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A+
PAGE 5

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

Gathered around Juwaan Espinal (seated) are (from left) Mary Beth and Tom Healy and Juwaan's mother, Ibis Espinal.

Making Home Accessible

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PHOTO BY BONNIE HOBBS

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FEBRUARY 20-26, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Officer of the Month: Haley

By BONNIE HOBBS

PFC Darrell L. Haley Jr. was recently selected as an Officer of the Month for the Sully District Police Station. And as such, he was honored at a meeting of the station's Citizens Advisory Committee.

Police 2nd Lt. Brian Calfee nominated him for Officer of the Month, explaining why Haley is deserving of this award. He also noted that, from an early age, Haley has supported the Fairfax County Police Department and the community it serves.

"As a teenager, he joined the team as a Police Explorer," wrote Calfee. "It's a volunteer program that provides opportunity to learn about law enforcement, serve the community through public service and teach important life skills, such as leadership, public speaking and self-confidence."

After that experience, Haley became a police cadet, learning additional policing fundamentals and becoming more integrated with the role of a county police officer. Then, having graduated from the Fairfax County Criminal Justice Academy in 2016, he was assigned to the Sully District Station.

"On a nightly basis, Haley works to make the Sully community safe by providing outstanding police service," wrote Calfee. "He works with community members to find solutions to problems and takes enforcement action when warranted. He has established himself as an efficient, productive and energetic officer who has a keen sense for spotting criminal and reckless behavior."

"His work ethic is sound and is rarely achieved by officers with similar time in grade," continued Calfee. "Unexpected chaos can occur at any moment, and officers like Haley respond without hesitation." Calfee then offered a couple examples of what he described as Haley's "exemplary behavior."

One instance occurred while Haley conducted speed enforcement on the Fairfax County Parkway – "a stretch of road known for excessive speed and reckless driving behavior," wrote Calfee. "Haley attempted to stop a motorist; however, the driver dismissed the officer and accelerated."

"The motorist's driving behavior had already placed others in danger long before he was intercepted by the officer, and it was clear the driver had no intention of yielding to police or others in the area. Using sound judgement based on training and experiences, Haley performed a Precision Immobilization Tech-



Lt. Ryan Morgan (left) presents the award to PFC Darrell Haley Jr.

nique [forcing the driver to lose control of his vehicle and stop] just before the offending vehicle entered a residential area. Doing so effectively and safely ended the pursuit and allowed for an apprehension without injury."

In another instance, Haley responded to an unknown situation. Initially, officers only knew that a woman was screaming over the phone. "Through a translator, it was discovered she was frantic because her baby had stopped breathing," wrote Calfee. "Haley was the first to arrive. Alone, he was handed a seemingly lifeless infant."

But after doing a quick assessment of the baby, he instinctively started to perform chest compressions. "After what must have seemed like a lifetime, the infant started to react and show signs of life," wrote Calfee. "Care of the infant was eventually turned over to Fire and Rescue Department personnel. It was determined that the baby had an adverse reaction to immunizations, coupled with a probable lung infection."

In conclusion, Calfee stated that "These examples of conduct and character demonstrated by Haley, coupled with many other intangible efforts, show his dedication to our great community." For all these reasons, Calfee then nominated Haley to receive the Sully District Station's Officer of the Month award.

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Tuesday, March 5, 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.

Drop Off Unused Medications

All Fairfax County Police Stations, including the Sully District Station, now have permanent Drug Take

Back boxes. Bring unused or expired medications to the Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, for a safe, convenient, and responsible way to dispose of drugs. Accepted items include: prescription medications, prescription ointments, over-the-counter medications, and medications for pets. Prohibited items include: needles, liquids of any kind, illegal drugs, medications from businesses or clinics, non-prescription ointments and lotions, aerosol cans, and inhalers.

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.

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Special Edition

PET Gazette

Publishes: Feb 27, 2019 • Ads close: Feb 21, 2019

Gazette readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Gazette will publish on February 27, 2019, and photos and stories of your pets with you and your family should be submitted by February 22.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

Find more information about submissions online at www.connectionnewspapers.com/pets.

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• Chantilly Connection • Mount Vernon Gazette • Vienna/Galesburg Connection

‘Thank You for Making My Home Accessible’

Two organizations help young Centreville man.

BY BONNIE HOBBS

It’s tough enough to be a single mom. Add to that a wheelchair-bound son with cerebral palsy and continual health crises – plus a slew of home renovations gone awry – and you’ve got the plight of Centreville’s Ibis Espinal.

Enter Clifton’s Tom Healy, who came to the rescue regarding the renovations, and the house situation now has a happy ending. But in the midst of it all, Espinal didn’t know what she was going to do. First came a worsening of her son Juwaan’s intestinal problems.

“We’ve been through a lot,” said Espinal. “The past three years, he’s been in the hospital 34 times. He got really sick and we almost lost him, last March. His intestines were inverted, and he was hours from passing on. It was heart-breaking.”

A Centreville High grad, Juwaan is 21 and suffers from pseudo obstruction, which presents like a real blockage in his digestive system. “Because he has CP, much of his nerve system is weak and damaged, and his stomach only works 10 percent,” said Espinal. “After he’d eat, his stomach and intestines would stop working and he’d throw up everything.”

In late 2015, he had to start eating via a tube bypassing his stomach. Doing so alleviated some of the problem, but his digestive troubles continued. More surgeries followed; and then, last March, Juwaan’s whole body swelled up and he was rushed to the hospital.

“The trauma team said, if his intestines were dead, he’d only have a few more hours to live,” said Espinal. “But after six hours of surgery, they removed part of his small intestine, which had twisted. Doctors said this happens to immobile kids with CP, as babies. But they couldn’t tell us why this was happening now.”

After that, Juwaan battled several intestinal infections. “He has some good days and some really bad and tough days,” said Espinal. “My mom flew from Ecuador to help me with him because I still get PTSD from what happened.”

She said Juwaan used to love going to Chipotle with his friends and to IHOP as a family. Now, though, he can only have 2 ounces of food by mouth – usually chicken, rice and ice cream – every other day.

“Through it all, he’s still been the same, happy-go-lucky boy,” said Espinal. “But now he’s more sentimental and tired. And when he doesn’t see his friends, he’s sad. He watches TV and movies to pass the time, and we take him to the mall and bowling – we help him push the ball down the lane. We also wheel him around a roller-skating rink in Manassas and even play laser tag with him. And recently, his two best friends, Morgan Assel and Mike Wallace, came to visit him from college and he was so happy.”

Basically, said Espinal, she lives day to day because she can’t plan. “We never know when Juwaan will need to go to the hospital,” she said. “I have a bag already packed for us, in case we need to



Holding the sling she carries Juwaan in to place him in the chair lift, Ibis Espinal points at the upstairs extension rail that runs from Juwaan’s room to both the stairway and into the bathroom.



PHOTOS BY BONNIE HOBBS

Ibis Espinal shows the new tile floors in the bathroom and Juwaan’s shower area.

go there suddenly. But that’s what you do as a parent. When he’s sick, he sleeps all the time and doesn’t talk. [Although nonverbal, Juwaan communicates via computer]. The good days, I celebrate him; the bad days, I comfort him.”

They lived in a two-bedroom apartment; but in August, Espinal bought a three-bedroom, two-story townhouse so Juwaan’s older sister would have her own bedroom when visiting and in case a 24-hour nurse is eventually needed. It’s in Compton Village, but they couldn’t move in until November because Juwaan was in the hospital and the whole house had to be modified for him.

“One bedroom, upstairs, is full of his medical equipment and the other is his bedroom,” said Espinal. “We needed a chairlift for the stairs, and the bathroom had to be big enough to be converted [to handicap-accessible].” A mortgage-loan underwriter, she had a tight budget. And, she said, “It took me a year to find this home that I could afford.”

Earlier, Espinal had contacted the National Fair Housing Alliance for information on grants or loans to help pay for the modifications. The alliance spent \$67,000 to help her get the chairlift and its overhead track, bathroom modifications and other needed items.

Espinal hired a contractor to do the work. But he didn’t do it cor-

rectly and didn’t do all the things she needed. For example, he put in a non-ADA-compliant ramp out front, instead of the wheelchair lift Juwaan needed. The alliance paid for the ramp removal and the lift.

Furthermore, the overhead track, or rail, for the chairlift inside stopped at the top of the stairs, instead of extending to Juwaan’s bedroom and bathroom. That meant that 5-foot-one-inch Espinal had to constantly carry her 90-pound son from bedroom to bathroom to staircase and back.

So she called Healy, who’s a contractor, himself, and who became a family friend through SYA football, which Juwaan followed and Healy coached. He, too, had a sick child, Elizabeth, who underwent a lung transplant for pulmonary fibrosis at age 10. But her body eventually rejected the new lungs and she died while still a teenager. Afterward, her parents started the Elizabeth Ann Healy Foundation (EAH) in her memory. It provides financial assistance to families in need due to their children’s health problems.

Espinal contacted Healy, not for financial help, but for advice on who to call to do the revisions reasonably. But when he saw how poorly the work had been done, he decided to fix it, himself, and EAH paid for \$25,000 of the \$31,000 tab. He installed the needed extensions to the over-

head track and also replaced the home’s front door so it’s ADA-compliant with Juwaan’s wheelchair.

“These two organizations did so much for Juwaan, and we’re eternally grateful and happy,” said Espinal. “This was life-changing for him and for his aides and me, too, because we can now get him from place to place in this house. There’s even a stairlift that takes him downstairs to the basement for physical therapy. He’s now safe here.”

Pleased to help out, Healy said, “It feels good. The foundation’s goal is to try to make a difference in people’s lives. Our mission statement is ‘Living, Loving, Surviving,’ and Juwaan is the epitome of that. He still needs help and he’s part of our community.”

Recently, Juwaan’s sister Shanelle made a PowerPoint presentation on his behalf and sent it to Healy and to Sherrill Frost-Brown with the Alliance. It showed Juwaan using all the new equipment and contained this message from him:

“Because of you, I can hang out on each floor of my house. The best part of my day is being able to go to the living room to watch TV with my family. Because of you, my aides and family can transport me to and from rooms in a safe manner, and I can exit my home safely. I can go anywhere I want now. Thank you all for making my home accessible for me.”



Juwaan Espinal poses beside the chair lift that takes him upstairs to his bedroom via a special rail.

OPINION

Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

EDITORIAL We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to

adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business depend on an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to smauren@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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— MARY KIMM

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BULLETIN BOARD

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

KINDERGARTEN REGISTRATION

Children who will be 5 years old on or before Sept. 30, 2019, are eligible to attend kindergarten. Find the correct neighborhood school by entering your address at boundary.fcps.edu/boundary/. Complete a packet of registration forms found at www.fcps.edu/it/forms/enroll.pdf or in the school office. Gather supporting documents: proof of residence in the school boundary, a certified copy of the child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school, but is not required for registration. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent. Learn more at www.fcps.edu/

registration/general-registration-requirements.

❖ **Colin Powell Elementary School** in Centreville will conduct their Kindergarten registration on Friday, April 5, 9 a.m.-noon; parents may also call 571-522-6008 to schedule an appointment. Due to the time required to register a child, they request that only parents come to school for registration.

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

❖ **Union Mill Elementary** is currently registering new students for the 2019-20 school year. Find registration forms in the Union Mill Elementary office or online at www.fcps.edu/sites/default/files/

media/forms/enroll_0.pdf. Call 703-322-8500 or email lrnulla@fcps.edu to make an appointment to bring completed registration forms and supporting documentation to school. Kindergarten Orientation will take place on Monday, April 1, 4-5 p.m.

VOLUNTEERS WANTED

Interested in local Civil War or Railroad History? Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email volunteers@fairfax-station.org or call 703-945-7483 for opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is

open every Sunday, except holidays, from 1-4 p.m. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

INPUT SOUGHT

Shaping the Future Together.

Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

FRIDAY/FEB. 22

Scholarship Application Deadline.

The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will award scholarships to African American female students who demonstrate a high degree of scholarship, leadership, and community service. Applicants must have a 3.0 or higher grade point average on a 4.0 scale and be a resident of Fairfax County. Download an application at www.fcacdst.org/scholarship-application. Email fcacscholarship@fcacdst.org with questions.

MONDAY/FEB. 25

Assistance League Meeting. 10

a.m.-noon at Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. Assistance League of Northern Virginia invites community members to attend its regular monthly meeting. Learn about the nonprofit's 2018-2019 Operation School Bell programs, including Weekend Food for Kids and Reading Express. Pre-meeting social starts at 9:30 a.m. Free. Email membership@alnv.org or visit www.alnv.org for more.

THROUGH FEB. 23

Free Tutoring and Test Prep. Club Z! Tutoring of Chantilly is celebrating its grand opening with special offers, including FREE SAT or ACT test preparation programs. Families may follow the Club Z! Tutoring of Chantilly Facebook page to participate in all of its grand opening special offers and promotions or call 703-879-7693 to register.



PHOTO CONTRIBUTED

Polar Bear Pickle Ball Tournament

The Clifton Betterment Association (CBA) held its first Polar Bear Pickle Ball Tournament on Saturday, Feb. 9, in the Clifton Town Park. Sally Smallwood and Mark Harrington were the champions of the Competitive flight, with Michelle Stein and Steve Bittner as the runners up. Lynne Saltsman and Jim Witt took top honors in the Fun flight. Mike Anton and Regan McDonald finished in second place. Community pickle ball came to Clifton last year when the CBA purchased equipment and began hosting pick-up games two times a week in the town's park. The idea of an outdoor pickle ball competition emerged when the CBA's winter ping pong tournament was put on hold due to renovation work that temporarily closed the Clifton Town Hall until March.

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Newspaper of
Chantilly
Fair Oaks / Fair Lakes
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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A Connection Newspaper

Black History Month: A Look at African American Art

Promoting and preserving a part of history.

BY MARILYN CAMPBELL

Despite his predilection for visual arts, Allen Carter, an African American boy growing up in pre-civil rights era Arlington, might not have been granted entrance into some the nation's museums due to segregation. Still, he persisted, and years later he became a lauded artist, distinguished teacher and mentor to underprivileged children. And in February — African American History Month — his work is being shown in an exhibit, "Big Al Carter: A Retrospective," at the Fred Schnider Gallery of Art. While his work is part of the permanent collections of both the Smithsonian Institution and the Corcoran Gallery of Art, this is the first exhibit of Carter's work in the Washington, D.C. area since his death in 2008.

"Big Al's family has given us an incredible gift by sharing his art, allowing us to continue to reflect on his life, his art and his message for future generations," said Marty Schnider, president of Fred Schnider Investment Group and founder of Fred Schnider Gallery of Art.

As a painter, printmaker, sculptor and muralist, Carter, also known as "Big Al" drew inspiration from his life experiences,

art history and everyday life. He believed that his life's purpose was to use art to heal. "Art is my emotion. Art is my memories. Art is my life. I create the essence," he once said.

"He paints poor people, he paints people who are fishing or people who are having dinner at the table ... his work is very vast," said Carter's daughter, Cecilia Carter.

Carter's exhibit is particularly noteworthy to some African-American art historians who point to a recent study showing that just 2.4 percent of all acquisitions and gifts and 7.6 percent of all exhibitions at 30 prominent American museums have been of work by African American artists. The recent Andrew W. Mellon Foundation Art Museum Staff Demographic Survey of 181 art museums in North America found that African Americans are greatly under-represented in mainstream art museums as directors, curators, conservators and educators. Those who study African American art say that solving this dilemma requires a year-round approach.

"We can't just focus on it during Black History Month," said African American art historian Crystal Johnson, Ph.D. "These two statistics go to hand-in-hand and prove what we already know. We need more African American students to explore their ar-



President of Fred Schnider Investment Group, LLC and Founder of the Fred Schnider Gallery of Art, Marty Schnider with Allen "Big Al" Carter's daughters, Cecilia Carter (left) and Flora O. Stone (right)

tistic talents and we need more students to take chance on a non-mainstream career and pursue jobs in museum administration. In order to make any changes, we need to have a seat at the table."

One such aspiring decision maker is recent a George Mason University graduate who landed a position as the co-curator of an exhibit at Howard University. "I'd worked with an exhibition, but I've never had the chance to curate before. I was excited and

nervous," said Kourtney Riles of the exhibit called, "An Examination of Feminist(s) Subjectivity in Modern and Contemporary African American Art."

Art plays a vital, but often overlooked role in African American history, not just during Black History Month, but all year long, advises Angela Black, who has taught art history. "Art is a way of preserving our history," she said. "It tells our story and we need more professionally trained artists who can do that."

Carter's exhibit, which features rarely seen artwork from his daughters' private collection, runs through March 3 at the Fred Schnider Gallery of Art, 888 N. Quincy Street, Arlington. Several pieces will be available for sale.

"The exhibit and his work reflect everything that he's been through, what he's seen, and what other people have been through and seen," said Big Al's daughter Flora O. Stone, Carter's daughter.

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ENTERTAINMENT

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

ONGOING

History Volunteers Needed. Fairfax Station Railroad Museum needs history buffs. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. Email volunteers@fairfax-station.org or call 703-945-7483 to explore opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. www.fairfax-station.org, 703-425-9225.

FRIDAY-SUNDAY/FEB. 22-24

Capital Remodel + Garden Show.

Friday-Saturday, 10 a.m.-9 p.m.; Sunday, 10 a.m.-6 p.m. at Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. With emphasis on gardening and landscaping, this show will feature four large gardens showcasing garden design, landscaping, patios, water feature and furniture. Additionally, more than 300 companies will exhibit the latest products and services in home remodeling, renovation, home décor, landscape and garden design. HGTV's "Fixer Upper" star Clint Harp to headlines the Capital Remodel + Garden Show. Federal workforce employee with government ID will receive free admission throughout the show. Single tickets valid for one day of show: adults, \$12 at box office (\$9 online); children 6-12, \$3; 5 and younger, free. Visit capitalremodelandgarden.com.

SATURDAY/FEB. 23

Cure Wintertime Boredom. 11 a.m.-12:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Tired of being cooped up this winter? Flock over to Frying Pan Farm Park for the "Bored out of your Gourd" birdhouse program. Make a new home for your feathered friends out of gourds that were grown at the farm last year. 7-adult. \$14 per person. Only registered participants will receive a birdhouse gourd and decorating supplies. Children age 13 and younger must be accompanied by an adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Search for Signs of New

Amphibian Life. 4:30-5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Discover the critical role vernal pools play for wildlife in the park at the "Vernal Pool Ventures Campfire." Come by after-hours and hike the park trails with a guide to search for signs of new amphibian life. Learn about the life cycle and early development of local amphibians. End the evening by roasting s'mores over a campfire. 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Cabaret. 6:30-10 p.m. at Centreville High School Cafe, 6001 Union Mill Road, Clifton. The Choral Cabaret is a highlight of the calendar and the biggest fundraiser for the Centreville High School Choral Boosters. The night is packed with student performances, silent auction items, desserts served by chorus-member waiters, raffles, and more. \$10. Visit www.facebook.com/Cvhs-Choral-Boosters-890773407795787/.

SUNDAY/FEB. 24

Candle Dipping at Sully. 1 and 2 p.m. at Sully Historic Site, 3650



Monty's Model Train Display

Local model train enthusiast Monty Smith will display his running brick-built model trains featuring LEGO trains in this two-day event. Saturday, March 2, noon-5 p.m. and Sunday, March 3, noon-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Historic Sully Way, Chantilly. Learn about early lighting techniques through a hands-on display and a lesson in candle-dipping. Discover how a candle mold, betty lamp, beeswax and wicking were used in the olden days. End the session by making a hand-dipped candle to take home. 45-minute program is \$5 per person. Add a guided tour of the historic site for \$5 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Hands On Activity Day. 1-4 p.m. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Crafts and activities often in a railroad or historical theme will be offered for visitors to enjoy. Cost of supplies is included in the admission. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Fire Building and S'mores. 4:30-5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Learn the science and art of fire building at Ellanor C. Lawrence Park. Discover what it takes to build a fire, and then test new abilities with primitive fire bows and modern fire-making techniques and then roast s'mores. \$8 per person, and children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Live Music: Nothin' Fancy. 7 p.m. (doors open at 6) at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. Make plans to "hitch up the team" and head to Frying Pan Farm Park this season for Bluegrass Barn. Food and beverages available for purchase. \$18 in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

The Capitol Steps Benefit Performance. 7 p.m. at Fairfax High School, 3501 Rebel Run Road, Fairfax. Join in for a SILLYarious evening as the Capitol Steps political satire comedy troupe performs a show to benefit high school theatre for the Cappies of the National Capitol Area. Free parking. Adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. Contact Amy.Young@cappies.com or visit www.cappies.com/nca.

MONDAY/FEB. 25

Little Hands Work on the Farm at Frying Pan. 9:45 a.m. (2-3 year olds); 11 a.m. (3-5 year olds) at

Frying Pan Farm Park, 2739 West Ox Road, Herndon. Discover what happens on a farm during the winter. Children will learn about animals, farm chores and how farm life changes with the season with activities such as stories, crafts or games. \$8 per child. Children must be accompanied by an adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

FRIDAY/MARCH 1

Registration Deadline: Fairfax Adult Softball. Experience firsthand the enjoyment that only FAS softball offers with play for adult men and women in a number of different leagues across Fairfax County: Men, Women, Coed, Modified Coed, Social Coed, Fast Pitch, Men's 35+, Men's 50+ and Church. Team and individual registration now open. Visit us and register online at www.fairfaxadultsoftball.com.

SUNDAY/MARCH 10

Game Day Fun. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will host a Game Day for all ages and prizes as well. For the little ones there will be a Thomas the Tank Engine game. Older children will have a sticker scavenger hunt bingo game and there will even be a game for the grownups. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

SUNDAY/MARCH 17

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 Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

TUESDAY/MARCH 19

Live Music: Ryanhood. 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Acoustic duo Ryanhood got their first break more than a decade ago as street performers at Boston's Quincy Market. Ryanhood is on tour promoting their latest album, Early Best. Suggested donation is \$10 for members; \$11 for non-members. Visit restonherndonfolkclub.com.



FCF&RD PHOTO

Overloaded power strip caused Clifton house fire.

House Fire Yields \$125,000 In Damages

On Monday, Feb. 4, at approximately 4 p.m., units from Fairfax County Fire and Rescue, the City of Fairfax Fire Department, and Prince William County Fire and Rescue were dispatched for a reported house fire in the 7000 block of Balmoral Forest Road in Clifton.

Units arrived on scene to find a two-story, single family home with smoke showing from the roof line and front door. Crews found a fire on the first floor with extension into the second floor and attic. One dog was rescued by firefighters. There were no civilian injuries. One firefighter was transported to an area hospital for evaluation.

Two occupants were home at the time of the fire. One occupant smelled smoke and discovered a fire in the den. The occupant attempted to extinguish the fire while the other called 9-1-1. Both occupants safely evacuated the home prior to fire department arrival. Smoke alarms sounded after the fire was discovered.

Fire Investigators determined the fire was accidental in nature and started in the first-floor den. The cause of the fire was an overloaded power strip.

Red Cross assistance was not needed. Damages as a result of the fire were approximately \$125,000.

Missing Man Found Dead In Centreville

Fairfax County Police Department Detectives have tentatively identified the body found in the woods near Little Rocky Run on Friday, Feb. 15, as that of missing 79-year-old Guangzhi Cheng, of Centreville. Cheng was reported missing on Feb. 7, as he was last seen near the 13500 block of Heathrow Lane.

A citizen discovered his body around 9 a.m. The exact manner and cause of death will be determined by the Office of the Medical Examiner. At this point foul play is not suspected.

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Enough About Cancer



By KENNETH B. LOURIE

At least that was my intention when I sat down to write this column. I was planning on highlighting a couple of my pet peeves: One was about people who back into parking spaces, an all-too common practice (which does not make perfect) that irks me no end and often inconveniences me while idling in my car waiting for the driver to crane his neck and coordinate his mirrors while backing into a head-first space, all while blocking my passage.

The second peeve also involves cars, but this action has potentially far more dangerous consequences: Drivers who, while motoring along, completely ignore my car's blinkers/indicator lights – WHEN THEY'RE FLASHING.

I was taught that when driving a vehicle and needing to turn/switch lanes, I was to indicate that to other drivers by using my blinkers, look into my mirrors and then move right or left accordingly. Moreover, when I observed those same lights flashing in other vehicles, I was to respect their intentions and give them a wide berth. I was not to speed up and interfere with their indications. Unfortunately, the exact opposite often happens.

Though I am still respectful when drivers flash their blinkers, it often happens that when many of my driving brethren see those lights, they react much the same way as a bull does when he sees red: they SPEED UP, and in their vehicle's acceleration, they put me and my passengers at risk. If it has happened once – which it has – it has happened a thousand times.

Unfortunately, neither of these car-related "misbehaviors" has been able to block out one of my key cancer anniversaries: Feb. 20, 2009, and as such, I will now be returning to the scene of the semi crime. And though I am not Billy Shears 20 years after the band taught me how to play, I am a lung cancer survivor who 10 years ago on Feb. 20 learned that I had cancer. That was the day when my primary care physician called me at work, about noon-ish on a Thursday to discuss the results of my previous week's surgical biopsy.

After declining the offer to come to his office, I encouraged him to just tell me – which he did: the growth was malignant. Dumbfounded, I asked for further details, which he politely deferred to an oncologist (a specialty with which I was totally unfamiliar), with whom, while we spoke on the phone, my primary care physician scheduled a Team Lourie appointment for the following Thursday.

This officially ended the diagnostic process which had been going on since I showed up at the Emergency Room on Jan. 1, 2009 complaining of pain in my right side, an inability to take a deep breath and difficulty bending over.

With an inconclusive X-Ray to not corroborate, an otherwise healthy patient with no family history of anything relevant – especially cancer, the doctor was perplexed. Fifty days later I learned I had cancer. And so I remember that day/date, a day which will go down in infamy, so to speak – in my family anyway.

The intervening days, as I have written about recently, were spent investigating the cause of my original symptoms. Eventually all test results led to one conclusion: non-small cell lung cancer, stage IV.

Meaning metastatic and inoperable, meaning "terminal." It was Feb. 20 when I learned my fate. (The following Thursday, Feb. 27, is another anniversary; that's when we met my oncologist for the first time and learned that my life would never be the same, or last nearly as long.)

But yet here I am, alive and reasonably well, writing about nonsense, mostly, instead of cancer, for this week, anyway. Good therapy for sure, and a nice change of pace.

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



The Centreville Wildcats are the Concorde District Champions after defeating the Oakton Cougars 79-55



Centreville's Bryce Douglas #1 led Centreville with 22 points in win over Oakton

PHOTOS BY
WILL PALENSCAR

Wildcats Outscore Cougars in District Championship

The Concorde District Boys Championship was a matchup of the #1 seed Centreville Wildcats and #2 seed Oakton Cougars with Centreville winning both matchups in the regular season.

The Cougars scored 14 1st quarter points with Micah Johnson-Parrotte scoring 12 of them and Centreville scoring 13.

In the 2nd quarter Centreville took the lead for good outscoring Oakton 16-12 to give the Wildcats a 29-26 halftime advantage.

The 3rd quarter saw the Wildcats add to that lead converting on three 3 pointers bringing their total to eight for the game and giving them a 49-42 advantage with a quarter to play.

In the 4th quarter the Wildcats took full command. Centreville added their ninth three pointer of the game, but most of their work in the quarter was done by getting to the charity stripe where they were successful on 15 of 16. For the game, the Wildcats were successful on 22 of their 25 free throw attempts.

Centreville's 79-55 win was led by Bryce Douglas's 22, Lance Douglas 17 and Chris Kuzemka's 15 points. Oakton was led by Micah Johnson-Parrotte who had a game high 33 points while teammate Garrett Johnson added 9 points. Both teams will compete in the regional tournament. Centreville improves to 18-5, Oakton falls to 14-9.

Centreville Beats Westfield in Overtime

The Westfield Bulldogs and Centreville Wildcats basketball teams met for the third time this season on Feb. 12, the first two games going to the Wildcats, this game a conference semi final game with the winner advancing to the conference championship at Chantilly High School.

The first 4 minutes of the quarter belonged to the Wildcats, opening an early 7-0 advantage. However, with still 2:39 to play in the opening quarter Westfield was able to get the game to within a point 7-6. Moments later the Bulldogs were able to take an 8-7 lead. With a little more than a minute to play the Bulldogs increased that lead to 10-7. Centreville scored the final 5 point in the quarter giving them a 12-10 advantage.

In the second quarter Westfield scored 13 points including a Taylor Morin three pointer, while holding the Wildcats to just 6 points, giving the Bulldogs a halftime lead of 23-18.

Centreville overcame that deficit by scoring 14 points in the 3rd quarter while holding Westfield to 6 points. Twelve of the Wildcats points came via four successful three pointers. Chris Kuzemka had two of those three pointers while teammates Tayshawn Hogan and Lance Douglas had the other.

Facing a three-point deficit with a quarter to play, the Bulldogs would not quit. Sam Johnson would score 4 points in the quarter and teammate Trent Reimonenq would score 5 points including a three pointer as the Bulldogs were able to send the game

into OT, tied at 41, after holding the Wildcats to just 9 points.

The Wildcats scored the first four points in OT, taking a 45-41 lead. Tahj Summey was fouled by Lance Douglas sending Summey to the line with 1:29 to play. Summey would nail both his free throws narrowing the lead to 45-43. Soon thereafter Connor Shanton hit two free throws after being fouled, putting Centreville back up 47-43. Trent Reimonenq hit his second three pointer of the game to pull Westfield

to within a point with 50 seconds to play. Lance Douglas and John Hunter each added one free throw in the closing seconds, securing Centreville's bid to the conference championship game with a 49-46 win.

Westfield fell to 3-16 Centreville improved to 18-5. Westfield was led by Trent Reimonenq and Marshall Reed's 10 points. Centreville was led by Bryce Douglas with 17 points, and Chris Kuzemka's 13.

— WILL PALENSCAR



PHOTO BY WILL PALENSCAR

Centreville's Tayshawn Hogan #0 tries to use his hand to get separation from Westfield's Gavin Kiley #5.



PHOTOS BY WILL PALENSCAR

1st Team All District: Boys

The following were named to the Boys Conference 1st Team All District: Garrett Johnson, Oakton; John Finney, Madison; AJ Arnolite, Madison; Micah Johnson Parotte, Oakton; Marshall Reed, Westfield; Bryce Douglas, Centreville; Derek Smith, Chantilly; Chris Kuzemka, Centreville; Lance Douglas, Centreville; and Kevin Harris, Coach of the Year,



1st Team All District: Girls

The following were named to the Girls Conference 1st Team All District: Grace Meshanko, Oakton; Hannah Kaloi, Oakton; Meghan O'Brien, Chantilly; Tedi Makrigioros, Madison; Grace Arnolite, Madison; Meghan O'Brien, Chantilly, Player of the Year; and Kirsten Stone, Madison, Coach of the Year.