‘A Sense Of Love And Warmth’

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

‘Keeping Neighborhoods Safe’

March 7-13, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM
Fairfax County REAL ESTATE

Fairfax County Chairman Glisson Bolova (D)
2017 — $655,290
2018 — $655,290
0.00%

2018 Assessments by Area
Also home values for members of Fairfax County Board of Supervisors.

Source: Fairfax County

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

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

SOURCE: Fairfax County
A Sense of Love and Warmth

By Bonnie Hobbs

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

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

Ellie’s Hats also helps their financially struggling families and contributes to the hospitals and clinics that treat pediatric cancer patients. So it was with great joy that the nonprofit celebrated its fourth anniversary, Feb. 18, at Mustang Sally Brewing Co. in Chantilly.

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

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

“Every time an Allstate agent or group do something charitable, the Allstate Foundation gives a grant to that organization,” said Christine Angles. “So far, we’ve raised most $10,000 for Ellie’s Hats. It’s a fabulous idea and a great cause; it helps people in the local community and is direct and hands-on. We’re here today to support Ellie’s Hats with friends and bring more awareness to it.”

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

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

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

“It’s a fabulous idea and a great cause.” — Christine Angles

Ellie’s Hats celebrates fourth anniversary.

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

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

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

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

“It’s been a long road, but he’s doing well.”

‘We Like Keeping the Neighborhoods Safe’

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

By Bonnie Hobbs

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

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

“We have a neighborhood focus. Sometimes, we react to an [ongoing] issue in the community, such as vehicle-tampering. But most of the time, someone calls about a problem in the morning, and we check it out. Or they tell us about people who are visiting someone for a very short time.”

Residents’ complaints are often the catalyst for the bike team’s deployment. For example, said Wright, “We received a complaint from a neighbor about a townhouse near Braddock and Old Centreville roads.” He said a patrol officer was able to visit the house and, while inside, he observed something amiss. So the police continued to investigate and, eventually, were able to seize nine weapons, 1,000 rounds of ammunition, plus marijuana.

“We knew the name of the person who lived there, and we watched the house in unmarked cruisers,” said Wright. Then bike-team members followed that person’s car to the Old Centreville Crossing shopping center. “An officer saw someone jump into a car, grab something and jump back in his own car,” said Wright. “We asked him what he was doing, and he said he was in the wrong car. We could tell something was wrong about this.”

“They were right. “We got a fourth of a pound of marijuana out of the second car and one pound from the first car,” said the officer. “So sometimes, we get lucky. But it all starts with complaints from neighbors. If you see something that doesn’t look right to you, it probably isn’t.”

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

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

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

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

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

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Money on the Table Required

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

By Ken Moore

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

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

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

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

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

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

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

— Chairman Sharon Bulova on proposed rate increase

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

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

Sully Supervisor Kathy Smith said she fears talk about an average increase when all homeowners will have different property bills and property assessments.

“When talking about averages, I also think it’s useful to talk about medians,” she said.


“In my view, this is a one year deal that all the community meetings and public hearings on the table and knowing that the budget funds our highest priorities, but the only way to do that is to implement a tax increase,” she said.

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

“We cannot sustain what we are doing. Every year we wait is a year teachers can make a choice to go elsewhere,” said Brabrand.

See fairfaxcounty.gov/budget for more.

Extracurriculars: Secret Sauce of Success

Superintendent’s budget eliminates barrier of $50 activity fee.

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

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

Brabrand said he conducted grade point average research every year when he was a principal. “We looked at every kid, and regard- less of background, regardless of race,” he said, when students were involved in extracurricular activities they had higher grade point averages.

“Extracurricular activities … are the secret sauce of success for our kids.”

— Scott Brabrand, School Superintendent

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

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

THOUGHTS OF SPRING, THINK OF ARBOR TERRACE!
Independent Senior Living

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

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

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

Bring this ad to any event or stop by for a tour and receive a Starbucks gift card.

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Our donors care deeply about Northern Virginia. Often, they have made their homes here, their wealth here. Their children have attended our excellent local schools. They love this area and want to see it grow and thrive.

The Community Foundation for Northern Virginia offers inexpensive, easy-to-use charitable giving options. Through donor advised funds, planned giving, and philanthropic advising, we help local donors give to local causes without the expense and work of running their own private foundations.

do you live here?
Then give here, through The Community Foundation for Northern Virginia.
www.cfonova.org

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Make a Difference: Recycle Life

By Ishika Govil

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

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

Strong Action Needed Now

To the Editor:

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

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

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

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

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

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

I understand that focusing on climate change is just one of many issues during these challenging times. However, strong action needed now to address the daunting issues and impacts that climate change poses to us as a country and the world as a whole.

Nathan Palmer
Centreville
6th grade, London Towne Elementary

A Pronoun Poem

(First and Second Person Singular)

Me and You

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

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

— © Anita R Mohan
Explore Ethiopian Fare at Manna Bistro & Bakery

By Alexandra Greeley

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

The wall décor should tip patrons off: covered pictures of Ethiopian scenes and people in native dress … plus some dishes. And when you are offered the menu, and you are puzzled by Ethiopian fare, the waitstaff can guide you along. You might pick instead the chicken doro wat, a classic Ethiopian dish probably served in every Ethiopian restaurant. It comes as a chicken thigh (whole) simmered in a berbere sauce (a complex chile-and-spice blend stirred into a liquid).

Seafoodies should consider ordering the shrimp tibs or the asa kitfo, a spicy blend of ground fish cooked with onions, garlic, jalapeños, and, of course, spices. Consider adding on some vegetable sides: outstanding are the collard greens and red lentils. Just remember, everything will be unclean — and use the bread as a spoon or scoop. It’s that simple. Note: the owners also sell basic Ethiopian ingredients up front stacked in a series of shelves.

Manna Bistro & Bakery, 14215X Centreville Square (on Lee Highway), Centreville, 703-543-6906. Hours: Mondays, Fridays, 7:30 a.m. to 8:30 p.m.; Saturdays, 8 a.m. to 8:30 p.m.; Sundays, 2 p.m. to 8 p.m.

Ellie’s Hats Celebrates Fourth Anniversary

From Page 3

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

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

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

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

“When people hear the word ‘cancer,’ a lot of them run from it,” said Sara Schweigert. “So to have someone run to it — and that was so special, she said. “It means so much for someone who doesn’t know us to want to help our family, when no one else understands the physical and emotional hardships we’re going through,” said Sara Schweigert. “It brings a sense of love and warmth to someone else care like that.”

Basically, added Marc Schweigert, “When you have a kid with cancer, there’s a lot of darkness, stress and fear. And it means the world when someone runs to it — and that was so special, she said. “It means so much for someone who doesn’t know us to want to help our family, when no one else understands the physical and emotional hardships we’re going through,” said Sara Schweigert. “It brings a sense of love and warmth to someone else care like that.”

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

By Ken Moore

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

The field hockey team won 24 consecutive games during the fall 2017 season, concluding with a state 6A championship over defending champion First Colonial 2-1 at the Sportsplex National Training Center in Virginia Beach on Saturday, Nov. 11, 2017. Goalie Payton Moore and the team gave up only seven goals all season before defeating defending champion First Colonial, 2-1, for the state championship. The team shutout 18 opponents during the season.

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

The team finished this past season 15-0 and has defeated Oscar Smith three consecutive years for their state championships. In 2015, Westfield defeated Oscar Smith in Charlottesville. “I got to be on the field three years ago to watch the game and there were three overtimes. And last year … there were two overtimes,” said Sully Supervisor Kathy Smith. “This year the game was completed in regulation.”

The Board of Supervisors honored both teams at its meeting on Tuesday, Feb. 20. “The community is really very proud and honored to have you here. No pressure, here, but this is getting to be a habit,” Smith said to the football team.

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

BOTH COACHES stood with their teams.

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

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

The Westfield field hockey team also won the state championship in 2013. “It’s been an honor to represent Westfield, the 6A Northern Region, and most importantly, Fairfax County, during this amazing run. Thank you,” said Karl. According to Westfield High School’s webpage, “Coach Starr Karl finished her coaching career going out on top.”

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

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

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

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

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

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

Westfield Field Hockey Roster

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

www.ConnectionNewspapers.com

The Fairfax Board of Supervisors honored the Westfield field hockey team Tuesday, Feb. 20, for finishing the season 24-0 and winning the state championship Nov. 11, 2017 in Virginia Beach.
Open dialogue is key to quelling fear, say mental health professionals.

By Marilyn Campbell

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

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

“First ask what they heard rather than saying ‘That will never happen here.’” she said. “I reminded my daughter of this and explained the safety differences between her school and the school in Florida,” she said. “I reminded my daughter of this and explained the safety differences between her school and the school in Florida. One thing that you don’t want to say is that ‘That will never happen here.’ You want to focus on what’s real and what’s realistic.”

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

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

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

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

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

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

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

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

First at Cyber Competition

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

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

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

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

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

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

Roundups

FROM PAGE 6

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

Meals on Wheels Drivers Sought

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

Give Caregivers a Break

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

Reflections

By KENNETH B. LOURIE

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

My first reaction was to laugh and then ask if I even have cancer. I mean, typically, one diagnosed with an incurable disease doesn’t just live life merrily along as if the diagnosis was a mere inconvenience. I asked him what he or she may or may not be doing. My oncologist assured me that I indeed have cancer and even offered up some news about my tumors with which I was totally unfamiliar.

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

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

But more specifically and perhaps uniquely, I am supplementing my standard of care with some non-Western care: alkaline water, organic apple cider vinegar, and about 60 pills a day, most chosen for their qualities of strengthening my immune system and/or eliminating toxins from my body. I can’t say I’m eating really right, but neither will I admit to not eating totally wrong. Reducing stress and exercising are popular advisories in the control. One out of two will have to do. However, as I told my oncologist, whatever I’m doing I’ve been told to do by my holistic health and fitness coach. She knows what, how and why. She might as well be Sergeant Schulz from “Hogan’s Heroes: “I know nothing. I don’t feel qualified to speak to any of what I do.

Yes, I’ve survived but, I’m a sports and chocolate guy not a science and medicine man. All I can do is list what I’m doing. I can’t chapter and verse any of it. I’m not NIKE, but just do it. It’s a routine and I rarely stray. I do add stuff occasionally but to think any of what I do might have a bearing on another cancer patient’s survival is not hard, and that’s what I told my oncologist. Dina suggested the alkaline water. I suggested my “coach.” I guess I’m just not that deep of a thinker. I trust people the same way that as a salesman I trust that same way that as a salesman I want them to trust me. I’m not leading anybody astray, and I’m providing them the best available knowledge. I’m not manipulating. Nor am I maneuvering. I’m simply managing available knowledge. I’m not manipulating.

Moreover, I’m trying to think outside the box while respecting and appreciating that the box has its purpose as well. Heck, for all I know, my non-Western stuff has had minimal impact on my life expectancy and the standard of care from my oncologist has provided the most.

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

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

Toddles’ Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellows Road. Early literacy area; 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 Stringfellows 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 Stringfellows Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a space.

CENTREVILLE COMMUNITIES OF WORSHIP

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703-830-3333  www.cbcvca.org

MONDAY/MARCH 12
Native American Archaeology. 7:30-9 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Join archaeologist Mike Johnson for a discussion of ancient Native American sites in Thoroughfare and in Fairfax County. Light refreshments will be served. Presented by the Historic Centreville Society. Free. paulhancq@aol.com or visit www.fcps.historiccentreville-day. 150468235022765/

SUNDAY/MARCH 11
Hands On Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK Scale Model Train Show, 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Have a Hands On Day with artifacts and models of railroad equipment. 5-15, $2; ages 16 and older, $4. All craft supplies included with admission cost. Visit www.fairfaxstation.org, www.facebook.com/FXSRR, or call 703-425-9225.

FRIDAY/MARCH 16
Steven Curtis Chapman in Concert. 7:30 p.m. at Centreville Baptist Church, 15100 Lee Hwy, Centreville. Steven Curtis Chapman has announced he will continue his successful GCC CLO D: A Night of Hits, History, and Influences, this spring. Visit cbcvca.org. Tickets at StevenCurtisChapman.com.

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 ages 4 and under, free; ages 5-15, $2 and 16 and older, $4. Visit www.fairfaxstation.org, www.facebook.com/FXSRR or call 703-425-9225.

CONCERT. 7:30 p.m. at Chantilly High School, 4201 Stringfellows 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.

SUNDAY/MARCH 18
NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK 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 ages 4 and under, free; ages 5-15, $2 and 16 and older, $4. Visit www.fairfaxstation.org, www.facebook.com/FXSRR or call 703-425-9225.

Girls Just Wanna Have Fun.” 7 p.m. at the Centre Community Center, 4615 Stringfellows Road, Chantilly. The GPWC Western Fairfax County Women’s Club (WFCWC) will present an evening of fun, games and prizes, food and fellowship. Refreshments will be served, and prizes will be awarded and/or being given away 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.wfocw.com or call 703-378-4250.

TUESDAY/MARCH 20
New Book Club. 2:30-4 p.m. at Sully Senior Center, 14324 Potomac Point Place, Chantilly. Book club for those 50 and older who love to read. Group will choose the next book at this meeting. Group will meet the 3rd Tuesday every month to discuss. Snacks and beverages provided. Free. Call 703-322-4475.

www.ConnectionNewspapers.com

MARCH 7-13, 2018 www.ConnectionNewspapers.com

Entertainment

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

NVFS’ Strikes for Stronger Families Bowl-a-Thon

Join NVFS at Bowl America Manassas for an afternoon of bowling and fundraising that’s perfect for the entire family. For information please visit www.nvfs.org/events/bowl-a-thon/. All Bowl-a-Thon proceeds benefit NVFS’ #SERVECampus. Minimum of $275 raised by each team. Saturday, March 10, 1-4 p.m. at Bowl America Manassas, 9000 Mathis Ave., Manassas. Call 757-748-2537 or visit www.nvfs.org/events/bowl-a-thon/.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space.

PET ADOPTIONS

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

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit harr90.org for more.

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

SATURDAY/MARCH 10
History Tots at E.C. Lawrence. 10 a.m. at Elenor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. 6 in-county or $8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eflawrence.

Heritage Family Day. 10 a.m.-3 p.m. at the Steven F. Udvar-Hazy Center, 4321 Lees Corner Highway, Chantilly. Celebrate Heritage Family Day with We Can Do It! Women in Aviation and Space. The Heritage Family Day series is made possible by the generous support of Northrop Grumman Corporation. Call 703-572-4118 or visit airandspace.si.edu/advisty.

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

NVFS’ Bowl-a-Thon. 1-4 p.m at Bowl America Manassas, 9000 Mathis Ave., Manassas. Join NVFS at Bowl America Manassas for an afternoon of bowling and fundraising that’s perfect for the entire family. For information please visit www.nvfs.org/events/bowl-a-thon/.

All Bowl-a-Thon proceeds benefit NVFS’ #SERVECampus. Minimum of $275 raised by each team. Call 757-748-2537 or visit www.nvfs.org/events/bowl-a-thon/.

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