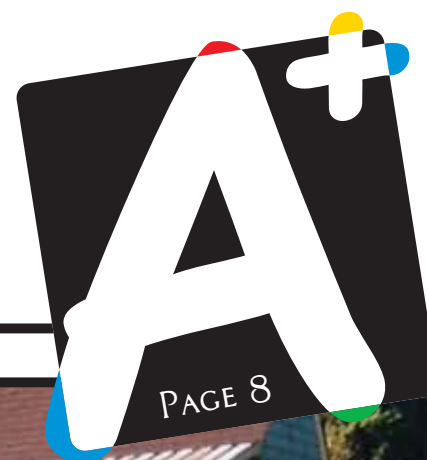


Centreville ♦ Little Rocky Run CENTRE VIEW

OCTOBER 19-25, 2016

25 CENTS NEWSSTAND PRICE



Mariah Putnam, 3, enjoys some of the candy she gathered trick-or-treating at Centreville Day.

Pirates, Parade, Scouts and Fun

NEWS, PAGE 3

ONC, Kim Honored
At Centreville Day

NEWS, PAGE 4

Volunteers Gather
For Worship and Work

NEWS, PAGE 5

CONGRESSWOMAN BARBARA COMSTOCK

World Class Education.



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As Our Congresswoman, Barbara is Putting Children First:

Barbara understands the sacrifices and commitments made by educators in Virginia's 10th District and across the nation. She supports policies which empower parents and give states and localities more control over their local schools to ensure the best education for our children.

- The House passed Congresswoman Comstock's *Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act*, which will help young women in the STEM fields through programs at NASA.
- Congresswoman Comstock has authored the *Student Loan Relief Act*, which would offer students the ability to refinance their education loans to take advantage of lower interest rates. It would also allow employers to use pre-tax dollars to assist qualified employees in paying off student loan debt.

- Congresswoman Comstock is the **Co-Chair** of the *STARBASE Caucus*, which offers hands-on STEM education to students in elementary school. She has worked in a bipartisan manner to increase resources for this important program.
- Congresswoman Comstock voted for the bipartisan *Every Student Succeeds Act*. This bill, signed into law, represented a significant step toward improving our education system and empowers educators and parents to do what is best for each individual student.

"I come from a family of educators – my mom was a school teacher and librarian and my husband Chip is a retired Fairfax County assistant principal and teacher. My sister is a guidance counselor at a Fairfax County Public School. The education of our children and grandchildren has always been a top priority of mine. It's a privilege to represent you in Virginia's 10th Congressional District. Together, we can make sure our children receive a world class education."

Barbara Comstock

Putting Our Children First.
WORLD CLASS EDUCATION.
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Our Neighbor's Child volunteers march in the parade.



At the bake sale outside St. John's Episcopal Church are (standing, from left) the Rev. Carol Hancock and Val Tucker and (sitting, from left) Kristen Tucker and Durinda Smith.

Pirates, Parade, Scouts and Fun

Centreville Day was Saturday, Oct. 15.

MORE PHOTOS, PAGE 4



Pirates for Sail kicked off the day's live entertainment.



Children dip strings in wax to make candles.



GMU history professor Ted McCord in Mt. Gilead's 1785 dining room.



Girl Scouts pose for a photo during the parade.

PHOTOS BY
BONNIE HOBBS/CENTRE VIEW

ONC, Kim Recognized at Centreville Day

Each year, the Centreville Day Planning Committee recognizes individuals or organizations making a difference in Centreville. This year's awards, presented by Supervisor Kathy Smith (D-Sully) on Saturday, Oct. 15, went to Yom Chu Kim, Citizen of the Year, and Our Neighbor's Child (ONC), Nonprofit Citizen of the Year.

Kim is active in the Centreville Immigration Forum, the Centreville Day Planning Committee, in his Virginia Run community and especially in the Korean Central Presbyterian Church.

In 2013, he received a Community Champion award from Volunteer Fairfax for his contributions to improving life in Fairfax County.

ONC was founded in 1992, when a few friends joined together to help fulfill the



Kathy Smith honoring Yom Kim during Centreville Day.



From left are Kathy Smith with ONC's Kelly Lavin, Nicole Rogers, and John O'Neill.

Christmas wishes of a dozen or so children in Centreville. As western Fairfax County

grew, so did ONC; and today, 400 volunteers provide new toys and clothing to more

than 2,000 local children in need.

— BONNIE HOBBS



Cub Scout Pack 2525 shows its patriotism.



Cub Scout Pack 864 has fun in the parade.



Vendors Mike Slater and wife Tina Jones sell holiday decorations made from recycled wood.



Charlie Anderson gives fencing lessons during Centreville Day.



Vendor Carol Fleurette with children's books she wrote and illustrated, plus hand-crocheted caps and animals.

PHOTOS BY
BONNIE HOBBS/CENTRE VIEW
WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Gathering Against Hunger

They measure, weigh and package food for Stop Hunger Now.

BY BONNIE HOBBS
CENTRE VIEW

Besides feeding the soul, churches can also feed the body — literally. And on Sunday, Sept. 25, members of Centreville United Methodist Church (CUMC) did just that.

Partnering with Stop Hunger Now, they took turns during their two Sunday services to package 30,000 meals in the church's recreation and outreach center. They also assembled 50 water filters for the organization, Wine to Water, which provides clean water to people in need.

Similarly, Stop Hunger Now gets food and life-saving aid to the world's most vulnerable people. Established in 1998, it's already provided more than 225 million meals in 74 countries. And the CUMC members were happy to lend a hand.

"It's fun for our whole family to do," said Johannah Evans. "We've very blessed and fortunate, so we want to help others who aren't and share the love of God wherever we can."



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Christopher Thoennes, 13, pours a cup of ice into a funnel leading to a plastic bag, while Joe Estabrooks looks on.

Each meal contained rice, soy protein, dehydrated vegetables — tomato, onion, bell pepper and celery — plus a vitamin sachet with 21 different vitamins and minerals geared specifically for malnourished

SEE VOLUNTEERS, PAGE 9

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OPINION

Yes to the Meals Tax

Reduces reliance on property tax.

BY PHILLIP A. NIEDZIELSKI-EICHNER

As a businessman here in Fairfax and a former member of the Fairfax County School Board, I write on behalf of a coalition of thousands of homeowners, parents, teachers, firefighters, police, friends and users of our libraries and our parks and recreation facilities, and those who belong to churches and non-profit organizations working to ensure that Fairfax County also protects those in need [www.yesmealstax.org].

Here since 1988, I have always valued Fairfax's pragmatic approach to local government services; i.e., we will pay for the cost of an excellent education system and high-quality services as long as the cost is reasonable and affordable.

Hit with the double whammy of the great recession and the federal budget sequestration fiasco, the Board of Supervisors and School Board did what they had to do under the circumstances — they cut costs and reduced services.

The county reduced annual expenditures by \$300 million and eliminated 700 jobs; for the school system, \$500 million and 2,100 jobs.

The maintenance backlog has grown to over \$150 million in recreation and park facilities alone.

We are spending less in real dollars per pupil this year than in 2008. We are losing our best teachers to surrounding jurisdictions, because salaries are no longer competitive in the region. Class sizes are larger.

Economic recovery has been slow. While home values have grown modestly, vacancies in office buildings are at a 25-year high and revenue from commercial property tax is at historic lows.

Compounding our challenge, state funding — particularly for schools — continues to decline, with a funding shortfall for K-12

education climbing to more than \$1 billion annually since 2009.

With 65 percent of county revenue now being generated by residential property tax, homeowners are carrying a substantial and growing share of the cost of services.

Without a more diverse revenue base, we risk school system excellence and we risk the caliber of county services that underpin our quality of life. In an article earlier this year, the Washington Post characterized this reality as Fairfax “fraying around the edges.”

This is the setting for the meals tax referendum before us on Nov. 8.

Five great things will happen by approving the meals tax:

1. \$100 million will be generated. Almost a third of this revenue — \$28 million — will be paid by tourists and visitors to Fairfax.

2. Seventy percent of the revenues will be directed to the school system to help stem the loss of our best teachers and reduce class size.

3. Our quality of life will be strengthened by addressing unmet police and firefighter needs and those of our libraries and parks.

4. The backlog in county and school facility and infrastructure maintenance needs can be reduced, while also preserving our AAA bond rating.

5. Our tax base will be more diverse, relieving property tax pressure on homeowners.

Incredibly, Fairfax can do these great things by paying pennies-on-the-dollar when we eat out. Few of us ever notice paying Arlington County, Fairfax City, Falls Church and Vienna when we eat in their restaurants, yet we do. If you agree that it is important to keep the best teachers in our classrooms, reduce class size, continue to protect our safety and maintain our quality of life; and finally — if you believe we need to be less dependent on homeowners to pay for all of the above — it is clear that we should vote yes for the meals tax. It's literally a pennies-on-the-dollar solution.

No to the Meals Tax

A food tax is not a silver bullet.

BY PAT HERRITY
SPRINGFIELD DISTRICT SUPERVISOR

I have been opposed to the meals tax from the start, but what has concerned me most over the last several months has been the tactics used to try to convince our residents to vote for it and the county's failure to deal with its spending problems. I would like to offer some clarity on these points and why I am against the meals tax.

COMMENTARY The proponents of the meals tax insist the tax is for teachers' salaries and tax relief. In fact, the ballot language referencing schools and tax relief was selected because it was the language that passed in other counties in Virginia and according to one supervisor “we need to use the language that will get it passed.” In reality, the Board of Supervisors will decide in April during the budget process how much funding goes to schools and then the School Board will decide how much funding goes to teacher raises and class size reductions. Despite the Board of Supervisors fully funding the School Board's funding request last year, the funds were not focused on fixing our teacher salary issues.

If it passes, the meals tax will just be an additional \$100 million tax on top of the \$100M in taxes the board passed earlier this year (over my opposition). In the last five years, real estate taxes alone have increased 25 percent and skyrocketed by \$565 million. As I have debated proponents of the meals tax over the last several months, there has been almost universal acknowledgement that Fairfax County has a spending problem. For example, Fairfax County offers its 35,000-plus county and school employees and

administrators' unparalleled and unsustainable pensions and pre-social security benefits that even surrounding jurisdictions do not pay. Despite my efforts to address this and other spending problems, there is no plan in place to address these unsustainable costs and benefits. The meals tax is a bad way to kick the can of addressing our spending problems down the road.

The meals tax is also bad way to address a spending problem because it is a regressive tax that targets a single industry and disproportionately hits those who can least afford it — the elderly, single working parents, young students, and people without other options. It is not a white tablecloth restaurant tax; it is a food tax. The meals tax would be on top of the current sales tax resulting in a 10 percent total tax on any prepared food, including the rotisserie chicken from the grocery store, the fountain drink from the convenience store, your morning coffee, and your food truck purchases. It is also a tax on a single industry — one that only has a 3 percent profit margin on average. This means the meals tax will result in the government making more money off of a restaurant than the restaurant itself makes in profit. This is fundamentally wrong. Restaurants not only provide thousands of young adults with their first job, they also give back to the community through sponsorships and donations.

Fairfax County voters have a decision to make. Do we settle for budget deficits and tax increases year after year, or do we send a message that enough is enough and it is time to address spending issues? I sympathize for those who support the tax; the Board of Supervisors and School Board have led them to believe that the meals tax is some sort of silver bullet to their budget and teacher salaries woes. Simply put, it is not.

Pat Herrity represents the Springfield District on the Fairfax County Board of Supervisors.

Write

Centre View welcomes views on any public issue.
Email centreview@connectionnewspapers.com

BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

REGISTER NOW

VolunteerFest is here. Register for the community service extravaganza on

Saturday, Oct. 22. There are a variety of opportunities available. Can't make Oct. 22? Additional opportunities through Oct. 28. Deadline to register is Oct. 19. Visit www.volunteerfairfax.org/individuals/volunteerfest.php.

WEDNESDAY/OCT. 19

Commission on Aging. Noon at the Chantilly Regional Library, 4000

Stringfellow Road, Chantilly. The Fairfax Commission on Aging welcomes the public to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call 703-324-5403, TTY 711 for meeting access needs.

SATURDAY/OCT. 22

Fishburne Education Fair. 9 a.m.-1

p.m. at Marriott at Fair Oaks, 11787 Lee Jackson Memorial Highway, Fairfax. Fishburne Military School comes to Northern Virginia. Fishburne Military School invites students and their families to stop by to learn more about what a military school education can do for students. Free. Contact Cedrick Broadhurst at admissions@fishburne.org or 800-946-7773, or visit www.fishburne.org.

CENTREVIEW

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LETTERS

Heartfelt Thanks

To the Editor:

Given such glorious weather, it was impossible for Centreville Day to be anything other than successful. Centreville Day may not be a huge event, but it has a big heart.

The Centre View does a wonderful job of covering Centreville Day, but here are some acknowledgements you may not be aware of: we rely on the support of Supervisor Kathy Smith and the Sully District Police Department and we thank them sincerely for it. The support of our sponsors and vendors also make the day possible. Our heartfelt thanks to all; please see our website, www.centrevilleday.org, for a complete list.

We deeply appreciated the work of Scout Troop 577, who arrived before dawn to direct traffic, park vehicles, and help unload and set up booths. Other youthful volunteers included students from Cub Run Elementary School performed on stage while students from Stone Middle School (dressed in orange staff shirts) did numerous jobs big and small important for the day.

Thanks to all of the wonderful pets and their human companions for participating in the Rotary Club's Second Annual Pet Parade and to everyone who participated in the American Legion Centreville Day Parade. Congratulations — ? — also go to Johnny Anderson, who was duly and unanimously elected Official Village Fool of Centreville. I would be derelict if I did not mention the members of the Centreville Planning Committee who devote their creativity, energy, enthusiasm to making Centreville Day a great event. If you are interested in joining us to plan the next Centreville Day, please contact us at info@centrevilleday.org.

Of course it would all be for

naught if no one came. So, many thanks to everyone who came out on the 15th. We hope you enjoyed the 24th Centreville Day and are looking forward to the 25th in 2017.

Cheryl-Ann Repetti

On Behalf of the Centreville Day Planning Committee

Robert Carlson

Centreville

Applauds HOME Act

To the Editor:

Many Fairfax County homeowners, like me, live in neighborhoods with community associations. We pay fees and assessments to the associations in addition to our county real estate taxes. I'm happy to do this, because the association ensures our community is maintained and property values are protected. It also provides services the county government doesn't.

That's why I was glad to see that U.S. Rep. Barbara Comstock co-sponsored a bill, introduced by Democratic representatives, titled Helping Our Middle-Income Earners (HOME) Act. The HOME Act would allow homeowners earning up to \$115,000 in annual income to deduct up to \$5,000 in community association fees from their federal tax liability. The legislation is a simple, but important step toward the greater goal of comprehensive tax reform.

This is part of Congresswoman Comstock's common sense approach to improve life for all her Northern Virginia constituents. On many issues, she works with both Democrats and Republicans to address our local concerns at the federal level. She's been instrumental on legislation to prohibit human trafficking, increase transportation infrastructure investments, and improve Metro safety and accountability, among many others. In addition to her work in the Capital, she's present all over

the 10th District, meeting with constituents. She knows Fairfax County and will continue following the example of her predecessor, Frank Wolf, to use her office to make Fairfax a better place to live and work.

Supporting Veterans

To the Editor:

The problems with veterans' health care are well documented. The heroes of our nation are being forced to wait, and wait, and wait, and wait some more for much needed medical and mental health services. Perhaps most disconcerting was the news that 30 percent of calls to the VA's suicide crisis hotline go unanswered. That's astounding — and unacceptable.

As someone who has spent the past 17 years striving to improve this country's health care system, particularly for veterans, I know how to spot leadership. Barbara Comstock puts our service members and veterans first, proudly supporting legislation to reduce suicides and make sure that every veteran in trouble gets their call answered right away.

Comstock has always been an advocate for our men and women in military. She supported legislation to give our troops a pay raise and voted to boost defense spending by \$18 billion. Those much needed resources will help modernize our military. We can't expect our troops to win 21st century wars with 20th century equipment.

I'm grateful to Barbara Comstock for her support of our veterans and our military. She's earned my vote in November.

David Bergman

Centreville

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Discussing the Election with Children

Local educators offer suggestions for navigating a complicated political climate.

BY MARILYN CAMPBELL
CENTRE VIEW

While Colleen K. Vesely has watched televised debates and political events with her children throughout this election season, an event during which the American Civil Rights movement was discussed stands out. It was a concept her 3-year-old daughter didn't grasp, of course. But Vesely used the moment as opportunity to start guiding her children through this year's election season.

"I asked her to think about what she might do if someone at school was being mean to one of her friends, to which, she promptly replied, 'I'd tell them to stop being mean and that I don't like it,'" said Vesely, an assistant professor of early childhood education and human development and family science at George Mason University. "Elections offer opportunities to consider the importance of service and standing up for democratic principles. ... However, the tone of this general election season is different."

Still, Vesely and other educators say that while election cycles typically offer families a multitude of opportunities for conversations about civics and discussions of democracy, navigating the current political climate requires added dexterity.

Use the election season to facilitate conversations in a way that is relatable to children based on their age and experiences, advises Vesely. "By ... discussing the different issues ... parents with school-age and older children can use the election season as an opportunity to expand their children's thinking in relation to current social issues and history," she said. "Parents can use the election as fodder to hone their children's critical thinking skills with real-life issues by helping them critique candidates' opinions" as well as "understand different points of view on a variety of issues and develop their persuasive arguments." This is an ex-

ercise Vesely has used with her own children.

"During primary season, my 6-year-old and I watched a number of the candidates' speeches," she said. "We talked about the issues and each person as a human being. ... I offered reasons as to why I admired (some of) the candidates."

Focusing on citizenship and character is a strategy Vesely advises parents to use with children who are preschool-age and younger: "Parents might discuss what it means to be a good citizen in their home," she said. "For example, helping put away their toys when they are done playing, being nice to their classmates, helping their friends and teacher."

Similarly, local schools are developing creative ways to fit the Nov. 8 election into their lesson plans. For example, "since students are only in middle school for one presidential election, Norwood School takes advantage of this opportunity to help students begin to understand how to go about comparing candidates' positions on basic issues, and also to help them understand how the presidential election process works," said Michele Claeys, associate head of school and head of middle school, Norwood School in Potomac, Md.

To help students learn to understand issues and evaluate and compare candidates, teachers work together to create age-appropriate mini-lessons about candidates' positions on a small number of issues. "Students will explore and discuss — not debate — the issues, and learn how to find additional information on their own if they are interested," said Claeys.

On Election Day, middle school students will participate in a mock election designed to help them understand how the electoral process works. They will be divided into groups of different sizes with different numbers of electoral votes, representing each of the 50 states. "After both the real and mock elections, teachers will use the results

to illustrate how the process works," said Claeys. "Throughout these lessons, our emphasis will be on respectful dialogue and consideration of multiple perspectives and experiences."

Educators at BASIS Independent School in McLean are teaching students about the political process by linking it to the selection of the school's mascot. By allowing students to choose a symbol to represent the school, teachers hope to initiate a broad conversation about awareness, empathy and other values.

"Especially for our younger students, conversations about how a mascot represents the qualities and values of our school serves as a good metaphor for the more serious representation in political contexts," said Sean Aiken, head of school. "Some students prefer traditional mascots to give our school a sense of familiarity and camaraderie. Some want less common mascots to set us apart from other schools and celebrate our individuality."

The lesson will involve the entire student body. "We ask our older students to generate ideas that take even our youngest 3-year-olds into account so we can unite as a whole school and not just play to specific 'special interests,'" said Aiken.

"The exercise serves as an impetus for posing thought-provoking questions to the students," says Aiken. "Should we identify ourselves as humorous, serious, fierce?" he asks. "What will happen if the greater numbers of students in the middle school prefer a mascot that the much smaller number of sophomores do not prefer? Should we use some sort of delegate system or stick with popular vote? How will we feel if our top choice for mascot ultimately is not selected, and what is the appropriate response to that

feeling? Does our choice of mascot represent not just our current community but those who will join us in the future?"

The activities, says Aiken, open the door for conversations about fairness and frustration in ways that are meaningful and age appropriate, and that can be put into the context of the current election season. "While our situation as a brand-new school is somewhat unique, the idea of mascot representation weaves through our whole society and could certainly be used

to frame a conversation between students and their families about tone, identity and cooperation," he said.

Parents should also be aware of the ways the election is affecting their own emotional states and thus their families. "As I watch the presidential debates and continue to read the media coverage of the election, I find myself in an agitated and anxious emotional state," said Vesely. "This heightened emotional state with feelings of stress and agitation can spill over into family relationships, leaving us less present and sensitive in our interactions with our children and partners."

Choose the information children are exposed to thoughtfully and be prepared for questions, say experts. "The 2016 general election season [has been] described by some as dark and more negative than any of the recent past elections," Vesely said. "We want to encourage our children's participation in the political process, but ... it can sometimes be ugly and hurtful."

Shielding children doesn't mean ignoring negativity entirely, however. "Parents should be prepared to talk through what children might hear from other children on the playground or at school," Vesely said.

"Parents can use the election as fodder to hone their children's critical thinking skills"

— Colleen K. Vesely, Ph.D.,
George Mason University.

Much Depended on Delaney's Foot

Westfield defeats Robinson, 29-28.

BY WILL PALENSCAR
CENTRE VIEW

The Bulldogs of Westfield hosted the Robinson Rams in a Conference 5 matchup on Friday, Oct. 14. Robinson came in winning once in their last four games, while Westfield had won two of their last four games. The Bulldogs had not lost consecutive games since 2010 when they lost against Robinson and the following week with Chantilly.

Robinson would strike first in the first quarter when Alex Miller ran in from 1 yard and, after a missed extra point, Robinson was up 6-0.

Westfield would answer nearly halfway through the opening quarter when Ivory

Frimpong took a pass from Rehman Johnson for 70 yards. After a Brian Delaney kick, Westfield took a 7-6 advantage.

Robinson countered with 1:17 to go when Jacquez Stewart ran it in. Following a successful 2 point conversion by Roman Lowery, Robinson held a 14-7 advantage.

In the 2nd quarter Westfield Brian Delaney kicked a field goal to pull Westfield closer 14-10.

In the 3rd quarter Delaney kicked his second field goal, and Westfield trailed 14-13. Robinson would answer once again when Roman Lowery ran in for six more points. After a successful PAT, Robinson led 21-13. Westfield was not finished as Ivory

Frimpong scored his second TD of the game. Following a Delaney PAT, Westfield trailed 21-20.

In the 4th, Robinson's Reid Scarborough rushed in and scored the team's final points, and Robinson now led 28-20 with 8:25 to play in the game. Westfield continued to grind it out. Sean Eckert would take a long reception in for a touchdown with just under two minutes to play in the game. Westfield now trailed 28-26. Robinson knew what was coming — a Westfield onside kick. Westfield is known for kicker Delaney's deep kickoffs, but this time he was asked to do the opposite and that he did. Delaney kicked the ball towards the Westfield sideline which was recovered by Westfield. After a few nice runs and a

Westfield false start, Coach Kyle Simmons was forced to call a timeout to get the correct personnel in the game. Then it came down to Delaney kicking a 45-yard field goal. Just before the ball was snapped Robinson coach Mark Bendorf would try and ice Delaney. Delaney remained on the field during the timeout preparing for the kick. Delaney would not disappoint. After kicking the field goal, Delaney and teammates ran toward the other end zone to congratulate him. Westfield completed the comeback and defeated Robinson 29-28. With the win Westfield improves to (5-2) (2-0), while Robinson falls to (3-4) (1-2). Westfield will face crosstown rival Centreville (6-1) (2-0). Robinson will face Herndon (1-6) (0-2).

SPORTS



Measuring food for the meal packets are (from left) Brian Hesse, 11; Dwane Evans; Janie Hesse, 7; Johannah Evans and Samantha Evans, 7.



Measuring ingredients and sealing the food bags are (from left) Lois Park, Eunsouk Paik and Danny Chung.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Volunteers Gather for Worship and Work

FROM PAGE 5

children. The volunteers measured and weighed each packet of food, then sealed them and packed them into boxes for shipping.

Pouring a cup of rice into a funnel leading to a plastic bag was Stone Middle School eighth-grader Christopher Thoennes. "I'm doing it for service hours for Civics and because it helps people who are in need," he said.

And, added Joe Estabrooks, "It's nice to see

how quickly so much can get done when people are working together."

Meanwhile, at another table nearby, Lois Park and Eunsouk Paik measured the ingredients going into each bag before Danny Chung sealed them. "I've done this before at a previous church," said Chung, associate pastor of the Korean United Methodist Church of Koinonia that meets at CUMC. He's also in charge of his congregation's English ministry.

"This is my fourth or fifth time doing this,"

he said. "It's always good to have a global perspective and be mindful of undernourished people around the world. And, honestly, it's fun for the families participating."

"I'm enjoying it," said Paik. "I'm so happy to be here, especially with the kids. And it's good training, as God's children, to help people share many things, especially food. It's also a good opportunity for kids to see how we can help

SEE VOLUNTEERING, PAGE 11

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Two Things I Worry About

By KENNETH B. LOURIE



For the sake of this column, anyway: should I be hospitalized for more than a passing fancy, how will I be able to maintain my non-Western (50-plus pills, Braggs Apple Cider vinegar, wheat grass, Essential Oil, etc.) alternatives/daily regimen away from home? And secondly, should I be so hospitalized that it makes returning to work WHERE I CO-PAY MY HEALTH INSURANCE PREMIUMS impractical and quite unimaginable — under the presumptive-circumstances-possibly-to-be, said insurance is unlikely to continue/be co-paid for too long, even though I work for an incredibly kind and understanding company, how do I transition to non-work/working-dependent health insurance?

I suppose "Obamacare" is likely the answer but could I afford (since I'd no longer be making my previous income) the premiums which would be higher than my present co-paid premium? If the answer is indeed "Obamacare," is its "openness" seasonal? At certain times? Requiring special circumstances? What if I am accepted but have to change insurers after nearly eight extremely successful (which I define as yours truly still being alive) years and begin anew with who knows what, where and how about me, myself and I? If part of surviving cancer is managing stress, I don't see how that management — so to speak, continues after such a drastic change in my health care/lifestyle?

As for my pills/ "Rebecca routine," what will give (to re-work an old expression) when hospitalized? Based on my previous one-week stay in August 2013, nothing will be given — or asked about. I'm not sure if it wasn't asked about or integrated into my treatment as a matter of hospital policy or simply a reflection of poor planning/non-advocacy on our part? Either way, I stopped taking my pills/doing my things, things that quite frankly have likely contributed to my amazing good fortune to still be alive so many more years longer than my original "13-month to two-year" prognosis suggested I'd be. And how do you think the added stress of not maintaining another routine that's been an integral part of my life going on for nearly eight years post diagnosis would affect my stay/stress should I be forced to extend my time at the hospital?

Perhaps I sound naive in worrying about pills and policies, especially considering that at the moment (although I am currently waiting for CT Scan and brain MRI results from two days ago and have chemotherapy scheduled in two hours), neither scenario is imminent. But that's exactly the concern. If I wait until it's imminent, it might be "too late," as Tommy Heinsohn, aka "Tommy Gun" during his playing days, used to exclaim after made baskets by the Boston Celtics, while doing television broadcasts for them back in the day, starting in the mid-1960s. And the other scenario: one is not exactly forewarned when 'imminent' is; it sort of happens, right? All one can do I think, is anticipate and possibly/dare I say inevitably, investigate and plan accordingly — without being too morbid or morose in the process. Because once I lose my sunny disposition and positive attitude/sense of humor, it's likely that all bets: win, place or show — and presumptions, are off. "Not a sermon, just a thought," to invoke/quote Lon Solomon from McLean Bible Church as heard on local radio here in Washington, D.C.

Because who knows what matters, really? I certainly don't. I only know is what I don't know. And what I don't know is, will any of the likely future changes I've discussed — to quote Curly Howard from the Three Stooges' episode "Some More of Samoa": "kill or cure."

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

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THE CONNECTION NEWSPAPERS

Volunteering

FROM PAGE 9

people, so we need this. Sometimes, we don't know how to do it, but this is one way."

Lois, a sixth-grader at Willow Springs Elementary, said, "It's good knowing that we're helping other people. It's a long process, but it's kind of fun."

Packing the meals into boxes, Kevin Kim agreed, saying, "We're helping out poor people." Nearby, David Yang, with the Korean church, worked with his son Michael, a junior at Centreville High.

"I'm doing quality control for each meal package to make sure nothing's leaking and that each box contains 36 packages," said David Yang. "We're here with our whole family, including my wife Su and younger son Nicholas, 11, a sixth-grader at Colin Powell Elementary. We're doing just a small part. But we want to be involved in the church community and contribute in whatever way we can."

"I enjoy helping out," added his son. "And it felt good doing it, knowing that we're helping others in need. And by us packing these meals, we're helping them get food."

This was CUMC's eighth year of participation in this event, and lead volunteer Bill Wright said things "went really well. Every year we find a few, more details to make this run smoother."

Besides church members, he said, "We also had Boy and Girl Scout troops that took part, plus a group that helped set up the various, packaging stations and offload the Stop Hunger Now truck that arrived at 7 a.m. with the materials, such as the scales and wires for the sealing stations. Our custodial staff set up all the tables [in advance], and volunteers helped take it all down and clean up so the Korean church could meet here in this space, an hour after we were done."

"I think it's wonderful that, on a Sunday morning, we can gather for worship and work," said the Rev. Will Montgomery, CUMC's lead pastor. "Besides putting the meals together, it was a great opportunity for CUMC and the Korean church to join to meet a common need. We had more than 250 people combined."



PHOTO BY BONNIE HOBBS/CENTRE VIEW
Kevin Kim and his dad, Yong Kim, pack the rice-soy meals into a box.

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ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Government Center Farmers Market. Thursdays through Oct. 27, 3-7 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Free. Visit www.fairfaxcounty.gov.

Cox Farms Fall Festival. Through Oct. 31, 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17. Visit www.coxfarms.com for more.

Fields of Fear. Through Nov. 5, 7:30-11 p.m. at Cox Farms, 16521 Braddock Road, Centreville. The friendly Imaginature Trail takes a dark turn for Fields of Fear, transforming into The Forest: Back 40. The Forest has doubled in length for 2016, and now consists of half a mile of fear. The Forest joins two other haunted attractions at Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, entertainment, tasty treats, and Fear Games, including the dark maze, Nyctophobia. Tickets are \$6-17. Visit www.coxfarms.com for more.

White House Ornament Sale. GFWC Western Fairfax County Woman's Club is selling 2016 White House Christmas ornaments. This year's ornament honors our 31st

President, Herbert Hoover. The ornament, inspired by a White House fire on Christmas Eve, 1929, is a fire truck carrying a Christmas tree. Ornaments are \$21. Call 703-378-6841 or 703-378-6216. It is possible to order previous years' ornaments.

Art Guild of Clifton Exhibit. 10 a.m.-8 p.m. at Clifton Wine Shop, 7145 Main St., Clifton. Includes oil paintings of European settings; doors, windows, and flower shops. Free. Call 703-409-0919 for more.

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

Open Rehearsal. Wednesdays, 7:30 p.m. at Lord of Life church, 13421 Twin Lakes Drive, Centreville. The Fairfax Jubil-Aires barbershop chorus invites men of all ages who enjoy singing. Free. Visit www.fairfaxjubilairs.org for more.

WEDNESDAY/OCT. 19

Cancer Awareness Event. 7-10 p.m. at Centreville High School Gymnasium, 6001 Union Mill Road, Clifton. Prior to the game, varsity players will honor loved ones fighting/fought their own cancer battles. Susan Cestare, beloved faculty member who passed away from cancer in June, will also be honored. Tickets are \$5. Call 703-655-1266.

THURSDAY-SUNDAY/OCT. 20-23

Centreville Library Friends Fall Book Sale. 3-8:30 p.m. Thursday, 10 a.m.-6 p.m. Friday, 10 a.m.-5 p.m.

Saturday, 1-3 p.m. Sunday at Centreville Regional Library, 14200 St. Germain Drive, Centreville. Proceeds benefit the library and its patrons. For more information call the library at 703-830-2223 or visit friendsofcentrevillelibrary.blogspot.com.

FRIDAY-SATURDAY/OCT. 21-22

Westfield Theatre Haunted House Carnival. 5-8 p.m. at Westfield High School, 4700 Stonecroft Blvd., Chantilly. Face painting, costume contests and haunted house. Tickets are \$6, \$3 for carnival only. Visit www.westfieldtheatreboosters.com for more.

SATURDAY/OCT. 22

VolunteerFest. A region-wide day of community service helps nonprofits accomplish tasks they would not have time or resources to do on their own. Visit www.volunteerfairfax.org/individuals/volunteerfest.php for more.

Blood and Guts Run. 9:30 a.m. at Bull Regional Park, 7700 Bull Run Drive, Centreville. A zombie-themed 5K. Registration is \$35. Visit www.bloodandgutsrun.com for more.

Saturday at the Park. 10 a.m.-4 p.m. at Manassas National Battlefield Park- Brownsville Picnic Pavilion, 12000 William Centre Blvd., Manassas. Join Park Rangers for hands-on discovery and exploration of the natural resources within the battlefield. Activities include stream studies, bird watching, archaeology dig and more. Free. Visit www.nps.gov.mana for more.

Fall Festival and Trunk or Treat. 11 a.m.-2 p.m. at The Learning Experience, 4150 Pleasant Valley Road, Chantilly. Trunk or treat,

bounce house, cake walk and basket raffle and more. Free. Call 703-378-7391.

Halloween Family Day: Air & Scare. 11 a.m.-5 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. Participate in creepy crafts, spooky science experiments, and other Halloween-themed activities. Arrive in costume to get into the Halloween spirit and enjoy safe indoor trick-or-treating. Free, \$15 parking. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

Chantilly High Haunted House. 1-10 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. Guapos and Jersey Mike's will have food trucks on site. Tickets are \$10. Visit www.CHSHauntedHouse.com for more.

Historic All Hallows Eve. 4 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallows Eve with story telling, fortune telling, fall foods and family gatherings. Visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/OCT. 23

Fall Festival at Deepwood Veterinary Clinic. 12-5 p.m. at Deepwood Veterinary Clinic, 7300 Ordway Road, Centreville. Find games, pet adoption and more. Free. Call 703-631-9133.

Lecture: "Learn to Pray and Heal." 2 p.m. at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Find out how you can "Learn to Pray and Heal" at this talk sponsored by the Christian Science Church. Free. Visit

www.thinkdifferentlyfairfax.com.

TUESDAY-WEDNESDAY/OCT. 25-26

Handbag and Luggage Sale. 8 a.m.-4 p.m. at INOVA Fair Oaks Hospital Auxiliary, 3600 Joseph Siewick Drive, Fairfax. Free. Visit www.inova.org.

WEDNESDAY-SATURDAY/OCT. 26-29

"Peter and the Starcatcher." 7 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. Join the Chantilly Drama Department this fall as they present Rick Elice's play, Peter and the Starcatcher, an adaptation of an imaginative twist on a well-known story (Peter Pan). Tickets are \$12. Visit www.chantillyhsdrama.com.

FRIDAY-SUNDAY/OCT. 28-30

Chantilly Library Used Book Sale. 10 a.m.-6 p.m. on Friday, 10 a.m.-5 p.m. on Saturday and 1-4 p.m. on Sunday at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Gently used books, DVDs, CDs and audio books for children and adults. Sponsored by the Friends of the Chantilly Regional Library. Free to attend. Call the library at 703-502-3883 or visit www.fairfaxcounty.gov/library/events.

SATURDAY/OCT. 29

CBC Fall Festival. 11 a.m.-3 p.m. at Chantilly Baptist Church, 14312 Chantilly Baptist Lane, Chantilly. Free give away of clothing, household items and toys. A free car show, health education and screenings, food, games, and activities for the entire family. Free. Visit www.chantillybaptist.org.

Clifton Haunted Trail. 7-10 p.m. at Chapel Road, Clifton. This annual event winds through Clifton's 8 Acre Park. Admission is \$15 for adults and \$10 for children 12 and under. Visit cliftonhauntedtrail.com.

SUNDAY/OCT. 30

Dancing With My Baby. 10:30-11 a.m. at NOVA Natural Birth Center, 4200a Technology Court, Chantilly. Connect through movement, dance, yoga, and the expressive arts as you and your family share in learning simple dance routines to music, practice yoga poses, relax, and create art. Admission is on "pay what you can" basis. Visit briggittawhite.com/dancingwithmybaby for more.

WEDNESDAY/NOV. 2

Civil War Forum. 7:30 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Preservationist and former Topographer, Ed Wenzel, will discuss his recent book, "Chronology of the Civil War in Fairfax County, Part I." Free. Visit www.fairfax-station.org.

FRIDAY-TUESDAY/NOV. 4-8

Cox Farms Fall Festival. 10 a.m.-6 p.m. at 16521 Braddock Road, Centreville. The Fall Festival features hayrides, giant slides, rope swings, the Cornundrum Cornfield adventure, the Imaginature Trail, and all sorts of farm animals and their babies. Tickets are \$6-17. Visit www.coxfarms.com for more.

SATURDAY/NOV. 5

15th Anniversary HomeAid Northern Virginia Gala & Auction. 6:30-8 p.m. at Westfield Marriott Washington Dulles Hotel, 14750 Conference Center Drive, Chantilly. HomeAid Northern Virginia celebrates its 15th Anniversary. Tickets are \$200. Visit www.homeaidnova.org for more.

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Centreville United
Methodist Church

Making Disciples of Jesus Christ,
We Worship, Grow and Serve Together

Sunday Worship
Services

Traditional:

8:15 AM

9:30 AM

11:00 AM

Contemporary:

11:02 AM

Nursery, Children, Youth
and Adult Sunday School

at 9:30 and 11:00 AM



Worshiping God - Serving Others

6400 Old Centreville Road, Centreville VA 20121

www.Centreville-UMC.org ~ 703-830-2684

Corner of New Braddock and Route 28

Christian Preschool for ages 2 1/2 to 6 years old: 571-522-1875