

Service Source
Division Man-
ager Jacque
Scholl stands
beside the
tactile board in
the facility's
sensory room.

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

'Really Making a Difference'

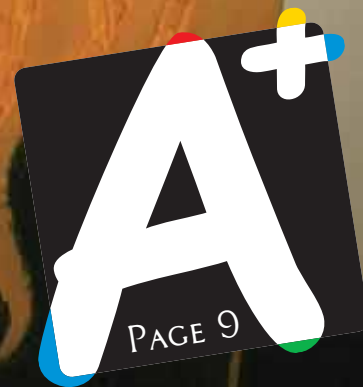
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How Police Department's Hostage Negotiations Team Works

NEWS, PAGE 2

Launching Mustang Sally Brewing Company

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'We're There to Help Them Out'

CAC learns about Police Department's hostage negotiations team.

BY BONNIE HOBBS
THE CONNECTION

Each month, members of the Sully District Police Station's Citizens Advisory Committee (CAC) learn about a different section of the Fairfax County Police Department. Recently, they learned about hostage negotiations.

Det. Doug Comfort explained how the police handle hostage situations and how officers are trained to respond. And since he first started in this field with the Vienna Police Department in 1976, he has 40 years of experience in it.

"We tell [hostage holders] we're there to help them, not hurt them, and to get them out of there alive," he said. "We give them an out, usually involving mental-health treatment."

In the early days, said Comfort, police didn't have the ability to talk to the perpetrator directly, so they developed crisis-man-

agement teams. But it's a part-time specialty for the officers, he said, because Fairfax County doesn't have enough hostage cases to warrant full-time.

"So we work in conjunction with the SWAT team," he said. "We do the negotiations and gain intelligence, and they base their response on that and on how well we're doing with the person. In 1978, I was traded for a hostage — but that's stupid and is no longer done."

Seventeen officers are part of the hostage negotiations team. "Two captains and two lieutenants lead it, and it's a team effort," said Comfort. "So if I'm negotiating, I have a coach who's helping me, plus multiple intelligence officers. They're talking to family and friends — which I really enjoy doing — to get a picture of that

person's life. We also have a mental-health professional with us from Woodburn [Center for Community Mental Health]. So negotiations are done by group."

Modern technology also plays a role. "Last year, we had one negotiation done completely by text," said Comfort. "We stay up with the latest technology and negotiating techniques."

We're taking Crisis Intervention Training here so we can recognize whether the person is depressed, in their right mind, homicidal, suicidal, etc."

"I enjoy doing it because it's a huge challenge," he continued. "And when you get someone out, after three or four or five hours, it's very satisfying. The longest negotiation we had was over 24 hours. It's usually spur-of-the-moment, so we listen to radio [transmissions] on the way over [to the scene] to learn more about the situation and who's responding."

Comfort then shared details of a barricade situation the police encountered in 2014. "This developed out of another situation and we hadn't made contact with the person," he said. "Then all of a sudden, we got a text from him. He was depressed and knew what he wanted to do — kill himself — and he set his house on fire. We'd been negotiating three or four hours and didn't know whether he had hostages."

Police learned later that he didn't but, at the time, they had to assume he did. "We build trust between the person and we don't lie to them," said the detective. "The house caught fire a second time, but he didn't plan that one and he couldn't get out because of it. So our SWAT team turned into a rescue team. I've seen him a couple times since then, and he's gotten help and is very grateful to us."

Sometimes, the person speaks a foreign language and, in that case, Comfort also works with interpreters he's familiar with and knows will translate accurately. "But you miss voice inflection and emotion, so I ask the interpreter to tell me if the person's excited or depressed," he said. "And in some cultures, the negotiation has to be done face-to-face, not over the phone."

He said most hostage cases involve a variety of factors.

"For example, a domestic problem may have sparked it and alcohol fueled it," said Comfort. "But there may also be an underlying mental-health issue. We have to deal with each one separately and then put them all together. Hostage negotiations aren't rushed."

"In 1978, I was traded for a hostage — but that's stupid and is no longer done."

— Det. Doug Comfort, Fairfax County police

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ROUNDUPS

Pleasant Valley Lane Closures

Drivers can expect lane closures and 10-to-15-minute delays on Pleasant Valley Road near Braddock Road this week for cable relocation:

- ❖ Thursday, 9:30 a.m. to 3 p.m.
- ❖ Friday, 9:30 a.m. to 2 p.m.
- ❖ Saturday, 7 a.m. to 3 p.m.

Motorists are advised to use alternate routes. This project replaces the existing four-way stop with a one-lane roundabout in western Fairfax. The \$5.8 million project is being administered in cooperation with Fairfax County and is expected to be complete this spring.

For more details visit

http://www.virginiadot.org/projects/northernvirginia/braddock_and_pleasant_valley.asp.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Feb. 18, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

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 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.

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@wfcma.org.

NEWS



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Music therapist Myra Goodrich prepares to lead a group playing a tune with chimes.

'Really Making a Difference'

Nonprofit ServiceSource helps people with disabilities.

BY BONNIE HOBBS
THE CONNECTION

In one section of the ServiceSource Chantilly Center, music therapist Myra Goodrich leads a group of budding musicians playing a cheerful song. Meanwhile, elsewhere in the building, Mickey McGrady creates an art project and Larry Hernandez gets physical therapy for his sore elbow.

It's a typical Thursday there, and a diverse group of people are both enjoying themselves and receiving the specialized services they need. There are about 80 of them, ages 21-70 and older.

"ServiceSource serves 18,000 people annually in 10 states and Washington, D.C.," said Mark Hall, an executive vice president with the ServiceSource Chantilly Center. "We're the largest nonprofit organization in Northern Virginia serving people with disabilities. We're headquartered in Oakton and have been in Fairfax County since 1971, but have oper-

ated the Chantilly Center for three-and-a-half years."

"It's a community-based, day habilitation center for people who are medically fragile and have other significant disabilities," continued Hall, of Chantilly's Poplar Tree Estates community. "Several are bedridden and need help with personal issues, medication and behavioral issues."

Many, however, are able to go into the community and do things. They package and deliver meals and load trucks for Meals on Wheels, eat at restaurants such as McDonald's, go to parks and out shopping and also enjoy themselves at the Cub Run Rec Center.

"They're doing what everyone else does, as much as possible," said Hall. "People with disabilities want to be part of the community, and we're always looking for more ways to engage them in it. We also work with Therapeutic Riding in Clifton. It's an opportunity for them to have fun, be outside and try some-

SEE NONPROFIT, PAGE 7



Physical therapy assistant Celine Tourpe hopes to improve Ronald Lambert's range of motion.



Occupational therapist Maureen Lynch gets set to work with Larry Hernandez.

BUSINESS

Launching Mustang Sally Brewing Company

From dream
to reality in 25 years.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

Opening a brewery, a place for a community to come together and bond over cold glasses of craft beer, was the post-graduate dream of Fairfax County business owner Sean Hunt. Twenty-five years ago, a fresh out-of-college Hunt and his equally green work buddy talked about starting and running a welcoming place in Fairfax County where locals could swing by and enjoy a high-quality, reliably tasty beer or two.

Now, a little older and wiser, Hunt is on the brink of launching Fairfax County's second production brewery in Chantilly. The Mustang Sally Brewing Company is set to open for business by the end of February of this year.

"This is my first brewery," Hunt said. "I've been wanting to do this since I was right out of the University of Virginia, as an engineer at Booz Allen Hamilton. Another engineer and I talked about opening up a brewery, banged the ground for a few months, but then it went away. The name comes from the same era, when I was also working on a boat called 'Mustang Sally.' That boat, 'Mustang Sally,' is a memory of being carefree and not having a lot of worries. This is a dream that started up 25 years ago and is finally coming to fruition."

Hunt's passion for beer blossomed while living in Germany for a few years before college, where he came to appreciate both beer and the communal aspect that can surround it. Although toying with the idea of starting a brewery for more than half his life, Hunt said he finally left his corporate career as a transactional attorney in 2014 to pursue his Mustang Sally dream.

"My wife has an engineering company called iPower, and every so often over the years, I would say, 'hey, I want to start something myself,' but we always came to the conclusion that one startup company was enough for a family. So finally, we were talking about it again at the beginning of last summer, and she said, 'Go ahead.'"

Hunt's strategy for Mustang Sally, from the financing to the menu, remains the same: keep things simple.

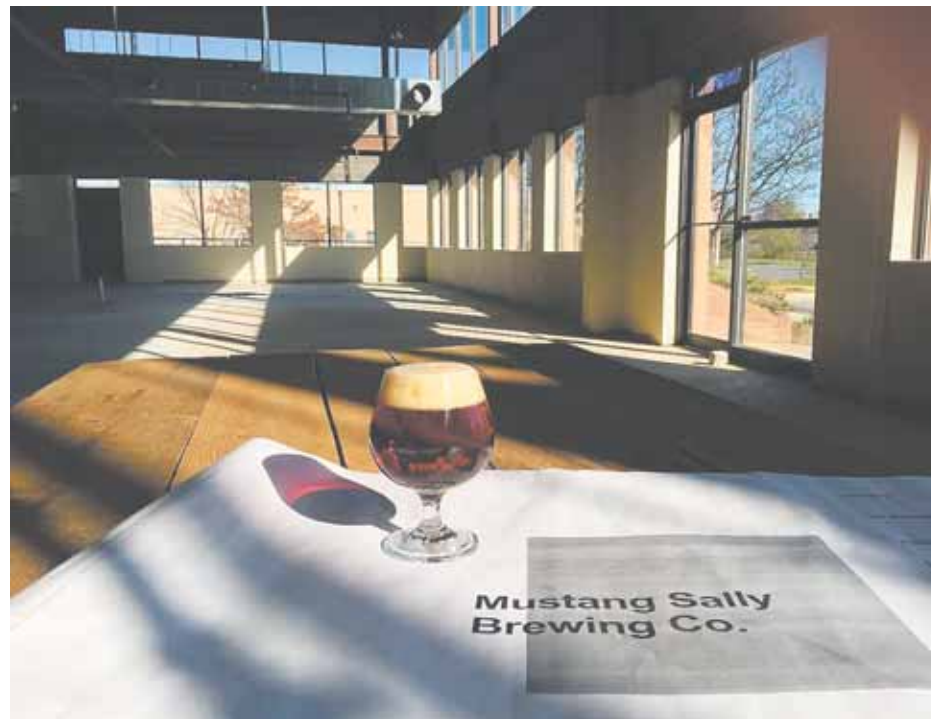


PHOTO CONTRIBUTED

The Mustang Sally tasting room.

"Our corporate foundation is to keep it really simple," Hunt said. "It's just me doing this. It's pure commercial financing, so no private equity financing. I did it this way because private investors can distract you. Private investors tend to be looking for an exit plan and I have a very long outlook for Mustang Sally."

While Mustang Sally is still under construction, Hunt has found a core team to ensure that when the building is done, a variety of high-quality brews will be ready for the masses.

He hired his head brewer, Bret Kimbrough, over a year ago from Leesburg's Vintage 50. And, while he promises there are no beer snobs, his team is not lacking in brewing experience or credentials.

Kimbrough, a graduate of the American Brewers Guild and the Culinary Institute of America, has been professionally brewing beer since 1996. Even when he was a career chef, he said he still made a point to incorporate beer in his recipes.

While paint might not be on the walls yet and tables and chairs haven't been set up, Kimbrough has been brewing a number of pilot beers over the last year, from light beers to Indian Pale Ales (IPAs), carefully recording every recipe in intricate detail, down to the temperature of the room where the process takes place. Depending on the type of beer, it can take up to six weeks be-

fore one is ready.

"Mustang Sally beer will be brewed using a 30-barrel brew house," Kimbrough said.

"That's the equivalent of 60 kegs at a time. Right now, we are doing pilot brews so that everything we present to customers will be tried and true recipes. Among the beers that we are testing are Radlers [a type of beer mixed with lemonade]. I am currently brewing an IPA though."

The production process for ales is anywhere from 10-21 days, and brewing lagers takes five to six weeks, he added.

Most breweries, Hunt explained, are either brewpubs or nanobreweries. Where brewpubs offer home-brewed beer, other beers, and a variety of food, nanobreweries are smaller establishments with limited to a few signature beers at a time. As a pure production brewery, Mustang Sally will be a bigger brewery focused on its beer. Its dining menu will be simple, offering foods that pair well with the beers on tap.

"We have 14,400 square feet here," Hunt said of his gaping space. "It's a production brewery. With that said, we are going to devote a huge portion of our space to a really big, fun tasting room."

The tasting room will function both as a place for customers to enjoy themselves but also a welcoming place for them give feedback on all the beers they try.

Hunt said Mustang Sally will ultimately have a dozen beers on tap, but in the spirit of only serving the best, it will open with just four or five selections. The team is still

in the process of finalizing the handful of winners for opening day.

"The three of us on the core team feel like we have a good idea of what the initial lineup will be," Hunt said. "We want the community to tell us what they want. What we want to do with that tasting room is put a collaborative process in place to get a real, true understanding of what the community wants and is looking for when they come here. This is ultimately how we will commit to flagship beers."

The long-term goal is for a third of the beers on tap to be flagship beers, a third to be what the Mustang Sally team considers soon-to-be flagships, and for the last third to be pilot brews.

Both Hunt and Kimbrough said their prime focus is on quality assurance. Mustang Sally will even have a lab onsite to maintain beer samples, and ensure that every type of beer can be replicated down to every last hop.

"Recordkeeping in brewing is extremely rigorous and detail-oriented," Kimbrough reiterated. "It is the base of the quality assurance. Any changes that happen as the beer is being made — a 10-minute power outage, for example — down to the letter, it is tracked."

Beer-brewing is both a science and an art, and Mustang Sally won't ignore either aspect. Kimbrough and the brewing team will always have creative freedom to come up with new, daring samples.

"We are going to put effort into the technical aspect of the beer," Hunt said. "Still, we never want to lose that artistic side, which is why we will devote the last third of the taps to experimental brews. We want to have fun with it. It's not a dull industry and it shouldn't be."

Mustang Sally Brewing Company will host the Fairfax County Brew Fest at the end of April. Major breweries have already committed to being there, and every brewhouse in the county was invited. Hosting the event, which is open to the public, is another move toward keeping the local brewing industry all-inclusive.

"It would be nice if we stay collaborative instead of competitive," Hunt said. "Right now it's really young and it's a great culture."

At the core of the brewing industry, and Mustang Sally, is respect for beer and for other people who have a passion for it.

"At the end of the day we see ourselves as a classic American brewery with a commitment to doing things right," Hunt said. "Experts always say, never start a business without an exit plan, and I sit here, making that fatal flaw. I don't want an exit plan."

BUSINESS NOTES

Email announcements to chantilly@connectionnewspapers.com.

NOVA Music Center with locations in Clifton and Manassas has been recognized as one of the National Association of Music Merchants (NAMM) Top 100 Dealers for 2015.

Fairfax Choral Society has launched a new Youth Choir Campus in Centreville. The new South Campus will

provide training in choral singing and musicianship to children ages 7-11 years at Centreville Presbyterian Church, 15450 Lee Highway, Centreville.

Supercuts is now open at 6329 Multiplex Drive at Centre Ridge Marketplace.

The Joint Chiropractic has opened a new franchise location at the Greenbriar Town Center in Fairfax.

Nachman Networks has joined the DirectCloud partner family to offer cloud desktop, WebTop. This partnership empowers Nachman Networks to enable customers to embrace the cloud

and take advantage of the mobility and flexibility inherent in a virtual desktop.

Frank H. Jett III recently received his Professional Engineer's license. A project engineer in Burgess & Niple's Chantilly office, Jett has nearly six years of experience in civil engineering design for public and private projects. His ex-

pertise includes site design for commercial, industrial, and residential developments; park facilities; government buildings; and educational and municipal centers.

Jett earned a Bachelor of Science in civil engineering from Virginia Tech in 2010 and joined Burgess & Niple in 2013.



Members of the Virginia Bluebell Chapter of the National Charity League, Inc. support various philanthropies. This past holiday season, the girls and their mothers participated in Wreaths Across America, helping to put a wreath on each headstone at Arlington Cemetery.

Chapter of National Charity League Seeks Members

Virginia Bluebell Chapter of the National Charity League, Inc. (NCL) is currently seeking new members from the Centreville, Chantilly, Clifton and the surrounding areas.

NCL is a non-profit mother daughter organization, aimed at cultivating strong, responsible young women by providing philanthropic, leadership and cultural opportunities.

If residents have a daughter who is a rising 7th-10th

grader and are interested in learning more, information meetings are being held on Sunday, Feb. 21, at 6:30 p.m. at the Virginia Run Community Center, 15355 Wetherburn Court, Centreville; Tuesday, Feb. 23, at 12:30 p.m. and Monday, March 7 at 6:30 p.m. at the Chantilly Public Library, 4000 Stringfellow Road, Chantilly.

For more, visit virginiabluebell.nationalcharityleague.org.

Lax for a Cause

Southwestern Youth Association (SYA), Chantilly Youth Association (CYA), and Fairfax Police Youth Club (FPYC) are joining forces to host the third annual "Lax for a Cause" day of lacrosse. The eight-hour lacrosse event features dozens of lacrosse games and will be held March 12, at Centreville High School. The goal is to raise \$20,000 to directly benefit the nation's veterans through Fisher House Foundation.



The lacrosse marathon will feature more than 20 teams — with players ages five and up — which will play at a different time slots throughout the day. Funds will be raised through both individual player and corporate sponsorships, as well as through concessions and t-shirt sales on the day of the event.

SYA Lacrosse, CYA Lacrosse, and FPYC are local, volunteer, non-profit youth sports organizations that serve the youth of western

Fairfax. Proceeds beyond the money raised for Fisher House Foundation will be used to improve player safety through the purchase of updated equipment and gear. Funds raised also will help keep these sports programs accessible to every household in western Fairfax by keeping registra-

tion costs low, as well as help subsidize the organizations' free off-season training programs and clinics.

More than 500 boys and girls are involved in these community programs, which are dedicated to ensuring positive experiences for players of every skill level.

Businesses and individuals can sponsor a designated team or player.

For more information about "Lax for a Cause" and sponsorship opportunities, visit syasports.org/lacrosse/Laxforacause. For information about Fisher House Foundation, visit FisherHouse.org.

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- **Frontiers in STEM** • July 19-26 Spool your own DNA. Dissect a squid. Create with 3D printers. Visit the Portable Planetarium.
- **Walking with the Presidents** • July 19-26 Retrace their footsteps and see DC from the perspective of U.S. Presidents.

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Fairfax Presses Ahead with Diversion First

When police encounter someone in mental health crisis, they can transport them to Merrifield Crisis Response Center instead of jail.

Natasha McKenna died a little more than a year ago on Feb. 7, 2015. McKenna, with a long history of severe and often untreated mental illness, had been deteriorating in the Fairfax County Adult Detention Center since Jan. 26, 2015, arriving directly from release from the hospital on an outstanding warrant from the City of Alexandria charging felonious assault on an Alexandria police officer.

We can't know whether new efforts to provide people in mental health crisis might have saved her life if they were available and put in place early in this particular crisis, which appears to have begun a month before her death. McKenna's death is a terrible tragedy, and no new program will remove that horror.

But it's clear that treatment rather than jail can make all the difference for many people who come into contact with law enforcement in a mental health crisis. Diversion First is a collaborative effort in Fairfax County to reduce the number of people with mental illness in the county jail by diverting low risk offenders experiencing a mental health crisis to treatment rather than bringing them to jail.

Sheriff Stacey Kincaid estimates that 40 percent of detainees at the Fairfax County Adult Detention Center have mental illness. Notably, it is far more expensive to house someone in county jail than to provide treatment.

The collaborative effort was in no small part

launched by Supervisor John Cook when he asked that the Board of Supervisors to add crisis intervention training to the scope of work of the Ad Hoc Police Practices Review Commission. The Mental Health subcommittee along with the Community Services Board, the Sheriff's Department, police and mental health advocates set and met an aggressive agenda and timetable for implementation, with the program actually beginning in less than a year, on Jan. 1, 2016. In the first month, the Merrifield Crisis Response Center handled more than 100 cases involving police and people in mental health crisis.

EDITORIAL

Merrifield Crisis Response Center operates as an assessment site where police are able to transfer custody of nonviolent offenders who may need mental health services to a CIT-trained officer or deputy assigned there, instead of taking them to jail.

How far-reaching, life-saving and resource-preserving Diversion First will turn out to be will depend on how it is implemented and the discretion and policies of the police and prosecutors, among others.

Freedom of Information on Life Support in General Assembly?

Sen. Chap Petersen (D-34) cites FOIA on life

support in his blog oxroadsouth.com:

"Last week, the Assembly passed SB 202, which undid a major push eight years ago to ensure that all of our public spending was 'online' and searchable by ordinary citizens. This, of course, meant disclosing the salaries of public employees over a certain income level.

However, SB 202 has undone all of that, which means that you will no longer know how much a public employee (even a city manager) is paid unless you make a formal FOIA request. (Because we all have time to do that).

"This bad idea passed on a 27-12 vote.

"Today the Senate passed SB 552 which is even more sweeping. It actually prohibits from disclosure not just the salary information but even the names of public safety personnel, including the Sheriff, the Chief of Police and the Fire Chief.

"On the floor today, I pointed out that a Chief of Police could put his own family on the payroll and be protected from disclosure. This could also be an issue if a law enforcement agency hires an officer with a poor record from another jurisdiction — and nobody knows. Again, who are we protecting?"

"Again, the bill passed 25-15."

"If I'm making a veto list, these two are definitely on it."

We agree.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Oppose ICE's Raids

To the Editor:

The following is an open letter to the community.

Dear Friends and Neighbors,

On the morning of Saturday, Feb. 6, Immigration and Customs Enforcement conducted residential raids in Centreville, taking one family member of a worker from the Centreville Labor Resource Center. CLRC staff learned that the person detained was a recent arrival who came as an unaccompanied minor and just turned 18. CLRC staff was able to quickly connect the family member to a lawyer for assistance.

ICE has been conducting raids such as these for the past two months, targeting those who have arrived since the beginning of 2014. Many included in this group are women, children and youth who have fled poverty and violence.

The fear and distress from this

most recent raid is reverberating throughout our community. Some people are even afraid to leave home; people with pending immigration cases worry that they will be deported, despite their compliance with court orders. These raids are sudden, they are random, and they are affecting our neighbors right here in Centreville.

The CLRC will serve as a resource to connect those affected by raids to reliable legal counsel, and will continue its efforts to ensure that the immigrant community is aware of their legal rights in the event of another raid. The CLRC is a project of the Centreville Immigration Forum, a 501c3 non-profit which receives no public funding. The Immigration Forum has always considered CLRC to be a local solution to a local problem, but we cannot ignore the crippling effect that fear is having on our community.

If you are moved to action as we are, please tell DHS secretary Jeh Johnson and President Obama to stop these raids and create a real solution for families fleeing vio-

lence. Go to <http://action.groundswell-mvmt.org/petitions/tell-the-obama-administration-stop-the-raids-on-central-american-refugees>.

Thank you for your consideration,

Molly Maddra-Santiago

Director, Centreville Labor

Resource Center

And staff, board and workers of Centreville Immigration Forum

Intolerance And Hatred

To the Editor:

Donald Trump — the fading hot topic of last year; currently known for being the frontrunner in the Republican presidential primaries along with his infamous bigotry. Throughout 2015, the media exploited all the ignorant acts he displayed towards any minorities, beginning with the Hispanic community and now moving on to Muslims, or anyone with a darker complexion for that matter.

There are two recent events which I would like to shed some light on where Mr. Trump indecently targeted two people he believed to be Muslims. At the recent Iowa rally, a Sikh man protesting "Stop Hate" was removed purely for wearing a turban. Trump was on the topic of terrorism when he spotted the man peacefully protesting and taunted him as he was kicked out.

The second occasion was at a rally in South Carolina, where a Muslim woman wearing a hijab silently stood up during his speech as a form of protest. She was instantly picked on and escorted out as a "disturbance." Both of these harmless acts of protest are in response to Trump's ludicrous idea of banning all Muslims from entering the U.S. Did these individuals cause any harm or havoc upon anyone? In fact, the protests sparked a conjoined hatred from the crowd and Trump himself.

Trump's main source of support comes from his ability to pin point a group of people to blame and

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Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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SPORTS



Westfield's Tyler Scanlon scored 33 points against Oakton on Feb. 12.

PHOTOS BY
WILL PALENSCAR

Blake Francis and the Westfield boys' basketball team enter the Conference 5 tournament with a first-round bye.



Westfield Boys' Basketball Extends Win Streak to 17

BY WILL PALENSCAR
THE CONNECTION

The Westfield boys' basketball team finished the regular season with an 18-2 record and will enter the postseason on a 17-game win streak.

On Feb. 10, the Westfield boys' basketball team played in its final regular season home game against Chantilly for Senior Night. Prior to the start of the game, Westfield honored Cole Huling, Joe Katchmark, Kory Jones, Tyler Scanlon, Hank Johnson, Skye Koutstaal and Gabby Moses.

The seven and the families of each were honored at midcourt, prior to the start of the game.

Westfield jumped out to quick 26-12 first quarter advantage and eventually finished off a 72-62 win. Westfield was led by senior Blake Francis' 26 points and Tyler Scanlon's 19. Francis hit three 3-point baskets and Scanlon had one. Jones and Huling each had a 3-pointer and Johnson added 16 points.

Chantilly was led by Zach Crenshaw's 22 points and Kendall McHugh's 11.

The following evening, Westfield traveled

to Centreville. The Wildcats hoped to avenge an earlier season loss to Westfield.

Westfield, however, would jump to a commanding double-digit lead in the first half over Centreville, 27-12, and defeat the Wildcats 64-42. Scanlon and Francis accounted for 40 of the 64 points. Scanlon finished with 22 points and Francis 18.

William Unterkofler was the only Wildcat in double figures with his 23 points.

Westfield entered its final regular season game at Oakton on Feb. 12 riding a 16-game win streak. The Cougars would start the first quarter outscoring the Bulldogs 16-14. Both

Zachary Sickels and Jacob Posz connected from long range, knocking down two 3-pointers in the opening quarter.

In the second quarter, Westfield would outscore the Cougars 18-13. Westfield's Scanlon and Francis accounted for 16 of Westfield's 18 points to take a 32-29 half-time lead.

In the second half, Nick Albert and Johnson provided scoring in the third quarter. However, it was Scanlon's 33 points and Francis' 19 that finished off the Cougars, 68-58. Westfield will enter the Conference tournament with a bye.

SPORTS BRIEFS

Loudoun Freedom Tryouts

The Loudoun Freedom is a competitive basketball organization for girls only. It provides players the opportunity to develop advanced basketball skills and knowledge, and to play in a very competitive environment. The Freedom emphasizes player development starting in third grade and continuing through high school. Open tryouts will be held for grades 3-8 on Sunday, Feb. 21 at Harmony Middle School.

Teams are formed at all playing levels to include an elite team at the eighth-grade level. Visit www.LoudounFreedom.com for specific tryout times/locations. Pre-registration is highly encouraged.

Looking for Umpires

Northern Virginia Baseball Umpires Association is in need of umpires for youth leagues, high schools, and collegiate-level baseball and volleyball games. Experience is helpful, but not required. Will give classroom and field training to aid you in ac-

quiring skills needed. Contact John Porter at 703-978-3601 or assignor@umpires.org.

Potomac Field Hockey Registration

Registration is now open for Potomac Field Hockey's spring FUNDamental program for Pre-K through second grade and Youth Rec league program for grades 3-8. No experience necessary. Once-weekly team practices with games on Saturdays. Technical skills sessions included. Season begins March 28 and runs through June 4. Visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

Coaches, Umpires Needed

Coaches and umpires are needed for the upcoming spring season. Umpires needed for youth games on Saturdays. Send coach inquiry to info@potomacfieldhockey.org; send umpire inquiry to umpire@potomacfieldhockey.org.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Region Champion

Westfield senior Jay Aiello, top, pinned Osbourn Park's Glenn Curtis to win the 6A North region 195-pound wrestling championship on Feb. 13 at Fairfax High School. Westfield finished 10th as a team with 74 points. Battlefield won the team title (194), followed by Hayfield (161) and Robinson (157.5). Chantilly finished ninth (84) and Centreville finished 16th (32).



PHOTO COURTESY OF NORWOOD SCHOOL

Now is the time to plan for summer camp, say experts.

Time To Plan for Summer Camp

Local camp fair offers sampling of summer programs.

BY MARILYN CAMPBELL
THE CONNECTION

Under a blanket of February frost, summer might seem light years away, but it's closer than one might think. As coveted slots fill at some of the area's most sought-after camps, now is the time to begin planning, say camp directors. With options ranging from sailing to fencing, narrowing down the decision can be daunting. That's why local camp fairs can be a valuable one-stop-shopping service for choosing summer activities. Hundreds of camp representatives will be on hand for the Northern Virginia Camp and Summer Fun Expo on Feb. 20-21 at 2100 Dulles Town Circle, Dulles.

"We will have a lot of exhibitors in one location so that parents can see a variety of camps to make sure that their children have a fun summer," said Samantha Carter of Washington Parent, the event's sponsor. "There are programs to fit every budget."

Camp fairs, says Carter, offer parents an opportunity to meet representatives from a variety of camps, gather information and ask questions. "We have camps from all up and down the eastern seaboard, even as far away as Maine."

With so many choices, narrowing the list of options can leave many parents feeling flummoxed. Camp experts shared a few key factors parents should consider before settling on summer camps to help avert unpleasant surprises.

"First, I think that parents should take their children into consideration, and the kinds of activities they like to do and whether they are being offered at the camps they are looking at," said Kevin Rechen, Summer Camp director for Norwood School in

Bethesda, Md.

It's a good idea to inquire about the camper to staff ratios and the types of staff the camp will hire, such as adult teachers or activity specialists. "Who are the individuals who will watch over the campers and what kinds of licenses do they have?" asks Francesca Reed, a mother of two and associate vice president for Enrollment Management at Marymount University in Arlington.

Safety and medical considerations are also key factors to consider, especially for children who have allergies or other medical issues. "Is there a nurse on site?" asks Stacie Gottlieb, director of Summer Programs at Bullis School in Potomac, Md. "What safety and medical procedures [does the camp] have in place?"

Reed suggests parents also inquire about a camp's drop off and pick up times, availability of after-care services and whether fees are charged for late arrivals. "Some of the basic questions are the cost and any additional fees that might not be apparent," said Reed. "Find out the camp's reimbursement policy in case you have to cancel before camp starts or while it's in session."

For parents who have more than one child who will attend camp, Rechen suggests looking for camps that offer an assortment of activities that appeal to children of different ages. "For the sake of convenience, it's key for a lot of parents to have all of their children in one camp, so they don't have to make multiple trips each and every day," he said. "Having a variety of programs for a wide age range also allows younger children to see the activities that they have to look forward to as they get older."

Summer Camp Fair

The Northern Virginia Camp and Summer Fun Expo: Feb. 20-21, Saturday, 10 a.m. - 4 p.m., Sunday, 11 a.m.-4 p.m. at 2100 Dulles Town Circle, Dulles.

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21 Announcements

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ABC LICENSE
Food3group LLC trading as The Spice Route, 11750 Fair Oaks Mall, Unit J-141, Fairfax, VA 22033. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on premises license to sell or manufacture alcoholic beverages. Gopal Kapoor, member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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One Hundred Pills



By KENNETH B. LOURIE

What exactly am I going to do with 100 pills? Well, barring unforeseen (good or bad) circumstances, I'll certainly continue to take them every four weeks: two the day before my chemotherapy infusion, two the day of and two the day after, as I've done so now, for this particular medication, going on 30-plus months. "Not that there's anything wrong with that," or new, for that matter. But when I refilled this prescription last week, I was surprised when, after the pharmacy customer-server opened the bottle to show me the pills and ask if I had any questions, she then mentioned the count: "100." That's a lot of pills, I thought, more than usual. Typically, I receive only 30 pills.

As I drove home from the pharmacy, I began to think (always dangerous). Why would my oncologist prescribe so many pills? I only need six per month. Is there a minimum he must order? A maximum? Did he over prescribe? Does he even have any input? Perhaps he's projecting my life expectancy? One hundred pills divided by six per month calculates to 17 months/infusions for which I now have pills. I don't want to look a gift oncologist in the mouth, but as a seven-year cancer survivor, I'm well aware that cancer treatment/results are hardly cast in stone and 17 months seems like a long time not yet gone (David Crosby song title, sort of).

I'm sure part of my presumptuousness is naiveté. I want/need to believe in something/anything positive (any port in a storm) concerning/relating to my health/treatment. More so when I'm in between my every-three-month, face-to-face appointment with my oncologist. That's when we review my most recent diagnostic scan and assess my overall status and consider treatment options before agreeing on a schedule for the next three months. Not that I'm discouraged from communicating with him in the interim. Quite the opposite in fact; he's very responsive to my e-mails. It's more that electronic communication is a "two-dimensional" type of communication, and I'm a "three-dimensional" kind of communicator. Obviously, I can respond electronically to his answers and presumably we could type back and forth, but dare I show my age and say: It's just not the same as being there/talking on the telephone. Ergo, during this between-appointment interval, I'm sort of left to my own devices and in turn inclined to wobble – and wonder, emotionally, about my life. Perhaps I should look on the bright side and be glad my oncologist didn't order six pills.

I suppose, if I wanted to be honest with myself, I'd say the number of the pills prescribed/in the bottle probably mean nothing. The doctor simply checked a box and off the order went with nary a consideration of the patient's reaction. Nor do I think the doctor is aware of patient co-pays, deductibles, percentage of benefits used or any of the other out-of-pocket expenses associated with the prescription/patient's health insurance. "Hippocratically" speaking, that's not his job. His job is to keep me/the patient alive.

And since I'm still alive, pill-count withstanding, I'm looking forward to the next 17 months. Seeing my bottles of pills become less full over time gives me a peculiar sense of accomplishment: that I continue to survive in the face of what was originally a fairly discouraging set of circumstances. Occasionally, however, I have to be realistic; 100 is simply a number, not a prognosis.

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

FROM PAGE 6

convince his followers to do the same. As an American-born Muslim woman, I cannot see how Trump wants to exclude all Muslims from America, under the notion that all of them are terrorists, when he is the source of hatred towards innocent individuals. Trump degrades all Muslims and labels them as terrorists, even though those two terms do not go hand in hand. The definition of terrorism is using violence or intimidation in the pursuit of political aims. If I am not mistaken, Trump has degraded Muslims in almost all of his rallies and debates purely to gain more support from the like-minded ignorant Americans voting for him. I hope that our nation can educate itself about his presidential candidacy rather than be brainwashed by his fact-less profanity.

Saba Amjad
Chantilly

BULLETIN BOARD

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

NOW REGISTERING

Kindergarten Registration. Greenbriar West Elementary School is now accepting information for next year's Kindergarten classes. Parents of children who live within the school's boundaries and who will turn 5 years of age by Sept. 30, 2016, should call the school office at 703-633-6700 as soon as possible.

WEDNESDAY/FEB. 17

Tax Considerations for Military Families and Veterans. Noon-1p.m. at Liberty Tax Service, 5622-G Ox Road, Fairfax Station. Liberty Tax Preparers provide tax-saving tips and answer questions from military families, veterans, public. Free. Pre-register by Feb. 16 at 703-323-5580 or fairfaxstn@libertytax.com.

THURSDAY/FEB. 18

Scholarship Application Deadline. The Joyce-Gillespie-Harrington Educational and Charitable Foundation, Inc., invites applicants for its 36th 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.

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. Contact: 703-860-2633 or naomiproject@outlook.com.

Getting Into College. 10:30 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Julia Ross will give tips for finding the right college fit, starting the process of researching colleges, finding your passions and paying for college. Talk is based on her book by the same title. Ages 14 and up. Visit <http://bit.ly/1Qhghag> to register.

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

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 for more.

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

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

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

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 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 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.

SATURDAYS/THROUGH 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 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.

WEDNESDAY/FEB. 17

Relay for Life Kick-Off Meeting. 7:30-9 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Come and learn about this local Relay (coming to Westfield High School on June 11) and the American Cancer Society. Free. Visit relayforlife.org/chantillyva for more.

FRIDAY-SUNDAY/FEB. 19-21

"To Kill a Mockingbird." 7:30 p.m. on Friday and Saturday, 2 p.m. on Sunday at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Watch a stage adaptation of the classic novel. Tickets are \$10 in advance, or with student ID, \$12 at the door. Visit www.westfieldtheatreboosters.com.

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.

Girl Scout Cookie Tasting. 11 a.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Girl Scout Cookies will be paired with Bull Run Wine. Tickets are \$10, \$8 for club members. Visit www.wineryatbullrun.com for more.

"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.

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.

Gainesville Ballet: "Carmen." 7:30 p.m. at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. Live singing by Managing Director Elysabeth Muscat. The production features Gainesville Ballet's professional roster of dancers with support from the junior company, and guest dancers from New York. Tickets are \$15 for children 12 and under and George Mason students, and \$35 for adults. Visit www.hyltoncenter.org for more.

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 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.

SATURDAY/FEB. 27

Birds Around Us. 10 a.m. at Cabell's Mill, 5235 Walney Road, Centreville. Find out about bird life cycles, migration patterns and adaptations. Examine taxidermied specimens and live birds to learn more about bird behavior and their place in the environment. \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

Girl Scout Cookie Tasting. 11 a.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Girl Scout Cookies will be paired with Bull Run Wine. Tickets are \$10, \$8 for club members. Visit www.wineryatbullrun.com for more.

Make Bird Feeders. 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring empty milk jugs and/or two liter soda bottles to make bird feeders and discuss tips for feeding birds and learn to identify common birds that visit home bird feeders. \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

Animal Scientists. 2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Whether hiking the forest, examining pond creatures, or meeting exhibit animals, children investigate and discover first-hand animal biology, adaptation, habitats, and roles in the larger ecosystem. Tickets are \$5 for Fairfax County residents, \$7 for non-residents. Visit www.fairfaxcounty.gov/parks/eclawrence.

Beer 101: The Pursuit of Hoppiness. 3-5 p.m. at Total Wine & More-Greenbriar Town Center, 13055-C Lee Jackson Highway, Fairfax. This introductory beer course will introduce patrons to the history of brewing and more. Tickets are \$10. Visit www.totalwine.com for more.

SUNDAY/FEB. 28

Girl Scout Cookie Tasting. 11 a.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Girl Scout Cookies will be paired with Bull Run Wine. Tickets are \$10, \$8 for club members. Visit www.wineryatbullrun.com for more.

FRIDAY/MARCH 4

Salsa Class and Dancing. 5:30 p.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Take a salsa class. Wine and sangria will be available for purchase. Tickets are \$18-30. the Winery at Bull Run, 15950 Lee Highway, Centreville.

Girl Scout Cookie Tasting. 11 a.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Girl Scout Cookies will be paired with Bull Run Wine. Tickets are \$10, \$8 for club members. Visit www.wineryatbullrun.com for more.

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