

Centreville ♦ Little Rocky Run CENTREVIEW



PAGE. 5

MAY 15-21, 2019

25 CENTS NEWSSTAND PRICE

Standing at Mike Garbarino's memorial are (from left) Sue Garbarino and daughters Katie and Natalie, Police Chief Ed Roessler and Lt. Todd Billeb.

'It Could Have Happened to Any of Us'

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'I Knew I Could Make a Difference'

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Joy Prom at Centreville Baptist Church

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PHOTO BY BONNIE HOBBS/CENTREVIEW

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Andrew Valentine (center) escorts Gracie Craun and Andrea Cappello down the red carpet at the Joy Prom.



PHOTOS BY STEVE HIBBARD/CENTRE VIEW

The buffet table at the Joy Prom.

Joy Prom at Centreville Baptist Church

About 50 people with special needs dance the night away.

Lights, cameras and Paparazzi on the Red Carpet. About 50 people with special needs, ages 13 to 80, got the Hollywood treatment Saturday night during the Joy Prom sponsored by Centreville Baptist Church in Centreville. Guests who came from as far as Leesburg and Fredericksburg started off the evening by getting their shoes shined (for the guys), and hair and makeup done (for the gals). The guys received boutonnieres; the ladies got wrist corsages. Each guest arrived with a chaperone, a parent, sibling, or teacher, and they were paired with a buddy from the church or community. In all, there were about 200 people.

The guests then walked down the red carpet where the emcee introduced each participant one by one and had a cheering paparazzi section complete with the Chick-fil-A cow. Photographers snapped their pictures and adoring fans lined up to add to the excitement. Greeters took them to a photo booth where they had their pictures

taken with their buddy. Then they entered the dance area that was decorated with an Enchanted Forest theme.

The Joy Prom was organized by Co-Directors Lauren Beggs and Becca Trainor. The idea originated with Pastor Dr. Josh Daffern whose former church had a huge success by hosting Joy Proms in Mississippi where he used to work.

According to Nicole Martinez, Director of Sponsorships: "It dovetailed beautifully with a new ministry that we're launching at Centreville Baptist Church called 'Embrace,' which is for special needs families so they have a way to connect here and find purposeful ministries here for the special needs member of their families."

Martinez added: "I will tell you the Joy Prom is aptly named because we are just spreading joy in our community and we hope to develop a relationship with special needs families in the area and really support them with joy in our hearts."

The catering was provided by Chick-fil-A, Wegmans, and Giant Food, which provided cookies, veggies, cheese, chicken, and gift bags as well as party decorations. It was a magical evening for those with special needs.

— STEVE HIBBARD



Jessica Braaten and Christopher Kranz walk the red carpet at the Joy Prom.



Johnny Curtis of Centreville dances with Julia Kettell at the Joy Prom at Centreville Baptist Church.



Lena Johnson, Andrew Rosenberg, and Tamera Toney pose for a photo at the Joy Prom photo booth.



About 50 people with special needs participated in the Joy Prom Saturday at Centreville Baptist Church.



From left, Mike Garbarino's daughters, Natalie and Katie, and widow Sue.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



From left, Vicky Armel's sisters, Betty Chase and Sandy Munday; her mother, Betty Owen, 89; and daughter Masen, 18.

'It Could Have Happened to Any of Us'

Sully District police remember their fallen officers.

BY BONNIE HOBBS
THE CONNECTION

May 8, 2006 is a date etched into the very being of Fairfax County police officers — especially those with ties to the Sully District Station. It was on that day when Det. Vicky Armel and MPO Mike “Gabby” Garbarino were fatally shot in the parking lot of the Sully District Police Station.

And every May 8 since then, a special remembrance ceremony is held for them at the station. This year's event, the 13th, was

held in that same lot and began with an invocation by Chaplain Jim Hepler.

“Today we gather to honor Mike Garbarino and Vicky Armel and assure their families of our continuous support,” said Hepler. “Our sorrow remains great because our grief was. But, rest assured, we haven't forgotten their families, and we pray for their strength and resolve.”

“We rejoice in the time we had with Mike and Vicky, and we're confident that God is with us in our sorrow. We hold their deaths deep in our hearts. And we pray that God will bring a deep peace to us all and to each member of law enforcement who contin-



MPO Mike Garbarino



Det. Vicky Armel

ues the good fight, each and every day. May God bless you.”

ON THE DAY OF THE TRAGEDY, 18-year-old Michael Kennedy carjacked a van around 3:40 p.m. Responding to the call, Armel went outside to the police station's rear lot. But as she reached her cruiser, Kennedy — armed with five handguns, an assault weapon and a high-powered rifle — drove into that lot.

There, an unarmed Garbarino was tending to things inside his cruiser before leaving on vacation. Standing just a few yards away, Kennedy ambushed him, firing more than 20 rounds at the officer with an AK-47-type rifle.

When the shooting began, Armel, a 17-year police veteran, made her presence known to Kennedy to draw fire away from Garbarino. She and Kennedy exchanged gunfire, and a bullet from his 30-06 rifle pierced her ballistic vest and entered her chest.

She made it back inside her cruiser, but was shot again in the legs. Yet even though mortally wounded, Armel still fired four more rounds, trying to stop the assailant. She was later pronounced

dead at Inova Fairfax Hospital.

Garbarino also displayed bravery under fire that day. Although he'd been shot five times and was gravely wounded and in pain, the 23-year police veteran used his cruiser's radio to alert other officers to the danger. He provided suspect information, told the police helicopter where to land and warned other officers to approach from the front of the building so they wouldn't walk straight into harm's way.

He also prayed to God and told his fellow officers, “I'm not going to die here.” He didn't; but after nine days in the hospital, he ultimately succumbed to his injuries on

SEE FALLEN OFFICERS, PAGE 8



From left, Sandy Munday and Betty Owen are about to place flowers at Vicky Armel's memorial.



Police officers and others bow their heads during the moment of silence. At far right, in suit, is Deputy County Executive Dave Rohrer.

ENTERTAINMENT

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

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

Clifton Homes Tour and Silent Auction. 10 a.m.-4 p.m. The Clifton Community Woman's Club hosts the 47th Annual Clifton Homes Tour and Silent Auction on Friday, May 17. Proceeds are distributed to local scholarships and charities. This Clifton tradition offers guided tours of four homes and two historic churches: Clifton Baptist Church (1910) and Clifton Primitive Baptist Church (1871). The silent auction (free admission) is from 10 a.m.-5 p.m. at the Clifton Presbyterian Church. Tickets are \$30 in advance, \$33 online, and \$35 the day of the tour; \$10 to tour a single home. Tour tickets may be purchased in advance at local shops, online at www.cliftoncwc.org, or purchased the day of the tour at the Clifton Presbyterian Church, 12748 Richards Lane, Clifton.

SATURDAY/MAY 18

Festival to Fight Cancer. 8-11 a.m. at Centreville High School, 6001 Union Mill Road, Clifton. The CVHS Wildcats vs. Cancer Club hosts their third annual Festival to Fight Cancer. This year's festival features a 1-mile fun run/ race and an inflatable obstacle course. The festival will also include a selfie station, vendors, raffle prize drawings, a "Minute to Win It" game station, food, and more. Proceeds go to DC Candlelighters (www.dccandlelighters.org/), a non-profit organization supporting families affected by pediatric cancer. Tickets are \$20 at runsignup.com/Race/VA/Clifton/FestivaltoFightCancer19. Learn more at wildcatsvscancer.wixsite.com/wildcatsvscancer.

Historic Marker Unveiling: Mystery of the Centreville Six. 10 a.m. at McDonald's Restaurant, 5931 Fort Drive, Centreville. Speakers include the Honorable Michael Frey, Sully District Supervisor at the time of discovery and excavation, and a keynote address by Kevin Ambrose, who discovered the first soldier.

Ride4SPIRIT. 10 a.m.-1 p.m. at Frying Pan Farm Park, upper riding ring, 2709 West Ox Road, Herndon. Ride for Spirit, a public presentation of equine assisted activities in therapy nad education. For guests under 13. Junior Horsemanship Workshop (meet, greet and ride SPIRIT horses). Free. Call 703-600-9667 or visit www.spiritequestrian.org.

"Growing and Protecting a Park Forest." 1-2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. What does it take to keep Fairfax County's more than 400 parks healthy for residents to enjoy? Get a little insight into park management with the "Growing and Protecting a Park Forest" program at Ellanor C. Lawrence Park. Designed for participants age 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Turning Trash into Black Gold. 10:45 a.m.-noon at Frying Pan Farm Park, 2709 West Ox Road, Herndon. This seminar delves into the world of composting by discussing how composting works, why composting can stink, and how "trash" is turned into black gold. Participants will walk away with all the knowledge needed to run a successful composting operation. For participants 12-adult. \$5 per person. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SATURDAY-SUNDAY/MAY 18-19

Ballet Performance. Saturday, 7:30 p.m.; Sunday, 4 p.m. at Centreville High School, 6001 Union Mill Road, Clifton. The Fairfax Ballet Company (FBC) presents "Carnival of the Animals," an original story ballet, as well as other original works and excerpts from "Sleeping Beauty." Visit fbccarnival2019.brownpapertickets.com for tickets.

SUNDAY/MAY 19

4 ♦ CENTRE VIEW ♦ MAY 15-21, 2019



The Jasien home is one of four homes on the 47th Annual Clifton Homes Tour, hosted by the Clifton Community Woman's Club on Friday, May 17.

Clifton Homes Tour and Silent Auction

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Red Shoe 5k. 7:30 a.m. (start 9 a.m.) at Bull Run Special Events Center, 7700 Bull Run Drive, Centreville. Proceeds support Ronald McDonald House.

Competitive and non-competitive runners and walkers are welcome. All registrants will receive a t-shirt and Kid's Fun Run participants will also receive a souvenir medal. Mixed gravel and pavement course. Strollers are welcome, but course may not be suitable for the average stroller. Children should always be supervised by parent or guardian. Dogs on leashes are welcome and free. \$25-\$40. Visit rmhcdc.org/red-shoe-5k/ for more.

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 an N gauge Model Train Display Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Wine, Whiskers and Wags. 1-5 p.m. at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Annual fundraising event for Friends of the Fairfax County Animal Shelter will feature silent auction, adoptable pets and training demonstrations. Admission includes heavy hors d'oeuvres, beverages, a ticket for a glass of wine or a wine tasting, a keepsake wine glass, dog demonstrations, participation in the silent auction and access to exhibitors. Tickets are required and may be purchased in advance for \$45 at www.fccas.org; tickets may also be purchased at the event for \$55.

Art Show. 3:30-6 p.m. at The Wine Attic, 7145 Main St., Clifton. Art Show of "wet paint" works created by artists painting Clifton, capping four day weekend Plein Air competition. Iconic landscapes of Clifton painted in multiple mediums. Free. Call 703-409-0919 or visit www.artguildofclifton.org/art-show-wet-paint-sale.html for more.

SUNDAY/MAY 26

Reading Circle Activities. 1-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A Reading Circle Activity Day will be held at the Fairfax Station Railroad Museum. Books featuring railroads or Civil War history are read and discussed and there may be a craft associated with the book theme that day. 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.

exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit www.celebratefairfax.com.

SATURDAY/JUNE 15

Live Music: Andy & Judy. 2-3 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Enjoy live folk music with Boston-based musical duo, Andy & Judy. They will perform traditional and folk music with influences of country, gospel and blues. All ages. Free. Call 703-830-2223 or visit librarycalendar.fairfaxcounty.gov/event/4534779 or www.andyjudyysing.com.

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.

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.

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.

Carolina Shag Dance. Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m.; no partners needed; dinner menu at 6:45 p.m. Tickets are \$8. Visit www.nvshag.org 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.fairfaxjubilairs.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.

Mondays are Family Night. 5-7 p.m. at Villaggio, 7145 Main St. \$45 for a family of four. Call 703-543-2030 for more.

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.

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Choosing Swimming Lessons

What can parents do if child is afraid of the water.

BY MARILYN CAMPBELL

The start of summer just around the corner and for some, warm weather is synonymous with trips to a pool or beach. swimming lessons are one the minds of many parents. May is National Water Safety Month, an effort designed to prevent illness, injury and death as a result of contact with the water. Part of a parent's role in ensuring safety for their children is knowing the factors to consider when looking for swimming lessons.

"People are starting get out and enjoy the water," said Aleatha Ezra, of The World's Largest Swimming Lesson, an event on June 20 designed to raise awareness of the importance of knowing how to swim. "We want to emphasize the importance to learning to swim, finding lessons and taking them seriously."

When looking for lessons, parents should inquire about the training of those who will be in charge of teaching their children. "We require all of our swim instructors to pass a certified lifeguard course," said Tommy Hamilton, Regional Manager at Goldfish Swim School of Reston, Falls Church and Alexandria. "In addition to this course all of our instructors also go through at least 40 hours of hands on training on our proprietary curriculum."

In order for lessons to be effective, the student teacher ratio should be as low as possible, advises Hamilton. "We believe that this gives them suitable time in the water practicing their skills as well as enough rest in between each skill," he said. "The small class sizes also allow us to maintain a high standard for safety."

The swim school should assess a child's ability and have a curriculum with a clearly defined plan that allows a child to advance as they gain skills. "For example, we have a progressive curriculum. Our beginner swim classes start with basics like teaching kids to put their face in the water," said Jamel Wright, a swimming instructor for SafeSplash Swim School in Bethesda. "It moves through [phases] like stroke development and advances through competition level as the children are assessed and their swimming skills improve."

Parents should be allowed to observe their child's lessons, said Hamilton. "We love when parents get involved in the progress of their children," he said. "We believe this to be crucial to their growth. We keep our pool deck at a warm 90 degrees so we have large glass windows in our lobby so parents can be comfortable and watch the entire lesson."

Another factor to consider is whether or not there is a lifeguard on duty who can watch those in the water at all times. Water quality should be another concern. "Smell to make sure there are no strong chemical smells, which is not a sign of proper chlori-



PHOTO COURTESY OF GOLDFISH SWIM SCHOOL

An instructor at Goldfish Swim School teaches young children how to swim. Lessons can help ensure water safety.

nation but rather contamination," said Shannon McKeon, Environmental Health Specialist. "Ask to see water quality reports that should be posted at every public pool."

There are times when a child has an extreme fear of water, but safety experts advise continuing the lessons with an instructor who is able to assist parents in helping a child overcome that fear.

"To cope with swimming fears, we should first relax with slow, deep, nose breathing," said Jerome Short, Ph.D. Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "We can close our eyes briefly and go to a quiet, comfortable place. After we are relaxed, we should watch others who enjoy swimming and imagine doing it ourselves successfully. Then move forward in small steps to shallow water, slowly submerge the body, and practice floating with someone close by to support you. Take a break if there is discomfort but try again soon to make more progress."

Read story books on children who were afraid to swim but were successful, advises Carol Barnaby, LCSW I. "Scared children are already tackling emotional burdens and don't need to see, hear, or feel their parents frustration, she said. "Take your child's fear seriously and acknowledge it. Let them know that you understand that they are scared. Start swim lessons out of the water so that there can be trust established this will make them feel safe and ready to learn."

Barnaby continued, "Let your child know that you believe in them and that you have confidence they will succeed at their goal. Praise all efforts and offer physical reassurance when they leave the water. Children who receive positive reinforcement will try harder even when they are scared. Give your child frequent reassurance that they are safe and help is there."

"We want to emphasize the importance to learning to swim, finding lessons and taking them seriously."

— Aleatha Ezra, of The World's Largest Swimming Lesson

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Civil War Marker Dedication

A ceremony will be held Saturday, May 18, at 10 a.m., outside the McDonald's at 5931 Fort Drive (off Route 28) in Centreville. It will be the dedication of a historic marker commemorating the six Civil War soldiers discovered there in January 1997 when site work was underway for the new restaurant. They'd fought in a unit from Massachusetts and, years later – after they were eventually identified – their bodies were returned there for burial.

CRIME REPORT

The following incidents were reported by the Sully District Police Station.

APRIL 22
TRESPASSING/UNLAWFUL ENTRY: 7010 Clifton Road (Clifton Elementary School), 4/20/19, 5:27 p.m. Officers responded to an alarm call and discovered a window had been broken by a rock. Two juveniles were seen running from the school and were caught by officers. One juvenile was charged with trespassing and destruction of property; the other juvenile was charged with trespassing.

LARCENIES:
14700 block of Bonnet Terrace, shoes from location
14800 block of Hartlaub Court, laptop computer from residence
4300 block of Chantilly Shopping Center, merchandise from business

APRIL 24
LARCENIES:
6300 block of Blackburn Ford, jewelry from residence
14600 block of Winterfield Drive, purse from vehicle

APRIL 25
LARCENIES:
16800 block of Doubleday Road, license plate from vehicle
6800 block of Massaponax Place, cash from vehicle

APRIL 26
LARCENIES:
13800 block of Braddock Road, food from a business
14800 block of Harvest Court, bicycle from property
4300 block of Chantilly Shopping Center, televisions from business

MAY 2
BURGLARY OF AN OCCUPIED DWELLING: 14700 block of Truitt Farm Drive, 5/1/19, 5:27 a.m. The residents awoke to items missing from the house. One of the residents observed a male inside the house who immediately fled the house. Detectives are actively following up on investigative leads.

LARCENIES:
14300 block of Papilion Way, tools from vehicle
14700 block of Conference Center Drive, electronics from business

MAY 10
SHOOTING: 6000 block of Raina Drive, 5/9/19, 10:10 a.m. A homeowner shot someone who was inside his home. The person who was shot was taken to a hospital for injuries and is currently in critical but stable condition. Investigation determined the involved were known to each other. Detectives from Major Crimes assumed the investigation.

Announcements

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The property features a private entrance, paved roads, underground utilities, dock and community pool. Great climate, low taxes, boating, fishing, restaurants and wide sandy beaches just miles away. Both waterview and waterfront lots available priced at \$29,900 to \$79,900. Financing available with discounts for cash and multiple lot purchases.

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Announcements

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Announcements

Announcements



Brown v. Board of Education SCHOLARSHIP COMMITTEE

ACCEPTING APPLICATIONS
THROUGH JUNE 10

The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia due to the closing of the public schools during Massive Resistance between 1954 and 1964. For a limited time, the program is open to new eligible applicants for the 2019-2020 school year. For applications and information on eligibility, visit:

BROWNSCHOLARSHIP.VIRGINIA.GOV

or contact Lily Jones, Division of
Legislative Services, at (804) 698-1850.

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.

FRIDAY/MAY 17

Emergency Preparedness for Parents of Students with Disabilities. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. For the millions of Americans with disabilities, natural and human-made disasters present a substantial challenge. Fairfax County's Office of Emergency Management is committed to the inclusion of all by spreading the message of preparedness to its residents with disabilities and access and functional needs. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

NEXUS 2019: Fussy Minds Forum. 1-3:30 p.m. at Fairfax County Public Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. Today more than ever, stress wears people out. Stressed-out youngsters, tweens and teens may seek harmful ways to relieve stress. During this forum, participants discuss the effects of stress on the brain-ways of the young and how to build the resilience needed for successful learning into adulthood and beyond. Space is limited; register at www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490.

SATURDAY/MAY 18

Volunteer Habitat Heroes. 10 a.m.-noon at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Volunteers will remove non-native invasive plants to protect native species and support wildlife habitat and will use tools to pull or cut invasive plants in the natural areas. Volunteers may take part in a small planting of native trees and shrubs to help the forest regenerate. Volunteers must be at least 13 years old, and those 15 years and younger must be with an adult. For more information or to volunteer, contact Kiersten Conley at 703-631-0013.

More Than Sad. 4-6 p.m. at Westfield High School, 4700 Stonecroft Boulevard, Chantilly. Centreville Presbyterian Church, in partnership with Westfield High School, is sponsoring "More Than Sad" — an educational program developed for teens (14+) and their parents that teaches participants how to recognize mental health conditions, identify the warning signs of suicide, and get help for those who are at-risk. Free, open to the public. Call 703-244-5042 or visit www.facebook.com/events/415879302478338/.

"Open Mosque" Project. 7 p.m. at Masroor Mosque, 5640 Hoadly Road, Manassas. Through Ramadan, Muslims abstain from eating and drinking during the daytime and focus on self-reform of habits and character. In a new "Open Mosque" project, Ahmadiyya Muslim Community USA will open all its mosques to the public for the weekly Friday Prayer services (May 17, 24 and 31) and a special Iftar (dinner) event on Saturday, May 18, featuring a Holy Quran Exhibition, breaking of fast, prayer service, and dinner. Email naeem.arshad@ahmadiyya.us for more.

MONDAY/MAY 20

NARFE Dulles Chapter 1241 Luncheon Program. 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. A speaker from the Fairfax County Consumer Affairs Office will discuss scams, how to recognize them and what to do about them. The cost of the luncheon is \$18 which includes tax and a small gratuity. Call with reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, May 16, 2019.

TUESDAY/MAY 21

FCPS Career Switcher Information Session. 5:30-7:30 p.m. at Willow Oaks Administrative Center, Room 1000A, 8270 Willow Oaks Corporate Drive, Fairfax. The information session will begin with presentations from the four approved Virginia Department of Education (VDOE) career switcher programs, Educate Virginia, Old Dominion University, Regent University and Shenandoah University. Troops to Teachers will also present their program offerings to military veteran attendees. FCPS educators will hold a Q&A, followed by an opportunity to network with the five presenters, the FCPS licensure team and the substitute office. Register at <https://tinyurl.com/y66g4syc>.

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The Weak Of



By KENNETH B. LOURIE

Concerning the three 'weak's' during which this arc will publish: last week's "The Weak Before," this week's "The Weak Of" and next week's "The Weak After," this week's "The Weak Of" when I actually lie down for my bi-monthly CT scan (and as it coincides occasionally, my semiannual brain MRI), is the easiest.

The worry of its occurrence is over, since I'm on site and "gowned up" waiting to hear my name called. And the worry of the results has not yet seeped in because the scanning process has barely begun and nothing will happen and/or be expected to be communicated in the next few days anyway.

Next week – when I know the results are somewhere and I've not received any feedback from my oncologist, within five days or so – is when I'll begin to stress for all the reasons with which you regular readers are familiar.

What this "The Weak Of" means to me is progress. And even though that 'progress' could mean disappointing news, it could also mean that my status is quo.

And as difficult as hearing that the CT scan showed growth and/or the brain MRI showed something more, at least we'd gain some knowledge that we didn't have previously, and that new knowledge will be crucial as new treatment options are considered.

However, it's not as if I feel I'm in the dark during the intervals between scans. Hardly. It's more that I'm in a situation where knowledge is a powerful tool and the more of it my doctors, particularly my oncologist, have about me, the better.

The only problem? The frequency of these recurring diagnostic scans means nearly every week, bi-weekly immunotherapy infusions notwithstanding, I'm in some kind of 'weak.'

As you all know, I can compartmentalize but, I'm afraid the compartments are starting to fill up. Ten-plus years of surviving cancer will do that.

The CT scan and MRI appointments, in and of themselves are not compartment-filling though. Having had over 50 of them by now, I'm unaffected. Moreover I drive the same route to the same facility and are tended to by the same technicians; my good luck charms, as I tell them.

They always greet me by name, smile and ask how I'm doing. I likewise reply in a positive way and thank them for the many good results I've had and encourage them to keep up the good work (I realize they have nothing to do with the actual results, good or bad, but I still like to prime the pump, so to speak).

And when the process is complete, I'll leave feeling more upbeat than when I arrived. A feeling which continues until the next week, 'the weak after.' That's when I'll feel the same kind of emotional jitters I experienced during 'the weak before.'

So, as I begin 'the weak of,' I begin it with hope and humor, my stock-in-trade. Hope for all the obvious reasons and humor because whatever happens, I'll likely make some joke about it and try to lighten the weight of it all with as light a touch as I can muster.

But for the time/'weak' being, I will enjoy the not-knowing the results and bask in the presumptive naivete. Because, if and when there is confirmation that my ship has sailed or that it's beginning to take on water, there might not be too much funny that I can say or do at that point to turn the tide.

Nevertheless, I'd like to think I'll be up to the challenge. One never knows. These three 'weak's' I can manage. We'll see about the next one.

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

OPINION

Changing Political Landscape

Don't miss vote June 11 or before to have a say in the biggest political change in years.

On June 11, 2019 a revolution is scheduled. There will be no blood. Change, massive change, is inevitable, but its effects won't be fully in place for months.

Many of the powers that be in Fairfax County will step down at the end of the year, taking with them decades of historic understanding and institutional knowledge. Voters will choose their replacements, for the most part, on June 11.

It's a huge opportunity for voters in Virginia to enact the change they want to see.

First any Virginia voter can participate in the Democratic primary because voters in Virginia do not register by party.

Second almost every candidate is describing themselves as progressive. There are of course degrees of progressive. You'll have to tease out for yourself what matters to you. Is the county on the right track in the things that matter? If you think the county has done enough in affordable housing, is on the right path in terms of criminal justice reform and racial and economic equity, then voting for the few longtime incumbents might be right for you.

If your vision of a progressive county is a bit beyond the status quo, then you have other choices.

Every Democratic primary voter in Fairfax County will choose candidates for two critical

county wide positions, Chairman of the Fairfax County Board of Supervisors and Fairfax County Commonwealth's Attorney.

Early voting has begun already, but the cut-off to register to vote is in less than a week, May 20. You have to register (at your current address) and actually vote to have a say in choices that could define the direction of the county for the foreseeable future. With four or five candidates vying for quite a few seats, a small number of votes could decide.

Don't miss out.

— MARY KIMM

ON THE DEMOCRATIC PRIMARY BALLOT, FAIRFAX COUNTY

Commonwealth's Attorney
Raymond F. Morrogh
Commonwealth's Attorney Steve T. Descano

Chairman Board of Supervisors
Alicia E. Plerhoples
Jeff C. McKay
Ryan L. McElveen
Timothy M. Chapman

Braddock District Member Board of Supervisors - Irma M. Corado
Braddock District Member Board of Supervisors - James R. Walkinshaw

Hunter Mill District Member Board of Supervisors - Laurie T. Dodd
Hunter Mill District Member Board of Supervisors - Maggie D. Parker
Hunter Mill District Member Board of Supervisors - Parker K. Messick
Hunter Mill District Member Board of Supervisors - Shyamali R. Hauth
Hunter Mill District Member Board of Supervisors - Walter L. Alcorn

Lee District Member Board of Supervisors - Lee James Migliaccio
Lee District Member Board of Supervisors - Lee Kelly Hebron
Lee District Member Board of Supervisors - Lee Larysa M. Kautz
Lee District Member Board of Supervisors - Lee Rodney L. Lusk

Upcoming Elections

June 11, 2019 Democratic Party Primary Election Information
On Election Day Vote at Your Usual Polling Place, Open From 6 a.m. until 7 p.m.
To confirm that you are eligible to vote in this election, visit the Virginia State Board of Elections website at <https://vote.elections.virginia.gov/VoterInformation>.

GENERAL INFORMATION

- ❖ **Now:** Absentee Voting is underway at the Office of Elections, 12000 Government Center Pkwy., Conference Rooms 2/3, Fairfax, VA
- ❖ **May 20:** Voter Registration Deadline to vote on June 11. In-person: 5 pm, online: 11:59 p.m.
- ❖ **June 4:** Deadline to request an absentee ballot by mail, 5 p.m.
- ❖ **June 8:** Final day to vote absentee in-person, 5 p.m.
- ❖ **June 11:** Primary Election Day. Polling Places open 6 a.m. until 7 p.m. Deadline to return ballots to the Office of Elections, 7 p.m. See www.fairfaxcounty.gov/elections/upcoming for more and to find your sample ballot for Tuesday, June 11.

Providence District Member Board of Supervisors - Dalia Palchik
Providence District Member Board of Supervisors - Edythe F. Kelleher
Providence District Member Board of Supervisors - Ericka M. Yalowitz
Providence District Member Board of Supervisors - Linh D. Hoang
Providence District Member Board of Supervisors - Philip A. Niedzielski-Eichner

Senate 31st Democratic
Barbara Favola incumbent
Nicole K. Merlene

Senate 33rd Democratic
Jennifer B. Boysko incumbent
M. Sharafat Hussain

Senate 35rd Democratic
Richard L. "Dick" Saslaw incumbent
Yasmine P. Taeb
Karen Elena Torrent

Fallen Officers Remembered

FROM PAGE 3

May 17, 2006. As for Kennedy, he was killed the day of the offense in a shootout with other responding officers; police said he'd fired more than 70 rounds.

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

Attendees at last week's remembrance ceremony in their honor included Deputy County Executive (and former county police chief) Dave Rohrer, county Police Chief Ed Roessler, family members of Armel and Garbarino and former and current Sully District Supervisors, Michael Frey and Kathy Smith, respectively, as well as former and current Sully police officers.

"Family does not forget," said Lt. Todd Billeb, the station's assistant commander. He also stressed that "Mike and Vicky were heroes because of the way they lived." Then came a moment of silence for them, followed by members of the Garbarino and Armel families placing flowers on the memorials erected on the former parking spaces of each officer.

Armel's former police partner, Mike Motafches, now retired, came from out-of-state for the ceremony. Recalling that fateful day, he said, "Everyone here is thinking that it could have happened to any one of us at the station. As time goes by, the pain does ease, but the memories don't go away. But I'm confident I'll see Vicky and Mike again in the future, in heaven."

Garbarino's widow Sue was there, along with daughter Natalie and daughter Katie Mannix, now

married. "My dad always said, 'If anything ever happens to me, you'll be well taken care of,' and that wasn't a lie," said Mannix. "This event is healing for us, for the police and for everybody."

Armel's sisters, Betty Chase and Sandy Munday; her 89-year-old mother, Betty Owen; her daughter, Masen; her niece, Taylor; and other relatives also attended. "It's nice that they still remember Vicky," said Munday. "They say, 'Gone, but not forgotten,' and the Police Department's Peer Support checks on us throughout the year," said Munday. "They give us a Christmas wreath – and, this past Christmas, they brought us ornaments, too."

She said Peer Support also provides transportation to the annual, national Police Week functions. "We're very fortunate to have Fairfax County for support; not everyone is so lucky. We never would

have survived this without them."

ARMEI'S DAUGHTER, Masen, now 18, was just 5 when her mother died; and she, too, was touched by the ceremony. "I like being able to see everyone she knew," said Masen. "And it's nice to know that they care that much – it's comforting."

Her dad, also in law enforcement, is a sheriff with the Culpeper Sheriff's Office.

And despite what happened to her mom, Masen – about to graduate from high school in June – plans to major in Criminal Justice at JMU and "then come to the Fairfax County Police Department, like my mother. My brother Thomas, who's almost 20, also plans to join the Department. We both wanted to help people, so our dad knew we'd eventually wind up here. And I think my mother would be proud."

CENTREVIEW

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