

# Chantilly CONNECTION

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## HomeLifeStyle

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**Former Fairfax County Police Chief Dave Rohrer with the memorial to Det. Vicky Armel and MPO Mike Garbarino behind him.**

## 'We'll Never Forget Vicky And Mike'

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## Chantilly High Presents 'Charlie and the Chocolate Factory'


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PHOTO BY BONNIE HOBBS/THE CONNECTION

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NEWS

‘A World of Pure Imagination’

Chantilly High presents  
“Charlie and the Chocolate  
Factory.”

By BONNIE HOBBS  
THE CONNECTION

Willy Wonka, Charlie Bucket and a fleet of Oompa-Loompas will all burst upon the stage during Chantilly High’s upcoming children’s play, “Charlie and the Chocolate Factory.”

The curtain rises Friday, May 20, at 7 p.m.; Saturday, May 21, at 2 and 7 p.m.; and Sunday, May 22, at 2 p.m. in the school theater. Tickets are \$5 at the door or via [www.chantillyhsdrama.com](http://www.chantillyhsdrama.com).

Wonka owns a chocolate factory and offers tours of it to whoever can find the golden tickets hidden in Wonka chocolate bars. A motley assortment of spoiled children finds them, as does a sweet, little boy named Charlie.

Chantilly’s show features a cast and crew of 45 and some of the roles are double-cast. And in this version, Willy Wonka is female. “It’s such a fun show and one of my childhood favorites,” said Director Shannon Khatcheressian. “I read the book countless times growing up, so I was excited to get to bring it to life onstage.”

She said her actors are doing great because “they know the story and are excited about playing those characters. So they’ve brought a wonderful level of



PHOTO BY BONNIE HOBBS/THE CONNECTION

Caleb Mitchell (as Charlie) is congratulated by Emily Fareid (as Willy Wonka) for finding a golden ticket.

energy and enthusiasm to their roles. And I love the fact that this show will appeal to all ages. The scenes take place in the Bucket household, inside the chocolate factory and outside the factory gates. An artist

SEE A WORLD, PAGE 4



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PHOTOS BY BONNIE HOBBS/THE CONNECTION



Capt. Bob Blakley reflects on Det. Vicky Armel and MPO Mike Garbarino.

Seated in front row are (from left) Sue Garbarino and her daughters.

# 'We'll Never Forget Vicky and Mike'

New memorial dedicated to Armel and Garbarino.

BY BONNIE HOBBS  
THE CONNECTION

**M**ay 8, 2006 is a date seared into the hearts and minds of everyone who remembers the tragic events that happened that day at the Sully District Police Station. It was when a heavily armed teen took the lives of two police officers — Det. Vicky Armel, 40, and MPO Mike Garbarino, 53.

And Sunday afternoon — 10 years to the

day afterward — their community, colleagues, friends and families gathered in front of the station to honor them. They shared remembrances and dedicated a new, public memorial — created and donated by Merrifield Garden Center — in their names.

"On the 10<sup>th</sup> anniversary, we wanted to refresh our memorial," said Capt. Bob Blakley, the station commander. "We chose one large, blue vase symbolizing the thin, blue line — the police — and our larger, public-safety family, overflowing with love and joy. We dedicate it to Mike and Vicky

and as a reminder of our long-lasting relationship with our public-safety family."

The nightmare 10 years ago began around 3:40 p.m. on a Monday, when the shooter, Michael Kennedy, carjacked a van and drove into the police station's rear lot. Unarmed, Garbarino was tending to things inside his cruiser there before leaving on vacation. Standing a few yards away, Kennedy fired more than 20 rounds at him with an AK-47-type rifle.

Garbarino was struck five times. Yet although gravely wounded and in pain, the

23-year police veteran alerted other officers to the danger via his cruiser's radio. He provided suspect information, told the police helicopter where to land and warned other officers to approach from the front of the building so they wouldn't walk right into harm's way

He also prayed to God and told his fellow officers, "I'm not going to die here." And indeed, Garbarino held on in the hospital for nine more days, but succumbed to his injuries May 17, 2006.

Armel had gone outside to respond to the carjacking and, when she reached her

SEE NEW MEMORIAL. PAGE 7



Some of the police officers at the remembrance ceremony.



The new memorial by photos of Det. Vicky Armel and MPO Mike Garbarino.



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The golden-ticket holders are (from left) A.J. Kapfer (as Mike Teavee), Caleb Mitchell (Charlie Bucket), Jared Belsky (Augustus Gloop), Emily Fareid (Willy Wonka), Melanie Wendo (Violet Beauregard) and Caroline Woodson (Veruca Salt).

PHOTO BY  
BONNIE HOBBS  
THE CONNECTION

## ‘A World of Pure Imagination’

FROM PAGE 2

is providing beautiful, animated scenery via projections, and the audience will get a kick out of seeing the chocolate river actually moving.”

Furthermore, said Khatcheressian, “The bright and colorful costumes will reflect the zany characters. And the Oompa Loompas will tell their stories via shadow play, which gives us more artistic freedom.”

Sophomores Annie Silva and Emily Fareid play Wonka. “She’s very eccentric and excited about her work,” said Silva. “From the outside, she seems like

a crazy person, but she’s really just passionate about her chocolate company. She’s goofy and funny, and sometimes a little scary to the kids who are annoying. But she’s sweet to Charlie, who’s the kind kid.”

Silva loves her part because “Wonka makes such large, physical movements and gesticulations. And she has a lot of funny one-liners that I think the audience will really enjoy. It’s also exciting because it’s a role I’ve known and loved my whole life. And it’s my first lead, plus there’s a good ensemble cast, and

SEE CHARLIE, PAGE 5



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## NEWS

# 'Charlie and the Chocolate Factory'

FROM PAGE 4

it's nice to get support from them onstage."

She said the audience will also like the show's "cool, technical aspects, making projections onto the stage to set the scenes. It's a classic story and kids will really enjoy it. The plot also has great heart and shows a good kid finally getting what he deserves."

Portraying Charlie, 11, is sophomore Caleb Mitchell. "His family is poor, but Charlie's positive and doesn't get into any trouble," said Mitchell. "He's also friendly and optimistic."

Mitchell said it's fun playing a young child because he gets to "act like a kid. I also interact with all the characters. It's nervewracking playing the lead because there's so much to memorize. But I honestly love acting and am happy to get to be the main character in a movie I grew up watching."

He said everyone in the cast is having fun and the actors make the show "cool and interesting. It's a story familiar to the audience and people will really like seeing it."

Sophomore Javier Leon plays Charlie's Grandpa Joe. "He's enthusiastic about absolutely everything," said Leon. "When everyone else looks at something from a near-death experience, he finds the light in it. He's excited about life and is a kid at heart."

Leon, too, is enjoying his role because,

"Although Joe is the grandpa, it still feels like he won a golden ticket, as well. He does a lot of fun, crazy, unexpected things and is always wishing for the best."

He said the audience will like the actors and the show will be "a lot of fun for the kids. There are a lot of goofy jokes, and kids will feel like they're actually there in the chocolate factory because they'll be seeing it right in front of them."

Sharing the role of Veruca Salt are sophomores Alayna Lee and Caroline Woodson. "Veruca is the epitome of all the bratty children who find the golden tickets," said Woodson. "She wants what she wants; and if she doesn't get it, she's going to throw a tantrum until she does. She's very determined and knows where she's going, but she doesn't always act on it in the right ways."

"I really like playing her," continued Woodson. "I've typically portrayed nice and happy characters, so it's fun to play something different. I get to go absolutely over the top; and because it's a children's show, I can be as bratty as I want and don't have to worry about overdoing it."

She said the audience will enjoy "the variety of characters — kids from every background they can relate to. And the moving projections will help absorb the audience and make them feel more immersed in the show."



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# OPINION

## America's Anti-Trafficking Efforts...

### ... Hollow victories for public accolade.

By Dr. Kimberly Mehlman-Orozco

Each day there is more media on the human trafficking scourge in America with heart-wrenching stories about women, men, and children who are forced, defrauded, or coerced into exploitation. Whether it is the pimped child, the indentured migrant laborer, or the domestic slave, the headlines are always the same “victim saved” and “offender arrested,” but this narrative masks the reality of the situation. Despite being arrested, few traffickers are ever convicted of human trafficking offenses and those who are typically receive “slap on the hand” sentences. All the while, the majority of trafficking survivors are re-victimized and criminalized through arrest, prosecution, detention, and/or deportation. These victims are rarely “saved” as the media stories suggest, but rather remain “disposable people” in the shadows of heartland America.

I first became aware of this reality gap while sitting in an audience of anti-trafficking policy makers, law enforcement officials, and service providers, listening to Frank Wolf (R), mem-

ber of the U.S. House of Representatives from Virginia's 10th district. There were multiple news agencies recording his speech and taking down notes. He was touting the human trafficking prosecution of Peach Therapy, an erotic massage parlor located in my hometown, midway between my mother's home and my high school. Unbeknown to most in the community that surrounded it, the business was a front for a full service brothel. According to the official Department of Justice press release, the massage parlor proprietor, Susan Lee Gross, was bringing girls from South Korea to New York, and trafficking them down I-95 to my Virginian suburb, for the purpose of commercial sexual exploitation.

Representative Wolf portrayed the conviction as a prime example of the efficacy of his federally-funded efforts to combat human trafficking locally. However, prosecuting erotic massage parlors engaged in human trafficking is often described as “playing a game of whack-a-mole;” shut one down and another will pop right back up, sometimes in the same location or under a different name. Victims are often afraid to cooperate with law enforcement and legal representation for offenders will exploit their credibility gaps, such as undocumented foreign national status, drug use, or coerced co-offending. If law enforcement gets too close, offenders will strategically “sell” the business and change the name in order to evade arrest

and prosecution, bringing investigators back to square one.

Not for a lack of trying from law enforcement, but less than .01 percent of human traffickers are ever convicted for their crimes.

The need to combat human trafficking is one of the few issues that all politicians, Republican or Democrat, can agree on. For example, in the race for presidency, Bernie Sanders, Hillary Clinton, Marco Rubio, and Carly Fiorina (to name a few) have all discussed the need to address the human trafficking scourge in the United States. However, legislators, law enforcement, and victim service providers need to be forthcoming regarding the lack of efficacy of current anti-trafficking efforts. Without an evidence base of support, passing new pieces of costly legislation may not be the answer. America needs to understand that behind the politicians touting arrests for public accolade and the click-worthy headlines on federal prosecutions, human trafficking enterprises continue to flourish in plain sight.

With human trafficking especially, law on the books has yet to translate to law in action.

*Author Dr. Kimberly Mehlman-Orozco holds a Ph.D. in criminology, law and society from George Mason University, with an expertise in human trafficking. She currently serves as a human trafficking expert witness for criminal cases and her book, “Hidden in Plain Sight: America's Slaves of the New Millennium,” is contracted for publication with Praeger/ABC-Clío.*

## ‘Footloose’ Takes Off at Westfield High

By Isabella Whitfield  
Paul VI Catholic High School

Westfield High School's production of “Footloose” [April 30] was full of standout performances both on the technical and performance scales. This fun-loving musical was a definite crowd pleaser, and had audience members clapping and getting into the music.

Based off the 1984 film of the same name, “Footloose” was nominated for four Tony awards. While most critics claimed that the script was not very well-written, the vibrant cast made the show a hit. When a teenage boy named Ren moves from Chicago to Bomont following his father's abrupt abandonment, he is shocked to find that dancing is illegal. This anti-dancing law was passed after four teenagers were killed in a car accident after leaving a dance. One of the deceased is Reverend Shaw's son. The Reverend's daughter Ariel, a reckless girl tired of her father's strict rules, becomes infatuated with Ren. With showstopping songs and much illegal dancing, they try to overturn the law while bringing some long overdue healing to Bomont.

One of the most impressive aspects of Westfield's “Footloose” was the lights. The lighting crew (Kristen Chiama, Alison Tickner, Katie Sanfield, Hallie Puckett) pulled out all the stops with their design and execution. The true fun spirit of the show was portrayed through colorful disco lights, creative wave and flower designs, and neon lights lining the edge



PHOTO BY HEATHER CHESKY PHOTOGRAPHY

**From left to right: Kaley Haller, Shaina Greenberg, Molly Van Trees, Aubrey Cervarich, Gabby Moses**

of the stage. Also equally impressive was the set design (Kristen Chiama, Isaac Mantelli). One of the most prominent set pieces was the beautiful stain glass window which was appropriately illuminated throughout the show. The set design also had many levels which worked to create some beautiful stage pictures.

Starring as Ren, Conner Rudy proved to be a technically advanced dancer by executing difficult dance moves with ease and confidence. The show's choreographers, Meredith Mehegan and Sarah Bresnahan, created fun dances that accommodated dancers with ranging skill levels. One character that stood out for his lack of dance expertise was Keegan Garant in the role of Willard. Garant had the

audience rolling in laughter with his cowboy gait and strong southern accent. Garant sold every single scene he was in by fully committing to his character's bold awkwardness. In “Mama Says,” Garant along with the Boy Posse put on an impressive performance both vocally and comically.

In his role of Reverend Shaw, Eni Oyeleye gave one of best vocal performances of the night. Not only was he a superb singer, but he was also able to simultaneously portray complex emotions. As the Reverend's daughter, Ariel, Molly Van Trees also gave an all-around great performance from her beautifully clear vocals to her believable stage chemistry with her character's ex-boyfriend, Chuck (Embrey Grimes).

While there were some sound challenges during the show, performers such as Shaina Greenberg (Rusty) dealt with them with absolute professionalism. In the scene leading up to Greenberg's big solo, “Let's Hear It for the Boy,” her microphone was not working. With the help of another cast member, Greenberg seamlessly integrated a hand-held mic to compensate for her unresponsive face mic. She then gave a wonderful performance that gave no indication of her prior sound struggles. As Rusty, Greenberg also brought a burst of energy whenever she came onstage.

Overall, Westfield High School's production of “Footloose” was filled with strong performances and fun dancing numbers that made audiences want to “kick off their Sunday shoes.”

## Chantilly CONNECTION

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A man in a commemorative shirt listens to Former Fairfax County Police Chief Dave Rohrer speak.



A wreath in honor of the two, fallen officers.

## New Memorial Dedicated

FROM PAGE 3

cruiser, Kennedy — armed with five handguns, an assault weapon and a high-powered rifle — arrived and began shooting at Garbarino. Armel made her presence known to Kennedy to draw fire away from Garbarino.

She and Kennedy exchanged gunfire, and a bullet from his 30-06 rifle pierced her ballistic vest and struck her in the chest. She made it back inside her cruiser, but was struck again in the legs. And even though mortally wounded, she still shot four more rounds, trying to stop the assailant. Meanwhile, other officers responded and Kennedy, 18, was killed in a shootout.

Both Armel and Garbarino left spouses, two children each, devastated colleagues and a grieving community. A year later, the Fairfax County Police Department awarded the officers Gold Medals of Valor, posthumously.

The Police Department narrative nominating Garbarino stated, "His actions will live on forever in the hearts, minds and souls of the officers and police department he loved. His truly unselfish final acts demonstrated his faith, care for fellow officers and his extreme dedication and professionalism."

In Armel's nominating narrative, police wrote, "Det. Armel showed remarkable bravery, courage and willingness to help her fellow officers at great risk to her life. She made the ultimate sacrifice and undoubtedly saved others as a result. Armel died as a war-

rior. Her final acts were a demonstration of her life and faith."

During Sunday's remembrance ceremony, Blakley acknowledged the dignitaries attending, including county Board of Supervisors Chairman Sharon Bulova, past and current Sully District Supervisors Michael Frey and Kathy Smith, Mason District Supervisor Penny Gross and Deputy County Executive for Public Safety David Rohrer. He also recognized Garbarino's wife and daughters, plus Armel's mother and sister, and thanked the police officers there from other stations "who are standing shoulder to shoulder with us today."

Chaplain Jim Heppler then addressed the crowd. "We're blessed to have had time to spend with our fallen officers we're here for today," he said. "Both were dedicated members of our community and good friends. We are grateful their love was able to touch so many people ... and we share with their loved ones the great pain of their deaths."

He said Garbarino and Armel shared a belief in eternal life. "The souls of the just are in the hands of God and they shall know eternal peace," said Heppler. "And the citizens of Fairfax County will keep alive the memory of Vicky Armel and Mike Garbarino."

Also taking the podium was Rohrer, who was the county's police chief at the time of the tragedy. "Today, on Mother's Day, we honor all the mothers, including Vicky's mother, and Mike's wife, Sue," he said.

SEE REMEMBERING, PAGE 10



Lt. Col. Tom Ryan



Sue Garbarino (on left) chats with old friends after the ceremony.

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# Westfield Boys' Lax Earns Region Tournament Berth

## Bulldogs hold off Herndon in Conference 5 tournament.

BY JON ROETMAN  
THE CONNECTION

**T**he Westfield boys' lacrosse team managed to keep its season alive Friday, but not without a little tension and controversy.

Despite producing a 2-9 record during the regular season and failing to win a conference game, Herndon trailed Westfield by one and had possession with less than 30 seconds remaining in the opening round of the Conference 5 tournament. The Hornets, however, failed to score and had their season end with a 12-11 loss to the Bulldogs on May 6 at Westfield High School.

During Herndon's final possession, the clock operator started the clock prematurely, allowing at least six seconds to run off. Herndon head coach Dave Baggetta said while he was frustrated by the clock error, it did not cost Herndon the game.

"When the clock runs like that, it's definitely frustrating but that is part of having home-team advantage," Baggetta said. "But the flip side of that is we had opportunities throughout the course of the game that we didn't finish on. So while that would have been one more opportunity for us that may have given us a chance, we had other ones throughout the course [of the game]. Westfield played a good game start to finish. It would have been nice to have that full 25 seconds, it would have given us a

**Sean Eckert (2) and the Westfield boys' lacrosse team earned a region tournament berth with a 12-11 win over Herndon on Friday in the Conference 5 tournament.**



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



**Westfield's Joey Franchi scored three goals against Herndon.**

No. 3 Westfield all it could handle and Baggetta is hoping the Hornets can build off the performance during the offseason.

"I look at tonight as a perfect example of what happens when you play as a team and you play with confidence," Baggetta said. "What I hope is that the boys learn from this and over the months to come that confidence grows so that when they start off next season, they're able to come out with confidence to start."

Herndon's Jonathan Durette scored five goals in the first half, but Westfield held the freshman attackman without a goal in the second half.

"We just told whoever was playing him to play him a little bit tighter, don't give him any space," Polizzotti said. "We weren't letting him get his hands free, from a defensive perspective."

Next up for Westfield is a Centreville team that beat the Bulldogs 12-9 on April 19 during the regular season.

The Conference 5 tournament championship game is scheduled for 7 or 7:30 p.m. on Friday, May 13.

## Record-Breakers

Chantilly junior **Brandon McGorty**, center, edges Loudoun Valley senior **Andrew Hunter**, right, and Fork Union senior **Alexander Lomong** to win the 800 meters at the Dogwood Track Classic, held May 6-7 in Charlottesville. The runners produced the top three high school times in the nation for 2016, according to trackandfieldnews.com, and each broke the previous meet record of 1:50.8, set in 1981 by Tunstall's John Hinton. McGorty won with a time of 1:48.58, Hunter placed second with a time of 1:48.64 and Lomong finished third with a time of 1:48.67.



PHOTO BY ED LULL

## Next: Conference Tournament

**The Westfield girls' soccer team defeated the WT Woodson Cavaliers 2-1 on May 5 on senior night. Forced to overtime, Westfield put the knockout punch to the Cavaliers when Christiana Davey, pictured, kicked in the game winner. Emma Kershner added the other goal for the Bulldogs. Westfield (7-5-1) will host Herndon at 6 p.m. on Monday, May 16 in the opening round of the Conference 5 tournament.**



PHOTO BY WILL PALENSCAR

## Bulldogs 12-6 Overall

**The Westfield baseball team defeated Fairfax Home School 4-3 in a non-conference matchup on May 6. Robert Hahnes beat the throw to home plate to score the winning run. The Bulldogs improved to 12-6 overall and 5-3 in Conference 5.**



PHOTO BY WILL PALENSCAR



PHOTO BY WILL PALENSCAR

## 19-17 Thriller

**The Westfield girls' lacrosse team lost a non-conference thriller to Woodgrove, 19-17, to wrap up the regular season on May 4. Olivia Markert and Nicki McNamara, pictured, led Westfield. The Bulldogs (8-6) received a first-round bye in the Conference 5 tournament and received an automatic region tournament berth. Westfield will face Centreville in the conference semifinals on Wednesday, May 11.**



## Creating Space for Family Oasis

Local designers unveil recent projects and offer tips.

BY MARILYN CAMPBELL  
THE CONNECTION

Lured outside by rising temperatures and blue skies, homeowners are deciding that it's time to spruce up patios, gardens and other outdoor living spaces. Local tastemakers are hard at work transforming winter-worn al fresco spaces into lively oases in time for a season of warm-weather entertaining.

"I have already been extremely active this season working with various clients in the region to focus on their outdoor spaces so that they may entertain outdoors as much as possible, for as long as possible this season," said Philip Smith, design consultant for Offenbachers, an outdoor furniture and accessories company with showrooms in Springfield and Fairfax. "I have looked to fresh, light and natural palettes, making an effort to mix materials whenever possible."

"Outside living areas should be an extension of your indoor space and style, so focus your energy on quality products," said Smith. "Consider accessorizing with throw pillows, rugs, lighting and potted plants, and leverage bright colors to be even more playful and on trend each season."

Smith points to a recent project in which he anchored the client's covered porch with four of their existing white Adirondack chairs, adding fresh pops of color with teal and yellow cushions. "It created a great transition from their kitchen, making it a natural extension of where they say most of their guests gather," he said.

Color is the anchor on a Bethesda, Md. porch that Kelley Proxmire, principal of Kelley Interior Design completely recently. "We used yellow as the main theme and added complementary elements such as plates displayed on the wall," she said. "Adding mirrors to an outside or seasonal space [also] gives it dimension and interest."

Families with luxurious outdoor living spaces are eager to use them often throughout the warm weather months, that's why it's a good idea for homeowners to "invest [and] choose quality pieces that are easy to maintain and can withstand weather, but easily be updated for style as needed over the years," Smith said.

When shopping for outdoor furniture, look for materials that can stand up to longer use and weather elements. High quality fabrics, says Smith, will not retain moisture and attract mosquitoes.

A longer season also means the need to factor in aesthetically appealing heat solutions, such as a fireplace or fire pit. "They serve as a great focal point and can aid in deterrence of mosquitoes," said Smith.

Creating a seamless transition from a home's interior to an outside living area is a trend that Smith recommends. "For another client whose dining space is closest to the patio entry, I actually brought in a new outdoor bench cushion to use in their dining room to tie in the new grey Lloyd Flanders Mackinac seating just outside on their patio," said Smith. "Since they experience a great deal of direct sunlight, then early shading due to their trees overhead, we [added] an underlit umbrella to give the most shade during peak times and offer ambience once the sun sets."

Foliage is another weapon in the war on mosquitoes. "Think succulent plant options to minimize water consumption and excess moisture [and] keep mosquitoes away," said Smith. "Feel free to mix materials and pieces to suit what looks and feels good to you to refresh what you already have."

Michael Winn, principal/owner of Winn Design + Build, transformed the deck of a McLean deck home. He advises those con-



PHOTO CREDIT COURTESY OF OFFENBACHERS

**Philip Smith, design consultant for Offenbachers, recommends Kingsley Bate outdoor furniture. He advises clients to invest in quality pieces.**

sidering adding such a space to design an outdoor area which can accommodate larger groups of people when entertaining. For example, he suggests "selecting doors, such as a quad-panel gliding door or full-swing French door, to create a large opening for joining the interior and exterior spaces."

Using a variety of levels for decks and patios is a trend that Winn advises homeowners to avoid. "They may look good, but they often limit the functionality of the spaces and can be tripping hazards for unaware guests," he said.

The guidelines for lighting an outdoor space are the same as interior spaces: ambient, task and accent. "All three should be considered for a layered effect," said Winn.



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Kathy Smith and Michael Frey at the reception.

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THE CONNECTION

# Remembering Armel, Garbarino

FROM PAGE 7

"We also remember May 8, 2006, and the loss of Vicky that day, and the loss of Mike on May 17. I don't need notes; these dates are burned in my soul."

"I also remember May 13 and May 20, [2006] — the [funeral] services we had — and the strength, grace and resolve of the men and women who serve the community, as well as that of the families and the children, especially," continued Rohrer. "That gave me such faith in the community. And I also think of the candle-light vigils we had here, done by the community, the police cruisers covered with flowers and the officers who were embraced by the community."

He said it showed the police that they're "respected, loved and cared for," and illustrated "the bond that was here in 2006." Then, quoting a poem by Emily Dickinson, Rohrer said, "Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all."

Similarly, he said, Armel's sons and Garbarino's daughters "have shown us strength in adversity and how to grow from it. We have never forgotten them and never will forget. And to the Board of Supervisors and the community, thank you for your ongoing support. We are truly blessed with you and with the police men and women who serve our community. We will never forget Vicky and Mike, and the best way to honor them is to re-dedicate yourselves to being the best police officers possible."

Also speaking was county police Lt. Col. Tom Ryan, there on behalf of Chief Ed Roessler, who was unable to attend the ceremony. "Ten years ago today, the lives of so many of us were changed in a moment," said Ryan. "And that day, Officers Garbarino and Armel gave their last, full measure of devotion to serving others."

"Where do such honorable men and women come from?" he asked. "Badly wounded and in need of help, Mike thought of others, pleading with the dispatcher to keep his fellow officers away. And alone in a parking lot, Vicky knew she was outmatched, but she drew the fire of the shooter to protect others."

"As we gather here today, we're honoring Mike and Vicky by re-dedicating ourselves to the protection of the community. Our deepest condolences go to Vicky's husband Tyler and sons, Thomas and Mason, her mother Betty and her sister. And the same to Mike's wife Sue and daughters Katie and Natalie. You will always be part of our family."

The ceremony ended with a moment of silence for Armel and Garbarino, followed by a reception inside the station. There, Sue Garbarino said she couldn't believe it's been 10 years and that she and her family are doing well. She's engaged to a pilot, Katie's been married almost a year and Natalie will soon start her junior year at college, studying elementary education.

"I still have huge support from the public-safety community," said Sue Garbarino. "And I'm volunteering with the Virginia Public Safety Foundation. I did a segment for their website about being a survivor and raised funds for building a wall for all of Virginia's fallen first responders. It's in Richmond, by the capitol, and went up in December 2014."

SEE MEMORIAL DEDICATED, PAGE 11

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## Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well — presumably, that I've stopped doing them: ingesting three teaspoons of puréed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good — and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," — then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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



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## Memorial Dedicated

FROM PAGE 10

She was also pleased with Sunday's ceremony. "My husband said, if anything ever happened to him in the line of duty, to make sure they never forget him and that [the police] learn from the actions so they can never be repeated," she said. "They haven't forgotten, and that's helped a lot with our healing, the total support and love we've had from the Police Department. So we've had a lot of blessings from such a terrible tragedy."

### BULLETIN BOARD

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

### KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2016, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at <http://boundary.fcps.edu/boundary/>. Complete a packet of registration forms found at [www.fcps.edu/it/forms/enroll.pdf](http://www.fcps.edu/it/forms/enroll.pdf) or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent.

**Greenbriar West Elementary School** is now accepting information for next year's Kindergarten classes. Parents of children who live within the school's boundaries should call the school office at 703-633-6700 as soon as possible.

**Poplar Tree Elementary.** Call 703-633-7400 for more.

**Greenbriar East Elementary School.** Call the school office at 703-633-6400 with questions.

**Union Mill Elementary** is currently registering new students for the 2016-17 school year. Call the registrar at 703-322-8500 or email [sheri.brown@fcps.edu](mailto:sheri.brown@fcps.edu) to make an appointment to bring completed registration forms and supporting documentation to school.

**Centre Ridge Elementary School** in Centreville is open for Kindergarten Registration for the school year 2016-17. Call 703-227-2600.

### THURSDAY/MAY 12

**Diet and Heart Disease.** 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Learn how dietary and lifestyle factors can help prevent heart disease. Register at [bit.ly/1QWUrZX](http://bit.ly/1QWUrZX).

### FRIDAY/MAY 13

**Application Deadline.** The Fairfax County Police Department is accepting application for two programs aimed at high school students.

\* **Teen Police Academy** runs July 18-23 for students considering a career in law enforcement. Limited to 25 students. Free. Visit [www.fairfaxcounty.gov/police/services/teenpoliceacademy.htm](http://www.fairfaxcounty.gov/police/services/teenpoliceacademy.htm) to apply.

\* **Future Women Leaders in Law Enforcement** runs Aug. 1-6 for students who want to explore careers in law enforcement for women. Limited to 40 students. Free. Visit [www.fairfaxcounty.gov/police/services/062215fwlle.htm](http://www.fairfaxcounty.gov/police/services/062215fwlle.htm) to apply.

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## ONGOING

**Tai Chi for Beginners.** Through May 17, Tuesdays, 10 a.m.-11 a.m. at King of Kings Lutheran Church, 4025 Kings Way, Fairfax. Learn slow, fluid movements to promote relaxation, balance, strength, and flexibility. Workshop fee is \$115. Visit [www.inova.org/creg](http://www.inova.org/creg) for more.

**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.

**Open Rehearsal.** Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit [www.fairfaxjubilaire.org](http://www.fairfaxjubilaire.org) for more.

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

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

**English Conversation Group.** Thursdays, 7 p.m. at the Chantilly

Library, 4000 Stringfellow Road. Practice English with a group of students and adults. Free. Call 703-502-3883 to reserve a space.

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

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

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

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

**ESL Book Club.** Every other Saturday, 11 a.m. at the Chantilly Library, 4000 Stringfellow Road. Adults learning English are welcome to meet and discuss a book chosen by the group. To find out book title, call 703-502-3883.

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

**Duplo Storytime.** Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for

reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a spot.

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

## PET ADOPTIONS

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

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

**Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit [aforeverhome.org](http://aforeverhome.org) for more.

**Adopt a Dog.** Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit [www.lostdogrescue.org](http://www.lostdogrescue.org) for more.

## SUNDAY/MAY 15

**May Week Luncheon.** 1-3 p.m. at Waterford at Springfield, 6715 Commerce St., Springfield. Chantilly-based Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority hold annual May Week Luncheon. May Week is a national program of Delta Sigma Theta Sorority, Inc. created in 1920. A week in May is set aside for programs highlighting academic and professional achievements and the events emphasize the importance of higher education in the community, especially for African American women. Tickets are \$50. Visit [www.fcacdst.org](http://www.fcacdst.org) for more.

**N Gauge Model Trains.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The NTRAK Model Train group will have a display of running N Gauge Model Trains. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org).

## WEDNESDAY/MAY 18

**Republican Women of Clifton Meeting.** 6:45 p.m. at Fairview Elementary School, 5815 Ox Road, Fairfax Station. The Republican Women of Clifton (RWC) welcomes author Peter G. Pollak at its May meeting. Attendees are invited to contribute \$5 at the door for the Tragedy Assistance Program for Survivors of our fallen heroes, a 2016 RWC charity partner. Visit [www.CliftonGOP.com](http://www.CliftonGOP.com).

**National Air and Space Society Lecture.** 8 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Join the National Air and Space Society for commentary on the recent documentary film, "Flying the Feathered Edge," which chronicles the career of aviator Robert A. "Bob" Hoover. Members only, memberships available for \$35. Call 703-572-4118 or visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy).

## THURSDAY/MAY 19

**Band Spring Concert.** 7 p.m. at Centreville High School, 6001 Union Mill Road. The Band Program was rated an Honor Band, this year, through a rigorous assessment program. Free. Call 703-476-3536 for more.

## SATURDAY/MAY 21

**Clifton Caboose Twilight Run.** 6 p.m. at The Barn, 7139 Main St., Clifton. 5k Run & 1 mile Fun Run/Walk. Course begins just a few feet from the Triangle (intersection of Clifton, Newman and Main Streets) and ends at the starting point. The scenic course winds down a gently rolling country road, across a creek and past a horse or two. Water provided on course. Registration is \$21 for 5K, \$15 for 1 Mile. Visit [www.SignMeUp.com/113094](http://www.SignMeUp.com/113094).

## SATURDAY-SUNDAY/MAY 21-22

**Fairfax Ballet: "Coronation of the Fairy Princess."** 7:30 p.m. Saturday, 4 p.m. Sunday at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company presents "The Coronation of the Fairy Princess," a story ballet, featuring a fairy named Lily and her three sisters, Nixie, Fay, and Blossom, as they prepare for Lily's upcoming coronation. Just before the coronation on Lily's 16th birthday, the magic scepter is stolen by the sinister Wicked, and it is up to the trio to recapture the scepter. Tickets are \$22, plus a service fee. Visit [www.fxballet2016.bpt.me](http://www.fxballet2016.bpt.me) for more.

## WEDNESDAY/MAY 25

**Meet the Snowbirds.** 12-5 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Meet Canada's elite military aerobatic flight demonstration team. The squadron will not be flying at this event. Call 703-572-4118 or visit [airandspace.si.edu/udvarhazy](http://airandspace.si.edu/udvarhazy).

## FRIDAY/MAY 27

**7th Annual JazzCats Festival.** 7 p.m. at Centreville High School, 6001 Union Mill Road. The selected students for JazzCats have been preparing for this performance all year. Additionally, Joseph Henson of the United States Army Blues will be performing. Free. Call 703-476-3536 for more.

## WEDNESDAY/JUNE 1

**OAR's 2016 Jazz and Wine Fundraiser.** 7:30 p.m. at The Winery at Bull Run, 15950 Lee Highway, Centreville. OAR has reserved the full winery and guests will be provided with exclusive access to the entire winery grounds. The Gregg Byrd Band will provide live jazz music. Heavy hors d'oeuvres and Virginia wines will be available. Tickets are \$50. Visit [www.oarfairfax.org/2016-fundraiser](http://www.oarfairfax.org/2016-fundraiser).

## SATURDAY/JUNE 4

**Civil War Living History Day.** 10 a.m.-5 p.m. at Fairfax Station Railroad Museum, 1200 Fairfax Station Road, Fairfax Station. This Living History Day will introduce visitors to the life of the common soldier during the American Civil War. Demonstrations will include the essentials of camp life. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$5. Visit [www.fairfax-station.org](http://www.fairfax-station.org).

**Reema Samaha Remembrance Cabaret.** 6 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. The Cabaret features professional and up and coming dancers, singers, and comedy sketch artists from around the DMV, New York and Chicago. This event is in memorial of Virginia Tech massacre victim Reema Samaha. Free, but donations accepted. Visit [www.angelfundva.net](http://www.angelfundva.net) for more.

# CENTREVILLE COMMUNITIES OF WORSHIP

To highlight  
your faith  
community,  
call Karen  
at  
703-778-9422



**The Church of the Ascension**  
Traditional Anglican Catholic Services  
Memorial Day Prayer Service  
Sunday, May 29th at 5:30 p.m.  
Holy Communion 10 a.m. Sundays



[www.ascension-acc.org](http://www.ascension-acc.org)

13941 Braddock Road  
Centreville VA 20120  
in the "Old Stone Church"  
of Historic Centreville

(703) 830-3176

CENTREVILLE BAPTIST CHURCH

*many peoples, one body*

We invite YOU to come connect  
with God this Sunday.

**WORSHIP SERVICES**  
Sundays at 9:15 am & 10:45 am

**COMMUNITY GROUPS**  
Sundays at 8:00, 9:15 & 10:45 am

15100 Lee Highway, Centreville, VA 20120  
703-830-3333 [www.cbcva.org](http://www.cbcva.org)

## Human Trafficking in Centreville: Open Public Forum

Centreville Regional Public Library  
Sunday, May 15, 2 p.m.

Leader is Dr. Al Fuentes,  
George Mason University

Sponsored by Wellspring  
United Church of Christ

Meets Sundays, 10:30 a.m.  
at St. John's Episcopal Church  
Educational Wing

5649 Mount Gilead Rd. • Centreville, VA 20120  
Phone: 703-830-4194



## St. John's Episcopal Church

Please join us!

**Sunday**  
9:30 AM – Holy Eucharist  
Sermon & music • Nursery available  
10:50 AM – Christian Education classes  
for all ages

**Wednesday**  
6:00 PM – Holy Eucharist and Healing

The Rev. Carol Hancock, Priest-in-Charge



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