

MARCH 2-8, 2016

25 CENTS NEWSSTAND PRICE



PHOTOS BY TIM PETERSON/CENTRE VIEW

**From left, Peer support specialist supervisor and senior recovery coach with Substance Abuse Addiction and Recovery (SAARA) Nick Yacoub, Supervisor Pat Herrity (R-Springfield), Loudoun County Sheriff Mike Chapman and Fairfax County Police Department Commander of the Organized Crime and Narcotics Unit Captain Jack Hardin discuss the use of heroin and other opioid drugs in Fairfax County.**

## 20 Heroin Arrests in One Day

**Operation Save-a-Life offered low-level offenders the chance at recovery treatment rather than jail time.**

BY TIM PETERSON  
CENTRE VIEW

**O**n Wednesday, Feb. 24, Fairfax County Police served 20 arrest warrants, all for possession and or distribution of heroin. They had obtained 37 warrants, but with severe thunderstorms that rolled in quickly during the evening rush hour, the operation had to be cut short.

Of those 20 who qualified as low-level users, they were given the choice while appearing before a magistrate at the Adult Detention Center to be taken to the Merrifield Crisis Center and evaluated for treatment services, or continue being processed at the jail.

Twelve individuals took the offer and rode a donated Fastran bus to the Crisis Center off Gallows Road in Fairfax, a facility of the Fairfax Falls Church Community Services Board. Those 12 were evaluated and five began rehabilitation treatment immediately.

The massive arrest operation, dubbed Save-A-Life through CAST (Chiefs and Sheriffs together), was a multi-jurisdiction affair, including Sheriff and Police Departments in Loudoun and Prince William counties, the city of Alexandria, Manassas and the Virginia State

Police.

Overdose deaths from heroin and opioid prescription medication have been on the rise around the United States; the two have been linked as people who develop addictions to prescription pain medicine such as oxycodone often move on to cheaper and more readily available heroin to continue chasing their chemical high.

Representatives from several of the law enforcement agencies gathered at the Merrifield Crisis Response Center the day after the operation to brief members of the media.

Loudoun County Sheriff Mike Chapman said, "There's no one solution to this, but a lot of different solutions we're trying to pull together."

Virginia State Police Captain Greg Kincaid said troopers made three arrests on the day of the event, also pulling from ongoing investigations. Two of those were distributors bringing heroin into Fairfax County.

**THOSE ARRESTED** ranged in age from early twenties to mid-thirties, according to Fairfax County Police Department Commander of the Organized Crime and Narcotics Unit Captain Jack Hardin, who supervised the operation.

Hardin said more than half of



**Fairfax-Falls Church Community Services Board assistant deputy director Lyn Tomlinson said many addicts start with the use of prescription medication.**

SEE HEROIN, PAGE 11

## State of the Station

**A look at local crime, traffic and community engagement.**

BY BONNIE HOBBS  
CENTRE VIEW

**B**asically, the Sully District is a safe place to live, and the men and women of the Sully District Police Station are doing everything they can to keep it that way. That was the overall message presented by Capt. Bob Blakley, the station commander, and others during the annual State of the Station report to the community.

It was given during the Feb. 10 meeting of the station's Citizens Advisory Committee (CAC), and residents received a slew of information about local traffic, crimes and community outreach over the past year. And, said Blakley, "We're always changing our resources and strategies to fit the needs of the community, on a regular basis."

### COMMUNITY OUTREACH

PFC Tara Gerhard, lead crime-prevention officer, gave an overview of the 2015 crime-prevention initiatives, including Lock it or Lose It, during which officers on the midnight shift checked vehicles to see if they were locked. There was also a safety seminar for senior citizens, plus DUI-education events at Centreville High — a mock, DUI crash before prom — and the Mott Center.

Police also spoke to residents about pedestrian safety and provided Neighborhood Watch training. At monthly CAC meetings, they informed the community about the functions of the various sections of the Police Department



BONNIE HOBBS/CENTRE VIEW

**Capt. Bob Blakley reports to the community on last year's police activity in the Sully District.**

and gave information about any current, local concerns.

They discussed how to keep places of worship safe and spoke about distracted-driving awareness. They showed residents how police use radar to catch speeders and gave home-security assessments.

Other community-outreach events included: Scout safety talks, Touch-A-Truck, a kindergarten-class tour of the station, car-seat installations, car-fit instruction for senior citizens, visits to day cares and preschools, holiday food drive, bike rodeo, Don't Text and Drive and National Night Out.

SEE STATION, PAGE 4

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## NEWS

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PHOTO CONTRIBUTED



### Centreville Garden Club

The new officers for the Centreville Garden Club are, from left, Sue Glover, vice president; Jennifer Thorpe, secretary; Georgie Evans, treasurer; Donna Heid, president. names in the paper. New members are welcome to learn the art of gardening and support civic projects. Visit [centrevillegardenclub.blogspot.com](http://centrevillegardenclub.blogspot.com).

### BULLETIN BOARD

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

#### 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.

#### FRIDAY/MARCH 4

**Nomination Deadline.** Fairfax

County Public Schools announces the return of two community engagement awards, Business Partner of the Year (for-profit) and Community Partner of the Year (not-for-profit). Nominations are being accepted until midnight on March 4. Any business or community group currently supporting Fairfax County Public Schools can be nominated, nominees do not need to be official partners. Nomination forms for Business Partner of the Year are available at <http://bit.ly/1mV2K0L>. Nomination forms for the Community Partner of the Year are available at <http://bit.ly/1OssWpR>.

#### SUNDAY/MARCH 6

**Tax Considerations for Independent Contractors & Business Owners.** 2-3 p.m. at Liberty Tax Service, 5622-G Ox Road,

Fairfax Station. Liberty Tax Preparers provide tax-saving tips and answer questions from independent contractors, business owners, public. Free. Pre-register by Mar. 5 at 703-323-5580 or [fairfaxstn@libertytax.com](mailto:fairfaxstn@libertytax.com).

#### MONDAY/MARCH 7

**Application Deadline.** Learn more about the Fairfax County Fire and Rescue Department. Apply to the Citizens Fire & Rescue Academy; applications will be accepted until March 7, 2016, or until the class of 25 is filled. The Academy will begin March 24, 2016, and will meet for nine consecutive Thursdays, from 6-9 p.m. at various locations. To sign up for this free program, you must be 18 years of age and apply online at [www.fairfaxcounty.gov/fr/cfa](http://www.fairfaxcounty.gov/fr/cfa).

#### TUESDAY/MARCH 8

**Telephone Support Group.** 7-8 p.m. Fairfax County's free Family Caregiver Telephone Support Group meets by phone. Discuss incontinence issues and caregiving, caregiver concerns and learn more about making this issue more manageable. Register beforehand at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

#### WEDNESDAY/MARCH 9

**Tax Considerations for Independent Contractors & Business Owners.** Noon-1 p.m. at Liberty Tax Service, 5622-G Ox Road, Fairfax Station. Liberty Tax Preparers provide tax-saving tips and answer questions from independent contractors, business owners, public. Free. Pre-register by Mar. 8 at 703-323-5580 or [fairfaxstn@libertytax.com](mailto:fairfaxstn@libertytax.com).

#### SATURDAY/MARCH 12

**"LAX for a Cause."** Southwestern Youth Association (SYA) and, Chantilly Youth Association (CYA) 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 at Centreville High School to raise \$20,000 to benefit the nation's veterans through Fisher House Foundation. Visit [syasports.org/lacrosse/Laxforacause](http://syasports.org/lacrosse/Laxforacause) to donate.

**Real Food For Kids Culinary Challenge.** 10 a.m.-2 p.m. at Robinson Secondary School, 5035 Sideburn Rd, Fairfax. Learn about food writing and photography, family meal planning, school gardening and school food. Watch 11 student teams compete to create a delicious school breakfast, lunch or snack. Visit [www.realfoodforkids.org](http://www.realfoodforkids.org) for more.

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## ROUNDUPS

### Escaped Patient Sought

Fairfax County Police are assisting the Virginia State Police to locate a man who fled the Northern Virginia Mental Health Institute in Falls Church. Michael Marshall, 33, escaped from the facility on Feb. 29; he was noticed missing around 6 p.m. Marshall has been known to exhibit violent behavior. A detention order has been issued for his immediate apprehension and return.

He is described as black, about 5 feet 8 inches tall and 235 pounds, with black hair and glasses. His clothing description is unknown at this time. Marshall could be on foot in the Annandale/Falls Church area near the mental health facility but has ties to the area near Sequoia Farms Drive and Woodfield Drive in Centreville and the Sterling area. Anyone who sees or has information on Marshall's whereabouts should contact police at 703-691-2131. Police advise: Exercise caution and do not approach him.

### Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, March 3, 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.

### County, Schools Budget Meeting

The 2017 budgets for Fairfax County and the county school system will be discussed at a town meeting Monday, March 7, at 7 p.m., at Rocky Run Middle School, 4400 Stringfellow Road in Chantilly. Participating will be Supervisor Kathy Smith (D-Sully), Sully District School Board Representative Tom Wilson and budget staff. Hosted by the Sully District Council of Citizens Associations, this event will be held in Rocky Run's little theater.

### Learn about Crisis Intervention

The Sully District Police Station's Citizens Advisory Committee will meet next Wednesday, March 9, at 7:30 p.m., at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. A crisis-intervention expert will talk about the training police undergo to ensure those in crisis receive the services they need.

This training includes understanding those having problems, substance-abuse issues, suicide-prevention skills and de-escalation techniques. The community is welcome to attend the presentation, ask questions and share concerns.

### Hearing on I-66 Inside Beltway Design

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host a Design Public Hearing for the Transform 66 Inside the Beltway Project on March 9, 6-8 p.m. at VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax. Information on how dynamically-priced toll lanes will operate on I-66 inside the Beltway, as well as proposed locations of toll gantries and pricing signs will be provided. The hearing will include a formal presentation, followed by a public comment period.

### 'Saturday Nights in the Suburbs'

Do you want to know what really goes on with teens on Saturday nights? The Unified Prevention Coalition of Fairfax County will host a "Saturday Night in the Suburbs" program at Westfield High School on Thursday, March 17, 7 p.m. The program will feature a panel of high school seniors who talk about alcohol and drug use, teen parties, social media, parent supervision and enabling, and communication with parents. Only adults will be admitted to the presentations.

## NEWS

# Rochefort: Officer of the Year

**Wrote third-highest number of traffic tickets in the county.**

**P**FC Brian G. Rochefort has been named the Sully District Police Station's 2015 Officer of the Year. And although he couldn't be present to receive his award, he was honored during the Feb. 10 meeting of the station's Citizens Advisory Committee.

He's a member of the Traffic Enforcement Team and was previously recognized as the Officer of the Month for August 2015. At that time, 1<sup>st</sup> Lt. Matt Owens, the assistant station commander, said Rochefort "goes after speeders, red-light runners, etc. He puts out the radar trailers, variable message boards and traffic counters and excels at ticket-writing."

He's been here since 2009 and, this year [2015], is the number-one ticket-writer in all of Fairfax County. And that helps keep us safe on the roadways."

In nominating Rochefort as the station's Officer of the year, Lt. Jason Brusch said

Rochefort was nominated and selected for this award by his peers, "which speaks volumes of his character and his tireless dedication to service."

"Traffic incidents resulting in death and serious bodily injury represent a primary concern amongst



**PFC Brian Rochefort**

law enforcement agencies throughout the country," said Brusch. "In order to aggressively address this problem, commanders from the Sully District commenced several initiatives throughout 2015 which aimed to educate residents and promote compliance with state and county traffic statutes."

He wrote that Rochefort was "an integral part of these operations, as he routinely monitored traffic-related issues throughout the Sully District and targeted his enforcement efforts accordingly. Subsequently, PFC Rochefort was able to stop and make contact with well over 1,500 motorists in 2015. Furthermore, he is credited with issuing the third-most traffic citations of any Fairfax County Police Officer last year."

According to Brusch, Rochefort's comprehensive knowledge of the state and county traffic codes is routinely called upon by his peers and supervisors when investigating complex, motor vehicle-related incidents. "Moreover, his steadfast dedication to traffic enforcement certainly exemplifies the Fairfax County Police Department's commitment to promoting traffic safety and compliance amongst motorists," wrote Brusch. "It is without question that PFC Rochefort's leadership, positive attitude and unparalleled commitment to traffic enforcement is deserving of the 2015 Sully District Station Officer of the Year."

— BONNIE HOBBS

# Hong Named Officer of Month

**S**omeone who's hit the ground running and quickly made an impression on his supervisors, Sully District Police Officer John J. Hong was recently recognized as the Officer of the Month. He was honored at the Jan. 13 meeting of the Sully District Station's Citizens Advisory Committee.

"He's a newer officer, here almost a year," said Capt. Bob Blakley. "And he has an incredible amount of energy and drive. He also has a great attitude and gets the larger picture of policing and what's important to the community. He's doing a great job and we're proud to honor him as our Officer of the Month for December."

Hong was nominated for the award by his supervisor, Lt. Nicholas Dipippa. "Since arriving on the Midnight 'A' squad at Sully on May 30, 2015, John has performed at a high level," wrote Dipippa.

"He has had numerous drug cases over the last couple of months, taking cocaine and marijuana off our streets. Officer Hong has also taken it upon himself to team up with senior officers in order to gain more knowledge and become pro-active at criminal patrol."

Besides that, wrote Dipippa, "During his first six months, he had five DWI arrests and is a top per-



**Capt. Bob Blakley (left) presents the Officer of the Month award to Officer John Hong.**

former on the squad in traffic citations. John always volunteers to do the mail run so other officers don't have to worry about it."

"He has been a go-getter since arriving on the squad and never backs down from any assignment or challenge," continued Dipippa. "Any time day work needs an officer to hold over for dayshift, John is one of the first to step up and help out. Officer John Hong is commended for his initiative and outstanding performance"

— BONNIE HOBBS





**PFC Tara Gerhard**



**Capt. Bob Blakley**



**2nd Lt. Patrick Bruce**



**Lt. Todd Kinhead**

PHOTOS BY BONNIE HOBBS/THE CONNECTION

## Looking at Crime, Traffic and Community Engagement

FROM PAGE 1

### NEIGHBORHOOD PATROL

2<sup>nd</sup> Lt. Patrick Bruce runs the Neighborhood Patrol Unit, comprised of the traffic team in the daytime and the bike team in the evenings doing criminal patrols. “There are eight people in the unit and we’re proactive,” he said. “And we’re particularly focused on traffic safety.”

“We’ve done directed patrols on holidays associated with drinking, plus driver education to let people know why we write tickets and the hazards of speeding, plus drinking while driving,” said Bruce. “We also deal with child safety seats and pedestrian safety.”

His team also arrested people breaking into cars and, in March, responded to an attempted shooting in London Towne. “We apprehended the suspect, who was later convicted,” he said.

Bruce also noted the unit’s anti-speeding campaign. “We did traffic calming via message boards and put speed strips in the road to collect data,” he said. “Our goal is to provide the highest quality of safety.”

“We attempt passive enforcement first,” added Blakley. “We park empty cruisers and then do data collection before issuing tickets.”

### OVERALL CRIME DECREASE

The Sully District is 77 square miles, with a minimum of eight officers working per shift. “We had 84,000 dispatched calls in 2015, equaling about 200 calls/day,” said Blakley. “So our officers are staying busy and engaged. We’re up from 79,000 calls last year.”

Sully also had 1,315 reportable crashes where the damage exceeded \$1,500 and

involved injuries or fatalities. Only the West Springfield Station had more. “We’re slightly up from last year, but we have major transportation arteries here in Routes 50, 28 and 29,” said Blakley. “And we’ll continue to reduce this number through enforcement and traffic-safety education.”

He said Sully had no motor-vehicle fatalities in 2015, “But unfortunately, two pedestrian fatalities in the early part of the year. One was at Stone and Braddock Roads at dusk in a crosswalk, with the victim wearing dark colors. The other was on Route 29 near Stone in the evening; the victim was in dark clothing and was not in a crosswalk.”

He said there were nine reported crashes due to drug use; however, alcohol-related crashes here are trending down 14.6 percent. “Every week in Sully, there’s a DUI checkpoint or DUI directed patrol,” said Blakley. “To me, [driving under the influence] is a bullet fired down the road at you and me and our families, and we don’t want to have that.”

Criminal arrests are down slightly. In 2014, there were 3,809 arrests in Sully; in 2015, the total was 3,263 —

the lowest in the Department. “Reston and Fair Oaks were similar to us,” said Blakley. “The Mount Vernon, McLean, Mason and Franconia stations had the highest amounts.”

Major offenses such as trespassing, assault, embezzlement, rape and homicide are also down 14 percent in Sully from last year. “We’re 400 percent up in arsons,” said Blakley. “But that’s only because we went from two to 10 because of [last summer’s vehicle fires] in Little Rocky Run — and we caught the teens [responsible].”

He said property destruction and vandalism decreased, as did burglaries, by 36 percent. Abduction was up 66 percent because

Sully went from three to five cases, mainly parental- and domestic-related. “Robberies are down 24 percent,” said Blakley. “We only had 22 robberies because of a crackdown on gangs.” Meanwhile, forcible sex offenses increased 118 percent, going from 11 in 2014 to 23 in 2015. But 18 of them were acquaintance cases, not involving strangers.

Motor-vehicle thefts rose 11 percent, from 62 to 69 vehicles stolen. “Thefts of vehicles and from vehicles are a big problem throughout the county,” Blakley told the audience. “So don’t leave your keys in your car or your car unlocked. We’re down in thefts from vehicles, but we still had 1,024 — and that’s a lot.”

He said his officers don’t have a ticket-writing quota, but wrote 11,500 tickets last year, including 2,200 written by the motorcycle officers. Most occurred at two, main intersections — 1,137 at Routes 28/29 and 999 at Route 28/Westfields Boulevard.

### CRIMINAL INVESTIGATIONS

Speaking next was Lt. Todd Kinhead, supervisor of the Criminal Investigations Section. “We just have four detectives, so we manage them as effectively as we can,” he said. “A tremendous amount of effort and time goes into our cases. And we have a nearly 50-percent closure rate by arrest, which is phenomenal.”

In Sully, said Kinhead, “The vast majority of crimes are carried out by a small number of offenders, some of them gangs, and many of them juveniles.” However, he added, many times burglars gain entrance to a home because people leave their garage doors open. Or thieves are able to get a person’s garage-door opener from the visor of a car left unlocked.

“So if you see your neighbor’s garage open, tell them,” he told the crowd. “We deal with a wide range of crimes, including larcenies from vehicles, burglaries and robberies. But we couldn’t do the cases without you calling us when things don’t look right and then testifying in court.”

### STRATEGIC VISION

Blakley then discussed the strategic vision

he and Assistant Station Commander Matt Owens have for 2016. He said they are:

- \* “To protect the community as guardians by embracing community-policing strategies reducing the incidences of crime;

- \* To serve the community through positive interactions, treating everyone with dignity and respect, to build and maintain trust and legitimacy in the community; and

- \* To prepare by training often and maintaining a culture of safety that emphasizes the sanctity of human life in all that we do.”

Owens said some of the initiatives to carry out this vision include events such as National Night Out, Touch-a-Truck and the bike rodeo. Police also plan Trash Talks — putting stickers on trash cans to remind people not to speed. “We’ll also use variable message boards and take a broader approach to educating the community about traffic safety and speeding,” said Owens.

Also on the horizon is an Exchange Zone — a parking spot at the station where people may safely purchase items they bought online. And movie nights would be a way to reach out to local children.

“These initiatives are all partnerships to develop,” added Blakley. “They’re also more ways in which we can engage and interact with the community.”



**1st Lt. Matt Owens**



## ROUNDUPS

### Sully Offers Internships

Sully Historic Site, the home of Richard Bland Lee, Northern Virginia's first representative to Congress, hosts the Margaret C. Peck Youth Internship program, sponsored by the Sully Foundation, Ltd.

Juniors at Herndon, Chantilly and Westfield high schools in good standing and who have an interest in history are encouraged to apply for this paid, eight-month internship that runs from late April through December 2016. Up to three interns will be hired. Participants will gain experience in museum operations, public speaking, historic object collections, event programming and museum store and visitor center operations.

Candidates must provide a completed application, written essay and teacher recommendations by March 11 for panel review. Candidates will be selected by mid-March.

This internship is named in honor of former Sully Historic Site administrator and Sully Foundation member, Margaret C. Peck, a longtime resident of the Herndon area, a former educator with the Fairfax County Public School system. For more information contact either Noreen McCann, visitor services manager at noreen.mccann@fairfaxcounty.gov, or Tammy Higgs, historian, at tammy.higgs@fairfaxcounty.gov. Or call 703-437-1794 for more information.

### Help Move Equipment

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 Needed 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, collard 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.

### Meals on Wheels Volunteers

Fairfax County needs Meals on Wheels drivers in Chantilly and group Meals on Wheels coordinators in both Chantilly and Fairfax. Contact Volunteer Solutions at 703-324-5406, TTY 711, or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

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**CENTRE VIEW**

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# OPINION

# Uncovering the Roots of Slavery

**Local student creates slave index to help descendants trace family history.**

By MARILYN CAMPBELL  
CENTRE VIEW

A local college student is spending much of her senior year scouring the last wills and testaments of residents of Northern Virginia. While many of the documents contain antebellum treasures like silver serveware, rifles and horses, Georgia Brown is looking for more haunting line items: slaves.

"Nobody had ever combed through all 120 years of will books line by line before, so we had no idea what I would find," said Brown, a George Mason University student. "It is pretty exciting seeing George Washington's and George Mason's wills and inventories as it gives me a peek into their households... It is fascinating to see what people considered important enough to pass on to a specific person once they were gone. Some people were very worried about their riding horses or slaves, while others cared more about their...silver spoons with their monogram."

**BROWN**, who is a veteran of the United States Navy and a senior majoring in history at George Mason University, began an internship at the Fairfax County Circuit Court Historic Records Center as part of her degree program.

After expressing an interest in the Civil War and slavery, Brown was asked to comb through the probate records index. The index includes wills, inventories, and estate accounts from 1742, the year Fairfax County was founded, to 1865, when the Civil War ended. Each time a slave was mentioned in an estate, she recorded the slave's name, age, the owner's name and other details.

"We didn't know if the slaves would be listed with names, first or last, if there would be family groups, or if they would be mentioned in wills, just like livestock," said Brown.

Brown was surprised to find not only the names of slaves, but birthdates, emancipations, descriptions of character, sales and bequeathments showing trails of ownership. "After constantly showing my exciting findings to the archivists and [Maddy McCoy] a historian who specializes in African American genealogy, we started working on ideas for a way to capture this information in a database that would make the data searchable to the public," said Brown. "I would say that after reading the first few documents

mentioning slaves we knew we would need to capture all the information I was finding in the will books."

Heather Bollinger, assistant archivist at Fairfax Circuit Court Historic Records Center, supervises Brown and other interns and helped formulate the idea of a slavery database. "To determine which of the people own slaves – we realized an abundance of information that needed to be captured," she said.

An index card is created for each slave and owner, creating a slavery database that is searchable by the names of both the slave and owner.

While the slavery index is still in its infancy, Brown hopes that, when complete, it will provide answers for those who have questions about their ancestry, answers that, for the descendants of slaves, are often hard to find.

"Our database currently is a 3x5" card catalog so it is very low tech," said Brown. "This project is a bit of a trial run."

When the project is complete, "it will be helpful to people living not only in Fairfax County, but Arlington and Alexandria, too in tracing ancestral family lines and understanding slave economy as it functioned in Fairfax county," said Bollinger.

Brown adds, "It will also be useful to historians doing research in African American history or history on early Virginia."

**ONE SUCH HISTORIAN** is Maddy McCoy who had been researching slavery in Fairfax County for the last decade. "Once the index is complete, I will utilize that data to interpret slavery in this county in a way that has never been able to be done before," said McCoy who is serving as a consultant on the Fairfax County Slavery Index project "This is an amazing project and they are doing a great job."

Originally from Oregon, Brown says she was surprised that some of her beliefs about slavery and the south were unfounded. "From the limited education I have on slavery, I predicted that most of the slave owners would treat their slaves as chattel, or worse," she said.

By combing through documents, Brown concluded that the relationships between slaves and masters were more complicated than she originally imagined. "It seems that because Fairfax County was made of smaller farms, the relationships between slaves and their masters,



PHOTOS COURTESY OF GEORGIA BROWN

**George Mason University student Georgia Brown organizes the Fairfax Court Slavery Index by searching more than 10,000 references to slaves in the Fairfax Circuit Court Historic Records Center will and deed books that date from 1742 to 1870.**

for better or for worse, were more intimate," said Brown. "It was actually quite rare to see a will where the slave owner was indifferent or wanted his slaves sold. Unless a sale was absolutely necessary to provide for their families, most owners would do anything to keep their slaves."

**THE MOST FASCINATING** wills, says Brown, were those that included emancipations. "Every time I saw 'to be freed' my heart would skip a little," she said. "Some emancipations were straight to the point, while others were almost a love letter to their former slaves. I will admit that some of the words of respect made me tear up a little."

Brown hopes that her project will serve as a model for counties in other parts of the south. "A project such as this is very doable," she said. "The process can be grueling, but it is definitely a labor of love when we see all the people who are no longer lost in the archives."

Bollinger and others in the research group say they haven't had anyone find an ancestor from the database compiled so far, and they estimate that it will be more than one year before the project is complete. Anyone interested in searching the records should contact the Fairfax Circuit Court Historic Records Center at 703-246-4168 or [historicalrecords@fairfaxcounty.gov](mailto:historicalrecords@fairfaxcounty.gov).



**This is one of the documents that contained data for the Fairfax Court Slavery Index.**

## For More Information

Anyone interested in searching the Fairfax Court Slavery Index should contact the Fairfax Circuit Court Historic Records Center at 703-246-4168 or [historicalrecords@fairfaxcounty.gov](mailto:historicalrecords@fairfaxcounty.gov)

## CENTREVIEW

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# ENTERTAINMENT

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

## ONGOING

**Carolina Shag Dance.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit [www.nvshag.org](http://www.nvshag.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](http://www.childsci.org) for more.

**Science Solutions Workshops.** 2:15-3:15 p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will apply science, math and engineering solutions to help the owners of the "E.Z. Science Journal." They will create sand clocks, design an experiment, build a stronger egg carton, solve knot puzzles, design journal cover art,

sketch and construct a new invention, and develop more efficient delivery routes. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org) for more.

## WEDNESDAYS THROUGH MARCH 9

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

## 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](http://www.childsci.org) for more.

**Science Solutions Workshops.** 11:15 a.m.-12:15 p.m. at Children's Science Center, 11948 Fair Oaks Mall, Fair Oaks. Children will apply science, math and engineering solutions to help the owners of the "E.Z. Science Journal." They will

create sand clocks, design an experiment, build a stronger egg carton, solve knot puzzles, design journal cover art, sketch and construct a new invention, and develop more efficient delivery routes. The price per participant is \$160. Visit [www.childsci.org](http://www.childsci.org).

## THURSDAY/MARCH 3

**"Saving Time: Conserving Astronaut Chronographs."** 12:30 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Jennifer Levasseur talks to the public. Free. Call 703-572-4118 or visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy).

## 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. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for more.

## MARCH 4-26

**Photos with the Easter Bunny.** Monday-Saturday 10 a.m.-8 p.m., Sunday 11 a.m.-6 p.m. at Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. The Easter Bunny will greet visitors in Bunnyville — a three-dimensional town for children to explore. Bunnyville features many places to visit including Hoppin' Fresh Bakery, Hare Salon and 24 Carrot Bank. The last stop is an opportunity to visit with the Easter Bunny and have photos taken. Free. Visit [www.shopfair Oaks Mall.com](http://www.shopfair Oaks Mall.com).

## SATURDAY/MARCH 5

**Stretch & Sip.** 11 a.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Take a 90-minute yoga class followed by a glass of wine. \$13.50 for club members, \$15 for non-members. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for more.

**Girl Scout Cookie Tasting.** 12 p.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](http://www.wineryatbullrun.com) for more.

## SATURDAY-SUNDAY/MARCH 5-6

**D.C. Big Flea Market.** 9 a.m.-6 p.m. Saturday, 11 a.m.-5 p.m. Sunday at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. Find period and country furniture, collectibles, and more. Tickets are \$10 for both days. Visit [www.dullesexpo.com](http://www.dullesexpo.com).

## SUNDAY/MARCH 6

**Girl Scout Cookie Tasting.** 12 p.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](http://www.wineryatbullrun.com) for more.

**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](http://www.fairfaxcounty.gov).

## THURSDAY/MARCH 10

**Authors Panel.** 7 p.m. at Centreville Regional Library, 14200 St. Germain

Drive, Centreville. Art Taylor, author of "On the Road with Del & Louise," leads a panel of novelists and short story writers whose work treads between literary fiction and crime writing. Visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov).

## FRIDAY/MARCH 11

**Sipping & Painting.** 6:30 p.m. at the Winery at Bull Run, 15950 Lee Highway, Centreville. Instructors give step-by-step instructions to create a painting of a sunset. \$40 for club members, \$45 for non-members. Visit [www.wineryatbullrun.com](http://www.wineryatbullrun.com) for more.

## SATURDAY/MARCH 12

**Author Talk: "George Washington's Mulatto Man: Who Was Billy Lee."** 11 a.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Author Jim Thompson will talk about tracing the tragic yet fascinating life of Billy Lee, George Washington's personal servant. Copies of his new book will be for sale. Free. Visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov).

## FRIDAY-SUNDAY/MARCH 11-13

**National Capital Boat Show.** 12-8 p.m. Friday, 10 a.m.-7 p.m. Saturday, and 11 a.m.-5 p.m. Sunday at Dulles EXPO & Conference Center, 4320 Chantilly Shopping Center, Chantilly. Dealers from Virginia and Maryland will showcase jon boats, yachts and more. Marinas, electronics, water sports and safety equipment will be on display. Also meet experts on insurance, financing, repair, maintenance and boating safety. Tickets are \$10, free for children 16 and under. Visit [www.dullesexpo.com](http://www.dullesexpo.com).

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# SPORTS

## Westfield in Need of 'Soul Searching' After Loss

**Bulldogs to face Hylton in state quarterfinals Friday at Robinson.**

BY JON ROETMAN  
CENTRE VIEW

Last year, the Westfield boys' basketball team entered the state tournament on a win streak and left with a lesson in dealing with adversity after a heart-breaking 47-46 loss to Colonial Forge in the championship game.

This year, after Westfield lost to Battlefield in the 6A North region championship game on Feb. 27, the Bulldogs need to pull a 180 at states.

Battlefield defeated Westfield 77-72 in the region tournament final on Saturday at Robinson Secondary School, snapping the Bulldogs' 22-game win streak. Shonari Street made a pair of free throws with 1:54 remaining, giving the Bobcats a 63-61 advantage, and Battlefield held the lead for the remainder of the contest.

"They out-rebounded us and they out-toughed us and that's the moral of the story," Westfield senior Tyler Scanlon said. "They got 50-50 balls and we didn't. They executed a game plan better than we did today, that's really the bottom line. They were the better team."

Scanlon led Westfield with 32 points, including 24 in the second half. His 3-pointer with 2:22 left in the fourth quarter tied the score at 61, but the Bulldogs weren't able to regain the lead.

Unlike last season, when Westfield won 25 straight games before ending the year wondering what could have been, the Bulldogs are facing adversity prior to the state tournament, in need of a three-game win streak to take home the title.

"The good news is, we've got a couple more games left to try to play," Scanlon said. "That one exposed us for a lot of things that we need to look at. We need to go back and look internally. We need to do a lot of soul searching after that one. We got out-



PHOTOS BY WILL PALESCAR

**Westfield senior Tyler Scanlon scored 32 points during the Bulldogs' loss to Battlefield in the 6A North region championship game on Feb. 27.**

worked."

First up for Westfield, the No. 2 seed from the 6A North region, is a state quarterfinal matchup with Hylton, the No. 3 seed from 6A South, at 5:30 p.m. on Friday, March 4 at Robinson Secondary School. The winner will face the winner of Woodside and West Potomac in the semifinals at 9 p.m. on Tuesday, March 8 at VCU in Richmond. The state final is scheduled for 9 p.m. on March 9 at VCU.

Westfield head coach Doug Ewell said Saturday's loss to Battlefield could benefit

the Bulldogs.

"I think that we will grow really quick," Ewell said. "It might be the best thing to happen to us. ... Probably deep down we wish it would have happened earlier, and not in a championship game, but at the same time it is what it is."

Westfield's Hank Johnson scored 13 points against Battlefield. Blake Francis finished with 11 points and Kory Jones added 10.

The night before the region final, Westfield overcame a fourth-quarter defi-



**Blake Francis and the Westfield boys' basketball team will face Hylton in the state quarterfinals on March 4.**

cit to beat West Springfield 67-61 in overtime.

The Spartans led by four and had possession with 22.9 seconds left in regulation but couldn't hold on. Francis scored five points in the final 12.7 seconds to help force overtime.

"I'm excited to be still playing," Ewell said after Saturday's region final loss to Battlefield. "There's only eight teams left in this whole state in 6A. We're excited to still have the opportunity [to play]. ... We've got a three-game run. Let's try to win all three."

### SCHOOL NOTES

Email announcements to [centreview@connectionnewspapers.com](mailto:centreview@connectionnewspapers.com). Photos are welcome.

Students at **Centreville Elementary** have formally challenged students at nearby **Union Mill Elementary** to a reading contest that runs through April 1. The challenge is a myON reading challenge; students who read for the most minutes on myON will win. The goal is to have students at the two schools read for 1 million minutes. The winning school will be announced at the annual staff volleyball game on Friday, April 8, at Centreville High.

The following students made the president's list at James Madison University for the fall 2015 semester: **Kerri Lawlor** of Centreville, communication sciences and disorders; **Caroline Cook** of Centreville, finance; **Sarah Farooqi** of Centreville, geographic science; **Nicholas Benedetto** of Centreville, integrated science and technology; **Irene Lee** of Centreville, interdisciplinary liberal studies; **Maggie McInturff** of Centreville, kinesiology; **Emily Spicer**, of Centreville, management; **Stephanie Rathjen** of Centreville, media arts and design; **Nora Winsler** of Centreville, music; **Rebecca Baumgart** of Centreville, nursing; **Emily Oliver** of Centreville,

psychology; **Lily Takahashi** of Centreville, psychology; and **Zackery Shealy** of Centreville, writing, rhetoric and technical communication.

**Carrie Hill**, a senior English major from Centreville, was named to the fall 2015 president's list at Bob Jones University (Greenville, S.C.).

**Manav Sarkaria** and **Megan Riedel** have been named to the Miami University (Oxford, Ohio) dean's list.

**Andrew Kapinos**, of Centreville, was named to the dean's list at Delaware Valley University (Doylestown, Pa.) for the fall 2015 semester.

**Grace Coleman** is one of the 109 Stevenson University (Owings Mill, Md.) student-athletes who has been named to the fall Middle Atlantic Conference academic honor roll.

**Natalie Webb**, a junior entrepreneurship major at Grove City College (City Grove, Pa.), has been named to the dean's list with distinction for the fall 2015 semester. Webb is a 2012 homeschool graduate and the daughter of Connie and William Webb from Centreville.



PHOTO CONTRIBUTED

### Million Meter Madness

**The Westfield High School Crew will be holding its third annual Million Meter Madness event on Friday, March 12, 7 p.m. in the Westfield High School cafeteria. High School student-athletes will row a combined total of**

**1,000,000 meters on rowing machines. Each rower on the team commits to rowing at least 10,000 meters (over 6.2 miles) to raise money for the team. Pledge at [www.westfieldcrew.org/sponsors-fundraising/million-meter-madness](http://www.westfieldcrew.org/sponsors-fundraising/million-meter-madness). Click on the donation button to sponsor a rower by name or to make a general donation. This year, the crew team is rowing to raise funds for oars and ergs (rowing machines) to replace the older ones currently used. Crew is not a Fairfax County School sponsored sport, so the team relies on donations to replace worn out equipment.**



## WELLBEING

# Managing Medication

**“Let’s Talk about RxSM” helps seniors avoid prescription drug mishaps.**

By MARILYN CAMPBELL  
CENTRE VIEW

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

“She was having bad hallucinations, and it turns out that she’d taken the wrong combination of medicines,” said Russell. “She was on about 11 different medications, some for her blood pressure, and she was administering them to herself.”

**MEDICATION ERRORS** are not uncommon, according to a recent survey by Home Instead Senior Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication

**“... their medication is something that people generally like to have control over.”**

— Ian Lovejoy, Home Instead Senior Care

misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

“If you notice a change in personality or thinking, or if they’re having a mobility issue or if they seem sluggish, those are signs of medication mismanagement,” said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program called “Let’s Talk about RxSM” (prescription self medication). This program is designed to inform seniors’ families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

“Our goal is to keep seniors at home and safe,” said Lovejoy. “We want the daughter and the son not have to focus on the pill bottle.”

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

“If an adult child sees that their parent is on many medications, I would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit,” said Omobola Oyeleye, an assistant professor of nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

## For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>



PHOTO COURTESY OF HOME INSTEAD SENIOR CARE

**A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.**

“They can go through each medication with the doctor and find out what it’s for. Sometimes, for example, someone might be taking a medication that was prescribed six months ago for a condition that has already cleared up.”

Oyeleye suggests a conducting what she calls a medication reconciliation in order to determine whether someone is taking multiple medications for the same condition. “What you might find is that one medication exacerbates or even negates the other,” she said.

Trisha Brechling Miller, 57 of McLean, has managed the medications for both her 85-year old husband, Larry, and her 84-year old mother. After Larry fell, broke his hip and became immobile, Muller began using a calendar to keep his medication schedule in order. “I have a calendar that helps keep me organized as to what he needs to take and when,” she said. “If it changes, I update it.” Miller, a Home Instead Senior Care client, is also assisting her mother in creating a medications calendar.

**CONVERSATION ABOUT MEDICATION** can be fraught with tension. A perceived loss of freedom is one factor that can make getting involved in managing family members’ medication complicated, says Lovejoy.

“It’s just one more thing that they’re losing control over,” he said. “Along with the car and their mobility, their medication is something that people generally like to have control over.”

Clear lines of communication are necessary, as families often play a critical role in intervening and preventing a possible negative outcomes.

“My husband is on 10 different medications, and we’re able to manage his medications, but there are people who can’t do that. Those people tend to rely on family,” said Sheila Moldover of the Potomac Community Village in Potomac, Md. “They need children or close friends who handle it for them.” The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as long as possible.

Gaining empathy from a parent and making it about the child’s feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. “It’s important to communicate the emotional stress that potential medication mistakes can cause for a loved one,” he said. “Let your parent know that you are concerned. Your parents don’t want you to be upset.”

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# It Just So Happens...



By KENNETH B. LOURIE

That as I sit and attempt to write next week's column, I am doing so on the exact date, February 27th, seven years ago when I met the oncologist who delivered to me, my wife, Dina and my brother, Richard (a.k.a. "Team Lourie") the devastating news that would change my life/life expectancy forever. A phone call from my internal medicine doctor the previous week had confirmed that the biopsy indicated a malignancy in my lungs and an appointment with an oncologist to discuss the details was recommended. A week later, "Team Lourie" met the oncologist who advised us that the tumors were in fact non-small cell lung cancer (NSCLC), stage IV; "inoperable, incurable," and with a "13-month to two-year" prognosis. After reviewing the recent medical history that led up to this appointment, and then discussing with the doctor the various alternatives/treatment protocols – and likely outcomes, we all agreed that I should begin every-three-week chemotherapy as soon as possible. And so, six days later, on the following Wednesday, it began. The rest, as you regular readers know, is history, and "history" which I'm proud to say is still being made.

However, as much as this date is about me – and as a cancer patient, you're often told: "it's all about you" – I can't appreciate my life (and amazing good fortune) without expressing my condolences generally to all the newfound friends, acquaintances, a few relatives and the miscellaneous names; some famous and noteworthy, many not, whom I have heard about and read about, who have succumbed to this terrible disease. A disease which, at least when I was originally diagnosed, offered patients very little hope of surviving even beyond two years; I'm living into my eighth year now. My oncologist refers to me as his "third miracle," a moniker I am happy to embrace and incredibly fortunate to have earned with a disproportionate amount of luck, perseverance and a positive, self-effacing, find-humor/make-humor, take-the-good-with-bad and the-bad-with-the-good approach that if I believe any of what I've been told by numerous medical professionals, has likely contributed to my overall good health. And though there are no guarantees offered or given in oncology, I am at least one example of a grim tale that turned out not to be a fairy tale.

Let me be clear: I am not in remission. I am still under the regular and recurring care of my oncologist. I still receive chemotherapy infusions every four weeks. I still go for diagnostic scans every three months, and a follow-up appointment with my oncologist a week or so later for evaluation and assessment. I still live every day knowing there remains no cure for what ails me. And as written about in last week's column, "A Further Explanation," the experience has changed me forever, no doubt reflecting the ongoing demands of being diagnosed with a terminal form of cancer, a diagnosis which is all it's cracked up to be.

But dwelling on this reality serves no purpose. And living as if today is my last day doesn't resonate with me either. I prefer to live my life as much as possible, anyway, as how I would otherwise live it: no bucket lists to fill or must-haves or must-dos. Instead, I'd rather do what I must and live as I have: consistent with who I am and who I've become: a seven-plus year cancer survivor amazed to still be alive and appreciative of all the help and encouragement I've received along the way.

One might think being diagnosed with cancer/living with cancer is a solitary pursuit, and in many ways, I suppose it is; but in my sharing, I've found caring, and I believe there's strength in those numbers. Happy Anniversary to me and to all my fellow cancer patients who claim this date as a significant milestone; be it one day, one week, one month, one year or multiple years. Congratulations to us all. We deserve it!

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

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# 20 Heroin Arrests in a Day

FROM PAGE 1

the individuals were men and the rest women, and were spread out, nearly evenly, across all magisterial districts in Fairfax County, except McLean.

Once the individuals were taken to the Fairfax County Adult Detention Center, most went before a magistrate or judge and were given the choice to either be transported to the Merrifield Crisis Response Center and submit to being evaluated for services, or remain at the jail.

Fairfax-Falls Church Community Services Board assistant deputy director Lyn Tomlinson said the vast collaborative event falls under the "Diversion First" program intended to keep certain offenders out of jail.

For those who could benefit from treatment at the CSB, Tomlinson said they "would be better served with services than incarceration.

"Recovery is truly possible," she continued. "We're proud of the individuals who decided to take a chance on treatment. It's not an easy decision, I appreciate their courage."

Supervisor Pat Herrity (R-Springfield) brought a board matter before the Fairfax County Board of Supervisors in October 2014, explaining there had been a 163 percent rise in heroin overdoses in northern Virginia between 2011 and 2013, and asking the Board to have the County Executive investigate the problem further.

"It starts with awareness," Herrity said at the press event. Deaths from overdose "exceed car deaths in Virginia," he said. "It's underreported, and bigger than we think."

Thirty-year-old Nick Yacoub of Great Falls added a human element to the discussion, sharing his story of substance abuse that dates back 20 years when he began using prescription medicine that was not his. Prescription drugs were eventually replaced by heroin and other substances, Yacoub said, but regardless, "Addiction is addiction."

At his worst, or at the greatest extent of his addiction, Yacoub said he had a \$3,000 per week habit that he financed in part by selling drugs, as well. "I considered it as still partying and having fun," what he had been doing at ages 19-21.

Yacoub entered a 28-day recovery program after being arrested for Driving Under the Influence. He himself had been evaluated at the CSB, and credits the services he received, as well as a strong support networks of friends and family for helping him turn his life around.

Yacoub is now a peer support specialist supervisor and senior recovery coach with Substance Abuse Addiction and Recovery



PHOTO BY TIM PETERSON/THE CONNECTION

**Peer support specialist supervisor and senior recovery coach with Substance Abuse Addiction and Recovery (SAARA) Nick Yacoub said he has been sober and completely substance-free for eight years.**

(SAARA). He also spends a lot of time speaking in public settings about his story.

"I'm comfortable in my own skin today," Yacoub said. "I don't hate what's looking back, I'm not a chameleon, I'm consistent."

Yacoub wanted to emphasize that people struggling with addiction are facing a disease.

"It doesn't turn them all into liars, cheats and thieves," he said. "They're not bad people trying to be good, they're sick people."

Though the Diversion First program was not instituted in its current form

when he was arrested, Yacoub said he believes it would have helped him.

Captain Hardin acknowledged the importance of a smooth handoff between police and the CSB, for helping more individuals like Yacoub get the recovery services they need. "Enforcement alone is not going to solve this problem," he said.

**FOR MORE INFORMATION** about heroin use in Fairfax County, and what the government is working on to reign it in, visit [www.fairfaxcounty.gov/news2/confronting-heroin-in-our-community](http://www.fairfaxcounty.gov/news2/confronting-heroin-in-our-community).

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