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Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

WELLBEING

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'A Sense Of Love And Warmth'

NEWS, PAGE 3

Jay Coakley and Sean Hunt toast to Ellie's Hats' fourth anniversary.

'Keeping Neighborhoods Safe'

NEWS, PAGE 3

PHOTO BY BONNIE HOBBS

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Fairfax County REAL ESTATE

2018 Assessments by Area

Also home values for members of
Fairfax County Board of Supervisors.

Hunter Mill Supervisor **Cathy Hudgins (D)**
2017 — \$674,430
2018 — \$722,600
7.14%



Dranesville Supervisor **John Foust (D)**
2017 — \$2,788,330
2018 — \$2,805,330
0.61%



Mason Supervisor **Penelope Gross (D)**
2017 — \$478,490
2018 — \$535,750
11.97%



Lee Supervisor **Jeff McKay (D)**
2017 — \$834,700
2018 — \$853,670
2.27%



Braddock Supervisor **John Cook (R)**
2017 — \$677,950
2018 — \$691,950
2.07%



Mount Vernon Supervisor **Daniel Storck (D)**
2017 — \$620,590
2018 — \$645,810
4.06%

Fairfax County Chairman **Sharon Bulova (D)**
2017 — \$665,090
2018 — \$665,090
0.00 %



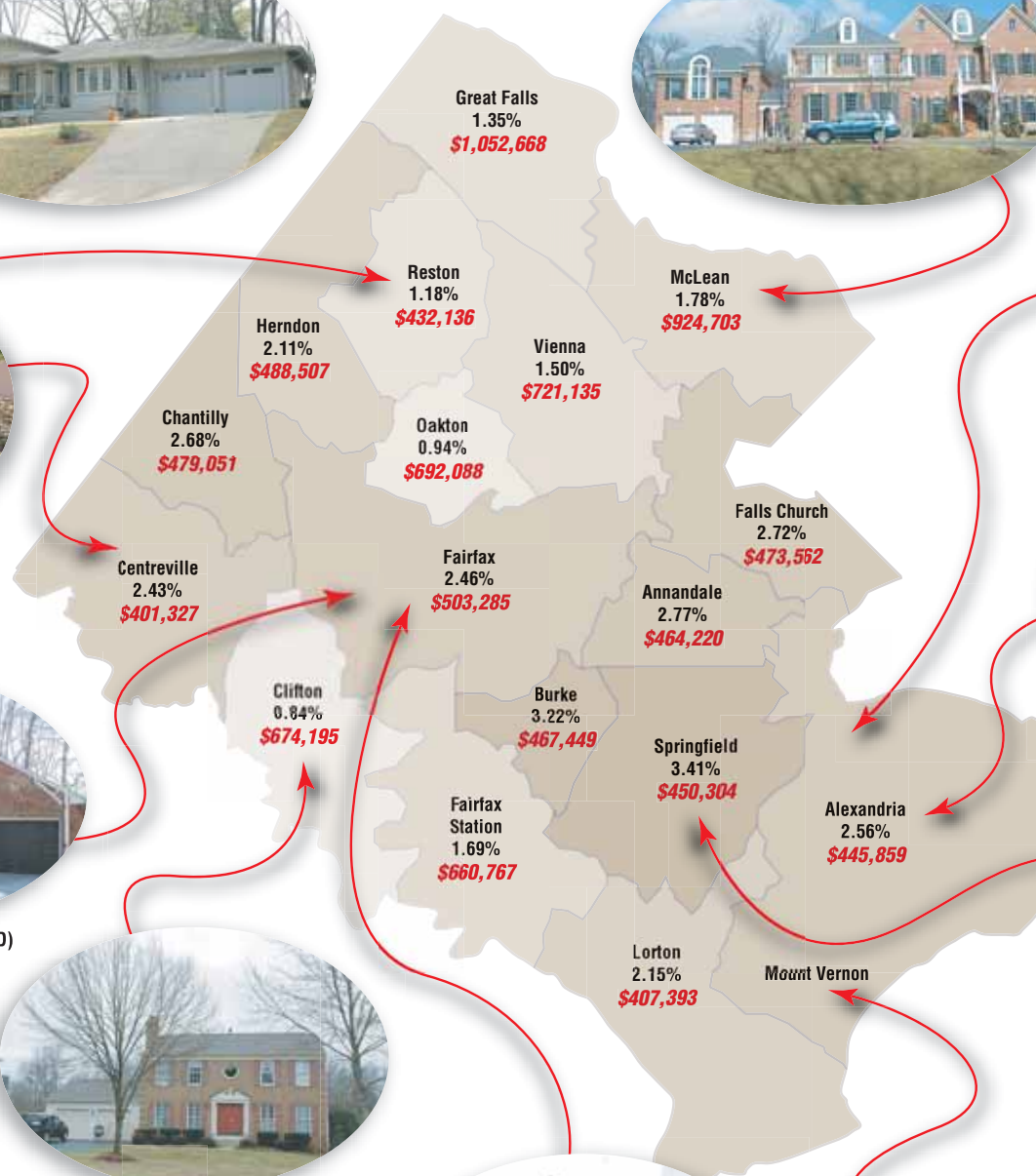
Springfield Supervisor **Patrick Herrity (R)**
2017 — \$599,140
2018 — \$611,060
1.99%



Providence Supervisor **Linda Smyth (D)**
2017 — \$630,810
2018 — \$657,810
4.28%



Sully Supervisor **Kathy Smith (D)**
2017 — \$607,140
2018 — \$636,370
4.81%



2018 Countywide average for all homes — \$547,219, up 2.17%
Single family-detached homes — \$656,071, up 2.11 percent
Townhouse/duplex properties — \$409,792, up 2.85 percent
Condominiums — \$264,974, up 1.68 percent

ZIP CODE AREA	2017 MEAN	2018 MEAN	PERCENT CHANGE
Alexandria/Mount Vernon	434,746	445,859	2.56
Annandale	451,699	464,220	2.77
Burke	452,874	467,449	3.22
Centreville	391,787	401,327	2.43
Chantilly	466,566	479,051	2.68
Clifton	668,564	674,195	0.84
Fairfax	491,198	503,285	2.46
Fairfax Station	649,794	660,767	1.69
Falls Church	461,006	473,562	2.72
Great Falls	1,038,630	1,052,668	1.35
Herndon	478,405	488,507	2.11
Lorton	398,803	407,393	2.15
McLean	908,497	924,703	1.78
Oakton	685,639	692,088	0.94
Reston	427,099	432,136	1.18
Springfield	435,442	450,304	3.41
Vienna	710,459	721,135	1.50

for single family, townhouses and condominiums

The average assessed value of a
single family home in Fairfax County
for 2018 is \$656,071, up 2.11 percent

SOURCE: FAIRFAX COUNTY

NEWS



Christine and Mike Angles of Allstate.



Mary and Bryan Jewett of Casey's Automotive.



Robert and Jennifer Scott

PHOTOS BY BONNIE HOBBS

'A Sense of Love and Warmth'

Ellie's Hats celebrates fourth anniversary.

BY BONNIE HOBBS

Young Ellie Whitfield was diagnosed with acute lymphoblastic leukemia in 2013; and by the time she started kindergarten at Woodburn Elementary, she'd lost her hair and was wearing hats to school every day. Her P.E. teacher, Jay Coakley, noticed how happy her hats made her, so he organized a hat drive for her.

Wanting to bring that same joy to other children suffering from cancer, as well as raise awareness of the disease, he then founded Ellie's Hats, which collects and donates hats for them. Most come from hat drives from schools and groups, such as churches and Scouts — and in every state, plus Canada and South Africa, people knit and crochet hats for the organization.

Ellie's Hats also helps their financially struggling families and contributes to the hospitals and clinics that treat pediatric

cancer patients. So it was with great joy that the nonprofit celebrated its fourth anniversary, Feb. 18, at Mustang Sally Brewing Co. in Chantilly.

Owner Sean Hunt met Coakley when he opened his business, and Ellie's Hats was the first group for which Hunt held a fundraiser. "We've also had other events for them," said Hunt. "It's part of our culture, so doing this was a no-brainer. We see ourselves as a community brewery, so these relationships are what we opened the brewery to do."

Among the celebrants were Christine and Mike Angles, who run an Allstate insurance agency in Chantilly. Two years ago, they looked for a nonprofit to get involved with locally and they chose Ellie's Hats.

"Every time an Allstate agent or group do something charitable, the Allstate Foundation gives a grant to that organization," said Christine Angles. "So far, we've raised al-

most \$10,000 for Ellie's Hats. It's a fabulous idea and a great cause; it helps people in the local community and is direct and hands-on. We're here today to support Ellie's Hats with friends and bring more awareness to it."

Similarly, Mary and Bryan Jewett, who own Casey's Automotive in Chantilly, have been involved with Ellie's Hats for 2 and a half years. They met Coakley when their children's elementary school had a spring fling.

"And after talking to Jay about Ellie's Hats, we thought it was such a great organization, we wanted to be a part of it," said Bryan Jewett. "It's a good opportunity to support someone who's passionate about a wonderful cause. Last year, we did a car show for Ellie's Hats and raised \$4,000 through the entry fees, raffles and sales of T-shirts and hats."

"One hundred percent of the proceeds went to Ellie's Hats, and we're doing it again, April 22, from 12:39-3:30 p.m., at our shop in Chantilly," added Mary Jewett. "It's a 4260-A Entre Court, off Willard Road.

All kinds of cool cars will be on display, and people dressed as Star Wars characters will be there, too. There'll also be face painting, balloons and food trucks. It's all free, but people can donate to Ellie's Hats, if they want. We've also done hat drives for them."

Her husband said they were happy to be at the anniversary celebration and "to see that Jay's organization has been going strong for four years."

"I know it's hard for Jay to see the families and know what they're going through," said Mary Jewett. "But he brings so much joy and happiness into their lives with the hats. For example, one time, a little girl wanted a My Little Pony hat, and I was able to find one for her. And it made me feel good to do it and make her happy."

More than 70 people attended the anniversary celebration, including some parents whose children have been helped by Ellie's Hats. Sara and Marc Schweigert's son Trevor, now 8, was diagnosed 4 and a half years ago with neuroblastoma.

"It's been a long road, but he's doing

SEE ELLIE'S HATS, PAGE 7

"It's a fabulous idea and a great cause."

— Christine Angles

'We Like Keeping the Neighborhoods Safe'

Officers discuss the Sully District Station's Bike Patrol Unit.

BY BONNIE HOBBS

The Sully District Police Station's Bike Patrol Unit performs an invaluable service to the local community. And during a recent meeting of the station's Citizens Advisory Committee, Lt. Andrew Wright, the bike-team supervisor, explained the type of work done by his crew.

"There are four, full-time officers and myself, and our general shift is from 3 p.m.-1 a.m.," he said.

"We have a neighborhood focus. Sometimes, we react to an [ongoing] issue in the community, such as vehicle-tampering. But most of the time, someone calls about a house with lots of cars pulling up at 3 or 4 in the morning, and we check it out. Or they tell us about people who are visiting someone for a very short time."

Residents' complaints are often the catalyst for the bike team's deployment. For

example, said Wright, "We received a complaint from a neighbor about a townhouse near Braddock and Old Centreville roads." He said a patrol officer was able to visit the house and, while inside, he observed something amiss. So the police continued to investigate and, eventually, were able to seize nine weapons, 1,000 rounds of ammunition, plus marijuana.

"We knew the name of the person who lived there, and we watched the house in unmarked cruisers," said Wright. Then bike-team members followed that person's car to the Old Centreville



Lt. Andrew Wright talks about the Bike Patrol Unit.

PHOTO BY BONNIE HOBBS

Crossing shopping center.

"An officer saw someone jump into a car, grab something and jump back in his own car," said Wright. "We asked him what he was doing, and he said he was in the wrong car. We could tell something was wrong about this."

They were right. "We got a fourth of a pound of marijuana out of the second car and one pound from the first car," said the officer. "So sometimes, we get lucky. But it all starts with com-

plaints from neighbors. If you see something that doesn't look right to you, it probably isn't."

Lt. Ryan Morgan, the station's assistant commander, was also on the bike team. He said its members tackle special projects needing their particular talents. "They're for people who are flexible and can adjust their schedules," he said.

"They have a different skill set and can focus more attention on things for a long time."

And, he added, "They're absolutely needed in every district station. It's a well I go to often when we have a problem, and they never let me down. They can sometimes do things other officers can't. They're goodwill ambassadors for the [Police] Department, too. For example, they participate in the Centreville Day parade and do the Bike Rodeo for the Boy Scouts each summer."

"We enjoy that stuff, too," said Wright. "But we also like doing criminal patrol and keeping the neighborhoods safe."

Money on the Table Required

Board intends to keep options open for a full conversation by advertising tax increase.

BY KEN MOORE

Sharon Bulova indicated that the Board of Supervisors will advertise the tax rate March 6 with the full 2.5-cent increase proposed in County Executive Bryan Hill's budget.

"That's not to say that's what we will end up with," she said during a joint budget meeting with the Board of Supervisors and School Board on Feb. 27. School Superintendent Scott Brabrand also attended.

Hill's proposed budget would fully fund the school's budget request, fully fund compensation increases for county employees, and many county priorities.

Lee District Supervisor Jeff McKay heads the supervisors' budget committee. "I think we need to make sure we are able to have a full conversation with our community about the budget that's on the table and knowing that the budget funds our highest priorities, but the only way to do that is to implement a tax increase," he said.

Bulova said she understands the impact the tax rate would have. "We are concerned about that," she said.

"When we advertise the tax rate, that will become the ceiling for what the tax rate can be. It can be lower, it can be the same, but it cannot be higher than what we advertise on March 6," said Bulova.

"That's not to say that's what we'll end up with."

— Chairman Sharon Bulova on proposed rate increase

The board will officially adopt the FY2019 budget on May 1 after a series of community meetings and public hearings on the \$4.29-billion budget.

If the Board of Supervisors were to adopt the full 2.5 cent tax rate increase, it would amount to an additional \$268 on the average homeowner's annual tax bill.

Sully Supervisor Kathy Smith said she fears talking about an average increase when all homeowners will have different property bills and property assessments. "When talking about averages, I also think it's useful to talk about medians,"

she said.

Hill came on board as county executive on Jan. 2, 2018.

"We cannot sustain what we are doing. In my view, this is a one year deal that allows us to have a five year strategic look

forward," he said.

"It is key that we become a prioritized county so we can effectuate the change that we need to go forward."

The budget would transfer \$2.26 billion to the school system, 52 percent of the total. Funding the school's proposed budget

would bring teacher salaries closer to market rates, said Brabrand.

"Every year we wait is a year teachers can make a choice to go elsewhere," said Brabrand.

See fairfaxcounty.gov/budget for more.



Sharon Bulova



Jeff McKay



Kathy Smith



Bryan Hill



Scott Brabrand

FILE PHOTOS

FAIRFAX COUNTY TOWN HALL BUDGET MEETINGS

- ❖ **Wednesday, March 7, 7 p.m.,** Sully District Town Hall, Rocky Run Middle School Little Theater, 4400 Stringfellow Road, Chantilly
- ❖ **Thursday, March 8, 7 p.m.,** Hunter Mill Community Summit, South Lakes High School Lecture Hall, 11400 South Lakes Drive, Reston
- ❖ **Monday, March 12, 7:30 p.m.,** Great Falls Budget Meeting, Great Falls Library Meeting Room, 9830 Georgetown Pike, Great Falls
- ❖ **Wednesday, March 14, 7 p.m.,** Providence Community Budget Meeting, Providence Community Center, First Floor Multipurpose Room, 3001 Vaden Drive, Fairfax
- ❖ **Wednesday, March 14, 7:30pm,** Braddock District Council Annual Budget Meeting, Location To Be Determined
- ❖ **Thursday, March 15, 7 p.m.,** Mason District Budget Town Meeting, Mason District

- Governmental Center, Main Community Room, 6507 Columbia Pike, Annandale
- ❖ **Monday, March 19, 7 p.m.,** Mount Vernon District Budget Town Hall, Location to be determined
- ❖ **Wednesday, March 21, 7 p.m.,** Lee District Budget Town Hall Meeting, Franconia Governmental Center Community Room, 6121 Franconia Road, Alexandria
- ❖ **Thursday, March 22, 7 p.m.,** Springfield District Budget Town Hall Meeting, Springfield Governmental Center, Community Room, 6140 Rolling Road, Springfield
- ❖ **April 10-12,** Board of Supervisors Public Hearings on FY 2019 Budget and FY 2019-2023 Capital Improvement Plan. See www.fairfaxcounty.gov/bosclerk/speakers-form to sign up.

Extracurriculars: Secret Sauce of Success

Superintendent's budget eliminates barrier of \$50 activity fee.

School Superintendent Scott Brabrand's budget would eliminate a \$50 extracurricular activity fee that went into effect this year. Eliminating the fee will cost the schools \$1 million, but Brabrand said it was important.

"I believe that extracurricular activities in Fairfax County are the secret sauce of success for our kids," Brabrand said, during a joint budget committee meeting held with members of the Board of Supervisors and School Board on Feb. 27.

Brabrand said he conducted grade point average research every year when he was a principal. "We looked at every kid, and regardless of background, regardless of race," he said, when students were in-

volved in extracurricular activities they had higher grade point averages.

"Frankly, our kids that do get involved in sports and extracurricular activities already pay a mountain of fees as part of travel, as part of going places and being a part of booster clubs," said Brabrand. "So I don't think an additional fee does anything but set up a barrier for our kids to participate."

Brabrand said two other fees were implemented by the school system for FY2018. Fees will still be mandated for families whose children transfer out of boundary to another school and for students who take

more than six Advanced Placement or I.B. tests.

"The school system pays for the first six," he said.

— KEN MOORE

"Extracurricular activities ... are the secret sauce of success for our kids."

— Scott Brabrand, School Superintendent



PHOTO BY WILL PALENSCAR

The Oakton Cougars defeated the Westfield Bulldogs 59-54 to win the Concorde District Championship on Feb. 16. This year, students who participated in extracurricular activities like sports paid a \$50 fee, but the superintendent of schools proposes eliminating the fee.



Selected for All County Chorus

Sixth grade Brookfield Elementary students, (from left) Jada Diffin, Ava Graham, Adina Tewolde, Cyrille Tchokokam, and Tony Miller were selected to perform in the FCPS All County Chorus. The All County Chorus Concert will take place April 27 and 28 at Hayfield High School.

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NEWSPAPERS



Wednesday, March 14th – St. Patrick's Day Beer Tasting and Open House by Scott Maguire, an expert in IPAs and Stout beers. **RSVP by 3/13.**

Friday, March 23rd 11:30 am to 1 pm – AARP's Focus on Seniors and the Five Pillars of a Brain-Healthy Lifestyle presentation. Join us to learn more about AARPs's new initiatives and steps to keep your brain healthy and active by Genea Luck, Associate State Director, AARP VA State office. Lunch provided. **RSVP by 3/21.**

Sunday, April 1st – Spring Brunch from Noon to 2 pm - \$25/ person – Join us for our Arbor Spring Sunday Brunch by Chef Paul. Thinking about transitioning to independent senior living and cuisine is important, we are a great option. **RSVP by 3/27.**

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Make a Difference: Recycle Life

BY ISHIKA GOVIL

As you read this, people are dying. When you go to bed tonight, after a long day of having fun and relaxing with your family, the lives of the family members and friends of 22 people will be turned upside down. What if I told you that these deaths are easily avoidable? What if I told you that you have the power to stop them?

Think of five major problems in your community. Is a lack of organ donors on your list? The waitlist is over 110,000 people long, and sadly, 22 people die waiting for a transplant each day. Despite all these deaths, many do not consider donation a major problem simply due to a lack of awareness. This problem has a clear solution: encourage more people to register as eye, tissue, and organ donors. We should not regard this subject as taboo and should instead work together to bring attention to the issue.

For some, the wait begins early. For others, later. Either way, each person on the transplant waiting list anxiously awaits a gift. The gift of life. Organ donation is a beautiful process,

where a donor's organs are matched with recipients on the waiting list. You may be thinking that the wealthy are prioritized because they have the means to pay. Although incorrect, you are not alone in that thought. Wealth, gender, or race is not a factor in the matching of organs. To judge the recipient who is the best fit for an organ, doctors match blood type, geographic location, degree of sickness, and time on the waitlist.

Each registered eye, tissue, and organ donor has the power to save 8 lives and restore health of 75 others. If a person is declared brain dead and their organs are deemed viable, the search for a suitable recipient begins. A common myth is that doctors will not try as hard to save a patient's life if they are a registered donor. This myth has no support because the number one priority for doctors is to save lives. They will not let a donor die to save someone else. After brain death is legally declared, not before, doctors are able to discuss the possibility of donation. Another myth is that organ donation will leave the donor's body disfigured. However, doctors make precise incisions, like they would during surgery. This allows for the possibility of an open casket funeral.

Many vital organs can be donated, including the heart, liver, lungs, pancreas, kidney, and intestines. If you were in need of one of these organs, wouldn't you want someone to be your donor? If you support the process as a recipient, you should register to be a donor. Over 90 percent of adults are in favor of organ donation, but less than half of those people have actually signed up. Together, we have the power to make a difference and give these people a second chance at life. Together, we must support those in need. Everyday, we sacrifice small pleasures for the greater good, so why not now when it matters most? Why not do one last good deed, one that will really make an impact in the lives of almost 100 individuals. To give someone the ultimate gift, register online at organonor.gov.

Ishika Govil, who lives in the Fair Oaks area, is a junior at Thomas Jefferson High School for Science and Technology. She has been a Girl Scout for almost 12 years, and is currently working towards earning her Gold Award. Her project is named "Recycle Life" and her goal is to raise awareness for organ donation and to clear up any misconceptions that people may have.

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, March 15, 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.

Workshop on Goose Management

A free workshop on Canada goose behavior, effective goose management techniques, community case studies, and regulations will be held at the Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax, Thursday, March 8, from

10 to 11:30 a.m.

Join Assistance League

The Assistance League of Northern Virginia invites community members to attend its regular monthly meeting on March 19, from 10 a.m. - 12 p.m. at Sully District Government Center, 4900 Stonecroft Boulevard in Chantilly. Pre-meeting social starts at 9:30 a.m. New members are welcome. Learn about the nonprofit's 2017-2018 Operation School Bell programs,

SEE ROUNDUPS, PAGE 11

LETTER TO THE EDITOR

Strong Action Needed Now

To the Editor:

I am writing to express my concern about the threat climate change poses to our country, to the country, and our/my future. Scientists agree and signs abound that climate change is occurring much faster than was initially predicted.

Scientists contributing to the Intergovernmental Panel on Climate Change (IPCC) have made it clear that cuts of at least 50 to 70 percent in global greenhouse gas emissions are needed to allow our climate to re-stabilize. Because of this we should be making every effort to reduce greenhouse gas emissions.

I believe our members in Congress should actively be addressing/continue to actively address the issues below. I am also requesting that they provide information on what they, and the government as a whole, is doing to reduce greenhouse gas emissions in the following areas:

- ❖ Reducing carbon dioxide emissions from coal fired power plants.
- ❖ Reducing emissions from the transport sector.
- ❖ Funding initiatives for alternative and renewable energy technology.
- ❖ Incentives for the uptake of renewable energy.
- ❖ Removal of subsidies for fossil based fuel sources.

To secure a future for our nation and generations to come, now is the time to ensure a positive direction for our national energy policies. These policies should lead our nation away from the continued use of fossil fuels.

Our continued use of fossil fuels harms human health, causes global warming, degrades land and marine ecosystems, and pollutes the earth. We need energy systems that provide clean, renewable, and reliable energy that does not threaten human health or the environment.

I understand that focusing on climate change is just one of many issues during these challenging times. However, strong action needed now to address the daunting issues and im-

pacts that climate change poses to us as a country and the world as a whole.

Nathan Palmer
Centreville

6th grade, London Towne Elementary

A Pronoun Poem

(First and Second Person Singular)
Me and You

If I were you
and you were me
What would you and I be?
Would you be you
and would I be me?
Or would you be me
and would I be you?

If you were me
and I were you
What would I and you be?
Would I be me
and would you be you?
Or would I be you
and would you be me?

— © Anita R Mohan

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A Connection Newspaper

Ellie's Hats Celebrates Fourth Anniversary

FROM PAGE 3

well,” said Marc Schweigert. “He’s been on six, different clinical trials, and one of the two at [Memorial] Sloan Kettering [Cancer Center] gave us hope that he was going to survive.”

“I met Jay at [Inova] Fairfax Hospital when our son was inpatient there,” said Sara Schweigert. “And when he knew we were going to the hospital [Sloan Kettering] in New York, he’d drop off a box of hats for Trevor to bring to his friends there. He’d also bring Trevor snacks and video games for the long drive, plus a gas gift card for us.”

And that was so special, she said. “It means so much for someone who doesn’t know us to want to help our family, when no one else understands the physical and emotional hardships we’re going through,” said Sara Schweigert. “It brings a sense of love and warmth to have someone else care like that.”

Basically, added Marc Schweigert, “When you have a kid with cancer, there’s a lot of darkness, stress and fear. And it means the world when someone takes the time out of their life to care when you’re going through something like that.”

“When people hear the word ‘cancer,’ a lot of them run from it,” said Sara Schweigert. “So to have someone run to it is awesome — it makes you feel loved.”

There, as well, were Jennifer and Robert Scott. They have three children, and their middle daughter, Elizabeth, now 17, was diagnosed with acute myeloid leukemia in May 2015. She was initially treated at Inova Fairfax and went into remission that August.

“But she needed a bone-marrow transplant to prevent a relapse,” said Jennifer. “We didn’t have a match, but Duke [University Hospital] had umbilical-cord blood



Sara and Marc Schweigert

that matched hers. So on Oct. 2, 2015, she had a transplant there. She’s now 870 days post-transplant and doing well. She’s taking a full, academic load and looking at college and something in the medical profession as a career.”

The month before Elizabeth was diagnosed, her younger brother Michael was at his baseball team’s opening day and Coakley was collecting hats at an Ellie’s Hats booth there. A month later, said Jennifer Scott, “Jay — who’d heard about us through a mutual friend — reached out to us and was standing in our kitchen with hats and gift cards.”

“He recognized me and said, ‘I bet you never thought you’d see me again,’” said Robert Scott. “I’ll never forget that because I never knew we’d have a child with cancer



Kristen Dallhoff (left) and Jill McCarroll sell Ellie’s Hats merchandise and collect donations at the anniversary celebration.

and need his support.”

Jennifer Scott said Coakley was also a huge help while Elizabeth was hospitalized. “He’d show up with coffee, bottled water and friendship when we were stuck in the hospital in isolation because of different infections she had and for other reasons. It was a connection to the outside world.”

“What Jay’s doing is really patient advocacy,” she continued. “I’m a physical therapist, and others don’t have the resources or medical knowledge we have. But Jay’s been that link for other families, and we want to use what we’ve been through and help him do that.”

Jennifer Scott said they attended the anniversary event to thank Coakley and celebrate with him “for everything he’s done for these kids. It’s personal to him. So many

people say, ‘What can I do to help?’ — and Jay shows up and does it.”

Pleased with how well the celebration went, Coakley said, “We had a great turnout, and it was a wonderful opportunity to spend some time with people who’ve done so much for Ellie’s Hats. There were sponsors, people who’ve made and/or donated hats, volunteers and families who’ve been affected by pediatric cancer. We’re now four years in, but it would be nice if we could just close up shop because we were no longer needed.”

A pancake-breakfast fundraiser for Ellie’s Hats will be held Saturday, May 5, from 8-11 a.m., at American Legion Post 177, 3939 Oak St. in Fairfax.

For more information on the organization, go to ellieshats.org.

Explore Ethiopian Fare at Manna Bistro & Bakery

BY ALEXANDRA GREELEY

As you walk in the door, you might never guess that the tempting display of pastries and cakes are just a small sampling of what this kitchen puts out. Muffins, scones, bagels, tiramisu, chocolate chip cookies, cappuccino and breakfast tacos do not equate with Ethiopian doro wat or injera bread. But the real treat of this place lies behind the front counter: an Ethiopian restaurant.

The wall décor should tip patrons off: loads of native artifacts and paintings decorate the setting and the tables have plastic-covered pictures of Ethiopian scenes and people in native dress ... plus some dishes. And when you are offered the menus, and you are puzzled by Ethiopian fare, the waitstaff can guide you along. You might also see that a part of the menu features vegetarian-meat and Latino fare, from pupusas and carne asada tacos to quesadillas and mojarra frita (fried whole

fish with beans and rice). But you really should focus on the Ethiopian cuisine, as the owners are Ethiopian, after all. If the cuisine is unfamiliar to you, ask for suggestions. But a terrific appetizer that will suit every palate is the sambussa, triangular-shaped pastries of flaky dough filled with a mixture of lentils, onions, and spices.

Scan down the menu for the main-course meat and/or vegetable entrées, which come with a round disc of the squishy, flat injera bread. What you order is spooned onto the bread that lines a serving platter, making it easy for you and/or your friends to scoop up mouthfuls of the toppings. Also ask for a side order of the bread, which comes as rolls heaped on a serving dish.

Meat categories include chicken, beef, lamb, and seafood, and if you love lamb, the number one choice is the savory cubed lamb, lamb tibbs. Other top choices include the chicken tibbs, cubed marinated chicken cooked with onions, jalapeños, garlic, and tomatoes. If you are a chicken fan, you might pick instead the chicken doro wat, a classic Ethiopian dish probably served in

every Ethiopian restaurant. It comes as a chicken thigh (whole) simmered in a berbere sauce (a complex chile-and-spice blend stirred into a liquid).

Seafoodies should consider ordering the shrimp tibbs or the asa kitfo, a spicy blend of ground fish cooked with onions, garlic, jalapeños, and, of course, spices.

Consider adding on some vegetable sides: outstanding are the collard greens and red lentils. Just remember, everything will be spooned onto the injera bread that lines the serving platter. You can use that bread to pick up your food, or use a piece of the injera bread to dig in.

Traditionally, Ethiopians eat with their right hand — the left hand is considered unclean — and use the bread as a spoon or scoop. It’s that simple. Note: the owners also sell basic Ethiopian ingredients up front stacked in a series of shelves.

Manna Bistro & Bakery, 14215X Centreville Square (on Lee Highway), Centreville, 703-543-6900. Hours: Mondays- Fridays, 7:30 a.m. to 8:30 p.m.; Saturdays, 8 a.m. to 8:30 p.m.; Sundays, 2 p.m. to 8 p.m.

BULLETIN BOARD

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

THURSDAY/MARCH 8

Goose Management Workshop. 10-11:30 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. A free workshop for parks, private citizens, homeowner associations, schools, golf courses, corporate parks, etc. Learn about Canada goose behavior, effective goose management techniques, community case studies, and regulations. Visit www.fairfaxcounty.gov/wildlife/geese-management-program.

Consumer Information Booth. 3:30-7 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Fairfax County’s Consumer Affairs Branch is participating in National Consumer Protection Week, March 4-10, 2018. Visit www.fairfaxcounty.gov/cableconsumer/csd/consumer.

FRIDAY/MARCH 9

Consumer Information Booth. 10:30 a.m.-2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County’s Consumer Affairs Branch is participating in National Consumer Protection Week, March 4-10, 2018. Visit www.fairfaxcounty.gov/cableconsumer/csd/consumer.

Somebody's Perfect

Supervisors honor field hockey and football perfection at Westfield High School.

BY KEN MOORE

The field hockey and football teams at Westfield High School not only won Virginia state championships this past fall, they did so perfectly, both completing undefeated seasons.

The field hockey team won 24 consecutive games during the fall 2017 season, concluding with a state 6A championship over defending champion First Colonial 2-1 at the Sportsplex National Training Center in Virginia Beach on Saturday, Nov. 11, 2017.

Goalie Payton Moore and the team gave up only seven goals all season before defeating defending champion First Colonial, 2-1, for the state championship. The team shutout 18 opponents during the season.

WESTFIELD'S FOOTBALL TEAM captured its third consecutive state championship by defeating Oscar Smith 28-21 at Hampton University Armstrong Stadium on Sunday, Dec. 11, 2017.

The team finished this past season 15-0 and has defeated Oscar Smith three consecutive years for their state championships.

In 2015, Westfield defeated Oscar Smith in Charlottesville. "I got to be on the field three years ago to watch the game and there were three overtimes. And last year ... there were two overtimes," said Sully Supervisor Kathy Smith. "This year the game was completed in regulation."

The Board of Supervisors honored both teams at its meeting on Tuesday, Feb. 20.

"The community is really very proud and honored to have you here. No pressure, here, but this is getting to be a habit," Smith said to the football team.

And after announcing that the field hockey team gave up only seven goals in 24 games this season, Smith said, "That's pretty incredible, absolutely."

BOTH COACHES stood with their teams.

Starr Karl, Westfield's field hockey coach, said, "Our team worked feverishly to prepare for the state tournament by buying into the team concept. Each player bought into their role on their team and each day came into practice to make themselves better players."

The field hockey team is the first girls team at Westfield to win two state titles, said Starr. The team became just the sixth Northern Virginia champion in the 41 year history of the Virginia state tournament, she said.

The Westfield field hockey team also won



The Fairfax Board of Supervisors honored the Westfield field hockey team Tuesday, Feb. 20, for finishing the season 24-0 and winning the state championship Nov. 11, 2017 in Virginia Beach.

the state championship in 2013.

"It's been an honor to represent Westfield, the 6A Northern Region, and most importantly, Fairfax County, during this amazing run. Thank you," said Karl.

According to Westfield High School's webpage, "Coach Starr Karl finished her coaching career going out on top."

Football coach Kyle Simmons acknowledged support from the community and the administration and athletics department. The school has won five state football championships.

"We're proud to have brought back the state championship to Fairfax County again.

That trophy is sitting in our trophy case and we're very proud of that," said Simmons. "Of the five football state championships we have earned at Westfield, this may have been the most unlikely team to have brought that trophy home. It was due to their faith in the coaching staff, the buy-in that they had and the culture that is established to play for one another."

New Superintendent Scott Brabrand, School Board chair Jane Strauss and other school board members took part in the celebration.

"We are proud of you," said Board of Supervisors Chairman Sharon Bulova.

Westfield Field Hockey Roster

Isabel Mitolo, senior; Kylie Weatherholtz, junior; Mackenzie Karl, senior; Hannah Huling, junior; Payton Moore, senior; Katie Liskey, junior; Olivia Gary, junior; Casey Cho, junior; Adison Moore, sophomore; Jordan Krauss, freshman; Molly O'Brien, freshman; Delaney Kennedy, sophomore; Delaney Golian, senior; Carly Duncan, senior; Nicki McNamara, senior; Carly Gaito, junior; Mary Craig, junior; Alex Horgan, manager, senior; Aaron Opoku, manager, senior; and Christian Barahona, manager, senior.



The Board of Supervisors also honored Westfield High School's football team which won its third consecutive state championship and finished the season 15-0.

Discussing School Shootings with Children

Open dialogue is key to quelling fear, say mental health professionals.

BY MARILYN CAMPBELL

Helping parents who are grappling with their children's feelings of anger and fear following the recent Florida school shooting and subsequent fallout was a recent topic that Lisa Jackson-Cherry, Ph.D., department chair and program coordinator, Pastoral Clinical Mental Health Counseling & Pastoral and Spiritual Care programs at Marymount University, had with her graduate students. The class discussed how high profile acts of violence can frighten children who might feel as though they or someone they love could become a victim or find themselves in danger. From mass shootings to natural disasters, an open dialogue with children is key to dealing with thoughts and feelings.

"In most instances, talking about the incident helps to gain some control over what is not controlled," said Jackson-Cherry. "Normalizing feelings and thoughts like fear, sadness, anger, and confusion can help children know they are not abnormal in how they are feeling or thinking."

"First ask what they heard rather than starting by telling them about it," added Joanne Bagshaw, Ph.D., professor of psy-

chology at Montgomery College. "I wouldn't get too stuck on the details. Just get a sense of what they know and make sure it's accurate."

In fact, exploration is key. "Encourage children to express their feelings and validate them," said Bagshaw. "You can start by saying, 'I can understand why you're feeling that.'"

Monitor both the amount and source of information that children receive about high profile incidents, advises Bagshaw. "I would really limit their social media and news intake about the violence," she said. "Videos about the shooting are too traumatic, and watching them can be too traumatizing and too dramatic."

Reviewing the family's safety plan can help children feel secure, advises Bagshaw. It's something she did in her own family. "At my daughter's middle school, you can't just walk into a building like they did in Florida," she said. "I reminded my daughter of this and explained the safety differences between her school and the school in Florida. One thing that you don't want to say is that 'That will never happen here.' You want to focus on what's real and what's realistic."

Maintaining a sense of normalcy follow-

ing a public display of violence can help quell fear that children might be feeling, advises Jerome Short, Ph.D., associate professor of psychology at George Mason University and a licensed clinical psychologist. "Parents play a key role by staying calm, maintaining household routines, explaining that many events we worry about seldom happen, and stating that we will cope with whatever happens," he said. "Parents should place the highest priority on helping children stay safe."

"I would caution against using leading questions like, 'Are you scared?' because this question already implies they should be scared of something and that may not be accurate," continued Jackson-Cherry. "Depending on their answers, parents can assist in having the child integrate aspects of power and control in a situation where they may not be in control."

While putting national events into perspective in a way that children can understand, Short also advises parents to explore emotions. "Ask children what they are feeling and empathize and validate what they say. Ask children how they feel about school," he said. "Is there anything at school that worries them? Be reassuring that you will help protect them."

Reviewing safety guidelines can help children feel secure, says Short. "Parents [can say that] local police are working to keep the community safe. We need to look out for each other," he said. "Say that high-profile violence is unlikely to happen at local schools because of safety procedures. For example, there are more than 130,000 elementary and secondary schools, and we focus on relatively few schools where shootings have occurred."

Even those children who don't express emotions or appear unaffected by news reports of violence might still be anxious about the event. "Many children may not display outward anger or fear but that does not mean they are not fearful, angry, or sad about what they have heard or experienced," said Jackson-Cherry. "I think in most circumstances, parents asking about a child's knowledge of the event would be a good way to start."

Limit a child's exposure to media coverage of acts of violence and discuss it in an age appropriate manner, advises Jackson-Cherry. "If the parent is watching or listening to the news together with their child, try asking, 'What are you thinking or feeling about what just happened or was reported?'" she said. "I asked my 15 year old, 'Has the school discussed the shooting in Florida? Have you had drill in case it were to happen?'"

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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News



Chantilly High's CyberPatriot team won first place in the Open Division for the state of Virginia.

First at Cyber Competition

A team of students from Chantilly Academy — a Governor's STEM Academy — recently earned Virginia's first place award in the Open Division of CyberPatriot, the Air Force Association's National Youth Cyber Defense Competition.

Led by coach Davi Anson, the Chantilly Academy team is made up of Adam Batori, Jay Ghosh, Min Jun Kim, Jonathan Lu, Ian Shiff, and Shaun Wu, all of whom attend Chantilly High School. The team was praised for demonstrating outstanding teamwork, critical thinking skills, and technical knowledge, traits acknowledged by CyberPatriot as key to a successful career in cybersecurity. It was named a Platinum Tier team, representing the highest scoring team in its division.

"It has been really exciting watching the team work hard for the past few months — after school and Friday nights. It's always special to see students dedicated and know that the skills they are using can translate into a fantastic career pathway. The possibilities are endless for this group of students," said Chantilly Academy career experience specialist Bonnie Wannett.

CyberPatriot's core program — the National Youth Cyber Defense Competition — challenges teams of students across the United States, Canada, and from U.S. Department of Defense schools abroad, to find and resolve cybersecurity vulnerabilities in simulated environments. Top teams from the preliminary online rounds advance to the national finals in Baltimore, Md., where students compete for national recognition and scholarships.

The CyberPatriot field is divided into three divisions — the Open Division for public, private, and home school teams; the All-Service Division for JROTC, Civil Air Patrol, and Naval Sea Cadet Corps teams; and the Middle School Division.

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News



Preservation Project

At a recent chapter meeting in Centreville, Emily Elson, state president of the Virginia Society Children of the American Revolution, presented a program on her state project involving preservation of the cemetery of the Pohick Church, located in Lorton. Lane's Mill Chapter, NSDAR President Mimi Spear presented Elston with a chapter donation to her project. For information on the Lane's Mill chapter contact lanesmillchapter@hotmail.com.

ROUNDUPS

FROM PAGE 6

including Weekend Food for Kids and Reading Express. There are a few opportunities in its Reading Express program for new members with an interest in participating in this tutoring program. See northernvirginia.assistanceleague.org

Meals on Wheels Drivers Sought

Meals on Wheels Drivers pick up meals and deliver them to individuals on a specific route. Routes take a maximum of two hours to deliver all meals. Deliveries are made midday Monday, Wednesday, and Fridays. Deliveries can be made by an individual or as part of a volunteer group. Email volunteersolutions@fairfaxcounty.gov.

Give Caregivers a Break

Fairfax County needs Respite Care volunteers throughout the county to give family caregivers of a frail older adult a well-deserved break. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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Reflections



By KENNETH B. LOURIE

A few weeks back at my last post CT-scan appointment with my oncologist (when all continued to be amazingly stable), he finally asked me the question I've been wondering if he'd ever ask: "Mr. Lourie, I talk about you all the time, how well you're doing; is there anything I can tell people about what you're doing that might help them?"

My first reaction was to laugh and then ask if I even have cancer. I mean, typically, one diagnosed with an incurable disease doesn't just live life merrily along as if the diagnosis was a mere inconvenience, no matter what he or she may or may not be doing. My oncologist assured me that I indeed have cancer and even offered up some news about my tumors with which I was totally unfamiliar.

Five years ago when I was hospitalized (due to excessive fluid in my lungs), in the course of the procedure, the thoracic surgeon did a DNA profile of my tumors to determine if I had a specific mutation (allowing for more targeted treatment). Unfortunately, the ALK and ROS-1 mutations were not confirmed. In pursuit of more current information, more recently, I had a liquid biopsy (a blood test) which tested for the EGFR and T790 mutations. Again, no confirmation. As it stands now, I am as unclassified. For the nine-year moment then, I remain in treatment without the targeted precision so many of my fellow cancer survivors have been extraordinarily fortunate to have. Yet life goes on.

So what am I doing? Other than laughing in the face of death (my best attribute), which if anecdotal reports are to be believed, truly is the best medicine, a bit more. Remaining positive and generally upbeat is a parallel corollary to humoring yourself and those around you.

But more specifically and perhaps uniquely, I am supplementing my standard of care with some non-Western care: alkaline water, organic apple cider vinegar, and about 60 pills a day, most chosen for their qualities of strengthening my immune system and/or eliminating the toxins from my body. I can't say I'm eating really right, but neither will I admit to not eating totally wrong. Reducing stress and exercising are popular advisories in my control. One out of two will have to do.

However, as I told my oncologist, whatever I'm doing I've been told to do by my holistic health and fitness coach. She knows what, how and why. (I might as well be Sergeant Schulz from "Hogan's Heros: "I know nothing.") I don't feel qualified to speak to any of what I do.

Yes, I've survived but, I'm a sports and chocolate guy not a science and medicine man. All I can do is list what I'm doing. I can't chapter and verse any of it. I'm not NIKE, but I just do it. It's a routine and I rarely stray. I do add stuff occasionally but to think any of what I do might have a bearing on another cancer patient's survivability? Not hardly, and that's what I told my oncologist. Dina suggested the alkaline water. I suggested my "coach."

I guess I'm just not that deep of a thinker. I trust people the same way that as a salesman I want them to trust me. I'm not leading anybody astray, and I'm providing them the best available knowledge. I'm not manipulating. Nor am I maneuvering. I'm simply managing dos, don'ts, maybes, what ifs and why nots.

Moreover, I'm trying to think outside the box while respecting and appreciating that the box has its purpose as well.

Heck, for all I know, my non-Western stuff has had minimal impact on my life expectancy and the standard of care from my oncologist has provided the most.

Maybe I'm just an anomaly, pure and simple: a nine-year-plus non small cell lung cancer survivor. What am I doing? Trying not to abuse the privilege, that's what.

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.

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.

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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.

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 www.lostdogrescue.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.

SATURDAY/MARCH 10

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 the Steven F. Udvar-Hazy Center,

14390 Air & Space Museum Parkway, Chantilly. Celebrate Heritage Family Day with We Can Do It! Women in Aviation and Space. The Heritage Family Day series is made possible by the generous support of Northrop Grumman Corporation. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

Walking Tour. 11 a.m.-noon at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. From the 1700s to present day, women have played an important role in the history of Ellanor C. Lawrence Park and Fairfax County as a whole. Learn about their contributions on the Women of Walney Walking Tour. For participants age 6 to adult. \$6 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

NVFS' Bowl-a-Thon. 1-4 p.m. at Bowl America Manassas, 9000 Mathis Ave., Manassas. Join NVFS at Bowl America Manassas for an afternoon of bowling and fundraising that's perfect for the entire family. For information please visit www.nvfs.org/events/bowl-a-thon/. All Bowl-a-Thon proceeds benefit NVFS' #SERVECampus. Minimum of \$275 raised by each team. Call 571-748-2537 or visit www.nvfs.org/events/bowl-a-thon/.

SUNDAY/MARCH 11

Hands On Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. have a Hands On Day with artifacts and models of railroad equipment. 5-15, \$2; ages 16 and older, \$4. All craft supplies included with admission cost. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

MONDAY/MARCH 12

Native American Archaeology. 7:30-9 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. Join archaeologist Mike Johnson for a discussion of ancient Native American sites in Thoroughfare Gap and in Fairfax County. Light refreshments will be served. Presented by the Historic Centreville Society. Free. Email paulhancq@aol.com or visit www.facebook.com/Centreville-Day-150468235022765/.

WEDNESDAY/MARCH 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 fairfaxcounty.gov/parks/eclawrence.

FRIDAY/MARCH 16

Steven Curtis Chapman in Concert. 7:30 p.m. at Centreville Baptist Church, 15100 Lee Hwy, Centreville. Steven Curtis Chapman has announced he will continue his successful tour, SCC SOLO: A Night of Hits, History, and Influences, this spring. Visit cbcv.org. Tickets at StevenCurtisChapman.com.

SUNDAY/MARCH 18

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Admission, Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR or call 703-425-9225.

Concert. 7-8 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. The Herndon Regional Wind Ensemble, composed of local musicians, presents its spring concert, including works by such composers as Malcolm Arnold, Alfred Reed, and Karl King. Free. Visit herndonregionalwindensemble.com.

SATURDAY/MARCH 19

St. Patrick's Day / St. Joseph's Day Party. 6-9:30 p.m. at St. Veronica's Church parish hall, 3460 Centreville Road, Chantilly. This is a family event that includes food, drink, sing-alongs, Irish dancers and plenty of smiling Irish eyes. Adults \$7, Children \$5, drinks extra. Visit stveronica.net or 703-773-2000.

"Girls Just Wanna Have Fun." 7 p.m. at the Cale Community Center, 4615 Stringfellow Road, Chantilly. The GFWC Western Fairfax County Woman's Club (WFCWC) will present an evening of fun, games and prizes, food and fellowship. Refreshments will be served, and prizes awarded for winning and/or tying in the various games. WFCWC usually meets at 7 p.m. on the third Monday of the month, September through May. Guests are welcome and admission is free. Visit www.wfcwc.org or call 703-378-4250.

TUESDAY/MARCH 20

New Book Club. 2:30-4 p.m. at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Book club for those 50 and older who love to read. Group will choose the first book at this meeting. Group will meet the 3rd Tuesday every month to discuss. Snacks and beverages provided. Free. Call 703-322-4475.

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