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Centreville ♦ Little Rocky Run

CENTREVIEW

HomeLifeStyle

PAGE 2

MARCH 14- 20, 2018

25 CENTS NEWSSTAND PRICE

Officer Isa L. Martin receives a Silver Medal of Valor from Ed Roessler Jr., chief, Fairfax County Police Department for his bravery and quick actions when he arrived early to work and observed a man attempting to breach the station's secure fences. Martin drew his off-duty weapon while simultaneously issuing verbal challenges to the driver. With the help with another officer who arrived on the scene, they secured the subject without further incident.



Public Safety

Heroes Honored

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Work Beginning on I-66

Outside Beltway

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PHOTO BY STEVE HIBBARD

CALENDAR, PAGE 8 ♦ CLASSIFIEDS, PAGE 7

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HomeLifeStyle

Fiber artist Shafer Dobry (left), with an assist from Dory Clemens of Foster Remodeling, demonstrates how her new custom-designed work table is used for cutting fabric. Dobry hired Clemens last year to help convert basement space into a fiber arts studio



A Stitch In Time

With the children out of the nest, Shafer Dobry is re-embracing her passion for fiber arts in a basement studio.

BY JOHN BYRD

Nothing inspires renewed hobbying interests like children leaving the house. Parents — affectionately dubbed “empty-nesters” by demographers — are now left to their own devices, and there’s new square footage to conjure with. Maturity being a precious commodity, one doesn’t dawdle.

Certainly Shafer Dobry of Herndon ascribes to this theory. An artist who has worked with fibers since college, Dobry had maintained a basement space for her sewing projects for years, even selling her work online and at crafts shows. It was workable space, but shared with accumulated oddments, a designated TV-viewing zone and clutter.

When a son moved out last year though, Dobry seized the day: a chance to convert the 620-square-foot basement into a productive artist’s studio with dedicated workstations devoted to key phases in a sequential process, and a library of fabrics, threads and yarns filed for easy access.

To this end, Dobry called in Dory Clemens, a designer at Foster Remodeling Solutions, whom she had met at a home show. Approaching the studio makeover proposition, Clemens was intrigued by the question of exactly what is entailed in custom-designing a fiber arts studio.

“There are essential pieces of equipment that require a dedicated workstation,” Clemens said. “But Shafer has her own techniques regarding which phases are to be hands-on and which aren’t. I soon realized there wasn’t a patented tool for every task. Fiber art is something of a folk art ... where technique follows inspiration.”

That’s when Clemens saw that Foster’s skilled carpenters might prove handy in helping her client take her process to the next level.

“We would discuss how she worked,” Clemens said, “and I would suggest built-ins our carpenters could create that might advance her process.”

Chief among these is a cutting table which now occupies a back corner of the room.

Three feet high and with a top that measures 8 feet by 1 foot, the work table has been designed as a modular platform that provides the waist-high flat surface needed for cutting fabric, and for assembling the combinations that might be employed in the final art piece.

There are three panels — each with a 2-foot by 2.5-foot surface. Panels can be raised independently, or linked together as a three-part unit for cutting larger pieces. Pipes and hooks keep the table solid and unified. The base also provides shelving for storing bolts of fabric. When the cutting is over, the panels can be folded down to form a sliding door on an otherwise nondescript credenza.

As a space plan, the room has been zoned to support the two primary phases of Shafer’s creative process.

A 10-foot by 10-foot work cubicle formed by U-shaped laminate counter-surfaces and situated on IVP (Luxury Vinyl Plank) flooring is set up to facilitate sewing and knitting. An ergonomic office chair on casters allows Shafer to roll from sewing machine to knitting machine, retrieving threads and yarns at will, and scrutinizing fabric bolts ... all without standing.

Old mattress springs (“found objects,” as Shafer calls them) mounted on the two walls offer buttons, threads, curiosities, notions into the artist’s hands. Meanwhile, overhead task lighting provides the illumination needed for close-in work.

In an adjacent space one finds tools of the knitting trade, many of which are antiques. There’s an Ashford spinning wheel; a six-spoke yarn “winder” (also an antique); several support spinners; and an umbrella swift.

Shafer says she is in the studio daily and that the environment is conducive to producing her art which she mostly sells online at www.etsy.com/shop/needleclicksEtc.

The former basement interior, with English pub finishes, has disappeared without a trace.

“There was a dropped-ceiling before, which made the room feel smaller,” Shafer says “Dory was essential in helping us pursue non-traditional design ideas. Removing the ceiling, for instance, raised the height of the room about a foot. That’s then I saw the potentials for more industrial ambiance — much like one sees in more urban art studios.”

As interior design process got underway, Clemens suggested painting the exposed rafters and duct work mat black. The perimeter walls are Grey Screen. Combined with the lighter-tone flooring, the effect is restful.

Shafer and her husband Michael also use the re-designed space to work out on their rowing machine, practice yoga, and enjoy music and video in a comfortable part of the room devoted to home entertainment.

“This really brings a lot of useful interests into one place,” Dobry said. “It’s a real lifestyle boost for both of us.”

Foster Remodeling Solutions will be sponsoring a seminar March 7 at 10 a.m. titled “Big Impact, Small Space.” The event will be held at its offices and showroom in Lorton. For information call 703-550-1371 or sign up now at www.fosterremodeling.com/remodeling-resources/seminars-and-sign-up/.

An open house of an Arlington home recently remodeled by Foster Remodeling Solutions will be held on March 24. Call for details and to register.

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.

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Work Beginning on I-66 Outside

New Route 28 Interchange will reconnect Walney and Braddock.

BY BONNIE HOBBS

With work on the I-66 Outside the Beltway project about to begin, VDOT says it'll do its best to keep the traffic moving. But it won't be easy and there are no guarantees that delays won't ensue.

"A key feature is that the red X/green arrow lane will go away during peak periods, during construction, and just become a fourth travel lane," said Nancy Smith, spokeswoman for FAM, the project's design-build team. "And workmen can make it a construction lane, during nonpeak hours, as needed."

Besides that, said Susan Shaw, VDOT's Megaprojects director, "They'll be narrow lanes and will be constrained. Basically, we're converting I-66 to a construction zone."

There's no doubt we'll impact traffic flow on I-66, but there's no way around it. That's the reality of what we're facing."

They were speaking during the Feb. 28 meeting of the Sully District Council (SDC) of Citizens Associations, updating local residents on the project's status and what's to come. And preparations are still underway.

"Even though we're ready for construction, we're still doing design work," said Shaw. "So we're still coordinating with the Fairfax County Department of Transportation and homeowners associations."

"We're looking forward to ramping up our construction this spring," said Smith. "Interactive signs in the I-66 Corridor will be



Diagram of the new, I-66/Route 28 Interchange. Work should begin in late May.

transitioned away because they'll be in the way of the work. We've got a long road ahead, but we hope to have the express lanes open by December 2022."

VDOT also intends to hit the following milestones:

- ❖ This spring: Right-of-way acquisition, initial construction in the existing VDOT right-of-way, and obtaining results of noise, environmental and traffic analyses.

- ❖ Summer 2019: New park-and-ride lot near Gainesville opens with 960 spaces.

- ❖ Summer 2020: Removal of the last four traffic signals on Route 28, between E.C. Lawrence Park and the I-66 turn lanes.

Currently underway are voluntary, pre-

construction surveys of homes near the work zone to assess their condition before and after the work. Geotechnical surveys are being done to see what's underneath the ground surface and check the soil. And utility surveys are also being conducted to find out where the utilities are so they can be moved before work begins.

The project entails 292 right-of-way acquisitions, some of which are utility easements. However, 10 involve residential relocations, and VDOT is still negotiating with the property owners. Trees within the existing right-of-way will be removed, where necessary, concrete barriers will be placed, and long-term lane shifts will be established

as work zones are set up.

"We'll shift traffic toward the center median first, so workman can work on the shoulders," said Smith. "Then we'll shift it away from the median. It'll be four lanes still, including HOV lanes."

Little Rocky Run's Al Francese asked what the impact would be on Route 28 traffic during I-66 construction. Pulling no punches, Shaw said traffic on Route 28 will get worse – "And especially when Wegmans opens [off Route 28 in Chantilly on June 3]. But we're trying to get people to change their travel strategies, to the extent that we can."

She said construction will occur mainly during daytime hours, but there will be nighttime construction, as well. "We'll make sure to work with the communities [to advise them about it]," said Shaw. "We'll do our best to minimize [the impact], but there are some things we cannot do during the day, like,

for example, demolish a bridge. So we'd have to shut down the road then – and the best time for it would be overnight."

SDC member Jay Johnston asked about the scope of the Route 28 work, and Smith replied, "We're completely building the I-66/Route 28 Interchange. We're hoping to start work clearing trees along the VDOT right-of-way in mid-April. We'll first do northbound Route 28 and then southbound."

Actual construction of the interchange, itself, should begin in late May. The project area extends north to where Poplar Tree

SEE I-66, PAGE 6

Patrick Smith Named Sully Officer of Month

Helped find man who caused three-car crash.

BY BONNIE HOBBS

PFC Patrick Smith has been named the Sully District Police Station's Officer of the Month for January. He was honored during the Feb. 21 meeting of the station's Citizens Advisory Committee.

In nominating him for this award, his supervisor, Lt. Nicholas Dipippa, detailed why Smith is deserving of it. He wrote that, on a recent cold and snowy night, Smith responded to a three-car accident on Northbourne Drive in Centreville.

When he arrived at the scene, he discovered that – while one car was at a stop sign – another car rear-ended it, pushing it into a third vehicle. It was immediately apparent to Smith that the damage was extensive.

"The force of the collision pushed one vehicle across the street and into the yard

of a residence, nearly striking a house," wrote Dipippa. "Smith immediately rendered aid and also focused efforts to determine what had occurred."

Dipippa said Smith was able to ascertain that a large, pickup truck was responsible for the accident and the driver had fled the scene on foot. As medics continued administering care to the crash victims, Smith coordinated a neighborhood search for the missing driver.

"Assisting officers helped determine that, prior to the accident, the truck had been driving through the yards of other residents, causing large ruts and damaging personal property in its path," said Dipippa. "Smith leveraged investigative leads from the crash scene, [and] information gleaned from the truck's license plate led officers to a residence in the area."

Due to the fresh snowfall, he was able to



PHOTO BY BONNIE HOBBS

Assistant Station Commander Lt. Ryan Morgan (left) presents the Officer of the Month certificate to PFC Patrick Smith.

match the tire tracks from the crash scene and other locations to those in the suspected truck owner's driveway. However, he couldn't determine if the suspect had made it home, so the investigation continued. Hours later, wrote Dipippa, "An alert community member called police to advise them that an unknown man had entered their

house and appeared unconscious."

"The description provided by the community member eerily matched the driver of the pickup truck," continued Dipippa. "The subject allegedly entered the house through an unsecured door. He was surprised when awakened by PFC Smith and taken into custody, not fully recalling every detail of the night due to intoxication."

Dipippa noted that "Criminals often flee when their poor choices will likely result in punitive actions. Responding officers charged with investigating criminal activity often rely on information from the community and from physical evidence if it's available."

Illustrating this fact, he wrote, "The actions taken by Smith are indicative of great teamwork between the Police Department and the community to identify and locate a dangerous person. For his efforts in keeping the community safe, PFC Patrick Smith has earned Officer of the Month for January 2018."

Public Safety Heroes Honored

40th annual event held March 9 at the Hilton McLean Tysons Corner.

The 40th annual Valor Awards was held on Friday, March 9, at the Hilton McLean Tysons Corner honoring men and women who have shown valor, courage, and service to others. Every year the Northern Virginia Chamber of Commerce pays tribute to public safety employees in the Fairfax County Police Department, Fire & Rescue Departments, Sheriff's Office, and Herndon and Vienna Police Departments for their exceptional bravery.

Honored guests included elected officials U.S. Rep. Gerry Connolly (D-11), U.S. Rep. Barbara Comstock (R-10), Fairfax County Board of Supervisors Chairman Sharon Bulova, Supervisors John Foust (Dranesville), Jeff McKay (Lee), Pat Herrity (Springfield), John Cook (Braddock), Kathy Smith (Sully), and Dan Storck (Mt. Vernon). Chaplain Jerrold Foltz gave the benediction.

The Gold Sponsors were INOVA Health Systems, Transurban, United Bank, Visit Fairfax of Fairfax County, and Volkswagen Group of America. The Silver Sponsors were Macerich and Motorola. The Bronze Sponsors were Dominion, Fair Oaks Mall, and Sandy Spring Bank.

— STEVE HIBBARD



PHOTOS BY STEVE HIBBARD

Gold Medal of Valor Recipients

Fairfax County's Urban Search & Rescue team, Virginia Task Force 1 is awarded the Gold Medal of Valor. In the effort to save lives and alleviate suffering, Fairfax County's Urban Search & Rescue team, Virginia Task Force 1 was deployed to San Juan, Puerto Rico which had sustained extensive damage from Hurricane Irma only days prior to the arrival of Hurricane Maria. Upon arrival, the team immediately established a base of operations and conducted search and rescue operations in the Virgin Islands. While

conducting lifesaving and humanitarian aid missions in Puerto Rico, Hurricane Maria formed as a Category 5 hurricane taking direct aim at San Juan. Even with the threat of the oncoming hurricane, the team continued their search and rescue operations on the Virgin Islands without thought of their own personal well-being. The team endured the assault of Hurricane Maria for 24 hours only to continue the search and rescue after the storm had passed. The members of VATF-1 acted without regard to their personal safety under extremely hazardous conditions. They demonstrated courage, dedication, and determination.



Second Lieutenant Michael D. Gubesch receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.

Silver Medal of Valor

Second Lieutenant Michael Gubesch is awarded the Silver Medal of Valor for his brave actions in halting a dangerous pursuit. Faced with a dangerous criminal that clearly had no intent to stop, Second Lieutenant Gubesch made a critical decision to end the pursuit before more lives could be put in harm's way. He used his patrol vehicle to execute a perfectly timed Precision Immobilization Technique (PIT) that spun the vehicle around on the road. The subject brazenly continued to try and escape but was stopped by the quick thinking and decisive actions fellow officers on the scene. Potentially placing himself in harm's way, Second Lieutenant Gubesch executed sound judgment in a tense situation, ending with a successful conclusion.



Pilot Garrett G. Wymer receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.



Police Officer First Class Ali Sepehri receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.



Master Police Officer Douglas E. Middlebrooks receives his Valor Award from Ed Roessler Jr., Chief, Fairfax County Police Department.

Silver Medal of Valor Recipients

Pilot Garrett Wymer, MPO Douglas Middlebrooks, and PFC Ali Sepehri are awarded the Silver Medal of Valor for their actions involving a helicopter crash. During the civil unrest that broke out in the City of Charlottesville. The crew quickly assessed their landing options and MPO Middlebrooks and PFC Sepehri hiked approximately 300 yards in order to gain access to the crash site while Pilot Wymer provided responding fire crews and ATC personnel

with aerial coverage. The fully engulfed helicopter contained two fallen Virginia State Troopers and both MPO Middlebrooks and PFC Sepehri continued to search the wreckage for any other troopers at the scene. Without regard for their own personal safety, the crew of Fairfax 1 landed in an unfamiliar location without ground support in order to render immediate high level medical care to fallen officers. Pilot Wymer, MPO Middlebrooks, and PFC Sepehri demonstrated exemplary courage, composure, and compassion during an incident involving extreme personal risk.

Silver Medal of Valor

Lieutenant Jay Smith and retired Battalion Chief Tyrone Harrington are awarded the Silver Medal of Valor for their courageous response to house fire of a neighbor. They began to utilize a garden hose to attack the fire in the garage and both personnel had entered the home multiple times in an effort to rescue a trapped child. Lieutenant Smith and Chief Harrington operated without the benefit of a fire hose, breathing apparatus, or protective equipment, putting the rescue of the child before their own personal safety. As fire and rescue units arrived, Lieutenant Smith and Battalion Chief Harrington continued to provide direct assistance and



Lieutenant Jay Smith receives his Valor Award from Richard Bowers Jr., Chief, Fairfax County Fire & Rescue Department.

information to the arriving units. Lieutenant Smith and retired Battalion Chief Harrington exhibited extreme courage



Battalion Chief (Ret.) Tyrone Harrington receives his Valor Award from Richard Bowers Jr., Chief, Fairfax County Fire & Rescue Department.

while drawing upon extensive training and experience to assist their neighbors.

Advocates Praise Sheriff's End to ICE Contract

Sheriff will no longer hold detainees for extra time.

BY KEN MOORE

The "Sheriff's Office will no longer hold inmates past their release date unless an ICE administrative request to detain the inmate is accompanied by a criminal detainer issued by a court," according to Fairfax County Sheriff Stacey A. Kincaid.

Kincaid informed Immigration and Customs Enforcement (ICE) in late January that the Sheriff's Office will officially terminate its intergovernmental service agreement (IGSA) with ICE on May 23, 2018, following the required 120-days notice.

"We intend to comply with all federal obligations as they pertain to ICE. ... We found it expedient to no longer have an agreement that required us to extend our resources beyond these obligations," according to Kincaid.

ADVOCATES EXPRESSED support for Kincaid's decision at the next available public comment period before the Board of Supervisors on Feb. 20.

Elizabeth Benson, a member of Fairfax for All Coalition, said: "The cancellation of the agreement was fought for over the course of a year."



Rabbi Jeffrey Saxe



Michelle Larue



Penny Anderson, ACLU



Elizabeth Benson, Fairfax for All Coalition

"We appreciate the stance taken by the sheriff to cancel the IGSA and how this is a vital step in Fairfax County towards protecting our communities and recognizing that we are an integral part of this county," said Michelle Larue.

"I urge every member of the Board of Supervisors to strongly and publicly support Sheriff Kincaid's termination of Fairfax County's IGSA agreement with ICE," said Penny Anderson. "She should be applauded not vilified for doing so."

BUT IMMIGRANTS WHO LIVE in Fairfax County also live in constant fear of law enforcement and immigration agents, said Anderson.

They also fear becoming active members

in the political process, educational process and in the community, said Larue.

"If I stand idly by and watch or hear about families being torn apart, people avoiding sending children to school, people afraid of getting health care they need, and the examples are endless, then I am complicit in this travesty," said Anderson, a member of ACLU's People Power.

Rabbi Jeffrey Saxe of Temple Rodef Shalom said: "Every faith tradition has its own particular ways of addressing the need to be welcoming to those who come into the community. In Judaism, we are commanded to welcome the stranger and treat him or her as our own," he said.

He told his family's history, relating that his grandparents escaped Hitler and Nazi

Germany in 1938. They married two days after their arrival in America, with only four people present at the wedding.

"They were able to build good lives for themselves, not just because of their own strength, but because of the support of others in the community, people who didn't know them but wanted to help," said Saxe.

"I wonder what would have happened to them if they would have come into this country today," he said.

WORK NEEDS TO CONTINUE, the advocates said, for the county to adopt policies to "secure equal justice for all residents of Fairfax County regardless of immigration status," said Benson. "Our coalition has made additional suggestions about how to cement these protections in policies."

The political environment has changed with the current administration, said Larue, which has allowed ICE "expanded enforcement efforts which only serves to generate fear in our communities and actually undermines public safety in our county."

"Now it's time for the county to also take concrete steps in protecting our community and not collaborating with ICE," said Larue.

SEVEN SUPERVISORS raised their hands when Benson asked if they supported the

SEE ICE CONTRACT, PAGE 7



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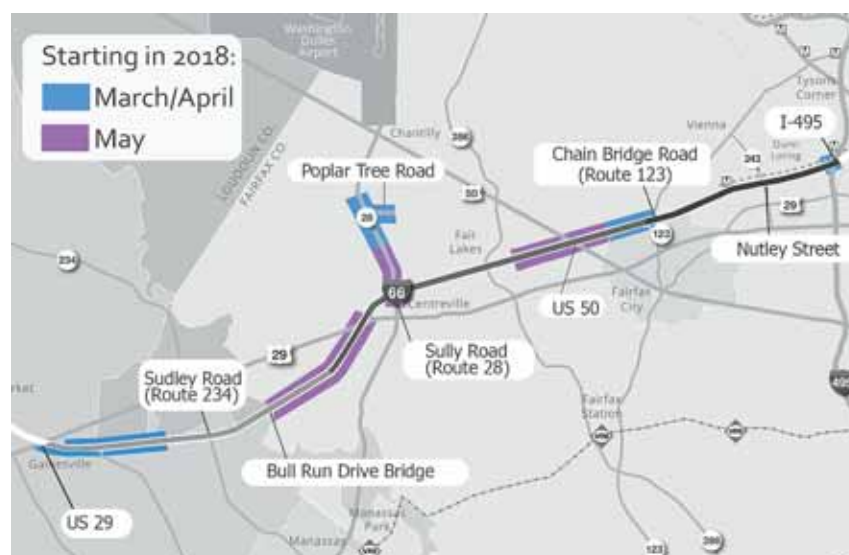
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NEWS

**Map showing the
timeline of the
spring roadwork
for the I-66 Out-
side the Beltway
project.**



Work Beginning on I-66

FROM PAGE 3

Road meets Route 28, east to Stringfellow Road, and west to near the I-66/Route 29 intersection.

It adds a new bridge funneling traffic from Poplar Tree Road into Ellanor C. Lawrence Park and provides a new access to the park from Route 28. It also improves the Route 28 bridges crossing I-66 and will provide new access ramps to the managed lanes on I-66.

Jeff Parnes, the SDC's Land-Use and Transportation Committee chairman, said his predecessor on the Transportation Advisory Committee, Dick Frank, recommended that Walney and Braddock roads be connected. And once the new interchange is completed, an overpass will join them. So, said Parnes, "His plan will have come to fruition, so I think this overpass should be named after him."

Meanwhile, regarding another work site important to local residents, Shaw said that, "At Monument Drive, you'll be able to get into the HOV or express lanes and go in either direction. People will be able to come off I-66 West onto Stringfellow Road during nonpeak hours, but they'll have to be in the express lane. Single drivers will have to pay to do so."

Noise walls, where applicable, are also part of the I-66 project and are particularly important to residents living along the interstate. "The noise issue is a big concern along this whole corridor," said SDC member Mark McConn, of Centreville's Bull Run Estates community.

"A neighbor is losing part of his yard, and that'll bring the project noise closer to him," continued McConn. "And people along Brim Lane [paralleling I-66 near Bull Run Regional Park] will lose the tree barrier and, in essence, their noise wall. It's frustrating that VDOT doesn't care about this."

But, replied Shaw, "We don't count trees as noise

mitigation. We're trying to get safety, highway and capacity improvements all along this corridor to save lives and affect the most people."

"We're working on our final-design, noise analysis to be finished in late May," added Smith. "It will tell us where noise walls should go, and their height. If you have a noise wall today, you'll have one at the end of the project. And they'll be at the same height, or higher, than the current ones. We have a maximum of 240 days, weather permitting, to get a new wall up after we've taken one down."

Still, that's eight months. And, said Johnston, "For someone living next to [I-66 and the construction work], that's a long time and a lot of racket."

Smith said they're studying how high the wall should be when the bike trail goes inside I-66, plus the height of the fence on top of it. "Around 11 miles of the bike trail are along I-66, but under 3 miles run along the highway side," she said. "We're trying to balance the wishes of the biking community vs. the wishes of the neighbors whose property backs up to the wall."

Leonard Wolfenstein, with Fairfax County's Department of Transportation, added that "The county's interested in seeing this trail, although our preference would be that it not be on the highway side."

The entire, 22.5-mile project runs between I-495 and Gainesville. Smith said VDOT has a whole program to keep I-66 traffic moving during construction, and "We'll work hand-in-hand with them on it. And there'll be incentives for people to take buses."

Shaw said incentives would also be given to people creating new vanpools and carpools. And Parnes suggested erecting signs at the Monument and Stringfellow park-and-ride lots, encouraging people to form slug lines to carpool. For more project information and to sign up for construction and lane-closure updates, go to Transform66.org.

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ICE Contract

FROM PAGE 5

termination agreement, with the exception of Braddock Supervisor John Cook and Springfield Supervisor Pat Herrity. (Providence Supervisor Linda Smyth was not present during the informal tally.)

"It was the sheriff's decision not the Board of Supervisors. I think she did the right thing," said Bulova. "Fairfax County is a very diverse community and we value our immigrant community in Fairfax County and we also keep our community safe through community policing."

According to Kincaid's statement, the Sheriff's Office will continue to cooperate with ICE, as it does with other local, state and federal authorities.

Bulova said the sheriff's action would not put the community at risk. She also urged people to stay involved in reporting crimes and when they are victims of crime.

"While I may disagree with you on your first two points, I very emphatically agree with you on the last one," said Herrity, following Bulova's remarks. "Our police don't do immigration enforcement, they never have."

His remark drew scoffs.

"I would encourage you to change that opinion," Herrity said.

ROUNDUPS

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. Call 703-814-7000, ext. 5140, to confirm dates and times.

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. See www.northernvirginia.assistanceleague.org

Help Injured Officer

MOD Pizza in the Greenbriar Town Center will hold an all-day fundraiser on Tuesday, March 20, to support a Fairfax County police officer who was recently injured while on duty. Officer Ashley Block, a new officer assigned to the McLean District Station, was helping clear a road during the March 2 wind storm. A tall tree snapped, and a large section landed on her. She sustained several injuries which will likely cause her to be off work for 16-18 months.

So on March 20, MOD Pizza will donate 50 percent of the entire day's sales, plus 100 percent of the tips to Block. MOD, which features custom, artisan-style pizzas, is at 13061 Lee Jackson Memorial Hwy. in Chantilly.

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"Introspections"



By KENNETH B. LOURIE

According to my oncologist, it's time, way past time in fact (not so much 'fact,' more like his experiences with other cancer patients) that I make more significant changes in my cancer treatment than I have diagnosis to date. What he means, specifically - and what we regularly discuss - is extending the interval of my CT Scan, which currently occurs every three months.

Not so much to minimize the radiation exposure, more so due to my continuing survival. No one's ready to characterize me as "N.E.D.," (no evidence of disease), but neither does it appear, based on the last five years - since I was hospitalized and began my alimta infusions, that my tumors are growing and/or moving; at least not as indicated with any clinical significance.

Nevertheless, the prospect of waiting longer to find out if any tumor action has occurred is unsettling. Currently, given that I am generally asymptomatic, the primary way that I learn if there's been "progression," is by the computerized tomography of my lungs/upper torso. Rarely have symptoms manifested themselves otherwise. And when they have, they've as often indicated nothing as something - and vice versa; meaning, sometimes no symptoms still showed growth. So it's confusing, counter intuitive and contra-indicated, and I'm stuck in the middle.

While maintaining this quarterly scan schedule, I have extended the interval between infusions however: from every three weeks originally to every six weeks now. Which means I've reduced the amount of chemotherapy I receive by 50 percent per quarter. Still the scans have showed "stable." Given that I'm starting my 10th year post diagnosis, perhaps it's time to scan less and live more?

Our concern has been that if the CT Scan continues to be the first real indicator/confirmation that tumor growth has occurred - and if so, presumably different/more aggressive/life-sustaining tactics would need to be employed (immunotherapy comes to print, which I have not yet utilized), why wait through the fourth month to find out? Maybe that month's-long delay in scanning would matter in possibly nipping my tumor growth in the bud?

My oncologist's thinking is that so little change has occurred during the past five years that perhaps it's reasonable to take advantage of my amazing good fortune and extend the interval?

Moreover, with respect to my quality of life, reducing the weeks of stress we experience leading up to the scan, and of course the stress the week after, waiting for results, would enhance our lives; and eliminating that stress and improving the quality of our lives has always been an interest/concern of my oncologist.

And I appreciate his concern for our overall well being; and I would like to have less cancer-related impact on my life but, yes, there's always a 'but.' If I extend the scan interval, I might worry about what's happening in my lungs during the month after I would have already been scanned? What if? I mean, it's not as if we can't go back in time, sort of. We can always restart, re-interval, re-scan, re-everything; so I've been reassured. Why not re-engage more with life and rearrange less because of cancer?

Maybe I've survived nine-plus years with a terminal form of cancer because I'm meant to? Why not leverage my many good results and better manage my cancer commitments? Perhaps it's time to take control of my life and live like I'm not dying? Heck, I've done alright so far. Who's to say I can't do better?

If my oncologist characterizes me as his third miracle, then maybe I should start living more miraculously?

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.

ONGOING

Fitness for 50+. Daytime hours, Monday-Friday at Sully Senior Center, 14426 Albemarle Point Place, Chantilly. Jazzercise Lite, Zumba Gold, Hot Hula Fitness (dancing Polynesian style), Strength Training, Qi Gong, Tai Chi and more. Membership is \$48 a year, and waivers are available. Email lynne.lott@fairfaxcounty.gov or call 703-322-4475 for more.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

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

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

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 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.

SATURDAY/MARCH 17

Fifth Annual LAX for a Cause. 8:30 a.m.-6 p.m. at Centreville High



Steven Curtis Chapman

Concert: Steven Curtis Chapman

Grammy Award winning artist Steven Curtis Chapman has announced he will continue his successful tour, SCC SOLO: A Night of Hits, History, and Influences, this spring. SCC SOLO celebrates three decades of music from Chapman, the most-awarded Christian artist, and now a best-selling author. Friday, March 16, 7:30 p.m. at Centreville Baptist Church, 15100 Lee Hwy, Centreville. Visit cbcva.org. Tickets are available at StevenCurtisChapman.com.

School, 6001 Union Mill Road, Clifton. CYA Lacrosse and SYA Lacrosse join forces to host LAX for a Cause in support of children's cancer charities "Special Love" and "CureSearch." Games start at 8:30; a check presentation at noon will be followed by a coaches' game. And

then additional games until 6 p.m. Raffles and silent auction items. Entry is free, donations are welcomed. Visit laxforacause.org.

Community Concert. 7:30 p.m. at Temple Beth Torah, 4212 Technology Court, Chantilly. Temple Beth Torah in Chantilly presents Makom: Sephardic Sounds of Home. The concert includes a program of songs in Ladino (Djudeo-Espanyol) and Hebrew from a variety European, Mediterranean and Middle Eastern Sephardic communities, expressing their zest for family life, their faith and their longing for home. A reception will follow the concert. Complimentary tickets are available with advance registration. Visit www.bethtorah.net/community/cantorial-concert.

SUNDAY/MARCH 18

Sensory-Friendly Easter Bunny

Event. 9 a.m.-10:30 p.m. at Fair Oaks Mall, Grand Court West, 11750 Fair Oaks, Fairfax. Fair Oaks Mall presents sensory-friendly photo sessions with The Bunny exclusively for families of children with special needs. Visits with The Bunny are free. Space is limited and families are encouraged to reserve a time in advance at: www.AutismSpeaks.org/Bunny2018. Keepsake Easter photo packages will be available for purchase during the event.

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 www.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.

SUNDAY/MARCH 25

Spring Reading Circle. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The museum will feature a Spring Reading Circle and Activity Day. 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SUNDAY-SATURDAY/MARCH 18-31

Fairfax County Parks. Egg-citing activities are breaking out at parks throughout Fairfax County in March. Visit www.fairfaxcounty.gov/parks/park-news/2018/psa055.

On Saturday, March 24 – Children age 1-6 are invited to the Easter Eggstravaganza at **Frying Pan Park** to hunt for eggs that contain treats and prizes and visit with farm animals. \$8 per child. Add a wagon ride for \$2 per person. **Sully Historic Site** is offering an egg hunt, egg-related games and an Easter craft for children age 1-8. \$8 per child. Wagon rides cost another \$2 per person.

On Sunday, March 25 — Stop by the Easter Egg Hunt at **Sully Historic Site**. The historic site is offering an egg hunt, egg-related games and an Easter craft for children age 1-8. \$8 per child. Wagon rides cost another \$2 per person. **Lake Fairfax Park** will be hosting an Easter Egg Hunt for children age 1-6. \$8 per child.

WEDNESDAY/MARCH 28

Open House. Noon-7 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

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The Church of the Ascension
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Centreville Baptist Church
(703) 830-3333 www.cbcva.org

Centreville United Methodist Church
(703) 830-2684 www.Centreville-UMC.org

Easter
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