown) or email to [events@sullydemocrats.org](mailto:events@sullydemocrats.org).

## MONDAY/FEB. 15

**Garden Club.** 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Horticulturist and landscape designer, Joanne Shumpert, of Treefrog Nursery, presents "Designing with Eco-friendly and Native Plants." Visitors are welcome. Learn more at [centrevillegardenclub.blogspot.com](http://centrevillegardenclub.blogspot.com). Email [centrevillegardenclub@gmail.com](mailto:centrevillegardenclub@gmail.com) or call 703-266-9233.

## THURSDAY/FEB. 18

**Scholarship Application Deadline.** The Joyce-Gillespie-Harrington Educational and Charitable Foundation, Inc., invites applicants

for its 36<sup>th</sup> Annual Jewel Scholarship award. The \$1,500 scholarship is awarded to 10 local students aspiring to pursue an undergraduate degree at an accredited college or university. The scholarship assists with tuition and other educational expenses. For over 36 years, JGH has recognized and awarded certificates of achievement and scholarships to high achieving, socially and/or economically disadvantaged students during its annual awards program in June. Visit [www.JGHFDN.org](http://www.JGHFDN.org).

## SATURDAY/FEB. 20

**Mentor Training.** 8:30 a.m.-4 p.m. at 10777 Main St., Fairfax. The Naomi Project, a program of Our Daily Bread, is seeking volunteers to mentor at-risk pregnant or newly parenting women who live throughout Northern Virginia for a year or longer, as appropriate. Mentors work one-on-one with a client to achieve a healthy pregnancy, develop parenting skills and plan productively for the future. There is a nonrefundable registration fee of \$35 to cover materials for the training session, background check and lunch. Spanish-speaking volunteers are especially needed. Application and additional information available at: [www.odbfairfax.org/NaomiProject](http://www.odbfairfax.org/NaomiProject). Contact: 703-860-2633 or [naomiproject@outlook.com](mailto:naomiproject@outlook.com).

## MONDAY/FEB. 29

**Superintendent's Listening Tour.** 6:30 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. Fairfax County Public Schools Superintendent Karen K. Garza invites students, parents, employees and community members to

participate in these upcoming sessions. Garza will provide an update on the budget, strategic plan, classroom initiatives, and listen to ideas, comments, and questions from the audience. Those planning to attend are asked to register in advance online and indicate if an interpreter is needed. Visit [www.fcps.edu/news/listening.shtml](http://www.fcps.edu/news/listening.shtml) for more.

## 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](http://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](mailto: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.



PHOTO COURTESY OF HANNAH WARNICK

## 'Jack and Jill and the Beanstalk'

Mix together two popular fairytales, add a couple gigantic puppets, add in lots of jokes and the result is Chantilly High's upcoming children's play, "Jack and Jill and the Beanstalk." Because of the snow, it's been rescheduled to Friday, Feb. 5, at 7 p.m.; Saturday, Feb. 6, at 2 and 7 p.m.; and Sunday, Feb. 7, at 2 p.m. Tickets are \$5 at the door or via [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

## SUPPORT GROUP

**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/](http://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](http://www.fairoaksparkinsons.com) for more.

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# OPINION

## Economic Development in Virginia

The General Assembly prides itself in providing a pro-business climate, but refuses infusion of more than \$3 billion annually.

Hundreds of bills before this year's General Assembly session focus on "business climate," providing incentives for businesses to locate and expand here, extending tax exemptions and tax credits, encouraging international trade, reducing regulation and many other approaches perceived as pro-business.

Previous years of robust economic growth have been fueled by federal spending in Northern Virginia, but now that growth has slowed due to reduced spending on defense, homeland security and other programs.

But ideology and partisan politics have led this otherwise pro-business state to ignore pleas from virtually every business group in the Commonwealth to adopt a policy that would result in more than \$3 billion in economic activity, add more than 30,000 jobs, make the overall population healthier, save the lives of many poor residents and pave the way for solving Virginia's mental health crisis.

Implementing Medicaid expansion in Vir-

ginia would provide a \$3.9 billion boost to the Virginia economy annually, according to an independent study commissioned by Virginia Hospital and Healthcare Association, and could support more than 30,000 additional jobs. (The multiplier effect results in economic benefits several times greater than the initial injection of funds.)

In no way should the decision on expanding Medicaid be left up to the General Assembly that is gerrymandered to favor ideologically driven members who oppose the Affordable Care Act for inconsistent reasons without regard to the wellbeing of the Commonwealth and its residents.

To quote the VHHA study: "Strengthening the existing Medicaid program and potentially extending coverage to an estimated 400,000 low-income adults has far reaching consequences that go well beyond what can be quantified in purely economic terms."

— MARY KIMM

## Another Opportunity To Talk About It

Super Bowl Sunday is Sunday, Feb. 7, and often more about the parties than the game. The parties have resulted in a measurable increase in impaired driving on that day.

During Super Bowl Sunday 2012, more than a third of traffic fatalities involved alcohol-impaired drivers according to the National Highway Traffic Safety Administration.

"It's important to have a game-plan prior to kick-off and to beat this too often deadly opponent," said Kurt Gregory Erickson, president of the nonprofit Washington Regional Alcohol Program (WRAP), a local 34-year-old public-private partnership.

Plan to bring a designated driver. Plan to party where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain. Plan to call a cab or Uber or Lyft and retrieve your car the next day if need be.

But don't miss the chance to talk to the members of your household and members of your social circle about the importance of keeping impaired drivers off the road.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Doing the People's Business in Richmond

BY JIM LEMUNYON  
STATE DELEGATE (R-67)



### COMMENTARY

It's been a long week digging out from the #2 record snow storm in our area. While many streets and roads were plowed within 24 hours, others took several days.

My staff and I have been in nearly constant contact with VDOT to call attention to streets and roads in need of plowing. Thank you to the many people who contacted my office to report unplowed streets, and for your patience this week.

The Town Hall Meeting set for Jan. 23 was postponed due to the snow, and we are working to reschedule the meeting. I'll send out a separate message when we have a new date firmed up.

While Northern Virginia and other parts of the state have been digging out, the General Assembly has been in session this week. Even with the snow, several residents of the 67th district were able to come to Richmond to advocate for particular issues. Others have let me know their views on specific bills via email. Please feel free to contact me regarding any legislative matter before the General Assembly.

Six of my transportation bills have passed the House of Delegates unanimously. H.B. 719 and H.B. 727 provide opportunities for greater public involvement in the work of the state's Commonwealth Transportation Board and regional Northern Virginia Transportation Authority, respectively.

H.B. 724, H.B. 725, and H.B. 731 are related

to decision making and membership at the Northern Virginia Transportation Commission. H.B. 213 prevents the police from ticketing automobiles that are waiting to be inspected at an inspection station if the inspection sticker has expired. Fairfax County police were ticketing such cars at three inspection stations in Chantilly last year.

A number of bills related to limiting the tolling of roads in Northern Virginia and throughout the state have been introduced, including two bills I authored, H.B. 1 and H.B. 722. I expect a Transportation Subcommittee will act on these bills this coming Thursday.

A number of other bills I have introduced related to transportation, education, open government and other issues are advancing through committees. One such bill, H.B. 821, extends the protections of the Virginia Whistleblower Act to local government employees, including teachers and school employees. The bill would protect such an employee from losing his or her job by reporting fraud or an abuse of public funds. Another bill, H.B. 817, strengthens Virginia's Freedom of Information Act to ensure that any government record sought by the public, including the news media, that contains information exempt from release must be redacted, meaning the rest of the document must be produced.

All of the bills I introduced may be found on the General Assembly's website here, and I welcome your comments and questions about these bills.

The most significant piece of legislation expected to be considered by the House of Delegates this coming week is H.J. 1, which would amend the Virginia Constitution to provide a role for the state in establishing charter schools. I support this measure, mindful that implementation should be aimed at improving failing schools in certain urban areas. We need to make sure that H.J. 1 is not an invitation for the state to assume the role of the local school board in Fairfax, Loudoun, and other parts of Virginia where schools are generally operating well. I am confident this will not happen. If H.J. 1 passes the General Assembly, it would need to be approved by voters before it would take effect.

Please feel free to contact me any time regarding state public policy issues at 703-264-1432 or deljlemunyon@gmail.com. Phone calls will transfer to my Richmond office while the General Assembly is in session.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail:  
chantilly@connectionnewspapers.com

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# ENTERTAINMENT

Email announcements to [chantilly@connectionnewspapers.com](mailto: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.

## SATURDAY/FEB. 6

**Family Discovery Day.** 9 a.m.-1 p.m. at Centreville Virginia Stake Center, 14150 Upperridge Drive, Centreville. Discovery Day is a family history fair providing activities for every age group seeking to know more about their ancestors. Free. Call 703-307-1365.

**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.

## SATURDAY-SUNDAY/FEB. 6-7

**Lunar New Year Festival.** 1-5 p.m. at Fair Oaks Mall – Grand Court, 11750 Fair Oaks Mall, Fairfax. Fair Oaks Mall will host its 13<sup>th</sup> annual Lunar New Year Festival to usher in the Year of the Monkey. Presented by the Washington Hai Hua Community Center, the event will showcase traditional Chinese dragon dances, music, Chinese knotting, calligraphy, painting, martial arts, arts and crafts for children and a special lantern festival. Free. 8,000 easily accessed free parking spaces. Call 703-359-8300 or visit [www.shopfairoaksmall.com](http://www.shopfairoaksmall.com).

## SUNDAY/FEB. 7

**Sipping and Painting.** 11 a.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Instructors will give you step by step instructions on painting the wisteria plant. Tickets are \$40 for members, \$45 for nonmembers. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for more.

## THURSDAY/FEB. 11

**Civil War Lecture.** 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Kevin Knapp will give a presentation titled, "The Use of Balloons by Union and Confederate Armies During the Civil War." Visit [www.fairfaxcounty.gov/library/branches/ce](http://www.fairfaxcounty.gov/library/branches/ce) or call 703-830-2223.

## 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/events](http://www.wineryatbullrun.com/events).

## SATURDAY-SUNDAY/FEB. 13-14

**Presidential Trivia.** 11 a.m.-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Brush up on your knowledge of the Declaration of Independence, discover what kinds of animals the presidents had for pets, and test knowledge with early American presidential and political trivia games, such as the Preamble Scramble. Tickets are \$7 for adults, \$6 for students, and \$5 for seniors and children. Call 703-437-1794 or visit <http://www.fairfaxcounty.gov/parks/sully-historic-site/>.

## 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).

**Valentine Wine Pairing Dinner.** 6:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. Find a four-course wine pairing dinner with Bull Run wines. Tickets are \$115 for members, \$130 for nonmembers. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for more.

**Valentine's Day Wine Dinner.** 8

p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Find a four-course dinner paired with Paradise Springs wine. VIP tickets are \$149, \$129 for wine club members. General admission tickets are \$129, \$119 for wine club members. Call 703-830-9463 for reservations.

## SATURDAY/FEB. 20

**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).

**"The Work of Their Hands."** 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Many of the technologies that help predict the weather, cook, process material and thread into clothing, and help cure ills, were founded in earlier centuries. Learn what new and interesting 18th century items Richard Bland Lee had in his house that reflected the current scientific technologies. Learn how they were used and make some of them to take home and use. Tickets are \$6. Visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

**Secret Forest.** 5 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Learn the winter secrets of evergreen cedar and hardwood forest. Discover how helping the land to heal may help the community. Tickets are \$5. Visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## SUNDAY/FEB. 21

**Train Display.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK group will have running N Gauge model trains. Tickets are \$4 for those 16 and older, \$2 for youth, and free for children 4 and younger. Visit [www.fairfax-station.org](http://www.fairfax-station.org) for more.

**Technology Tour.** 2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Join 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).

## SUNDAY/MARCH 6

**Jane Austen Tea.** 1 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Discuss the leading men in Jane Austen's novels, "Emma" and "Persuasion." Tickets are \$28. Visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

## SATURDAY/MARCH 12

**Family Day: Women in Aviation and Space.** 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. At this family day, learn about the significant contributions women have made despite the many challenges they faced. The day will feature presentations by women in the field, hands-on activities, and stories. Free. Call 703-572-4118 or visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy).



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Centreville freshman Ashley Martin scored 12 points against Oakton on Monday.



Centreville freshman Aleigh Gambone finished with nine points during Monday's loss to Oakton.



Centreville sophomore Callie Doyle shoots from the perimeter against Oakton on Monday.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## 'Scrappy' Wildcats Fall to Undefeated Cougars

**Centreville coach Watson upset about officiating.**

BY JON ROETMAN  
THE CONNECTION

Centreville girls' basketball coach Tom Watson was angry. He let his displeasure with officials be known during Monday's Conference 5 contest at Oakton, and after the game he initially declined an interview request.

Watson eventually shared what was on his mind following a 47-34 loss to the defending 6A North region champion Cougars, who improved to 17-0.

Centreville led 20-13 at halftime, but Oakton outscored the Wildcats 17-7 in the third quarter and took a 30-27 lead into the fourth. The Cougars led for the remainder

of the contest and the Wildcats' record dropped to 8-7.

"We had a good game plan," Watson said. "We spent time, I came and scouted them, we had a game plan that shut down their best players, we did, until the second half, until the refs — you can write this down — the refs made [Oakton forward] Maddie Royle an all-star. Anything we did, any time we got near her, we get a call. It's frustrating."

Royle, a 6-foot-1 junior, had two points at halftime and did not attempt a free throw in the first half. The Oakton forward scored 14 points in the second half and went 10-for-10 at the foul line, finishing with a game-high 16 points.

Oakton attempted two free throws in the first half, making them both. The Cougars shot 17-for-19 at the line in the second half, finishing 19-for-21.

Both head coaches were vocal with officials during the game.

"You saw a dramatic shift when [Oakton head coach] Fred [Priester] complained,"

Watson said. "Just call it even. ... [The officials] just bailed [Oakton] out. There's nothing else to say. Our kids are here participating just as hard as they are. The referees should be equal."

While Oakton saw a significant increase in free-throw attempts in the second half, Centreville still attempted more foul shots during the game. The Wildcats shot 10-for-22 from the foul line and held an 11-2 advantage in free-throw attempts in the first half.

While Centreville fell short, the Wildcats were within one point of Oakton early in the fourth quarter thanks in part to the performance of freshmen Ashley Martin and Aleigh Gambone. The ninth-grade duo showed no fear attacking the basket against Oakton's older, taller players.

Martin finished with a team-high 12 points, but shot 2-for-6 from the foul line. Gambone had nine points and went 1-for-2 from the line.

Martin and Gambone both started for Centreville, along with juniors Camryn

Conklin and Anna Yee, and sophomore post Callie Doyle.

Yee finished with six points and Conklin had four.

Doyle scored three points and grabbed six rebounds, but fouled out with 5 minutes remaining and Centreville trailing 34-29.

"We're scrappy and most teams aren't as scrappy as we are," Watson said. "We don't have the big post. If I had one more big post we would be that undefeated team, too. Counting on Doyle having to do all the work, it's hard. ... I think that Doyle did a great job. I think she's ... underappreciated. She runs our team. She's our heart and soul and for her to foul out off of the last two fouls, that was a tragedy for us."

Centreville faced Westfield on Tuesday, after The Connection's deadline. The Wildcats will host Robinson at 6 p.m. on Friday, Feb. 5.

"We worked for two weeks for this Oakton game because I really wanted to beat them," Watson said. "I thought we'd have a chance to beat them."



Blake Francis and the Westfield boys' basketball team beat Herndon on Jan. 19.

## Westfield Beats Herndon

Westfield's Tyler Scanlon scored a game high 30 points and teammate Hank Johnson scored 22 as Westfield improved to 12-2 overall and 4-0 in Conference 5 with a 74-65 victory over visiting Herndon on Jan. 19.

The Bulldogs outscored the Hornets 20-18 in the first quarter. Westfield's Johnson and Scanlon combined for 14 points.

In the second quarter, Westfield senior Joe Katchmark would connect on the first of his two 3-point attempts, and Cole Huling came off the bench to add five second-quarter points, including a 3-

pointer. Westfield was led by Johnson's 14 and Scanlon's 11 points at half. Westfield took a 39-32 advantage into the half.

In the third quarter, Scanlon added 12 more points as Westfield increase the lead to 57-47.

Herndon would outscore the Bulldogs 18-17 in the fourth, but Westfield would win 74-65.

Herndon fell to 9-5 overall and 3-1 in the conference. James Lees led the team with 23 points. Liam Harrington had 21.

Westfield will face Robinson at home on Feb. 3 and will travel to Oakton on Feb. 5.

— WILL PALENSCAR



Westfield senior Tyler Scanlon scored 30 points against Herndon on Jan. 19.

PHOTOS BY WILL PALENSCAR



## WELLBEING

# Marking American Heart Month

**Month-long observance raises awareness about cardiovascular disease and the role of aerobic exercise in preventing it.**

BY MARILYN CAMPBELL  
THE CONNECTION

**M**usic is thumping, sweat is dripping and hearts are pounding. In a packed aerobic dance studio, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially ones that start after 5 p.m.," said Peter Selikowitz, director of the Potomac (Md.) Community Recreation Center, where the aerobic dance classes are held. "That has been a big shift in recent years, and it's a shift we're looking to make."

Throughout the month of February, in honor of American Heart Month, health and fitness professionals are raising awareness about cardiovascular disease and the role of aerobic exercise in preventing it. While recent studies, including one by the Mid America Heart Institute, found that extreme exercise training and competing in endurance events can actually damage the heart, exercise is still the best prescription for a healthy heart.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor of Health and Human Performance at Marymount University in Arlington.

## Wear Red Day

**Friday, Feb. 5**

The American Heart Association is encouraging residents to show support for the fight against heart disease in women by wearing red on Friday, Feb. 5 — National Wear Red Day. Part of the American Heart Association's Go Red for Women movement, Wear Red Day focuses the attention on heart disease, the number one killer of women in America.

Some warning signs that an exercise program might be too intense include "constantly sore muscles, changes in mood, trouble sleeping, a decrease in appetite or feeling weak," said Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University. "Those are signs that you might be over-training."

"Too much aerobic exercise can also cause soft tissue issues such as tendinitis and muscle strains. These are signs that the volume of exercise is too great for the muscles and tendons to deal with, and this should be modified," said Walters-Edwards.

To hit the right target for intensity and duration, both Martin and Walters-Edwards advise checking the guidelines offered by the American Heart Association and the American College of Sports Medicine (ACSM) on how to achieve

an optimum level of aerobic intensity. The formula calls for subtracting one's age from 220 and multiplying that number by 0.5 for a beginner, by 0.69 for someone who exercises frequently for moderate intensity, and by 0.8 to 0.85 for vigorous intensity for those with significant experience with aerobic exercise.

ACSM recommends 30 minutes of aerobic exercise three to five days each week at a moderate intensity. "If you can hold a conversation while exercising that is a safe intensity for beginners," said Walters-Edwards.

The standards are based on "how fit you already are, your age and how accustomed your body is to the demands of cardio workouts," said Walters-Edwards. "The

more accustomed you are to working out aerobically the greater your endurance capacity will be."

A beginner, says Walters-Edwards, might aim for a combination of walking and jogging to reach the 30-minute recommended daily minimum.

This time can be broken down into two 15-minute sessions. "It is always a good idea to have at least one rest day per week with no exercise to support recovery, she said.

# Focusing on Children's Dental Health

**Proper proper brushing, flossing and rinsing highlighted in February.**

**I**t's time to wage a war on sugar. That's the message that dental professionals are spreading this February, National Children's Dental Health Month. The theme of this year's observance, which is sponsored by the American Dental Association, is "Sugar Wars." Dental professionals are using the month to educate children and families about the role that eating healthy snacks, regular dental visits and proper brushing, flossing and rinsing play in good oral health.

The Northern Virginia Dental Society and local dental professionals will offer free screenings, treatments and education to local, underserved children as part of Give Kids A Smile Day on Friday, Feb. 5, from 8 a.m. to 1 p.m. at Northern Virginia Commu-

## Dental Service Programs for Children

**Fairfax County**

The Fairfax County Health Department has three Dental clinics in the County that provide services to children.

**Locations:**

♦ Joseph Willard Health Center 3750 Old Lee Highway, Fairfax, VA, 22030 703-246-7100

♦ Herndon/Reston Office: 1850 Cameron Glen Drive, Suite 100, Reston, VA 22090 703-481-4242

♦ Mount Vernon Office: 8350 Richmond highway, Suite 233, Alexandria, VA 22309 703-704-6181.

Visit [www.fairfaxcounty.gov/hd/pcs/hddental.htm](http://www.fairfaxcounty.gov/hd/pcs/hddental.htm)

nity College Medical Education Campus. The annual event happens on the first Friday in February. For more information, visit <http://www.vdaf.org/Give-Kids-A-Smile/give-kids-a-smile.html>.

— MARILYN CAMPBELL

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## "Snowforgotten"



By KENNETH B. LOURIE

At least, I hope so. And the inference might not be what you think. I am not referring to the feet of snow, the days of waste, the traffic of congestion, the disappearing of lanes, the "unplowing" of neighborhoods/side streets/sidewalks/driveways/parking lots/gas stations, and on and on and on; you name it, you remember it, I want to forget it. Not that I hadn't provisioned properly in anticipation of "Jonass" and was housebound eating Ritz Crackers all weekend. Hardly. I had Oreos and Ben & Jerry's, among other staples. And so as long as we didn't lose power, which most of us didn't, we were able to survive the storm without much adieu — albeit about something. Fortunately, we didn't need to leave the house — before we were advised to do so, and risk getting stuck going or coming from stores themselves not open or whose driveways were still impassable. It wasn't until Monday that the need arose, but by then the safety issues had subsided a bit.

No, what I am finally referring to is the non-stop loop of identical snow information from the same radio and television anchors (anchored to their desks, presumably; I know, "double shifts because of the storm;" yada, yada, yada) from the same stations (local and national) all day and all night. If the seriousness and urgency of the miscellaneous instructions and directives could have struck more fear — and loathing, in my household, anyway — not only would Hunter S. Thompson have been stirred from his grave (especially since we're in a political season), so too would Orson Welles have been tossed about remembering the hysteria that ensued with his famous radio broadcast of H. G. Wells' "War of the Worlds" on "Mercury Theatre on the Air" on October 30, 1938. Listeners thought then we were under attack from aliens. As the snow continued to fall here late Saturday evening, January 23rd, and even into Sunday morning, January 24th, one would have thought, listening to the daytime — and nighttime — broadcasts, that we also were all under attack. But we weren't under attack — from aliens. We were under attack from the media; and its tendency to bunker-down its mentality and hyper-act in the face of/the midst of, out-of-the-ordinary, potentially life-changing/property-damaging sets of uncharacteristic/atypical circumstances for the Washington, D.C. metropolitan area, nearly popped my cork. I'm not sure if it was the redundancy of the message or the forced spontaneity and extemporaneous words and deeds many of us listeners were forced to endure but it wasn't too long before I had reached my limit.

If the technology existed that allowed the audience to verbally interact — in real time, not simply by texting and then watching one's comments scroll across the bottom of the screen, I would have been yelling: "I GET IT. Now can we get back to regular programming, please?" (I realize I can switch channels. I am a sentient being. I'm not Data from "Star Trek: The Next Generation.") However, the frequency and the frequencies with which we were being subjected and in my mind, inundated and overwhelmed by this doom and gloom and over-the-moon reporting was cause for concern: my concern. We were not under attack. We were simply under snow. Get a grip. I realize there are risks and precautions and preparations to be considered, but really, sometimes, as my mother was fond of saying so many years ago: "It's enough already."

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

# Robots, Dogs and Police Officers

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velocity water out of them to open up and destroy a target at close range. They're also good for opening doors and car windows for the SWAT team. We used a robot recently for a barricaded suspect."

The robots can use lasers, as well as various styles of cameras. "We can attach a pole camera with a zoom lens to Pony for searching rooms," said Eggers. "And we can put power tools on it to cut things open and chop them up, plus sensors for HAZMAT/chemical situations."

Pony is remote-controlled and can be operated three, different ways. It can run on a command cable from the command truck. "Or it can run on fiber optics for greater range," said Eggers. "But it then has a long, cable tail. Or it runs on antennas so we can speak to it through the radio. Generally, I can get 200-300 yards away [from the target] without any issues."

Eggers said most of the calls the squad receives deal with "What's in the box?" He said police now use digital systems to find out. "We use an X-ray machine with film for training purposes," said Eggers. "An intensifying screen glows and imparts an image of the inside of the box onto the film."

Bomb-squad members wear EOD-9 bomb suits, also used by the military. The entire ensemble costs about \$30,000 — some \$15,000 each for the helmet and suit. "The helmet has power sound inside to hear others better, plus sound-deadening to protect my hearing if something blows up," said Eggers. "The ballistic face shield is about three-fourths of an inch thick for protection against fragments."

The helmet also has its own power supply, as does the suit. And the helmet has lights on it, too. "The suit and helmet weigh almost 80 pounds together and are very warm," said Eggers. "The suit's primarily made of Kevlar and has a blast shield to direct fragmentation away from my body."

He said nearly 95-98 percent of the squad's calls are false alarms. "About 5 percent are live [legitimate] calls, mostly about fireworks or gunpowder-based explosives," said Eggers. "Examples are kids making explosives in soda cans or guys making fireworks. We also get calls about unexploded ordnance, such as live hand grenades, claymore mines, mortar rounds, etc. We're probably running between 80-100 calls a year, right now."

With 467 bomb squads throughout the



PHOTO BY BONNIE HOBBS/THE CONNECTION

**MPO Tom Eggers shows an X-ray photo of the contents of a suspicious box.**

U.S., he said, "There are only 300 people who do what I do." He was also pleased about the police department's new, equipment truck. "We can put out video from the truck, via the robot, to talk to our guys in their vehicles [during an incident in progress]," said Eggers. "It cost over \$600,000 — and we've been saving for it since 2002."

## Stuff the Bus Food Drive for WFCM

**W**estern Fairfax Christian Ministries will be a recipient of the "Stuff the Bus for Fairfax" food drive which will be held Saturday, Feb 6, 9:30 a.m.-4:30 p.m. at the Clifton Giant, 5740 Union Mill Road.

Hunger is not just a problem during the holidays — one in five children struggle with hunger in Fairfax County every day. During the fall and holiday season, Western Fairfax Christian Ministries' food pantry is overflowing with donations from the community. By February, its supplies are often running low, even though the need for food is still great.

Stuff the Bus will help WFCM keep its shelves stocked for those who need help feeding their families.

Last year, shoppers donated many items of food and personal care items most urgently needed food for WFCM clients. "We received many items that are staples on our shelves year round including oil, sugar, canned meats, canned fruit, rice and dry beans, peanut butter and jelly," said Terri Kelly, WFCM's Food Pantry manager. Additionally, the Clifton Giant store managers and employees pre-bagged some items for sale during the event to make it easier for shoppers to donate food.

"We are very thankful for our community's support of WFCM. We could not do this work without the generosity of our community and the support of so many who partner with us to serve families needing assistance," said Jennie Bush, WFCM's community outreach manager.

Fairfax County's Neighborhood and Community Services and Office of Public Private Partnerships (OP3) and MV Transportation,



PHOTO CONTRIBUTED

**The "Stuff the Bus for Fairfax" food drive arrives at the Clifton Giant on Saturday, Feb 6, 9:30 a.m.-4:30 p.m.**

Inc. helped to create the Stuff the Bus Food for Fairfax food drives to address this great need in the community. Chantilly High School SGA and Centreville Baptist Church Relevance Community Group have recruited volunteers to help with the drive.

Suggested items to donate at the Stuff the Bus food drive include: canned fruit, canned meats (tuna, chicken, beef stew, salmon), rice (1-2 lb), dry or can beans (kidney, black,

pinto, etc.), oatmeal or cereal, baking needs: cooking oil (24-48 oz), sugar (2-5 lb), and flour (2-5 lb), juice (64 oz or less), canned tomatoes, peanut butter and jelly/jam, and canned vegetables (potatoes, beets, spinach, mixed vegetables).

For a full list of food and personal care items needed for the food pantry, visit [www.WFCMVA.org](http://www.WFCMVA.org) and click on the Stuff the Bus link.



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