

JANUARY 9-15, 2019

25 CENTS NEWSSTAND PRICE

Aidan Ramee (on right, as the Sheriff of Nottingham) yells at his assistant, Sujay Khona (on left, as Guy of Gisbourne) in Chantilly High's children's play, "Merry Men."

'Robin Hood' With a Twist

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10 Years Prison For Killing Local Man

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PHOTO BY BONNIE HOBBS/CENTRE VIEW CALENDAR, PAGE 6 ❖ CLASSIFIEDS, PAGE 6

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'It Won't Bring Him Back, But It's Fair'

Flores Cuchillas given 10 years prison for killing local man.

BY BONNIE HOBBS

Since Centreville's Harold Garnett was killed 14 months ago, his then-pregnant girlfriend has given birth to their child. And the man responsible for his death has been sentenced to 10 years in prison.

The tragedy occurred Nov. 4, 2017, in the parking lot of Centreville sports bar, Velocity 5. Two men who didn't know each other, but who'd been drinking, got into an altercation, shortly after 2 a.m.

One was Garnett, 27; the other was Centreville resident Vidal Flores Cuchillas, 38. Garnett was much taller and heavier than Flores Cuchillas, but that didn't matter when the smaller man pulled a knife and fatally stabbed Garnett in the heart. Flores Cuchillas fled the scene, but police soon captured and arrested him, charging him with second-degree murder.

After a four-day trial, Oct. 1-4, 2018, in Fairfax County Circuit Court, the jury convicted him of voluntary manslaughter and recommended he serve a decade behind bars. Four days before Christmas, Judge Brett Kassabian imposed that sentence.

During the trial, one of those testifying was Reston Hospital trauma surgeon Ranjit Pullarkat. He explained how he'd operated on the laceration in Garnett's right ventricle and got his heart beating again. But Garnett remained in critical condition and died, that same evening.

Dr. Meghan Kessler, assistant chief medical examiner for Virginia, performed the autopsy. She testified that Garnett's stab wound, from his skin's surface to where the knife entered his heart, was approximately 1-3/4 inch deep. Kessler said the wound's path was from front to back and downward



Vidal Flores Cuchillas

and that Flores Cuchillas's knife – which police showed her – was “compatible and consistent” with Garnett's laceration.

Garnett's friend and roommate, Christopher Cunningham, said they were drinking at Velocity 5 and Flores

Cuchillas was there with two other men. They all left at closing time, with Garnett exiting ahead of Cunningham.

When he got outside, said Cunningham, Garnett and the three men were arguing. “They bum-rushed my friend, and that's when it became a [physical] fight,” said Cunningham. “Harold shoves one of the guys back and he hit the ground. I was in a fight with the two shorter guys, and then both ran away. Harold was fighting [Flores Cuchillas].”

Cunningham said he couldn't see their fight but, afterward, Garnett walked toward him with “a blank stare on his face” and collapsed, falling and hitting the back of his head on the pavement. He also said Garnett was unarmed. “He was bleeding a lot,” said Cunningham. “I was freaking out, yelling for help and asking people to call 911.”

“I saw [Flores Cuchillas] running away, across Route 29,” he continued. “I took off after him and said, ‘You're not gonna get away.’ When I got closer to him, I said I was gonna kill him.” But Flores Cuchillas ran into The Meadows neighborhood, and police arrived and stopped Cunningham. “They came out with guns drawn, and I told them, ‘He's over there; don't let him get away,’” said Cunningham.

Public defender Dawn Butorac said Flores

Cuchillas, a mover, always had a folding knife with a 4-inch blade on him because he used it for work. She stressed that Garnett was 273 pounds and 5 feet, 9-1/2 inches; Flores Cuchillas is 140 pounds and 5 feet, 4 inches. And she said the man Garnett pushed to the ground was Edwin, a mute friend of her client's.

Flores Cuchillas testified via Spanish interpreters. He said he didn't know why Garnett and the others were arguing, since Garnett was speaking English and he doesn't understand it. But when he saw Garnett push Edwin to the ground, he said he intervened “so they wouldn't hit him anymore on the ground. Garnett came over me, pushing me.”

“I told him, in Spanish, that we were leaving and didn't want any problems,” continued Flores Cuchillas. “I raised my hands to tell him to calm down and that I didn't want to fight. But he continued coming after me. I swung at him because I was trying to defend myself. He hit me in the head many times and wouldn't stop. He was touching his waistband and I thought he could have a weapon. I had fear because he was big; I was afraid he would kill me because he was very aggressive.”

Flores Cuchillas said he drew his knife to defend himself. He said Garnett then pulled back, “but I didn't know that I'd hurt him. I didn't want to harm or kill anyone; I wanted to go to my house.” He said he didn't pay attention to Garnett after that and started walking home. Then Cunningham began threatening and coming after him, so he ran.

But police Det. John Vickery, who interviewed Flores Cuchillas, testified that the defendant never told him Garnett hit him. And Assistant Commonwealth's Attorney Ryan Bredemeier said Flores Cuchillas had “convenient amnesia” about the stabbing and, until he testified in court, hadn't said Edwin was being hit.

Furthermore, said the prosecutor, “The angle of the knife wound is consistent with what the medical examiner said. That's not an accident or self-defense; that's how you come at somebody – from above to down. This defendant took the knife out and plunged it into Garnett's chest.”

After the jury deliberated and found Flores Cuchillas guilty of voluntary manslaughter, it then heard the attorneys' sentencing arguments. Noting her client's six children, Butorac asked for just a year in jail. But Bredemeier said Garnett was also a father – with another child on the way – and, unlike the defendant's family, Garnett's loved ones would never see him again. After further deliberation, the jury recommended 10 years.

Sentencing was Dec. 21 and, this time, Public Defender Brian Goodman argued on Flores Cuchillas's behalf. Asking for a lighter sentence, he took umbrage with Bredemeier's earlier statement that Flores Cuchillas would see his children again.

“He's undocumented, has been here ille-



The victim, Harold Garnett, was 27 years old.

gally for 20 years and has an ICE detainer,” said Goodman. “So after his release from prison, he'll be deported back to El Salvador, but the jury did not know that. He won't be free to walk around Fairfax County with his family, as the jury thought.”

Goodman also contended that “There was no premeditation. This was a drunken, mutual-combat, bar fight. Mr. Flores Cuchillas clearly has an alcohol problem, but no history of violence in the 20 years he's been here. So this violence is an anomaly. He was a productive, loving member of his family, both here and in El Salvador. He's taken responsibility for what happened; he's been remorseful since the night of the incident.”

Bredemeier, however, requested the jury's full sentence be imposed. “This sentence recommendation wasn't inflamed by passion,” he said. “A man's life was taken, and the jury weighed the facts of the case and the statements from both families, and the community spoke.”

“I believe the jury's recommendation is appropriate,” he continued. “Flores Cuchillas has eight drunk-in-public [arrests]. He knows, when he drinks and goes out in public, bad things can happen and there are consequences. Yet he did it, over and over again – and this time, he did so armed. He will have the opportunity to speak with his family – Mr. Garnett will not.”

Flores Cuchillas then stood and said, “I apologize to Mr. Garnett's family. I had no intention to do this.” But, calling the jury's verdict fair, Judge Kassabian sentenced Flores Cuchillas to the whole, 10 years, plus three years' post-release supervision.

Afterward, outside the courtroom, Garnett's father, Harold Taylor, said his son has an older brother and five sisters and “It was devastating that they lost him; they're all hurting. We stay in contact with his son, 2, and daughter, 1, and their mothers.”

As for the sentence, Taylor said, “It's the law. I feel as though, whether he got one year or 100, it doesn't make a difference — it won't bring [my son] back. But I'm good with it; it's fair.”



PHOTO BY TOM MANNING

Westfield vs. Oakton

Westfield's Rachael Ogawa-Friedman #14 dribbles around Oakton defender Janelle Murakami #24 just before halftime. The Westfield girls freshman basketball team lost to Oakton 38-16 at home on Jan. 4.

It's 'Robin Hood' with a Twist

Chantilly High presents children's show, "Merry Men."

BY BONNIE HOBBS

The children's show, "Merry Men," is a funny twist on the classic tale of "Robin Hood." And in two weeks, it'll be presented by the theater students of Chantilly High.

The curtain rises Friday, Jan. 18, at 7 p.m.; Saturday, Jan. 19, at 2 and 7 p.m.; and Sunday, Jan. 20, at 2 p.m. Tickets are \$5 at the door or via www.chantillyhsdrama.com.

It's set in 1100s England, where Maid Marian is unhappy about being forced to marry the evil Sheriff of Nottingham. So she and her ladies in waiting devise a plan to make it seem like Sherwood Forest is overrun with bandits and the sheriff is bad at his job. As a result, they hope the prince will break off the betrothal.

The show is double-cast, with 60 actors plus 20 crew members, and Director Andy Shaw says rehearsals are going really well. "It's a fun show with a great group of kids," he said. "They've been a joy to work with, and each cast has come up with their own jokes and bits. So if people see two of our shows, they'll see different views."

Scenes take place in Sherwood Forest and a castle, with set pieces spinning around to illustrate various locations. And, said Shaw, "The costumes are really cool. We've got everything from peasant robes to fancy, noble gowns to down-and-dirty, bandit gear."

Calling the play "a ton of fun," he said, "It's full of big, larger-than-life characters, lots of slapstick comedy and funny jokes. It's fast-paced, and even has some sword fighting; there's really something for everyone."

Freshman Alyssa Dausch portrays Maid Marian. "She's independent, knows what she wants to do and doesn't want to follow what anyone else tells her," said Dausch. "She wants to live her own life. She's confi-



PHOTO BY
BONNIE HOBBS

In Chantilly High's children's play, "Merry Men," Maid Marian (Kaitlin Molloy, center) and her ladies in waiting (from left) Sazana Qeriqi, Anne Blinova, Anna Anderson and Jillian Dalrymple devise a plan.

dent, but also kind, if she wants to be; she has a good heart."

Dausch enjoys portraying a strong, independent woman. But, she added, "I also like playing her crazy parts when she's 'being' Robin Hood and tries to portray his manly qualities and speak in a deep voice."

She said the audience will like seeing such a confident main character. "The moral of the story is, just because things could be worse, doesn't mean we shouldn't try to make things better," said Dausch. "It also says that you can be who you want to be. The show has powerful moments, but also lots of physical comedy that'll make kids laugh, plus an empowering message."

Also playing Maid Marian is sophomore Kaitlin Molloy. "She's cunning and clever and willing to work for what she wants," said Molloy. "She's outgoing and part of nobility, so she knows how to interact with

people. And she's willing to sacrifice herself for the good of others."

Enjoying this role, too, Molloy said, "Her personality has many sides to explore as she considers 'becoming' another person. She has lots of quirks, is very opinionated and glosses over other people's opinions." Molloy said children's shows are good ways to interact with the audience and learn the basics of theater while having fun. "You have to be high-energy, enunciate well and make bigger voices and movements, plus have more physicality," she said.

In this play, said Molloy, "There's never a dull moment; there's always something happening onstage. It'll be fun for the audience to see all these characters they know, but in a different way. It's a modern interpretation of the story, with lots of humor."

Senior Matthew Burkholder and sophomore Aidan Ramee portray the Sheriff of

Nottingham. "He's a hyperactive, James Bond villain, with a bit of Scar from 'The Lion King' and lots of Dr. Evil from 'Austin Powers,'" said Burkholder. "He's conniving and is always thinking up a clever plan or menacing scheme."

Burkholder likes playing a character with no inhibitions. "I get to say what I feel and be spontaneous and over-the-top, jumping around, screaming and making wild hand motions in the air," he said. "The sheriff is close to being villainous, but also so goofy and cartoonish that you just have to kind of love him."

He enjoys being in a children's show because, "If kids love it, they'll laugh hysterically, and that's energizing." The play, itself, also bounces off the walls, he said, and "Similar to a Disney movie, there are jokes for parents, too."

Ramee described the sheriff as "mean and proud of it. He yells a lot and mainly speaks in a scruffy voice. And he's bossy; everything has to go his way. But later on, he gets in touch with emotions he's kept bottled up. So he does have a soft spot. I've always wanted to play a villain, and he's really important to the story and is its conflict." In a children's show, said Ramee, "I like how big you can go with your movements, speech and facial expressions. Everything has to be heightened to catch kids' attention. They'll like seeing the actors running up the aisles and their chemistry onstage, and they'll enjoy what people have done with their characters."

Playing the minstrel who leads the ensemble is senior Riley Fiening. "I welcome everyone to the show and try to keep the ensemble in order because they get kind of crazy," she said. "Half are townspeople and half are the militia. During scene changes, they'll start fighting and people will see everything going well."

"The show is goofy, with slapstick humor," she continued. "There are lots of funny moments, and it'll appeal to all ages, not just kids."

Detectives Expand Call for Victims in Filming Case

Fairfax County Police detectives continue to analyze data and work toward identifying the approximately 60 victims who were recorded in dressing rooms over the holidays.

The police are now asking for anyone to contact them who was shopping at Forever 21, Gap, H&M, and Old Navy between Dec. 15-24 at Fair Lakes Promenade, Fair Oaks Mall, Springfield Town Center, and Tysons Corner Center.

More than 100 community members have called the police hotline since Thursday, Jan. 3. Detectives still want to speak to anyone who was potentially vid-



Rauf

eotaped. The police are now providing email and text options to reach them in addition to the dedicated hotline:

- ❖ Phone: 703-246-4600
- ❖ Text: 703-718-5806
- ❖ Email: fcpdtaskforce@fairfaxcounty.gov

"The community's cooperation in this investigation is vital in the successful outcome of this case,"

said Major Ed O'Carroll, Commander of the FCPD Major Crimes Bureau. "We are incredibly grateful for the community support we have received over the last 4 days, including those people who have called our phone line in an effort to help us identify our unknown victims. We will continue to provide updates

as we learn more from our investigation."

Police are asking for the public's help in identifying victims from video recordings found on the phone of 39-year-old Mumtaz Rauf. Rauf was arrested Dec. 24 for the unlawful filming of a minor at the Forever 21 store in Fair Oaks Mall.

So far the locations and approximate time frames that have been identified are:

Dec. 22, 2018:

- 1:15 - 2:10 p.m., Fair Lakes Old Navy
- 2:50 - 3:20 p.m., Fair Oaks Mall H&M
- 3:40 - 4:15 p.m., Fair Oaks Mall Forever 21

4:25 - 5:45 p.m., Fair Oaks Mall H&M

Dec. 24, 2018:

- 12:30 - 2 p.m., Fair Oaks Mall Forever 21 and H&M

There is also a time period from 9:15 - 10 p.m. on Dec. 22 where police believe he was possibly at the H&M and Old Navy at Tysons Corner Center.

There were other inappropriate video recordings found on Rauf's phone, including several videos where he secretly filmed up a woman's skirt. Detectives are also working to process 13 additional pieces of electronics including laptops, desktops, and tablets. The FCPD Neighborhood Patrol Unit is canvassing Fair Oaks Mall and Tysons Corner Center to see if employees recognize Rauf. Police are also investigating whether illegal images have been shared or placed on the internet. Rauf is currently behind bars with no bond on unrelated drug charges.

OPINION

Wish List Things this session of the General Assembly, beginning Jan. 9., could/should accomplish.

Before this session, every year for the better part of a decade, the most profound wish for the Virginia General Assembly session was the expansion of Medicaid under the Affordable Care Act, which could provide healthcare to as many as 400,000 poor Virginians who otherwise were living without coverage. Partisan obstruction prevented those people from gaining coverage for many years.

But coverage began this month for 200,000 new enrollees after Medicaid expansion came to Virginia in the last session. It arrived with the November 2017 election and Democrats taking 15 additional seats in Virginia's House of Delegates.

The prospect for more awaits in this November's election with all seats in the General Assembly, both the House of Delegates and the Senate, on the ballot.

So we'll begin this year's wish list with gratitude that the entire Commonwealth will be

healthier for providing healthcare to the previously uninsured. And a wish that we not complicate the coverage with work reporting requirements. Please.

So in the new era of new hope for action in the General Assembly, here are some (not so modest) wishes for this session, acknowledging that some may wait another year for serious consideration.

- ❖ Establish a nonpartisan redistricting commission. This is urgent, as the General Assembly would have to act in this session to get a constitutional amendment on the ballot in time for a commission to be ready for redistricting after the 2020 census.

- ❖ Greater transparency everywhere. Move to allow fewer, not more, FOIA exemptions. Require that a reason be given for any FOIA denial.

- ❖ End suspension of driver's licenses for non-payment of court costs and fines.

- ❖ Pass the Equal Rights Amendment.

- ❖ Fund Community Services Board budgets. Expand Medicaid waivers; clear the waiting

list.

- ❖ Fund education fairly, Northern Virginia needs more help.

- ❖ Restrict predatory lending.

- ❖ Think about reform and civil rights when considering votes on law enforcement.

- ❖ Involve local officials in fixing proffer regulation.

- ❖ Implement no-excuse absentee voting.

- ❖ Limit large campaign contributions.

- ❖ Prohibit personal use of campaign funds.

- ❖ Require reporting on solitary confinement

- ❖ Push jails and prisons to adopt best practices for prisoners with mental health issues.

- ❖ Provide a tax credit for family caregivers, with income limits if needed.

Comments? Additions? Email editors@connectionnewspapers.com

There is an infinite amount of information at virginiageneralassembly.gov Click on "members and session" for quick links.

— MARY KIMM

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.

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@fairfaxstation.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.fairfaxstation.org, www.facebook.com/FFXSRR, or call 703-425-9225.

INPUT SOUGHT

Unmanned Aircraft Systems (UAS) Program. Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.

CRIME REPORT

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

ROBBERY: 6330 Multiplex Drive (Exxon Gas Station), Dec. 31, 8:21 p.m. A store clerk reported to officers that a man entered the store, pulled out a gun, and stole money from the register. No one was injured. The suspect was described as a black man, 20-25 years old, about 5'6", wearing a red ball cap, black mask, black jacket, and carrying a silver handgun.

HIT AND RUN CRASH: Centreville Road/New Braddock Road, Dec. 29, 6:30 p.m. A driver was stopped at a red light at the intersection when they were rear-ended by another driver. The suspect drove away and was followed by the victim. The suspect hit another car, parked nearby, and walked away. The suspect ran from officers but was quickly caught. A 31-

- ❖ Thursday, Jan. 14, 6:30-8:30 p.m. at Mason District Governmental Center (Community Room), 6507 Columbia Pike, Annandale.

- ❖ Wednesday, Jan. 16, 6:30-8:30 p.m. at South County Governmental Center (Room 221C), 8350 Richmond Highway, Alexandria.

- ❖ Wednesday, Jan. 23, 6:30-8:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.

- ❖ Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.

- ❖ Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.

- ❖ Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

TUESDAY/JAN. 8-FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Jan. 8 – Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 – Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 – Communicating (part 3)

SEE BULLETIN, PAGE 7

year-old Centreville man was charged with DWI and felony hit and run.

JAN. 4 LARCENIES
13600 block of Bent Tree Circle, license plates from vehicle

STOLEN VEHICLES
14800 block of Edman Circle, 2008 Nissan Xterra

DEC. 31 LARCENIES
16000 block of Lee Highway, purse from vehicle
14600 block of Lee Highway, tools and cash from construction trailer

STOLEN VEHICLES
6000 block of Centreville Crest Lane, 2009 BMW 328i

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\$2,000 to Brookfield Elementary

Brookfield Elementary School Principal Mary Miller received a \$2,000 donation from Asha-Jyothi representative Hemanth Ganta to establish a makerspace in the school library featuring resources and materials that will offer students hands-on opportunities to design, experiment, build and invent. Asha-Jyothi, based in Chantilly, is dedicated to serving the needs of the underprivileged by providing access to education and healthcare in the U.S., in India and around the world. See www.asha-jyothi.org.

Beyond The Resolution

Keeping a home in order all year long.

By MARILYN CAMPBELL

For those who resolved to keep a neater, cleaner home in the new year, the issue of how to keep it that way through December can be challenging. After the excitement of the fresh start that January offers, the reality of one's day-to-day life emerges. How to keep that newly purged closet neat when rushing to get to a meeting on time? By February, that cleaned-out sports bin might look a bomb went off at Modell's. From shredding or recycling unwanted mail each day to loading the dishwasher after each meal, adopting a few daily cleaning tips can help maintain that tidy home all year long.

"In general, I recommend keeping up with household duties on a daily basis so none of them become a bigger project," said professional organizer Susan Unger of Clutter SOS.

One of the most basic tasks is making one's bed first thing in the morning. "I think that kick starts you into cleaning and organizing mode and sets the tone for the day," said Preston Taylor of From Chaos to Order. "I also recommend keeping a dust cloth nearby so that you can give your dresser and nightstand a quick dust off so dust accumulation would be one less thing you have to worry about."

Piles of clothing, whether clean or dirty can accumulate quickly and send a home in into disarray. Dedicating five to 10 minutes every evening to rehang clothes and separating items that need to



Wiping down bathroom showers, sinks and counters each day can help keep a home tidy all year long.

PHOTO BY STACY ZARIN GOLDBERG

be dry cleaned can help prevent a backlog. "Be sure to put all clothes away on a daily basis rather than leaving in a chair or floor," said Unger. "Clean clothes should be hung up or put in drawers and dirty clothes in the laundry basket."

Taylor recommends tackling laundry every evening if necessary. "If you start a load when you first arrive

home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week," said Taylor.

When it comes to the bathroom, brief, daily attention to detail can keep dirt from spiraling out of control. Rehang towels, and then wiping it down one's shower each time you take a shower are suggestions from Carmen Garcia of CG Green Clean. "Keep

a container of disinfecting wipes in your bathroom and wipe down your counters and sink before going to bed each evening," she said. "Also each night, add a squirt of toilet cleaner to your toilet bowl, wipe down the seat and then flush the toilet. It takes less than five minutes to do all of this but you'd be amazed at the difference it makes at the end of the week, especially in children's bathrooms."

"If you start a load when you first arrive home from work, you will have time to dry and even fold it before you go to bed, so you're not faced with a mountain of dirty clothes at the end of week."

— Preston Taylor of From Chaos to Order

After Holiday Visits, Some Questions

Recognizing signs, early detection empowers families to plan for the future.

Holiday visits with family members or friends not seen as frequently during the year may raise questions about their cognitive health. Although some change in cognitive ability can occur with age, serious memory problems are not a part of normal aging. The Alzheimer's Association encourages anyone who has a question or concern about the state of an aging family member or friend to call its free 24-hour Helpline, 800-272-3900. Recognizing the difference can help identify when it may be time for a loved one to see a doctor. The Alzheimer's Association has a check list of warning signs, along with examples of normal aging. Every individual may experience one or more of the warning signs in different degrees.

- ❖ Memory loss that disrupts daily life.
- ❖ Challenges in planning or solving problems. \

- ❖ Difficulty completing familiar tasks at home, at work or at leisure.
- ❖ Confusion with time or place.
- ❖ Trouble understanding visual images and spatial relationships.
- ❖ New problems with words in speaking or writing.
- ❖ Misplacing things and losing the ability to retrace steps.
- ❖ Decreased or poor judgment.
- ❖ Withdrawal from work or social activities.
- ❖ Changes in mood and personality.

Although the onset of Alzheimer's disease cannot yet be stopped or reversed, an early diagnosis is an important step in getting appropriate treatment, care and support services allows people with dementia and their families. For more information, visit the Alzheimer's Association web site at alz.org or call their toll-free 24/7 Helpline at 800-272-3900.

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- Mount Vernon Gazette
- Oak Hill/Henderson Connection
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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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ENTERTAINMENT

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

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.

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.

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.

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.

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.

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

PET ADOPTIONS

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org.

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

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org.

SATURDAY/JAN. 12

Winter Art Lessons for Youth Classes (8 yrs & up). 9:30-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor. Visit www.czartlessons.com or call 703-250-6930.

Winter Art Workshop for Teens/Adults. 10:30-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing, watercolor, Chinese brush & portfolio development. Visit www.czartlessons.com or call 703-250-6930.

SUNDAY/JAN. 13

Game Day/Scavenger Hunt. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come to the Fairfax Station Railroad Museum and play a Train Game or History Game as well as working on a Scavenger

Hunt. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit fairfax-station.org or call 703-425-9225.

Winter Fun Days. 2-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Register children for "Winter Fun Days" at Sully Historic Site and find ways to keep everyone entertained when going outside isn't a great option. During the program, children age 6-12 will discover fun games and learning activities they can do at home the next time everyone is snowed in. Participants will make a historic craft to take with them and warm up with hot cider. \$8 per child. Children must be accompanied by an adult. Call 703-437-1794 or visit fairfaxcounty.gov/parks/sully-historic-site.

TUESDAY/JAN. 15

Winter Art Lessons for Youth Classes (8 yrs & up). 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin drawing and watercolor. Visit www.czartlessons.com or call 703-250-6930.

Winter Drawing Plus Color Class (5-8 yrs.). 6:15-7:00 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor. Visit www.czartlessons.com or call 703-250-6930.

Winter Nature Photography Hotspots. 7-8 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join wildlife photographer, Virginia Master Naturalist, and author Barbara Saffir to discover the best places to see nesting eagles, "fairy diddles" (acrobatic flying squirrels that can steal a heart), winter-blooming flowers with intoxicating scents, flamboyant ducks, and more. Free. Call 703-502-3883 for visit www.fairfaxcounty.gov/library/branches/chantilly-regional or www.meetup.com/Nature-Photography-DC-MD-VA/events/254290327/.

Live Music: Shawna Caspi. 7:15 p.m. (open at 6) at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Shawna Caspi performs solo, but there's a whole band under her fingertips. A singer, a story sculptor, and a truth teller, she has toured across Canada and the USA. \$10 members, \$11 non-members. Tickets at the door or contact Dave at DAHurdSr@cs.com.

FRIDAY-SUNDAY/JAN. 18-20

Home + Remodeling 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. More than 300 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. TLC's Trading Spaces' John Gidding and HGTV Design Star's Tyler Wisler will headline the event. \$12 at box office; \$9 online, \$3 children 6-12, free for 5 and younger. Purchase tickets at homeandremodelingshow.com/show-features.

FRIDAY/JAN. 18

Family Movie: Disney's "Frozen." 2-3:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. It's an early release day from school. The whole family is welcome to this PG favorite. Bring a blanket and/or pillow to sit on. Light snacks and drinks provided or feel free to bring something from home. All ages. Call 703-830-2223, TTY 711 or email libCE@fairfaxcounty.gov.

SATURDAY/JAN. 19

Word Sculpting Fundamentals.

1:30-2:30 p.m. at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Learn from expert Carla Bass how to write to grab and maintain the reader's attention. Grades: 9 to adult. Call 703-830-2223, TTY 711 or email libCE@fairfaxcounty.gov.

SUNDAY/JAN. 20

Garden Gauge (G Scale) Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia, and Maryland Garden Railway Society will hold their annual Garden Gauge Model Train Show at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

FRIDAY/JAN. 25

Journey to the Past. 9-11 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Treat a favorite doll to a visit to the past. Bring the doll to the "All-American Girl: Living Dolls" program at Sully Historic Site and explore the life of an American girl from an era in history through fun activities, costumes, crafts and themed games in a beautiful historic setting. For children age 5-9. \$30 per child. Bring a snack and drink. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Animal Tricks for Staying Warm. 4:30-5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bundle up in winter wear and learn animal strategies for making it through the winter at the "Winter Wonder Campfire." Meet some exhibit animals at the park and see first-hand how they beat the cold. Warm up by the campfire and enjoy s'mores, too. Designed for participants age 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/JAN. 27

Reading Circle and Craft Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. "My Little Book of Trains" will be featured in a reading circle. Train locomotives and tenders will be explored during the activities that day. Participants may make their own ongoing journal for the year's reading circles and information learned about trains and railroading. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

Live Music: Only Lonesome. 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.

SUNDAY/FEB. 3

Make a Valentine Card Craft. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will have a Valentine's Day Make and Take event. Visitors will create their own Valentine's cards to take home with them. The cost of supplies is included with admission. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

BULLETIN BOARD

FROM PAGE 4

- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

FRIDAY/JAN. 11

Coping Strategies for Anxious Children. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. The National Institute of Mental Health (NIMH) will present this workshop for parents of anxious children ages 8-17. Highlights include how to help children with anxiety, when anxiety becomes a disorder, strategies for treating specific anxiety disorders and stress reduction tools. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

TUESDAY/JAN. 15

ESL Class Registration. 7 p.m. at Lord of Life Lutheran Church, at the Fairfax Campus, 5114 Twinbrook Road, Fairfax or at the Clifton/Centreville Campus, 13421 Twin Lakes Drive, Clifton. English classes for speakers of other languages Tuesdays and Thursdays, Jan. 22-April 11. All are welcome. Registration fee, \$15; text book, \$25. Call 703-323-9500 or visit www.lordoflifeva.org.

Scholarship Application Deadline. The Virginia Latino Higher Education Network (VALHEN) is now accepting applications for the 2018-2019 Scholarship program. This scholarship program is dedicated to assist Latinx/Hispanic students to pursue higher education within the Commonwealth of Virginia. Scholarship awards are for one-year and will be paid directly to the recipient's college or university to cover tuition, books, and/or fees. Email scholarships@valhen.org or visit valhen.org for more.

WEDNESDAY/JAN. 16

Public Comment Meeting. 7 p.m. in Room 106 of the Herrity Building, 12055 Government Center Parkway, Fairfax. The Fairfax County Park Authority has scheduled its annual public comment meeting on the agency's proposed fee adjustments. The public is invited to share their perspectives on the proposals with the Park Authority Board either at the meeting, via correspondence or by email. The public meeting agenda includes a brief presentation on the fee process followed by an opportunity for public comment. Information outlining all proposed fee changes is available online at www.fairfaxcounty.gov/parks/feemeeting, at the Park Authority's main office in the Herrity Building and at staffed park facilities, including RECenters, golf courses, nature centers and historic sites.

THURSDAY/JAN. 17

Weekend Food for Kids. 10 a.m.-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria. Arrive at 9:30 to help with setup. Free. Email Philanthropy@ALNV.org or visit www.alnv.org.

FRIDAY/JAN. 25

Health Care College and Career Fair. 9 a.m.-noon at Falls Church High School, 7521 Jaguar Trail, Falls Church. This free college and career fair is open to all FCPS high school students interested in health care education and as a future career. Representatives from colleges offering health care-related curriculum, health care professionals, and military representatives who specialize in medicine will be in attendance. Free online registration is available for students. Colleges and health care professionals can also register online. Visit www.fcps.edu/news/falls-church-academy-host-health-care-college-and-career-fair for more.

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The Road Very Much Traveled



By KENNETH B. LOURIE

Not that I haven't been down this road before, random though its occurrence may have been, but when schedules collide: 24-hour urine collection, pre-chemotherapy lab work, every-three-week infusion, quarterly CT scan and semi annual brain MRI; and of course the follow-up appointment with my oncologist a week or so later to finish the fortnight-long festivities.

The daze leading up to that final Friday are hardly the stuff with which dreams are made. More like nightmares, actually; certainly sleepless nights.

But as you regular readers know from previous columns, there's no real point fretting about it. I mean, what's done is done (what's scanned is scanned) and though I may not want the chips to fall, for the moment, they've already fallen.

Not to be fatalistic, but sometimes, as a cancer patient, ceding control to the realities (you'll note I didn't say "inevitable realities") is part of the process; "going with the flow," as my wife, Dina would say.

At this point, all I can do is wait and hope. I can't do one thing about any of it. I'll know soon enough and if the news is discouraging, I'll deal with it then. I see no advantage in being miserable a week earlier than necessary.

Still, all of these diagnostic demands occurring simultaneously is a bit much. Unfortunately, there's nothing to be done other than to grin (a wry smile, really) and bear it. The calendar/schedule with which my life has become all too familiar (I'm also not saying "consumed"), can hardly be adjusted simply because I don't feel like it.

My life is at stake here. I can't treat it like a household chore. It needs to be adhered to. Wanting circumstances to be different serves no purpose. Accepting reality and integrating the cancer-patient responsibilities into your routine seems a more reasonable course of action.

A few years into my cancer treatment, I remember meeting some of the staff at an off-site cancer-centric function. After exchanging pleasantries, one staff member commended me as being a "very compliant patient."

Not being completely sure what she meant, I asked her to clarify. She said I made all my appointments inferring that some cancer patients don't. Incredulous, I asked further. She sort of half-smickered and said I'd be surprised, which of course I was.

She offered no statistics or anything empirical, but from her reaction, it was not an unusual occurrence. I remember thinking, how do you not be compliant when doctors are working to save your life? Seemed counter intuitive, almost.

So yes, I've been compliant. Extremely so, I'm proud to say.

After my initial diagnosis, I felt I had been given an assignment, so to speak; to save (at least extend) my own life, and I was going to follow doctor's orders accordingly. And even though over the years, I've integrated many non-Western alternatives into my routine, so far as my primary care team (internal medicine doctor and oncologist) was concerned, I've supplemented rather than replaced.

All of which leads me to where I am today: waiting to hear from my oncologist about last week's scans, while swallowing 60-odd pills a day, drinking alkaline water, standing in front of an infrared bulb, and trying to detoxify whenever possible in the hope that together, conventional and non-conventional pursuits will make my immune system stronger and create an environment less hospitable to the growth and movement of the cancer cells that have already been triggered somehow.

The only persistent problem I have is compartmentalizing the presumptive fact that since I was given a "terminal" diagnosis in late February 2009, how is it that I just keep on keepin' on?

Life goes on, generally, I realize, but that's not what I was told would happen. After nearly 10 years, I suppose I'm just a little road weary.

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



Serving a meal of paella, chicken-stuffed bell peppers, cornbread and creamed spinach are shelter Chef Youssef El Mataoui (in center) and students (from left) Austin Sponheimer, Maya Dulnev, Emily Gates and Andrew How.



Posing by the Christmas tree are (from left) Kendall Smith, photography teacher Betty Simmons, Mia Curry and Kayann Coote.

PHOTOS BY BONNIE HORBS

Happier Holidays at Hanley Shelter



Santa (Fair Oaks Police MPO Wayne Twombly) shares a moment with this little boy.

The Katherine Hanley Family Shelter serves homeless mothers and their young children. And on Dec. 18, for the sixth year in a row, Chantilly High photography students and police from the Fair Oaks District Station helped brighten their holidays. They brought gifts and wrapped the ones the moms selected for their children, and even Santa Claus made an appearance.

From left: Chantilly students Zoe Tury, Harrison Roderick, Leah Tyrrell and Meredith Ashley sort toys for parents to give to their children.



Helping wrap presents are (from left) Esin Yardimci, Raashi Chandra, Isis Holmes and Ariel Yang.



Wrapping presents for the children are Chantilly High Principal Scott Poole and son Jake, 12, plus Chantilly students (from left) Danielle Hawkett, Isis Holmes, Ariel Yang, Brianna Gordon, Isabelle Sheard and Javeria Zulfqar.