



BONNIE HOBBS/CENTRE VIEW

Preparing for the Holidays

Our Neighbor's Child volunteers (from left) Breana Hobbs, Ali Eagen and Brooke Townshend helped package presents last year. See story, page 4.

Encouraging People To 'Live Like Nick Did'

Memorial blood drive, Nov. 30, will honor Franca.

BY BONNIE HOBBS
CENTRE VIEW

If he'd lived, Nick Franca would be celebrating his 24th birthday on Dec. 4. But the Town of Clifton native and 2009 Centreville High grad died of a form of cancer called neuroblastoma, in May 2011, at age 21.

His death devastated those who knew and loved him, and they will always carry him in their hearts. Yet it's not just because he died so young, it's also because of the person he was and the way he lived — fearlessly and with gusto.

And on Saturday, Nov. 30, from 9 a.m.-3:30 p.m., the first annual Live Like Nick Did (LLND) Blood



Nick Franca in summer 2009.

Drive will be held at Clifton Presbyterian Church, behind Trummer's parking lot, in Clifton. Besides honoring his memory, the event's proceeds will fund research and a college scholarship.

"Giving blood is universal — everyone can give the gift of life," said Nick's mother, Caryn Franca, who organized the event. "And it's so important for the people needing it, such as those going through cancer treatment or people who've been in an accident."

But more is planned than a blood drive. "We'll also have a raffle of some very cool items, plus an awesome bake sale to raise funds for our two causes," said

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It's Almost Time For Turkey Trot

Event raises money for Life with Cancer.

BY BONNIE HOBBS
CENTRE VIEW

Besides being a fun event for a good cause, this year's Virginia Run Turkey Trot will achieve two milestones. It's the Centreville community's 25th annual Thanksgiving Day 5K run and 2K walk; and when this year's

proceeds are added to all the previous years' amounts, it will have raised more than \$1 million for Life with Cancer.

"We've contributed \$995,000 so far," said Dominic DeVincenzo, event co-chair with Laurie Horstmann. "So we'll break the \$1 million mark this year, for sure. I think it's pretty impressive. Many of us have been involved in Turkey Trot more than 20 years, and I think the money we've raised is a tribute to the people on the Turkey Trot committee and the Vir

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Memorial Blood Drive Will Honor Nick Franca

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Franca. “There’ll be cupcakes from Clifton’s new shop, Cupcaked, and several local people and groups are also contributing homemade baked goods. It’ll be a big party and a fun day.”

Raffle tickets will be \$10 each, and the prizes include: A weekend getaway in Sandbridge, in the Virginia Beach area; an iPad mini; a

\$200 gift certificate to Fair Oaks Mall, a Paperwhite Kindle; a gift certificate to Clifton’s new, Italian restaurant, Villagio; a wine pairing at Trummer’s on Main; jewelry from All that Glitters; and two box-seat tickets to see “The Lion King” at The Kennedy Center in July.

In addition, Clifton’s Amy Waldrop will be taking photos from 11 a.m.-3 p.m. For \$20,

people may have their children or pets photographed with Santa; Waldrop will also take family photos without Santa. The church is at 12748 Richards Lane and childcare is available. Those attending the event are advised to bring cash or a checkbook, since an ATM machine won’t be available.

“Even if people can’t donate

blood, they can drop by and buy a few raffle tickets and some baked goods,” said Franca. “But hopefully, we’ll get 100 blood donors.”

People are advised to sign up for an appointment in advance at www.inovabloodsaves.org and enter sponsor code 8025. Or call Inova blood at 1-866-256-6372 and give that same code number.

In 2007, Franca helped establish the nonprofit Band of Parents — comprised of parents of children with neuroblastoma — to fund nontoxic treatments for them. And proceeds from the blood drive will be split between this group and a memorial scholarship in Nick’s name at Lynchburg College, where he attended when his health permitted. It’s given to students with a physical or emotional challenge.

Those unable to attend the event, but wishing to contribute to the scholarship may send checks payable to Lynchburg College to the college, Attn: Gene Frantz, 1501 Lakeside Drive, Lynchburg, VA 24504. Write “For the Nicholas Franca Memorial Scholarship” on the memo line.

“Before the summer of 2005, Nick was a normal teenager, hungry for a life filled with adventure, love and success,” said Franca. “When stage IV neuroblastoma invaded his dreams, he refused to let it take away his love for life.”

Throughout six years of treatment, he endured pain, suffering, humiliation and isolation from the world around him. But he did his best to maintain his indomitable spirit and refused to let his condition define him.

“He’d reach out to others in treatment, put his friends and family at ease and embrace each and every moment he could,” said Franca. “He never gave up and never let his circumstances deter

him when he had a good day. On May 1, 2011 his body let go, but his spirit lives on — and we call it Live Like Nick Did.”

To donate to Band of Parents, go to www.bandofparents.org or www.llndblooddrive.com.

“Instead of waiting for the government or pharmaceutical companies to pay for research, we chose to find ways to fund it ourselves,” said Franca. “To date, we’ve raised more than \$3 million for a new treatment for neuroblastoma that’s helping many children live life outside a hospital. We’re bound together by hope that a cure is out there, and we want to make sure it’s found for all children facing this disease.”

Looking forward to the blood drive, she said Nick’s friends are also involved in the remembrance in a variety of ways, whether giving blood or volunteering. For example, Chris Gogoel built the event Website, Kristina Baranowski of Cupcaked will be bringing her tasty treats and Trexler Jasien’s family donated the Sandbridge raffle item.




Since Nick’s death, Franca said she and her husband Jim and Nick’s siblings are doing all right and are honoring his memory by “trying to Live Like Nick Did, embracing life and living it to its fullest. Nick never let his disease get in the way of him having fun, and LLND is how we keep going.” She’s also hoping the blood drive will be a big success.


“Nick had to have so much blood and platelets, and I realized that someone had to donate it,” said Franca. “It meant a lot to me, so I want to be able to give it back to others needing it. For all the times we were grateful to have that blood, I want to make sure Nick’s legacy lives on in someone else.”

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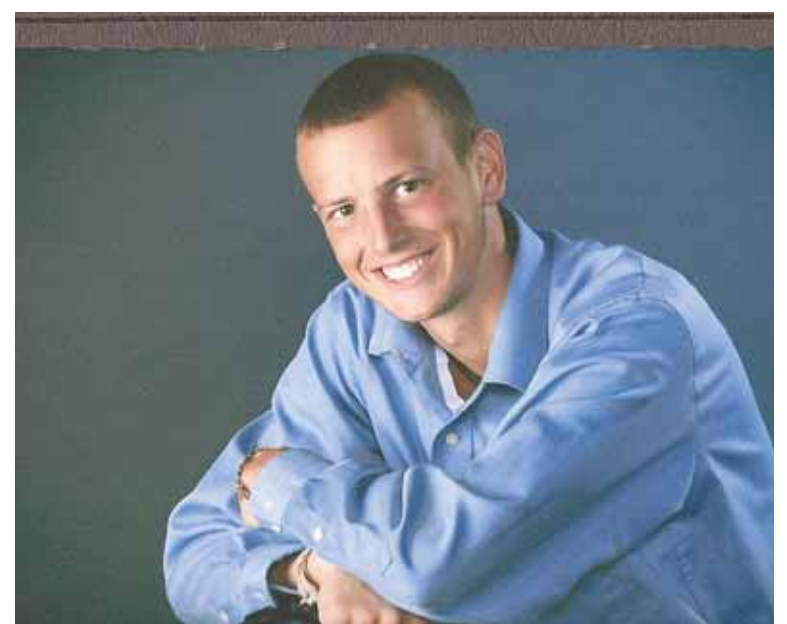
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Nick Franca's high-school graduation photo.

Man Charged with Burglary

Fairfax County police have charged an 18-year-old Centreville man with breaking and entering, carrying a concealed weapon and contributing to the delinquency of a minor. He is Cristian Anthony Melendez.

According to police, a resident in the 5200 block of Woodleaf Court in Centreville reported that a man tried to force entry into the home, Monday, Nov. 18, around 3:58 p.m. The suspect left immediately when he saw someone inside, and responding officers were able to arrest two people. Police say juvenile petitions will be sought for a 16-year-old Centreville male in connection with this case.

Help Police Find Vandals

Fairfax County Crime Solvers is seeking the public's help in identifying the people responsible for vandalizing a large number of vehicles throughout the Sully Police District. During the overnight hours of Sunday, Oct. 27 and Thursday, Oct. 31, the suspects drove through neighborhoods shooting out the windows of parked vehicles with a BB-type gun.

Vehicles were damaged in several Centreville communities, including Clifton Townes, Singleton's Grove and Little Rocky Run Circle. Damage was at least \$18,000.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131. A \$100 to \$1,000 cash reward will be paid for information leading to an arrest. As always, callers never have to give their names or appear in court.

Chantilly Man Is Charged

Fairfax County police have charged Eric Demoulin, 45, of Chantilly, with reckless driving, speeding to elude, hit-and-run, and assault on police. Last Thursday, Nov. 14, at 2 p.m., an officer tried making a traffic stop on an Acura MDX in the 13000 block of Lee Jackson Memorial Highway.

But police say the driver fled and the officer gave chase. During the pursuit, the Acura driver allegedly struck two other vehicles. The pursuit ended on West Ox Road at the overpass with Lee Highway, when the driver, identified as Demoulin, reportedly struck a police cruiser and was subsequently arrested.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Nov. 21, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Help Teens Fighting Cancer

Chantilly High grad Nikki Ferraro is a thyroid-cancer survivor who helps others battling the same disease. She and her parents formed the nonprofit Bite Me Cancer Foundation, www.bitemecancer.org, to help teens with cancer and to fight thyroid cancer by funding research grants.

Since September 2010, it's provided teen cancer patients with support bags filled with music, a special message from Ferraro, a video program and other items to help and inspire teens.

The bags are distributed to them in hospitals, but it takes money to create and fill them, so Ferraro's continually coming up with fundraising ideas. Now, in honor of her 21st birthday this week, she's set up a campaign to collect funds to more quickly send the next shipment of support bags to more teenagers. Donations may be made through November at <http://www.crowdrise.com/nikkisbirthdaycampaign/fundraiser/nikkiferraro>.



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Molly Maddra and Michael Frey flank workers (from left) Jose Luis Lucas, Sebastian Velasco, Juan Chavez and Jacinto Cox receiving certificates for participating in educational programs and volunteer activities. Behind them (in white shirt) is CLRC Director Roberto Fernández.

'Clear Evidence That It's Working'

CIF, Centreville Labor Resource Center celebrate achievements.

BY BONNIE HOBBS
CENTRE VIEW

There were smiles all around when members of the Centreville Immigration Forum (CIF) gathered recently at Mount Olive Baptist Church to celebrate the group's achievements over the past three years.^o

New board members were elected and outgoing ones, plus top volunteers, were recognized. Also celebrated was the success of the CIF's greatest accomplishment, the opening of the Centreville Labor Resource Center (CLRC) for Centreville's day laborers.

"This has been a wonderful year," said center Director Roberto Fernández. "Job placement is up 40 percent since July. Homeowners continue to be our biggest employers — more than contractors — and we appreciate their coming to us for workers."

Noting that the center has more returning employers than new ones, he said "people are very content with the work the workers are doing. Then they tell their friends, so we get a lot of word-of-mouth referrals. General labor and landscaping are the biggest types of jobs we get, but painting is growing."

The CLRC also provides daily ESOL classes and has gotten some GMU students to help teach them. And via the workers' green garden-box project, they learned both carpentry and marketing skills.

In the past year, CLRC members toured the General Assembly, hosted 22 different religious leaders for a breakfast, held art workshops and displayed the workers' art at the center and at Centreville Day. And in April and October, the workers participated in Washington, D.C., marches for immigration reform. "It gave them a chance to join their voices with others," said Fernández.

The CIF received the 2013 Volunteer Fairfax Integrate Award for promoting volunteerism in the Latino community, and CIF member Yom Kim won the Volunteer of the Year award. The CIF also held a fiesta and co-sponsored a town-hall meeting on immigration reform with the League of United Latin American Citizens.

Workers also did community outreach by speaking and sharing their stories at faith-based organizations and via GMU's Cornerstones program. "These presentations helped empower our workers and educate our community about some issues they may not have been familiar with," said Fernández. "We even got some volunteers out of it."

CLRC goals for 2014 include:

- ❖ Increasing job-development opportunities by continuing to train workers for in-demand job skills;
- ❖ Promoting educational outreach to workers

SEE 'THERE'S CLEAR, PAGE 9



Centreville United Methodist Church's Barb Shaiko receives a certificate from Michael Frey.



Laurel Patton, of Wellspring United Church of Christ, with Michael Frey.



Michael Frey (left) presents Mike Gillotte with a volunteer award; Gillotte also accepted a certificate on behalf of St. John Neumann Catholic Church.



Firefighters from Chantilly's Station 15 deliver toy donations last year to Our Neighbor's Child.



PHOTOS CONTRIBUTED

A group from Phase Cheer and Dance of Chantilly collects donated toys last December for ONC.

Our Neighbor's Child Preps for Holidays

Volunteer group gives clothing, toys to local families in need.

BY BONNIE HOBBS
CENTRE VIEW

Surely, the busy volunteers at Our Neighbor's Child (ONC) are way up on Santa's "nice" list. Now in its 22nd year, this local grassroots organization is already working toward making the holidays brighter for more than 700 financially struggling families in the Centreville, Chantilly, Clifton and other areas of western Fairfax County.

"We are just the coordinators," said Kelly Murray Lavin, executive director and founder of the all-volunteer, nonprofit group. "The combined efforts of the community — the churches, schools, local businesses and many individuals — make it all

even remotely possible."

Leadership students from Chantilly, Centreville and Westfield high schools are the backbone of the labor-intensive portion. Not only are they counted on year after year to unload, sort and distribute literally thousands of gifts, they also participate in gift-wrap collection and baking most of the more than 22,000 cookies delivered with each family's gifts.

"The students bring so much energy and fun to our efforts," said Lavin. "Just as our project leaders are starting to show a little wear, the students show up and energize us with their smiles, excitement and genuine care for others less fortunate."

Joining them this year will be National Honor Society students from those three schools, plus student groups from Paul VI High and Flint Hill School. Westfield's football team will continue its 10-year tradition of opening the donated warehouse space and helping unload the first round of gifts and supplies. Westfield lacrosse members

traditionally help out on delivery day, and Chantilly lacrosse members will do the warehouse cleanup afterward.

"We're grateful for the opportunity to offer what is sometimes a student's first experience in community service," said Lavin. "We hope that volunteering with ONC will bring the kind of joy that will encourage people to join in to help other organizations, as well. Making life a little better for others makes your own life better."

Anyone interested in lending a hand this holiday season is encouraged to visit www.ourneighborschild.org for a variety of ways to join in.

Beginning this week, more than 50 local churches, schools and businesses will receive ornaments made by students in teacher Jen McGhee's class at Stone Middle School. They've been labeled with children's gift wishes and are ready to be hung on the various "Giving" or "Angel" trees around the community.

Some groups opt to host general gift col-

lections for children served by ONC; among them are Bull Run, Cub Run and Poplar Tree elementary schools. Area residents who'd like to donate a gift or two for a child in need are encouraged to drop them off at Stone Middle School's Panther Pick-Up on Saturday, Dec. 7. Students will be collecting gifts at school all week and will be posted in front of the school that morning to accept drop-off donations from the community.

ONC's gift sorting and packing takes place over a few weeks in a donated warehouse space. "We had about 10 days of anxiety this year, as the 40,000-square-foot warehouse space on loan to us for the last two years was leased," said Lavin. "Fortunately, there are really good people in our community in property management who understood our need and made a new loan of space possible."

One of ONC's strengths has been the continuity of many of its project leaders, some

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Our Neighbor's Child: Questions and Answers

Our Neighbor's Child (ONC) volunteers are preparing for their 22nd year of coordinating the community's efforts to provide holiday gifts to children from struggling families in western Fairfax County. In 2012, this grass-roots organization enlisted community support to deliver brand-new holiday gifts to more than 2,200 local children.

Food baskets for many of these same families are also provided by the community through efforts coordinated by Jennie Bush at WFCM (Western Fairfax Christian Ministries). ONC's Founder and Executive Director, Kelly Lavin, has put together a list of answers to some frequently asked questions:

Q: What is Our Neighbor's Child and what is the organization's mission?

A: Our Neighbor's Child (ONC) is a community-based, 501c nonprofit organization

that has coordinated holiday assistance for children from low-income families, or those in temporary crisis, in western Fairfax County since 1992. Our all-volunteer team of 24 project leaders donates its time to coordinate the generous efforts of the community — local schools, churches, businesses and several hundred individuals — who generously donate gifts of time and/or money to make this effort possible.

Q: How do you determine who will be served?

A: Families in need of holiday assistance are referred by FCPS guidance counselors, social workers and county organizations (such as the Department of Family Services). The Fairfax based organization, Our Daily Bread, receives funding to act as a central collection point for all holiday-assistance referrals. It forwards these referrals to organizations like Our Neighbor's

Child which provide the gifts for that area (based on ZIP codes). ODB solicits donors for any remaining families.

Q: I'd like to help. How can I become an Our Neighbor's Child volunteer?

A: Everyone is welcome at ONC and whether you have one hour or many to give, we have an opportunity for you. We're asked to serve large number of families and it's only possible with the community's support. Volunteer opportunities are listed on our Web site at www.ourneighborschild.org.

Our calendar of events and volunteer signups are also online. If you have general questions not answered on our site, send an e-mail to Volunteer@Ourneighborschild.org and we'll be sure to forward it to the appropriate project leader.

Q: Where does ONC need help most?

A: We love our many hands who come in for an hour or several. We also have a need for a several, dedicated individuals willing to help manage a group of volunteers. Ideal candidates are patient, flexible and resourceful with day and evening time available the week of Dec. 8-15.

Q: Are any gifts especially needed?

A: We have a critical need for individuals willing to "adopt" a child or children in order to fulfill their request for a winter coat or other clothing wishes. Please visit the ONC website or send an e-mail to the appropriate Coordinator at Volunteer@ourneighborschild.org with "Coat" or "Clothing Donor" in the subject line.

Q: We have ornaments for ONC on a

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News



From left: Sraayva Ranga, Coach Norman Laythe, Vedant Balu, Noah Laythe, Tvisha Subhasish, Marcus Barreto, Jacob Ray Panzer, Thomas Lopez, Jay Sharma, Coach Susana Manca.

PHOTO CONTRIBUTED

Team Earns Research Project Award

Emergency Robot Squad (ERS) Team 687 has taken the first place Research Project Award at the First LEGO League (FLL) Chantilly High School Division 2 VA-DC Regional Tournament that was held on Nov. 9. The team was comprised of students from Bull Run Elementary School (Jay Sharma, Tvisha Subhasish, Marcus Barreto, Jacob Ray Panzer, Sraayva Ranga, Vedant Balu) and Rocky Run Middle School (Noah Laythe and Thomas Lopez). The theme

for this year's competition was Nature's Fury. Team 687 created a portable device that reduces tornado alert time. This communication device reduces the lag time that occurs when television and radio receive the weather news and create the broadcast that then alerts the public. By listening for emergency broadcasts, this portable device takes the information directly from the source and provides the listener with immediate weather updates.



Food Drive

Virginia Run 6th grade Girl Scout Troop 1502 held a neighborhood food drive for Western Fairfax Christian Ministries. The girls collected donations, delivered the food to WFCM, helped prep and sort the donations and learned more about what WFCM does for the community. Savannah Jeffries, Catie Zimmerman, Maddie Woodward, Mary Tursic, Amanda Preston, Caroline Parmentier, Julia Tongarm, Sarah Joseph, Lauren LeVine and Nora Lewis are with Terri Kelly, WFCM's food pantry manager.

PHOTO CONTRIBUTED



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Scouting for Food

Pack 1862 chartered by Cub Run Elementary PTA participated in the Boy Scouts' annual "Scouting For Food" food drive, and collected 1,575 lbs of food from local residents.

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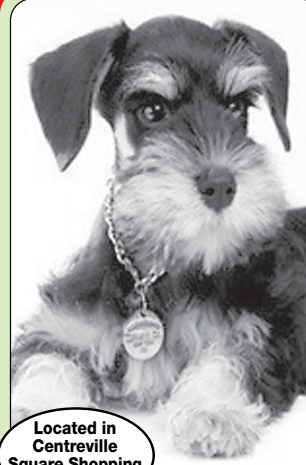
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OPINION

Shop Locally, Shop in Chantilly

Small business
Saturday isn't enough;
don't wait until then,
and don't stop after that.

An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving. This year that is Nov. 30. Black Friday, the day after Thanksgiving, is known as a dedicated day of national zeal for shopping. Presumably the next day shoppers can focus on local shopping.

It sounds like an obligation, and it is. But there is a joy to shopping in local stores at the holidays, to walking along a sidewalk with the streets decked out for the holidays, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

We all benefit when local stores thrive, when local business districts beckon.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

The economy continues to improve slowly without inspiring. Local families will shop and exchange gifts during the next month, spend-

Holiday Fun

A small sample of local holiday events — for more, see our holiday or entertainment calendar. Email your holiday event information to corecv@connectionnewspapers.com at least one week before the event. Include date and time; venue and address where it will take place; a brief description; cost, if any; and contact phone, email and/or website. Events must be free or minimal expense and open to the public.

THURSDAY/NOV. 28

Thanksgiving Day 5K Run/2K Walk. 8 a.m. at the Virginia Run Community Center. All proceeds will benefit Life with Cancer, INOVA Health System's non-profit program for cancer patients and their families. \$25 for the 5K before Nov. 1, \$30 after Nov. 1; \$15/walk before Nov. 1; \$20 after Nov. 1. Register at <http://varunturkeytrot.wix.com/2013>. There will be prizes and raffles.

WEDNESDAY/DEC. 4

ASL Signing Santa Day. 10 a.m.-9:30 p.m. at Fair Oaks Mall, there will be an ASL signing Santa and Mrs. Claus, and interpreters for deaf and hard-of-

ing tens of millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambiance available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fundraising for local charities, for

hearing children and their families. The interpreters will be walking in and around the Ice Palace to help prepare children for meeting Santa and Mrs. Claus. Visit www.shopfair Oaks Mall.com or 703-279-2708.

SATURDAY/DEC. 21

Victorian Christmas. 4:45-7 p.m. at Sully Historic Site, 3650 Historic Sully Way. See the 1794 home of Northern Virginia's first congressman, Richard Bland Lee in the glow of candlelight, make an ornament and see what treats are being prepared, and then enjoy cider and cookies by a fire. There will be photo opportunities near an antique sleigh. \$10. Prepaid reservations required. Visit www.fairfaxcounty.gov/parks/sully or 703-437-1794.

fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. Many will answer the call of the big box. But local shoppers should be sure to save some shopping time and dollars for local stores. Spend some time shopping in your own community, and also plan an excursion to a nearby town to check out the local businesses and holiday spirit there.

LETTER

Honoring JFK's Memory

To the Editor:

"From the past, man obtains the insights, wisdom and hope to face with confidence the uncertainties of the future." These were President John F. Kennedy's remarks to the centennial of President Abraham Lincoln's Gettysburg address, Nov. 19, 1963, three days before his death.

The remembrance of President Kennedy on the 50th anniversary of his assassination is a solemn occasion on which to commemorate the spirit of cultural and economic progress unique to his presidency. President Kennedy also sought to confront and overcome war, poverty and human degradation that faced America and the world during his time of leadership.

The great economic, scientific and cultural projects implemented by Kennedy have long ago been dismantled, and their memory buried and all but forgotten except by a precious few. The national mind that embraced the challenge to conquer the moon has been supplanted by a spirit that belittles the power of human creativity and succumbs to the policies of economic decline.

Therefore, to properly honor the memory of John F. Kennedy, not only must we reflect on what he was, and what could have been, but on how our culture has changed, so we can recommit ourselves to its revival. It is in this spirit, that on we seek to remember, celebrate and learn on the 50th anniversary of the assassination of our great and patriotic President, John F. Kennedy.

The "Remembrance and Recommitment to the principles of JFK Presidency / Requiem event" is scheduled on Friday, Nov. 22, at 8 p.m. at the St. Mark Catholic Church, 9970 Vale Road, Vienna. The event is open to the public and admission is free.

Al Shepard
 Centreville



Centre Ridge Students Paint Pumpkin Patch



Students at Centre Ridge Elementary used their imagination to create this pumpkin patch inside the school's entrance. Each class decorated pumpkins without carving them.

CENTREVIEW

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HOLIDAY GUIDE

Tips for Avoiding Holiday Overspending

Financial experts offer advice for avoiding a January money hangover.

By MARILYN CAMPBELL
CENTRE VIEW

Allison Brunner said the Christmas holiday season is her favorite time of year. In addition to the holiday festivities and spending time with family and friends, the Centreville resident enjoys holiday shopping. In fact, she purchased so many presents last year that she is still paying off the credit card debt she incurred.

"I did most of my shopping on Black Friday sales and took advantage of online daily deals," said Brunner. "I was so focused on the great deals that I didn't really keep track of how much I was spending."

When it comes to holiday shopping, financial experts say it is easy to get lost in the revelry of the season and lose track of one's financial reality. Local money gurus are here to help, however, with advice to avoid holiday overspending.

"It is really about budgeting and going in

with a plan," said Steve Pilloff, Ph.D., assistant professor of finance at the School of Management at George Mason University in Fairfax. "A lot of gifts look fantastic and tempting and you want to buy them and you get carried away. It is important to do your research, make a budget and stick to it."

Kristan L. Anderson, director of retirement plan services at West Financial Services in McLean agrees. "I think the best way to avoid overspending during the holidays is to set a per-person budget and stick to it," she said. "To avoid any hard feelings among family and friends, sometimes it is best to have a discussion and agree upon a set limit before shopping."

Theresa Wansi, Ph.D., associate professor of finance at Marymount University in Arlington, suggests using discretion when creating a list of gift recipients. "Do not feel obliged to send gifts to all family members, colleagues and friends," she said. "You are not Santa. Do not succumb to unrealistic pressures of Christmas."

Susan E. Hamilton, a senior financial planner for West Financial Services in McLean, suggests creating a shopping budget that includes all expenses. "Call it a spending plan if that makes you feel better, just make sure to have limits," she said. "Include the costs of gifts, shipping, wrapping, greeting cards and any entertaining costs."

Shop wisely and avoid impulsive buying. "Make no hasty decisions when shopping," said Wansi. "Stick to the gift list and budget."

Pilloff said, "If you walk into an electronics store without a plan, you might walk out spending more than you can afford."

"Try to use cash instead of credit cards, to be more mindful of how much you're spending," said Hamilton. "Shop early to avoid last minute panic and higher shipping costs for rush deliveries."

Wansi also said that last minute shopping can come with a high price tag. "It can be quite costly since we tend to grab items without considering prices," she said. "There are great deals on Black Friday, but you do not have to wait 'til then, you can shop early at black-friday.net."

Being frugal doesn't mean being a Scrooge. "Instead of using fancy wraps and gift bags, use newspapers to wrap gifts," said Wansi. "Consider using old gift bags/wraps from last year. Compare prices online and between retailers at websites like pricegrabber.com. Also check out free coupon websites like www.ebizmba.com/articles/coupon-websites for great deals."

Anderson said, "Some people like to purchase only second-hand gifts, either through Craigslist, eBay, or similar sites," she said. "The idea is to avoid buying new things, instead buying serviceable items that some-



PHOTO BY MARILYN CAMPBELL

Financial experts suggest using cash instead of credit cards to keep track of holiday spending

one else no longer has a use for. Generally, this idea has a lower cost and is 'greener.'"

Pilloff says planning ahead could help avoid pitfalls like Brunner's. "I would rather see someone save ahead of time rather than using a credit card for holiday spending," he said.

"Create a side account to avoid financial pressures at Christmas," Wansi said. "This should be done preferably at the start of the year, so, it might be too late for now, but it is a great tip for future years."

Those who choose to use credit cards for holiday shopping should educate themselves. "For someone who doesn't save and is going to use credit cards, they should make well-informed decisions," said Pilloff. "Use an online credit card calculator. Ask yourself, 'If I make this payment every month, how long is it going to take me to pay off this credit card?'"

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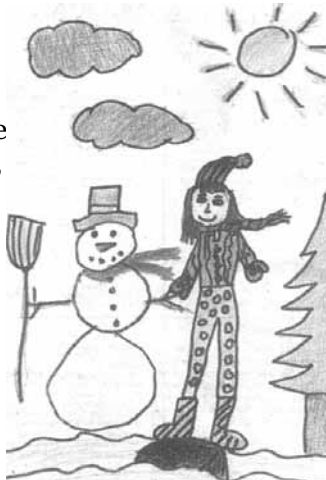
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CENTRE VIEW



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Turkey Trot Raises Money for Life with Cancer

FROM PAGE 1

ginia Run community support.”

The 2013 event will kick off Thursday, Nov. 28, at 8 a.m. The 5K race is USATF-certified; both it and the 2K start and end at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road.

Both the run and walk will travel through Virginia Run, and this year's race is being held in memory of resident Carol Trampert, who succumbed to cancer earlier this year. All proceeds from the Turkey Trot — last year's race raised \$95,000 — benefit Life with Cancer, INOVA Health System's non-profit program for cancer patients and their families.

Its range of offerings helps families mentally, psychologically and emotionally. It's geared for those with cancer and those affected by it and helps children and teens learn how to cope and to show their support of loved ones.

Last year, more than 5,200 people, all together, participated in the run and walk. Registration in the 5K is limited to the first 4,000 entries; the walk has unlimited entries. Register online at <http://varunturkeytrot.wix.com/2013>.

Entry fees are 5K, \$30; walk, \$20; participants receive a cotton, short-sleeved T-shirt (entrants must pick up their shirts in person), plus post-race snacks and raffle tickets. The commemorative T-shirts are custom-designed this year by Centreville artist and comic-book illustrator Rich Seetoo.

“It'll have different colors than in the past,” said DeVincenzo. I think people will really like it.”

“Rick is a talented artist, and the Virginia Run Turkey Trot committee is privileged to



PHOTO COURTESY OF JIM HORSTMANN

More than 5,200 people participated in Virginia Run's 2012 Turkey Trot 5K run and 2K walk. Pictured is the start of the 5K race.

have had him donate his illustration talents to the 25th Annual Virginia Run Turkey Trot T-shirt logo,” added committee member Sandi Boyles. “He and his family are also planning on running in the Turkey Trot.”

Prizes are awarded to the three fastest males and females overall and in the Virginia Run residents' category. The top three runners in various age categories also receive prizes.

Besides local residents, the race always attracts people visiting relatives over Thanksgiving from throughout the U.S. This time, said DeVincenzo, they're coming from states including California, Utah, Pennsylvania, West Virginia, North Carolina and New York.

The event takes place, rain, shine or snow, and parking is available at nearby Centreville Baptist Church, Centreville Presbyterian Church, Bull Run Elementary and Korean Central Presbyterian Church (KCPC), all off Route 29.

Runners are electronically timed and results posted on www.DCTiming.com. However, said DeVincenzo, “This year, they can get their results almost immediately at a tent set up in the Community Center parking lot.” The main sponsors are Mitchell Eye Institute and Eridani Crops. Other major sponsors are Ourisman Chantilly Toyota, Virginia Cancer Specialists, Edelman Financial Services, KCPC, Elan Tech Systems Inc., Odyssey Travel and American Windows and Siding of Va. Inc.

Race preparations have been underway since May and 150 people will help out on the big day. For example, Greg Richter is the announcer and heads up the raffle, Virginia State Trooper Dean Jones is in charge of traffic control and Fairfax County Police Officer Michelle Enright handles crowd control, helps with traffic and coordinates the walk.

But volunteers are still needed for race day, starting at 6 a.m., and to help stuff the

Virginia Run Turkey Trot Honorees

The Virginia Run Turkey Trot is run each year in memory of a community resident who's died of cancer in the past year. Below is a list of those honored during the event's 25 years.

- 1996 – Gail Kurkjian
- 1998 – Jim McDonnell
- 1999 – Linda Dockins and John Thompson
- 2000 – Betsy Nelson and Gary Hay
- 2001 – Rachel Crossett
- 2002 – Bill Morrisette
- 2003 – Cancer survivors
- 2004 – Mary Graham and Ken Moore Sr.
- 2005 – Lynda Gubin
- 2006 – Brooks Jones
- 2007 – Andy Lawless
- 2008 – Judy Jacobson
- 2009 – Lauri Dodson and Dick Chillemi (former Turkey Trot director)
- 2010 – Dalton Gulsby and Jim Sanders
- 2011 – Wes Neff
- 2012 – Bonnie Huneke
- 2013 – Carol Trampert

runners' packets at the community center, this Saturday, Nov. 23, from 9-11 a.m. To lend a hand, call DeVincenzo at 703-830-7634 or just show up.

This year's Turkey Trot is also special for DeVincenzo, since it's his 20th as chairman. “The cause is very important to me,” he explained. “Many people on the committee, as well as myself, have lost loved ones to cancer. And many of us are cancer survivors, too. All of Life with Cancer's services are free, and it takes community support for them to be able to do that.”

All in all, said DeVincenzo, “Turkey Trot is a lot of fun; people really enjoy the race. We have great raffle prizes and it's a wonderful way to start Thanksgiving Day. You get a little exercise in the morning and can then enjoy turkey and football, the rest of the day.”

Turkey Trot Honors Carol Trampert

Remembered as a “gentle and giving woman of deep faith.”

BY BONNIE HOBBS
CENTRE VIEW

Each year, the Virginia Run Turkey Trot is run in honor of a community resident who's succumbed to cancer. This year, that person is 16-year resident Carol Trampert who died of the disease in May.

“She was a gentle and giving woman,” said her husband Paul. “She had a deep, abiding faith in God and lived it. And that showed through in her family and friends — the two most important things to her. She treated her closest friends like family.”

Carol was also seemingly healthy until early February, when she had chest pains and thought she was having a heart attack. But at the hospital emergency room, the



Carol Trampert

doctor believed it was heartburn and that she had too much acid in her digestive system.

However, he referred her to a gastroenterologist who did an endoscopy at the beginning of March and found a lump, smaller than a pea, in her esophagus. She was also having trouble swallowing, so the doctor did a biopsy and planned to remove the lump, but told her it didn't seem like any-

thing to worry about.

The biopsy was inconclusive but, when doctors were about to do the surgery, they discovered the lump had grown to the size of a grape. Since they didn't know the full extent of it, they didn't remove it. A subsequent biopsy was positive for esophageal cancer.

“It's very rare,” said Paul Trampert. “Her oncologist said there are only about 50 cases a year in the U.S.”

It began in Carol's esophagus, but spread to her abdomen. On April 4, doctors told her it was incurable and survivability was 50 percent, the first 18-24 months. They said she could undergo chemotherapy to try to control it.

“But she just had one session of chemo,” said Trampert. “Forty-five days after being



PHOTO COURTESY OF PAUL TRAMPERT

Sharing a laugh at Paul Jr.'s Virginia Tech family graduation party in Ontario, N.Y., in July 2011. From left are Paul Trampert Sr., godson John Hassler, Carol Trampert and Paul Trampert Jr.

diagnosed, she died. By then, the tumor had grown to the size of a small apple — it was very aggressive.”

He said even the diagnosis was “completely unexpected,” since there was no history of cancer in Carol's family. And although her spirit was strong and she'd hoped to beat it, she eventually accepted her condition with grace.

SEE FOR CAROL, PAGE 14

'There's Clear Evidence That It's Working'

FROM PAGE 1

through its literacy program, and to the community at large about CLRC's mission by educating people about migration trends and who day laborers are;

❖ Getting someone from the Ignatian Volunteer Corps to manage and strengthen CLRC's volunteer program.

CIF Treasurer Ed Duggan said the group is keeping its expenses to a manageable level. And Finance Chair Terry Angelotti said that, although the CLRC occupancy costs are \$70,378, all except for \$1,800 for the phone bill is paid for by in-kind donations or covered by the landlord, A.J. Dwoskin.

Regarding the program budget, 50 percent goes to employer-worker relations and job development; 32 percent is for language and vocational education, plus volunteer coordination; and 18 percent is for community outreach (for example, visiting church groups and civic associations).

Angelotti said revenue mainly comes from grants and donations from foundations, corporations, religious groups and individuals "and it's pretty evenly divided among them."

The CIF then gave certificates of appreciation to volunteers, to churches that have supported the organization in 2013 and to workers who've participated in educational programs and volunteer activities. The CIF's Stephen Vandivere was honored for logging the highest number of volunteer hours.

The group also reelected Alice Foltz as executive director and Jim Daniels and



From left are Michael Frey with Yong Kim and the Rev. Sang Choi of Korean Central Presbyterian Church.



Stephen Vandivere with his volunteer award.



Leonore Mariona holds her volunteer award.



Volunteer award winners Jim Daniels and Terry Angelotti. She also received a certificate on behalf of St. Mary of Sorrows Catholic Church.

Details

❖ CIF organized in October 2010 and opened the CLRC in December 2011. The center works daily to build a community of support among day laborers, employers and volunteers.

❖ It's the only walk-in job center in the local area. "It charges no fees and is supported entirely by donations from individuals, foundations, churches and individuals. No government dollars are involved."

❖ Most workers at CLRC are immigrants from many countries in Latin America and Africa, and about 15 percent are American-born.

❖ In the past year, workers contributed more than \$200,000 to the local economy.

Vandivere as board members. And it elected Bankole Large and Hubert Graves to fill the unexpired terms of two previous board members who moved out of the area.

Reflecting on how far the CLRC has come, Foltz said, "We shouldn't have been able to

open in a recession — but in 2011, we did. And we're able to provide dignity, work and safety for the workers."

Addressing the audience, she said, "Some of you have been furloughed recently and didn't know when you'd work again. That's the reality of our workers' lives continuously. But the center provides a safe place for them to find employment, get paid and increase their skills and job opportunities."

A CIF supporter from the start, Supervisor Michael R. Frey (R-Sully) also participated in the celebration. "Alice always knew we'd get here and that people from other parts of the world had something to offer this community," he said. "And we owe a huge debt of gratitude to Al Dwoskin [who provided the space for the center, rent free, plus utilities]."

To the CIF members and CLRC volunteers,

Frey said, "There are other things you could do with your time, so that says a lot about you. And that's been an inspiration to the community and helped tone down the [anti-day laborer] rhetoric that we saw early on."

Calling the center "one of the ongoing efforts in the community to make it a community," Frey said now the hard work starts to keep the CLRC going.

"This isn't government-supported; it exists through people in the community opening up their hearts and wallets," he said. "But there's clear evidence that it's working, so thank you for all you've done and will do in the future. The community really has benefited from this."

Foltz then thanked Frey for his "continual, undying" support. "The workers are now accepted in this community," she said. "And a few years ago, that wasn't the case."

'Thank You for Creating Something Wonderful'

CLRC workers share their stories of success.

BY BONNIE HOBBS
CENTRE VIEW

At the Centreville Immigration Forum's (CIF) recent celebration, two of the workers shared their own experiences at the Centreville Labor Resource Center (CLRC). Both said how much of an impact the center had made on their lives.

New CIF board member Bankole Large said he felt "highly honored" to have that position. "I know it comes with responsibilities and challenges," he said. "And I know that, together with Christ, we will make it."

In his native Sierra Leone, he did volunteer work and peace-building. "Last year, I moved from New York to Virginia and, working with CLRC, I saw some improvement in my life," he said. "I secured a regular job with a Korean company and was able to put food on the table of my family back home. Thank you for establishing this center for us."

Praising the hard work of center Director



Molly Maddra translates for CLRC worker Sebastian Velasco.

Roberto Fernández and coordinator Molly Maddra, Large said the workers appreciate them. "We're able to use computers when there are no jobs," he said. "We also go to seminars and workshops where we learn so many things, like electrical work and measuring, and these enhance our job skills."

He said the workers have an effective voice in the day-to-day running of the center. "We put in place rules and regulations so there's respect for others," said Large. "And we learn about banking and health insurance. I'm eternally grateful for the CLRC and you guys; on behalf of the workers, I thank you for your marvelous job."

He asked the CIF to continue advocating on immigrants' behalf. "We want the authorities to grant us job opportunities so we can become responsible people and pay our taxes," said Large. "And we want to be granted driver's licenses because we need them to get to our jobs. Thank you and God bless you."

Sebastian Velasco, from Guatemala, said there's a big difference between workers obtaining employment at the CLRC and waiting on the street corner for employers who then may not even pay them after a full day's work. "In the center, there's an opportunity to learn English and some job

skills training," he said. "And in the U.S., it's important for us to know a little bit of everything to survive."

Besides that, said Velasco, "At the center, we have the chance to make friends with each other, instead of competing with each other for jobs, stopping traffic in the street to get to an employer first. We're also thankful for the sports activities and special events here."

Furthermore, he said, "We're happy that Roberto and Molly help us understand what [particular skills] each employer wants from us. Thank you for creating something wonderful for workers."



The CIF's new board of directors (from left): Bankole Large, Hubert Graves, Alice Foltz, Jim Daniels and Stephen Vandivere.

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

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issues and priorities. They can also provide their feedback to questions that will be used to develop a Portrait of a Graduate that will provide a framework for a long-range strategic plan for FCPS.

WEDNESDAY/JAN. 15

Application Deadline. The Arts Council of Fairfax County will award three \$5,000 grants to recognize professional working artists' achievements and their demonstrated history of accomplishments, while promoting the continued pursuit of creative work. Visit www.artsfairfax.org for guidelines and application materials.

FRIDAY/JAN. 31

Application Deadline. Juniors at Herndon, Chantilly and Westfield high schools who are in good standing and have an interest in history are encouraged to apply for

this paid nine-month internship that runs April through December 2014. Up to three interns will be hired. Participants will gain experience in museum operations, public speaking, historic object collections, event programming and museum store and visitor center operations. Sully Historic Site, which is owned and operated by the Fairfax County Park Authority, will begin accepting applications for this internship program in December 2013. Candidates will be asked to provide a completed application, written essay, and teacher recommendations by January 31, 2014 for panel review. For further information e-mail either Carol McDonnell, site manager at Sully Historic Site (carol.mcdonnell@fairfaxcounty.gov) or Noreen McCann, visitor services manager (noreen.mccann@fairfaxcounty.gov). 703-437-1794.

DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose for further information at 703-802-5588 or by e-mail lyman.rose@fcps.edu.

ORNAMENT SALE

White House Ornaments. Various times, at Greenbriar Giant, 13043 Lee Jackson Memorial Highway, Fairfax; other miscellaneous locations. The Western Fairfax County Woman's Club, a charitable organization, sells the 2013 rendition of the White House Christmas ornament, inspired by 28th President Woodrow Wilson \$20. Previous year ornaments available. Call 703-378-6841 or 703-378-6216.

VOLUNTEERS NEEDED

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Volunteers can work in facilities close to where they live. Training is provided. Call 703-324-5861, TTY 711 or e-mail Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm.

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and the its railroad and Civil War history. Docents should possess good people skills. Opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Call Michael at 703-945-7483 for more information.

Northern Virginia Family Service is seeking volunteers to organize collection drives of toiletries products for clients in need. Requested items include such things as shampoo, soap, lotion, deodorant, hand sanitizer, toothbrushes and toothpaste. Learn more about Northern Virginia Family Service at www.nvfs.org and contact Colleen Ross cross@nvfs.org if interested.

The **Stuart-Mosby Civil War Cavalry Museum** needs volunteers to work on Sundays at 13938

SATURDAY/NOV. 23

Emerging Minority Leaders

Conference. 8:30-11 a.m. at Edison High School, 5801 Franconia Road. Learn about resources and tips to help better engage parents in diverse communities throughout Fairfax County. Register at www.fccpta.org or 703-508-1661.

Blood Drive. 7 a.m.-12:30 p.m. at St. Timothy Catholic Church, 13809 Poplar Tree Road. The American Red Cross Greater Chesapeake and Potomac Blood Services is holding blood drives throughout the region.

MONDAY/NOV. 25

Centreville Garden Club Meeting.

7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Learn about the "25 Things your Grandmother Never Told You About Gardening." Free. Visit centrevillegardenclub.blogspot.com or 703-830-2942.

Listening Tour. 6:30 p.m. at Rocky Run Middle School, 4400 Stringfellow Road, Chantilly. parents, students, employees, and community members can share their thoughts, concerns and questions about school

SATURDAY/NOV. 30

Blood Drive. 9 a.m.-3:30 p.m. at Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Buy raffle tickets, enjoy a bake sale, get pictures taken with Santa. Proceeds will benefit childhood cancer research. Learn more and sign up by visiting www.lnndblooddrive.com, or by calling INOVA blood at 1-866-256-6372 give reference code: 8025.

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St. Clare of Assisi Catholic Church...
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St. Paul Chung Catholic Church...
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St. Timothy Catholic Church...703-378-7461

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HOLIDAY FUN

Email announcements to centreview@connectionnewspapers.com.

ONGOING

Enchanted Ice Palace Holiday Tradition. Visit with Santa and the Ice Princess on her throne through Dec. 24. There will also be a Hanukkah display, along with a 30-foot ice dome with falling snow, images from BBC's "Frozen Planet," a light show, and more. All are in the Grand Court of Fair Oaks Mall. Visit www.shopfairoaksmall.com or 703-279-2708.

THURSDAY/NOV. 21

Magic and Mayhem. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Girls and boys in grades 6-8 can participate in this sci-fi/fantasy book group. Call for title. Free. Registration required. 703-502-3883.

Book Club. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. For children in grades 5-6. Call for title. Free. 703-502-3883.

Line Dancing. 7:30 p.m. at Fast Eddies, 14114 Lee Highway, Centreville. Enjoy line dance lessons, raffles and prizes. Proceeds will benefit the Cystic Fibrosis Foundation. \$5 suggested donation. RSVP to www.ontaponline.com/dance.

FRIDAY/NOV. 22

Ready for School Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Theater Performance. 7:30 p.m. at Westfield Theatre. Watch "Twelfth Night." \$10/online; \$12/door; \$10/student. Visit www.westfieldtheatreboosters.com for tickets.

SATURDAY/NOV. 23

Peaceful Paws. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children on the autism spectrum or with other developmental challenges meet and read to a trained therapy dog Dakota, a gentle giant Bernese Mountain dog. Reading is not required, but can read from a library book or already owned one. Free. Registration required, 703-502-3883.

Hidden Pond. 2:30 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades K-6 can discover what happens when you sleep and meet some creatures of the night. Free. Registration required, 703-502-3883.

Theater Performance. 7:30 p.m. at Westfield Theatre. Watch "Twelfth Night." \$10/online; \$12/door; \$10/student. Visit www.westfieldtheatreboosters.com for tickets.

Pigs Love Potatoes Party. 11:30 a.m.-1:30 p.m. at Compton Village Recreation Center, 14401 Compton Village Drive, Centreville. Little Hands will host a party where children and parents can sing songs, play games, make crafts and more. The book "Pigs Love Potatoes" will be available for sale. Free, but a donation of a can or nonperishable food item for a local food pantry is encouraged. Visit



PHOTO BY THOM WOOD

See 'The Nutcracker' at CVHS

Mia Saunders School of Ballet presents two performances of The Nutcracker, continuing a holiday tradition of performing as a gift to others. All proceeds from this year's performances of "The Nutcracker" will benefit the Centreville High School Drama Boosters for student scholarships, and Fisher House Foundation 501(c)(3), an organization that helps support our military and their families.

Performances are Saturday, Dec. 14 and Sunday, Dec. 15, 3 p.m. at Centreville High School Theater, 6001 Union Mill Road in Clifton. Tickets are \$12/adults and \$10/students/children/seniors (age 62+). Tickets available in advance at joellen.staub@gmail.com or at the door. Visit www.miasaundersballet.com. Girl Scouts are invited to a pre-performance interview with Clara, the Prince, and the Sugar Plum Fairy — must register ahead at joellen.staub@gmail.com.

www.littlehands.com for more.

SUNDAY/NOV. 24

Bluegrass Concert. 7 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Reston. Joe Mullins and the Radio Ramblers will perform. \$15/advance; \$18/door. Doors open at 6 p.m. Food and beverages available for purchase. Season passes available. Visit www.fairfaxcounty.gov/parks/fryingpanpark or 703-222-4664.

Theater Performance. 2 p.m. at Westfield Theatre. Watch "Twelfth Night." \$10/online; \$12/door; \$10/student. Visit www.westfieldtheatreboosters.com for tickets.

MONDAY/NOV. 25

Bouncin' Babies. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Small Wonders. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Sully Book Club. 1 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Discuss "Jerusalem: The Biography" by Simon Sebag Montefiore. Free. 703-830-2223.

Book Buddies. 2:15 p.m. at Chantilly Library, 4000 Stringfellow Road. Children in grades 1-2 can discuss a book. Free. 703-502-3883 for title.

Writers of Chantilly. 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free. 703-502-3883.

TUESDAY/NOV. 26

Toddlin' Twos. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

Wheee! 11 a.m. at Centreville Library, 14200 St. Germain Drive. Children ages 3-5 can enjoy a high octane story time. Registration required 703-830-2223.

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

WEDNESDAY/NOV. 27

Duplo Story Time. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Children ages 18-36 months can enjoy stories and more. Free. Registration required, 703-502-3883.

THURSDAY/NOV. 28

Thanksgiving Day 5K Run/Walk. 8 a.m. at the Virginia Run Community Center. All proceeds will benefit Life with Cancer, INOVA Health System's non-profit program for cancer patients and their families. \$25 for the 5K before Nov. 1, \$30 after Nov. 1; \$15/walk before Nov. 1; \$20 after Nov. 1. Register at <http://varunturkeytrot.wix.com/2013>. There will be prizes and raffles.

SATURDAY/NOV. 30

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

SUNDAY/DEC. 1

Santa "Paws" Pet Photography. 8:30-10 a.m. or 7:30-9 p.m. at the Ice Palace in the Grand Court of Fair Oaks Mall. All pets must be on a leash or in a lightweight cage or pet carrier with harness. All dogs and cats must be up-to-date with shots. \$10 will be donated to the Fairfax County Animal Shelter with every purchase of a Santa photo package A. Visit www.shopfairoaksmall.com, facebook.com/fairoaksmall or 703-279-2708.

WEDNESDAY/DEC. 4

ASL Signing Santa Day. 10 a.m.-9:30 p.m. at Fair Oaks Mall, there will be an ASL signing Santa and Mrs. Claus, and interpreters for deaf and hard-of-hearing children and their families. The interpreters will be walking in and around the Ice Palace to help prepare children for meeting Santa and Mrs. Claus. Visit www.shopfairoaksmall.com or 703-279-2708.

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Centreville's Bobby Dunn, left, earned 6A boys' all-state honors with an eighth-place finish at the VHSL state cross country meet on Nov. 15 at Great Meadow.



The Chantilly boys' cross country team won the 6A state championship on Nov. 15 during the VHSL state meet at Great Meadow.



Westfield's Sara Freix finished sixth in the girls' 6A race, earning all-state at the VHSL state cross country meet on Nov. 15 at Great Meadow.

Chantilly Boys' XC Team Repeats as State Champion

Centreville's Dunn, Westfield's Pace, Freix earn all-state.

Despite losing state champion Sean McGorty and all-state harrier Logan Miller to graduation, the Chantilly boys' cross country team repeated as big-school state

champion during the VHSL state meet on Nov. 15 at Great Meadow.

The Chargers captured the 6A boys' team title with a score of 85, edging second-place Lake Braddock, which finished with a score of 87. Ryan McGorty was Chantilly's top individual finisher, placing third with a time of 15 minutes, 45 seconds. Dakota Lange placed fifth for the Chargers with a time of 15:51. Aaqib Syed (16:11) finished 24th, Peter Malander (16:12) was 27th and Evan Compton (16:40) was 50th.

Robinson finished third with a score of 89, followed by Battlefield (89), Osbourn Park (98) and Oakton (133).

Centreville junior Bobby Dunn finished eighth with a time of 15:56. Westfield junior Johnny Pace was 12th with a time of 15:57. Each harrier earned all-state honors by finishing in the top 15. Oakton's John Stoney won the individual title with a time of 15:24, followed by Lake Braddock's Alex Corbett (15:35). In girls' action, Westfield sophomore Sara Freix placed sixth in the

6A race with a time of 18:20. Chantilly junior Xaveria Hawvermale took 10th with a time of 18:23. West Springfield senior Caroline Alcorta won the individual title with a meet-record time of 17:13, followed by Lake Braddock's Hannah Christen (17:52) and Katy Kunc (17:59).

Oakton won the team title with a score of 55, followed by Washington-Lee (100), Lake Braddock (112), Ocean Lakes (115), West Springfield (144) and Battlefield (150).

Westfield Field Hockey Wins State Championship

Coach Karl Wins first state championship in 24 seasons.

Westfield's Starr Karl is one of the top field hockey coaches in the Washington, D.C. metro area. She's coached for 24 seasons, has more than 300 victories on her resume and her teams

have captured 21 district/conference titles.

On Saturday, she won her first state championship. The Westfield field hockey team defeated First Colonial 2-1 on Nov. 16 in the 6A state championship game in Virginia Beach. The Bulldogs finished the season with a 22-2 record, closing the season with 18 consecutive victories, including Conference 5 and 6A North region titles.

"The feeling was amazing," Karl said. "I just felt like all these kids I coached during those [24] years in high school helped [me

get here]. I felt like it was for all of them. I was so proud of the kids who did it."

The teams were tied at 1-all at halftime before Westfield's Katie Winesett scored the game-winner on a corner eight minutes into the second half. Winesett's goal was set up by Rachael Ulsh and Emily McNamara.

McNamara scored the Bulldogs' first goal in the first half when she took the ball 75 yards and shot near post, finding the back

of the cage. "It was all a trust thing," Karl said of what put this year's Westfield team over the top. "We were very, very balanced. We knew we could be very good this year but we had trust each other. ... It was really relying on each other and moving the ball."

Karl, whose youngest daughter, Mackenzie, will be a freshman next year, said she plans to continue coaching.

Westfield's Emily McNamara, seen earlier this season, scored a goal in the state championship game on Nov. 16, helping the Bulldogs capture the state title.



PHOTO BY
CRAIG STERBUTZEL
CENTRE VIEW

SPORTS BRIEF

Football Playoffs

The Centreville and Westfield football teams remain alive in the 6A North region playoffs while Chantilly had its season ended courtesy of Lake Braddock.

Top-seeded Centreville defeated No. 16 South Lakes 35-0 on Nov. 15. The undefeated Wildcats will host No. 8 South County at 7:30 p.m. on Friday, Nov. 22. South County defeated No. 9

T.C. Williams 51-27 in the opening round.

No. 3 Westfield beat No. 14 Hayfield 33-12 in the opening round. The Bulldogs will host No. 11 Robinson on Friday. Robinson defeated No. 6 Patriot 35-13. No. 15 Chantilly lost to No. 2 Lake Braddock 56-31. The Chargers ended the season with a 5-6 record.

Preparing for the Holidays

FROM PAGE 4

of whom have been on board for 10, 15 and nearly 20 of the organization's 22 years. Jean Novak, often helped by sons James and John Paul, has been laying out the recipient families' gift-bag spaces in warehouses all over the area since the first year the operation moved from the Virginia Run Community Center. Her grown daughter Kelly works on delivery day.

"Jenny (Lorentzen) Bowen has greeted volunteers at the front desk for several years, but not many people know that she started serving with ONC 17 years ago as a Centreville High cookie-baking volunteer," said Lavin. "She and her children now serve together with many other volunteers who enjoy participating in holiday assistance as a family."

ONC's coat coordinator, Holly Cameron, started with ONC as the right arm to Tracy McInturff's clothing team in the late 1990s. Now Cameron coordinates all the area youth groups that gather together resources to purchase coats for children on ONC's list.

"Holly is a motivated, energetic force with a passion for these children," said Lavin. "I have no doubt she'll hit her goal toward collecting the more than 319 requests for warm coats this holiday season."

Dance, cheer and other sports teams wishing to contribute toward coat collection should e-mail Volunteer@Ourneighborschild.org and write "coats" on the subject line.



ONC's Nicole Rogers helps make the list of children's gift wishes.

PHOTO CONTRIBUTED

"People rarely realize the degree of need for some families living in our area," said Lavin. "They think about the median income for Fairfax County and can't believe people could really be struggling that badly. But there are children in this area living without food from the time they finish their free or reduced-price school lunch on Friday until they return to school on Monday."

"Earlier on Tuesday, our list included 680 families with a combined 1,670 children to serve," said Nicole Rogers, ONC's Database Management leader. The last of these requests — another 59 families — arrived that evening." She and other gift-wish entry volunteers Veronica Delaney and Denise McInerney make sure this information is entered and available quickly so the wished-for items may be purchased.

"In the past several years, working with massive spreadsheets filled with information was a cumbersome, eye-straining challenge," said Lavin. "But after volunteering three years with ONC, Virginia Run resident John O'Neill felt he could design something better. So he's spent every spare moment the past year writing custom software that's already improving our service to these families, and we're thrilled."

Ultimately, said Lavin, "It's all about the people we serve. We've heard countless stories of struggle, and it will take all of us working together to make a difference. The more efficient and accessible we can make our efforts, the more people we can engage to help and the more children we can serve."

ONC: Questions and Answers

FROM PAGE 4

tree at our (church, school, business), but the deadline seems early. Why is that?

A: Our first priority, along with providing the gifts for these children, is to help relieve a little stress for these struggling families. ONC always delivers on the latest Sunday before schools let out before winter break. This allows for the opportunity reach counselors/social workers if there is difficulty making the

delivery.

Q: How many children will be served through Our Neighbor's Child and their community partners?

A: To date, 680 families have been referred with 1,670 children to serve. We still expect at least one more batch of referrals. If we're able to meet the local need and gifts remain, we share those resources with schools in less-fortunate areas.

Two Scouts Earn Eagle Honors

Luke McKennedy, age 18, son of Sarah and Heath McKennedy and Chris Wheeler, age 18, son of Melinda Day, both of Centreville, have each been awarded the rank of Eagle Scout. Their accomplishments was celebrated in a Court of Honor Saturday, Nov. 9, at St. Andrew Lutheran Church in Centreville. Luke and Chris are members of Troop 1995, Sully District.

For his Eagle project, Luke constructed benches for Ormond Stone Middle School. Luke began his scouting career in Troop 321 at Bull Run Elementary. In addition to scouting, Luke holds a brown belt in jujitsu and works



Luke McKennedy and Christopher Day Wheeler

at Cox Farms. He plans to study exercise science and psychology along with joining ROTC in college. For his Eagle project, Chris constructed picnic tables for Deer Park Elementary School. Chris attained the rank of Brotherhood in Order of the Arrow. In addition to scouting, Chris plays Clarinet in the Westfield High School Marching Band and will be performing in the 2014 Rose Parade in Pasadena, California on New Years Day. He plans to study computer sciences at James Madison University.

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For Carol

FROM PAGE 8

"Her only prayer was that it was in the Lord's hands, and that — if she couldn't be cured — then He should take her quickly," said Trampert. "And in many ways, I'm grateful that she didn't have to suffer."

He also said Carol remained in good humor throughout it all. "A friend visited her in the hospital, an hour before she died," he said. "And although she couldn't talk anymore because of the tumor, she was laughing and had a great big smile on her face."

She died May 18, at age 57, leaving behind her husband of nearly 39 years, plus their son Paul Jr., 25, a software developer in Blacksburg. Before graduating from Virginia Tech in 2011, he graduated from Westfield High, where he was captain of the swim team and played in the marching band.

The funeral was held at St. Andrew the Apostle Catholic Church in Clifton, followed later on by a memorial mass near Rochester, N.Y., where Carol's family lives.

Trampert described his wife as a quiet person who listened to others and accepted what they told her, without judgment. "And if someone wronged her, she'd look for an excuse to forgive and forget," he said. "And she's passed on that legacy to our son; I see the same traits in him."

The family has lived in Virginia Run for 16 years altogether; and for the last 12 years, Carol was a tax preparer at H&R Block in Centreville. She also belonged to the PEO Sisterhood, an international woman's organization providing educational opportunities for female students worldwide.

And in her immediate community, she had many friends, especially in two particular groups. When Paul Jr. swam on the Virginia Run Riptide Swim Team, Carol served on its board of directors and also kept the records. (Paul Jr. later became the team's assistant and head coach). She also formed a Bunco group in Virginia Run.

After she became ill, her husband said the daily support the whole family received from both her fellow swim moms and Bunco players was truly appreciated. "Carol and I were grateful for the outpouring of all the things people did for us, without thanks, and sometimes anonymously," said Trampert. "The little acts of kindness they did really meant a lot to us, and it also speaks highly of the warm, helpful and caring people in this area."

On Thanksgiving, about 20 of Carol's relatives are coming from New York and Greensboro, N.C., to run in the Turkey Trot, along with Trampert, plus Paul Jr. and his girlfriend. "We walked in it every year," said Trampert. "It'll be a fun day and I'm looking forward to getting the T-shirt."

As for the event being held in Carol's memory, he said, "I'm honored and I appreciate what the Turkey Trot Committee has done." Still, added Trampert, it's saddening and emotional for him: "I should say I'm humbled by it, but I'm not — because, damn it, she deserves it."

Cost of Living

By KENNETH B. LOURIE



As the person primarily responsible for stocking the house with supplies and maintaining miscellaneous inventory, I am frequently in stores (supermarket, drugstore, pet store, etc.) buying the staples (not an office supply reference) our family needs to maintain our lifestyle, such as it is. And if I do say so myself, and I do, I do an excellent job balancing needs, wants and available cash flow to fulfill those various requirements. I don't know if I should win an award, but I should definitely be nominated for the tasks I regularly undertake and the success I have completing them. Moreover, considering the underlying fact that I have a terminal disease: stage IV, non-small cell lung cancer (the incurable kind), and a cash flow which is hardly guaranteed or predictable, I certainly deserve an "A" for effort.

As much as I don't/didn't want to factor my original prognosis: "13 months to two years" into my daily life, especially when allocating resources/spending money, not considering that prognosis/time line has been nearly impossible. The logic goes something like this: why spend money today on an item I might not need in six months (if you know what I mean)? Why deprive/neglect myself today (a definite) in order to prepare/plan for tomorrow (a maybe), a tomorrow that, ever since my February, 2009 diagnosis is no longer guaranteed, or at least no longer anticipated as it was prior to that date — on paper, anyway; given the fact that both of my parents lived into their mid-eighties (I was diagnosed at 54 and half)?

Nevertheless, as my life has gone on, somewhat unexpectedly, considering what my oncologist said to Team Lourie back in early 2009, my attitude about the future has evolved. Whereas once I had one (pre-diagnosis), then didn't (post diagnosis); now I sort of am having one, subject to change of course and therein lies the rub (although, it's a heck of a lot more than a "rub," it's more like a systemic irritation); trying to live/consume normally in the face/context of a terminal cancer diagnosis. It has been and continues to be the bane of my rather fortunate existence. I don't want to pretend or presume that life goes on as I have said it has — for me, but acting as if it doesn't is hardly the negative attitude I want to embrace. And for the most part, I haven't.

This emotional maturity manifested itself recently at the supermarket. I bought multiple items that I didn't need now (charcoal lighter fluid, two cans of shaving gel; in general, non-perishables), but presumably would need later (months later), but given their sale price, their net cost to me was too appealing to resist, so I bought them — without thinking too much about my life expectancy time line. In fact, the time line thing didn't hit me until later when I realized that I had made purchases whose ultimate benefit to me (other than the price discount now), when I would actually use/need the items, was not now, but later, much later. A "later" that I'm not 100-percent sure I have, given my semi-precarious cancer-centric existence. The future was once again part of my instinctive planning. And that realization made me feel unburdened somehow.

Mind over matter, I'm sure, since I've received no result (lab work, CT Scan, etc. — and certainly no assurance from my oncologist) to indicate that my medical status has changed somehow. Still, it was a good feeling to have and one that gave me hope that my future is indeed more than just an abbreviated version of my past.

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

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Fairfax Water

NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2014, include the following:

1. An increase in the Availability Charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090†.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80†.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 11, 2013 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

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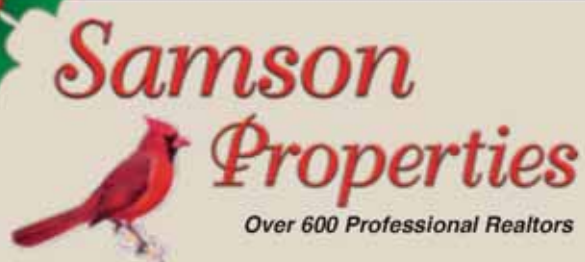
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