

Centreville ♦ Little Rocky Run CENTRE VIEW

VALENTINE'S DAY GUIDE

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JANUARY 31 - FEBRUARY 6, 2018

25 CENTS NEWSSTAND PRICE

Helping Stuff the Bus

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Students and sponsors from Westfield High's SGA leadership program volunteered during Saturday's Stuff the Bus event for WFCM's food pantry.

Pfeiffer Honored As Officer of Month

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PHOTO COURTESY OF JENNIE BUSH

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Pfeiffer Honored as Officer of the Month

PHOTO BY BONNIE HOBBS

BY BONNIE HOBBS

PFC Kory Pfeiffer has been selected as the December 2017 Officer of the Month for the Sully District Police Station. He was honored at the Jan. 10 meeting of the station's Citizens Advisory Committee.

Actually, it wasn't the first time he was acknowledged in this manner. He received the same accolade in July 2017 for rendering lifesaving aid to an injured person and for being instrumental in several events leading to arrests.

Sgt. Scott Routt did the writeup for Pfeiffer's most recent recognition. He wrote that, on the evening of Dec. 1, 2017, Pfeiffer was "actively engaged in proactive patrol, with a focus on locating illegal narcotics and related activity," in the Sully District. While doing so, he observed a vehicle committing several traffic infractions, prompting him to make a traffic stop of the driver.

"During the roadside interview that fol-

lows every traffic stop, PFC Pfeiffer detected an overpowering odor of marijuana emanating from the vehicle," wrote Routt. "He also learned that at least one of the [vehicle's two] occupants was a convicted felon trying to hide his identity."

As a result, both people were asked to get out of the vehicle and were pat-searched for weapons. "When the driver exited the vehicle, he handed Pfeiffer two containers of narcotics from his pocket, stating it was marijuana wax," wrote Routt. "When Pfeiffer inquired about additional narcotics in the vehicle, the driver admitted more drugs would be found in the center console."

Pfeiffer then searched the vehicle and located the additional narcotics. He also found a pistol holster and a loaded pistol magazine. "Given the two, firearm-related items close to the narcotics, Pfeiffer was suspicious that he might [also] come across a firearm," wrote Routt. "As anticipated, a well-concealed pistol was located resting

atop of two masks."

Neither person affirmed knowledge of the pistol or the masks, but both were arrested and searched more thoroughly. Routt noted that "additional narcotics were located, along with a large sum of money. The situation as it unfolded gave Pfeiffer the impression the subjects were involved in narcotics distribution, as well as other criminal behavior. [So he] offered the two subjects an opportunity to speak with detectives who specialize in narcotics and major crimes."

Following the interview with these detectives, Pfeiffer charged the driver and passenger with several, firearm and narcotics offenses. "Before Pfeiffer completed his work, he learned why the driver tried so hard to hide his identity," said Routt. "It was discovered he was wanted for multiple offenses in another jurisdiction."

"Despite the overwhelming number of good and honest people in the community, there are some who are very dangerous and



who are willing to undermine the quality of life we enjoy in Fairfax County and the Sully District," added Routt. "This case is a clear example of an officer making the right decisions and looking beyond the traffic stop. PFC Pfeiffer's actions in this case are commendable and worthy for recognition as the Officer of the Month for December 2017."

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30?

If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming

kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit

www.fcps.edu/registration/kindergarten-registration.

THURSDAY/FEB. 1

Award Nomination Deadline. 5 p.m. Nominate a volunteer or volunteer group that has made a

positive impact on the Fairfax County community at www.volunteerfairfax.org.

Comment Period Closes. The public is invited to share their perspectives on the proposals with the Park Authority Board either at the meeting, via correspondence or by email. Information outlining all proposed fee changes is now available for review online, at the Park Authority's main office in the Herry Building and at staffed park facilities, including RECenters, golf courses, nature centers and historic sites. Visit www.fairfaxcounty.gov/parks/feemeeting for more.

Registration Opens: Two-way and Immersion Programs. Fairfax County Public Schools' (FCPS) online registration for the county-wide lottery. Current prekindergarten students may apply for the kindergarten immersion program and current kindergarten students may apply for the first grade immersion programs for the 2018-19 school year. Applications must be submitted by 4 p.m. on Thursday, March 1, for the first grade immersion program and by 4 p.m. on Thursday, April 5, for the kindergarten immersion program. Visit www.fcps.edu/registration/world-language-immersion-programs-registration.

SATURDAY/FEB. 3

Job Fair. FCPS is searching for

educators with a strong academic background and a passion for making a difference. To meet increased hiring needs FCPS is hosting an invitation only job fair during which they will be interviewing candidates in all instructional areas. The fair will be held on Saturday, Feb. 3, with a snow makeup date of Feb. 24. To be considered for an invitation, visit www.fcps.edu.

TUESDAY/FEB. 6

Land Use and Transportation Committee Meeting. 7 p.m. at the Sully District Governmental Center, 4900 Stonecroft Boulevard, Chantilly. The next Sully District Joint SDCCA & WFCCA Land Use and Transportation Committee topics will include: DSC Advisory Group final Recommendation and Middleton Farms Rezoning. Visit www.sullydistrict.org/lut/sdclut_agenda.html for more.

WEDNESDAY/FEB. 7

Office Hours. 11:30 a.m.-1 p.m. at Centreville Regional Library - Conference Room, 14200 St. Germain Drive, Centreville. Tom Wilson, Fairfax County School Board, Sully District Member has scheduled February office hours. Drop by to discuss any issue related to Fairfax County Public Schools. No appointment necessary.



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Southwestern Youth Association
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Registration is now open!

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Change in Leadership

Outgoing Sully District Chairman Raymond M. "Hondo" Davids passes the gavel to Incoming Sully District Chairman Daniel H. Kurtenbach. Kurtenbach has many years of experience as a trained Boy Scout leader; Davids served three years as chairman to Sully District.



Community Comes Through for WFCM

**Area residents help
Stuff the Bus to fill
food pantry.**

BY BONNIE HOBBS

Hunger knows no particular time or season. For local families who don't have enough to eat, it's an all-year-round problem.

So Western Fairfax Christian Ministries (WFCM) does all it can to provide food and financial support to those at risk of hunger and homelessness. And with help from community residents and companies, its Stuff the Bus initiative to fill its food pantry last Saturday, Jan. 27, was a success.

More than 8,000 pounds of food and \$301.85 were donated thanks to this food drive held outside the Giant Foods store in the Colonnade Shopping Center off Union Mill Road. Local students, police, businesses and individuals all came together to help make a difference in others' lives.

"The volume of food needed to sustain our food pantry each week is enormous," said WFCM Community Outreach Manager Jennie Bush. "We could not do what we do without community support — it takes neighbors helping neighbors."

The nonprofit organization was established in 1987 with just 12, member churches. Today, some 30 years later — and with the help of three dozen local churches — WFCM operates a client-choice food pantry serving more than 350 families a month. In fiscal year 2017, WFCM provided 40,506 bags of food — more than 3,375 each month — to families in need, mainly in Centreville and Chantilly.



Stuff the Bus participants included Sully District police officers, Neighborhood and Community Services representatives, Supervisor Kathy Smith (D-Sully, fifth from left) and WFCM's Jennie Bush (in purple). In photo, Sully District Station Commander Dean Lay is fourth from left, and Assistant Station Commander Ryan Morgan is third from right.

PHOTOS COURTESY OF
JENNIE BUSH

"Hunger in western Fairfax County is real, causing food insecurity and stress for many who struggle to provide for their families," said Bush. "During the Thanksgiving and Christmas holidays combined, WFCM served 1,723 households through its Holiday Food Program. With the tremendous support from churches, businesses, community groups and individuals who assisted WFCM, all requests for holiday food were fulfilled."

However, she also noted that food contributions increase around the holidays and then diminish gradually through the months that follow. So in order to increase awareness of the need for food donations after

the holidays, a coalition of agencies, grocery stores and nonprofit food providers created Stuff the Bus food drives during the winter months.

The Stuff the Bus Campaign, held at several locations throughout Fairfax County, allows residents to donate food to nonprofit organizations in the area. For Saturday's event, Giant pre-ordered the food items most needed by WFCM's food-pantry clientele, and then volunteers from Northwest Federal Credit Union filled hundreds of bags with these items.

Then, if they chose to participate, customers shopping at Giant were able to purchase these food bags in the store and donate them outside to WFCM to Stuff the Bus with food for its pantry. And everything was

much appreciated.

"Western Fairfax Christian Ministries is exceedingly grateful to be a recipient of the Stuff the Bus for Fairfax food drive held at the Clifton Giant last Saturday," said Bush. "It was a beautiful day — one of those days you want to be outside playing soccer all day. And yet, we still had an amazing turnout from the community."

She also praised the many people who volunteered their time and talents toward this cause. "We had wonderful volunteers, both onsite and behind the scenes, ensuring that our event was a success," she said. "Employees from Northwest Federal Credit Union helped fill over 600 bags of food for

SEE STUFF THE BUS, PAGE 7



Police Capt. Dean Lay and Jennie Bush (on left) pose with Sean Corcoran (in short sleeves), president of Fairfax Coalition of Police Local 5000, which donated 30 bags of food to WFCM. (At far right are MPO Sabrina Ruck and Lt. Ryan Morgan).



Volunteers from Northwest Federal Credit Union filled 600 bags of food for people to purchase and donate to WFCM's food pantry. (WFCM's Jennie Bush is second from right).

OPINION

Time for Criminal Justice Reform

BY JOHN COOK
BRADDOCK DISTRICT SUPERVISOR (R)



criminal justice system.

In the United States, our system has focused on long jail sentences for crimes. Jail serves deterrence, retribution, and incapacitation in cases of violent crime. However, it does not serve re-

habilitation or restitution particularly well. And, in the case of mentally ill offenders, jail fails to serve deterrence.

When someone with mental illness engages in crime, it is not due to evil intent, but his or her illness. Retribution does not seem fit for someone who is ill and committing crimes. Incapacitation is accomplished, but what we have done is make our local jails expensive substitutes for psychiatric hospitals.

The expense of jail is no small matter. A year in the Fairfax jail costs the taxpayers about \$82,000. A year of residential psychiatric treatment costs about \$24,000. One year of outpatient treatment costs about \$8,200. When someone with a mental illness, who is often of limited wealth, is arrested, this person often spends up to four months in jail awaiting trial for minor crimes (trespassing, disorderly conduct, petty theft) where the final sentence would generally be far less. Someone with regular income would post bond at \$500 cash and spend no more than two or three nights in

jail. Altogether the government and taxpayers are spending millions of dollars to hold people in jail before they are even convicted. Is this system really helping anyone?

We have learned in the juvenile justice system that incarceration actually creates criminals out of youth who may be only misdirected or who make stupid mistakes. Twenty years ago, our juvenile detention center held 1,509 youth. In 2017 that number fell to 533, which is a 60 percent decrease. In those two decades we learned a great deal about the benefits of jail alternatives for children. Instead of locking these children up, we are reforming, teaching, and mentoring youth and turning them away from crime. And this prevents future crimes from occurring. The same can be said for non-violent crimes by adults. Simply putting people in jail, where they lose their jobs and family contacts, does not necessarily create better citizens when they are released. In the case of mental illness, jail can actually make things worse. There is a better way.

Criminal Justice Reform is not about “going easy” on criminals. It’s about finding techniques that stop people from continuing to commit crimes. It’s about turning lives around. Oh, and it can save a boatload of money. Violent criminals, murderers, gang members and the like still need long jail sentences. But many other lesser offenders can be turned around into productive, working, self-sufficient citizens. It takes some work, but the payoff is a society with less crime, lower jail costs, and more productive citizens.

ity for many reasons, some of which are:

- ❖ Forcing demographic balance at TJ for political correctness is as much nonsense as requiring Julliard to admit everyone.

- ❖ Identifying that some minorities and low income students are not represented at TJ student population does not logically reflect a prejudice. It means they did not qualify, period.

- ❖ Ignoring the total admission picture does not represent many non-minority students who apply and also do not achieve admission.

- ❖ Disregarding the rigorous qualifications for TJ slants the presented view.

Do Ms. Kimm’s and Sen. Surovell’s ideas support qualified students being turned away just so non-qualified students be admitted, all for demographic balance? How would Ms. Kimm and Sen. Surovell feel if their jobs were replaced by non-qualified employees?

For improvements in demographic representation, Ms. Kimm and Sen. Surovell should explore reasons why some minorities are not represented.

They probably would find, as many teachers know, emphasis on academic excellence begins at home. Therefore, a better solution to change demographic depiction in school programs is to start at the elementary, through all levels, helping all families make education a priority. That would achieve the overall attitude of striving for excellence, which aids all students in the long run.

Shannon Morgan
Burke

Fairfax County is joining the bipartisan, nationwide movement of Criminal Justice Reform. In 2015 the county introduced its Diversion First program, which provides treatment instead of incarceration for those with mental health challenges or developmental disabilities who come into contact with the criminal justice system for low level offenses. This initiative is just one step in a national movement to make the criminal justice system better serve the American people. Criminal justice reform, broadly speaking, is supported by as diverse range of public officials as U.S. Senators Rand Paul and Kamala Harris. It is well past time for Virginia to dive in as well.

COMMENTARY

Since ancient times society has recognized five purposes to the criminal justice system. One of these is “deterrence,” which is the effort to persuade an offender or potential offender not to commit a crime. Another purpose is retribution, which is society exacting punishment to make up for the pain or damage caused by the crime. Incapacitation means removing a criminal from the rest of society so he or she cannot commit more crimes. Rehabilitation refers to changing an offender so he or she does not commit more crimes. Restitution is the payment for damage caused by crime. All of these purposes must be present and well represented for a fair and effective

LETTERS TO THE EDITOR

Rewarding Highest Achievers

To the Editor:

With all due respect, state Sen. Scott Surovell is looking at the wrong end of the horse (Editorial, “What’s Wrong with This Picture” – Connection, Jan. 24). The admissions to Thomas Jefferson High School for Science and Technology should be determined solely based on merit. Gender, ethnicity, race and economic status should be totally ignored.

TJ should provide the most rewarding programs possible to the highest achievers. Senator Surovell should focus on programs to increase the admission scores of African Americans and Latinos. Let’s not dilute the potentials of TJ’s classes by mandating quotas. The analogy would be to require that a certain percentage of varsity basketball players be white or Asian American, regardless of their abilities. That would be unwise.

David Elmore
Great Falls

Incomplete Picture

To the Editor:

Mary Kimm’s editorial (“What’s Wrong with This Picture?” - Connection, Jan. 24) about the demographics of the Thomas Jefferson High School for Science and Technology (commonly known as TJ) leaves out an important statistic, and that is that 70 percent of its students

are Asian, many of whom are first generation Americans. Many of the remaining 30 percent are also first-generation, and have family backgrounds from Iran, Arab and African countries, Russia, and Eastern Europe, or are biracial.

Is the heavily immigrant nature of TJ what’s “wrong with this picture”? State Sen. Scott Surovell’s SB787 bill’s method to increasing enrollment of black and Hispanic students is to impose quotas on middle schools and by economic background. This is a resentment and punishment approach to trying to achieve that goal, and should be rejected as such.

Cindy Gersony
Great Falls

How to ‘Fix’ Disparities

To the Editor:

I did not compete in the Olympics, gain admission to Mensa, or play professional sports. Why? Because I didn’t qualify for any of those. I understand we cannot qualify for everything. However, Mary Kimm’s article, “What’s Wrong with This Picture?” (Connection, Jan. 24) presents the idea that non-inclusion in a program “needs to be fixed.”

Ms. Kimm indicates that the Fairfax County School System (FCPS) should “fix” its admission policies to its one magnet high school, Thomas Jefferson (TJ), due to “demographic disparities” and we should commend Sen. Scott Surovell for pushing for that change.

The problem with Ms. Kimm’s and Sen. Surovell’s ideas is they miss the mark on real-

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VALENTINE'S DAY



PHOTO COURTESY OF THE PICKET FENCE

Accessories like Moon Melt Lotion Bars by Moon Valley Organics at The Picket Fence in Burke might appeal to those who want to create to a spa at home.



PHOTO COURTESY OF HOME ON CAMERON

A bouquet of felt flowers in assorted colors like these that were handmade in Nepal, is a gift with a charitable flair from Home on Cameron in Alexandria.

Gifts for Valentine's Day

Local tastemakers offer thoughtful giving suggestions.

BY MARILYN CAMPBELL

One of the most heavily gifted holidays is Valentine's Day. In fact, much of the fun is the anticipation. In preparation for Cupid's Day, a few local style aficionados offer up ideas to sweeten the celebration.

For those deserving some pampering, create a spa experience at home with NW Rainforest Body Cream, advises Isabel Chiotti of Sonoran Rose in Potomac.

"Soaps and candles also make great gifts," she said.

"It can also be fun to think outside the box," said Courtney Thomas of The Picket Fence in Burke. "Surprise your Valentine with a gift certificate for a spa day or a shopping spree at her favorite store. Put together a basket of a few of her favorite things."

Among the things that Thomas suggests are Moon Melt Lotion Bars by Moon Valley Organics. Decadent and indulgent, these scented moisturizers combine herbs and beeswax to help fight dry skin, she says.

For the romantics, Susan Nelson and Todd Martz of Home on Cameron in Alexandria suggest a bouquet of felt flowers in assorted colors, handmade in Nepal. These eye-catching, fair trade buds offer bursts of color and benefit women artisans who are heads of households.

For the bedhead, Amanda Mertins of Patina Polished Living in Old Town Alexandria recommends silk charmeuse pillowcases by Branche. "These won-

derful pillowcases help preserve one's hairdo and help to keep away wrinkles," she said.

For the stylish, a fur neck warmer is a cozy suggestion that Mertins offers. And for the traditionalists, "Flowers are always welcome and, of course, the color red being very popular as it conveys deep emotion," she said. "Don't be afraid to give varieties other than roses."

For the nostalgic, Kevin Sweitzer of Thos. Moser, Handmade American Furniture, believes that an heirloom quality beacon box to hold keepsakes would be ideal. "[It's] meant to be passed down from generation to generation," he said. "A really nice and memorable Valentine's gift."

For the entertainers, Nelson and Martz suggest all natural, hand blown glass candles, while Mertins says bar accessories work as gifts for mixologists.

For those with a sweet tooth, Chiotti recommends hot cocoa by the Cocoa Company, brown sugar toffee by Gearharts Fine Chocolates or caramels by Big Picture Farm.

For almost everyone,

Suzie Clayton of Dalton Brody suggests picture frames. "From wood to Lucite to silver, there's something for everyone," she said. "It's more about finding the right thing for the right person."

"Some of the most meaningful gifts are those which are handmade including cards and a home-cooked romantic dinner," added Mertins. "Don't forget the bubbly and always lots and lots of chocolate."

"It can be fun to think outside the box."

— Courtney Thomas, The Picket Fence



PHOTO COURTESY OF SONORAN ROSE

A basket of spa items like NW Rainforest Body Cream from Sonoran Rose in Potomac is an indulgent Valentine's Day gift.



Susan Nelson and Todd Martz of Home on Cameron suggest all natural, hand blown glass candles.

PHOTO COURTESY OF HOME ON CAMERON

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Employment

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Announcements

Announcements

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SPORTS

**DJ Gregory #10
drives while
being defended
by # 0 Ahmed
Ghousheh and
#23 Jordan
Porter.**



PHOTOS BY WILL PALENSCAR



**Isaiah Daniel #23 shoots a
free throw for Westfield.**

Westfield Outscores Centreville

The Westfield Bulldogs hosted the Centreville Wildcats in a conference battle on Jan. 25 in Chantilly. In the 1st quarter, the Bulldogs jumped out to an early 17-14 advantage after 8 minutes of play. The 2nd quarter Westfield added 11 more points and held Centreville to just 7 points, giving Westfield a 28-21 halftime advantage.

In the 3rd quarter, Centreville outscored Westfield 10-9 with a quarter to play. In the 4th quarter, Westfield outscored Centreville 14-13, giving Westfield (10-7) (3-3) the 51-44 victory. Centreville falls to (6-11) (1-5).

Westfield was led by Jordan Hairston's 17 points and Marshall Reeds' 15. Reed accounted for two of Westfield's 5 three pointers. Jordan Hairston, Isaiah Daniel and Taylor Morin made the other three. Centreville was led by Bryce Douglas with 15 points and Chris Martin added 10 points including a pair of three pointers. Caleb Emeogo, Bryce Douglas and Jordan Porter made 3 pointers. Both Westfield and Centreville have three regular season games remaining. Westfield will play Madison, Chantilly and Freedom South Riding. Centreville will play Oakton, Chantilly and Madison.



**Chris Weaver #24 elevates over Chris
Martin #12.**

Lady Bulldogs Defeat Cougars

The Westfield Bulldogs girls basketball team defeated the Oakton Cougars for the second time this season, 41-38 on Jan. 23.

Westfield ended the 1st quarter with an early 12-9 deficit. The 2nd quarter saw the Lady Bulldogs nearly double their opening quarter production, holding Oakton to 7 which gave Westfield a 25-19 halftime advantage.

The 3rd quarter saw both teams combine for a total of just 11 points, with Westfield outscoring Oakton 6-5, to take a 31-24 advantage into the final quarter. The 4th quarter was the most productive of the four quarters with a

combined 24 points, and Oakton outscoring Westfield 14-10.

Westfield was led by Nicki McNamara with 14 points including a 3 pointer. Wanna Wardak added 11 and also converted on a 3 pointer field goal. Hannah Williams made two 3 point shots and scored 10 points. Oakton was led by Hannah Kaloi and Peyton Perrine who both totaled 10 points. Oakton converted on 9 of 14 free throws, while Westfield was successful on 9 of their 12 attempts.

Oakton lost to Chantilly on Jan. 25, 44-43, and fell to (11-8) (1-5). Westfield defeated Centreville 37-32 on Jan. 25 and improve to (13-6) (5-1).



PHOTO BY WILL PALENSCAR

**Hannah Williams #33
elevates over three Oakton
defenders.**

WWW.CONNECTIONNEWSPAPERS.COM

News

Stuff the Bus

FROM PAGE 3

Stuff the Bus.”

The bags included flour, sugar, canned fruit, beans and tomatoes, as well as either a can of chicken or tuna. “We offered these bags, valued at about \$10 each, to customers to make it easier for them to donate the food we needed for our shelves,” said Bush. “We feel it’s important to get food our clients need and want. And having the credit-union volunteers help make these bags ahead of the event made it easy for others to give.”

Furthermore, she said, “The Clifton Giant was awesome to work with at the event. Store Manager Ken Trask worked diligently to have the food available, and the cashiers were friendly and supportive.”

Also providing invaluable help were Westfield High SGA students who volunteered in shifts all day for Stuff the Bus. “The students did a great job talking up the need to customers entering the store,” said Bush. “They handed out fliers listing the specific items needed at the food pantry and asked customers to contribute anything from that list or to purchase and donate one of the pre-made bags of food.”

But that’s not all. “WFCM also had tremendous support from the Sully District Police Station,” said Bush. “Many police officers came out to greet customers, help weigh food donations and load the bus.” And when the MV Transportation bus they were packing with food became full, WFCM used one of the police trucks to take additional donations from the Giant to the food pantry.

“We really needed the support of the police this year,” said Bush. “The Station Commander, Capt. Dean Lay, enjoyed lending a helping hand at our food drive, and MPO Sabrina Ruck organized shifts for the police officers to work.” Also helping out that day were volunteers from the Centreville Baptist Church Relevance Community Group.

Delighted with the overall community response, both Bush and WFCM Food Pantry Manager Terri Kelly were pleased with all the contributions. “We received many items that are staples on our shelves year ’round, including canned meats, canned fruit, rice and dry beans, peanut butter and fruit juice, as well as shampoo and other needed, personal-care items,” said Kelly. “One of the larger donations came from the Fairfax Coalition of Police, which purchased 30 bags of food to donate to WFCM.”

All in all, said Bush, “We are very thankful for our community’s generosity and the support of so many who partner with us to serve families needing assistance. WFCM is grateful to Fairfax County’s Neighborhood and Community Services, Office of Public Private Partnerships and MV Transportation Inc. for creating the Stuff the Bus Food for Fairfax food drives to address this great need in our community and for inviting WFCM to participate.”

For a full list of food and personal care items needed each month for WFCM’s clients, go to www.WFCMVA.org.

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Space In Which I Wouldn't Get Lost



By KENNETH B. LOURIE

As a follow up to last week’s column titled “Lost in Space,” I have a few recommendations for the medical profession, oncologists particularly, as it relates to their comings and goings and the effect it might have on their patients, many of whom have been characterized as “terminal,” as I was.

Respecting and appreciating the fact that on a good day, our anxiety level is likely off the chart, we need you to work with us, not against us.

And though I can certainly recall how I was encouraged to reach out – either by phone or electronically, whenever we had questions or concerns, I believe there needs to be an upgrade to that advisory. That ‘encouragement’ works fine when you’re here/on site. However, based on my most recent experience, I need that ‘advisory’ to work equally fine when you’re not here.

Ergo: I want to meet and develop some kind of relationship with the oncologist who will be covering for you when you’re absent. I want that oncologist’s name, email address and phone number (none of which I had during this most recent experience). I want some assurance/acknowledgment that this oncologist knows who I am, how I’m treated and is familiar with any special circumstances pertaining to my care and feeding. Moreover, I want “t.l.c.,” because I definitely deserve it.

As for the oncologist’s goings; on the occasions when, for whatever reason, you’re away from your office. I want to know before, not after. I don’t want to learn about it by reading a default email saying you’re out of the office. Though I appreciate knowing after, it’s not good enough. I want to know all the time. In fact, every time you’re away, I want to know. Whether or not I have any medical activities (lab work, infusion, scans) planned, I want to know, just in case something unexpected – or even expected, happens.

This would help me to prepare, anticipate, assimilate and coordinate any and all future medical activities so that I could determine in advance, if necessary, an action plan. One that would proactively solve/prevent a problem rather than reacting to one as most recently happened to me. I don’t want any more surprises. I don’t want to experience any lack of communication at any time. I don’t care about how or why. I simply want to know ahead of any potentially complicating circumstances, not behind. I’m already feeling some relief just writing about it.

How can this be implemented? Electronically of course. I don’t need any calls. A don’t-reply email is fine. I know that system/process works when I want to communicate with you and/or review information which has been posted online. What I want to know next is the doctor’s schedule, not hourly, maybe not even daily (although I wouldn’t be averse to it), but weekly for sure, electronically in my inbox first thing Monday morning.

Knowing the doctor’s availability will help me manage my expectations and minimize my stress. As a cancer patient, I never know what I’ll want or when I’ll want it. But finding out the easy way (in advance) is certainly preferable to finding out the hard way (during/after).

Medically speaking, I don’t want to miss anything nor do I, living forward, want anything to be missed. If you can email an after-appointment summary, you can certainly email me a pre-appointment schedule of when and where my primary care physicians (oncologist and internal medicine) will be. Because out of sight unfortunately doesn’t mean out of mind, unless I know otherwise.

And that’s my goal: to mind my own business and not have to worry about yours.

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

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

LIBRARY FUN

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.

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.

Lego Block Party. Every other Saturday at 10:30 a.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.

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



FILE PHOTO BY TIM PETERSON

Ping Pong Tournament

Kyle Rodgers of Herndon (left) serves to Graham Milne (right) in the Clifton Ping Pong Tournament in 2016. In early 2018, the tournament is Saturday, Feb. 10, 9 a.m.-4 p.m. at Clifton Town Hall, 12641 Chapel Road. Visit clifton-va.com for more.

reserve a space.
Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed

friends. Free. Call 703-830-2223 to reserve a space.

IMPROVING ENGLISH

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.

One-on-One English Conversation. Various times at Centreville Regional Library, 14200 St. Germain Drive. Spend an hour with a volunteer tutor to practice conversing in English. Various times and days. Reservations are required. Call the library at 703-830-2223 to make a reservation.

Practice English Conversation Group. Saturdays, 3-5 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop in and enjoy casual conversation and learning for adult learners of English. Volunteer led program. Call 703-830-2223.

English as Second Language Book Club. Mondays, 7-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults learning English meet to discuss a book chosen by the group. Call the library 703-830-2223 for book title.

Advanced English Conversation Group. Tuesdays, 10:30 a.m.-12:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Drop-in conversation group for adult English as Second Language speakers who want to improve their skills. Call 703-830-2223 for more.

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.

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.

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.

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

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

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

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

WEDNESDAY/JAN. 31

Happy Hour in the Tower. 6-8 p.m. in the Donald D. Engen Observation Tower at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Space to Ground: How Our Astronauts Stay Connected with Earth. Presenter: Neil Mallik, NASA's Goddard Space Flight Center. Free, tickets required. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

SATURDAY/FEB. 3

Feeding Day. 10-11 a.m. at Ellanor C.

Lawrence Park, 5040 Walney Road, Chantilly. Join a naturalist and youth volunteers as they demonstrate how to feed the site's display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner. Children must be accompanied by a registered adult. Ages 2 and up. \$7 (county resident); \$9 (non-resident). Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/FEB. 4

Outdoor Kids at E.C. Lawrence. 2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, children ages 4-6 explore different habitats, trails, wild animals and wild places. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

WEDNESDAY/FEB. 7

History Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/FEB. 10

Ping Pong Tournament. 9 a.m.-4 p.m. at Clifton Town Hall, 12641 Chapel Road. In-door activity in the middle of winter that includes cookies from Clifton's own Sweet Annaline's. Free. Visit clifton-va.com.
History Tots at E.C. Lawrence. 10 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Heritage Family Day. 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. African American Pioneers in Aviation and Space. The struggle for equal access to the skies. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

Embrace the New Year with Meditation. 3:30-5 p.m. at Centreville Regional Library 14200 St Germain Drive, Centreville. Join Gerry Gorman to learn effective techniques that can reduce stress, enhance relaxation and promote inner growth. Also learn how meditation can improve physical, mental and spiritual health. Teens and adults. Free, no registration required. Call 703-830-2223.

SUNDAY/FEB. 11

Table Top N Gauge Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. www.fairfaxstation.org, www.facebook.com/FFXSRR, 703-425-9225.

WEDNESDAY/FEB. 14

Nature Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 a chance to explore the great outdoors. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

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