

Centreville ♦ Little Rocky Run CENTRE VIEW

CONNECTION FAMILIES

PAGE 12

OCTOBER 26 - NOVEMBER 1, 2016

25 CENTS NEWSSTAND PRICE

J.D. Boker, 2-1/2, has
a great time exploring
a fire engine during
Station 17's open house.

Quenching 'Fires,' Saving 'Kittens'

NEWS, PAGE 3

Wigging Out At Union Mill

NEWS, PAGE 3

Having Adventures, Finding a Family

NEWS, PAGE 4

VOTE TUESDAY, NOV. 8!

CONGRESSWOMAN

BARBARA COMSTOCK

A LIFETIME OF SERVICE IN THE 10TH DISTRICT

For 35 years, Barbara Comstock has lived, worked, raised a family, started a business and served as both Delegate and Congresswoman in the 10th District. Whether it was her work as a senior Justice Department official, a small businesswoman, a Mom at home, a senior aide and counsel in Congress, a Member of the House of Delegates or now as our Congresswoman, Barbara knows the challenges facing the 10th District because she has lived them with us and fought for us to get results on our priorities.

SHE GETS RESULTS

- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
- › A 5 year Transportation Bill, signed into law, which will help relieve traffic congestion, provide more transportation funds, and make Metro safer and more accountable.
- › A \$600 billion tax relief package, signed into law, for families, small businesses and our technology and defense businesses.
- › Increased defense and cyber funding to protect us from terrorism.
- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

**"I ask for your vote on
Tuesday, November 8th.**

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

Barbara Comstock

703.731.4466 / info@barbaracomstockforcongress.com / www.BarbaraComstockForCongress.com

Paid for by Comstock for Congress



Quenching 'Fires,' Saving 'Kittens'

Children enjoy Oct. 15 open house at Fire Station 17 in Centreville.



Conner Gates, 4, aims a firehose at a pretend fire with help from recruit firefighter Sean Smith, while firefighter Phil Sica looks on.



Also shooting water at a pretend fire is 10-year-old Addison Pipes.



Jett Chow, 2-1/2, wears his new fire hat.



Ellie Freeman, 3-1/2, climbs down a ladder after rescuing a toy kitten from a tree.

PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Wigging Out at Union Mill Teachers, staff wear colorful hair in support of Melissa Kees.

BY BONNIE HOBBS
CENTRE VIEW

Sure, teachers at Union Mill Elementary wear candy-colored wigs on Fridays. But that doesn't mean they're not serious about educating their students — it shows they're standing by a colleague.

That colleague is fourth-grade teacher Melissa Kees, now in her fifth year at the school. "I love Union Mill and I wanted to teach at the same school where my kids went," she said. "They're now fourth- and sixth-graders there."

All was fine for Kees until last winter, when she discovered an enlarged lymph node on the left side of her neck. She didn't go to the doctor until June; and the first week of July, she was diagnosed with Hodgkin's Lymphoma.

"I was shocked because I

never go to the doctor and wasn't expecting it," she said. "I'm 41, and it usually affects people in their 20s and 60s, so it was surprising. And I have no family history of it. But they said it responds well to treatment and I should have a good outcome."

Meanwhile, Kees has a long road until then. She began chemotherapy in August and, after her third round, her blonde hair fell out shortly after school began in September. It had begun slowly and, said Kees, "I'd told my [teaching] team that, if it kept falling out, I'd just shave it all and wear a wig to school. And teacher Michelle LaBarbera asked if they could wear wigs, too."

Kees's father lives in Las Vegas and knew the treatment would probably make her lose her hair. So, she said, "He thought it would be fun to send me some showgirl

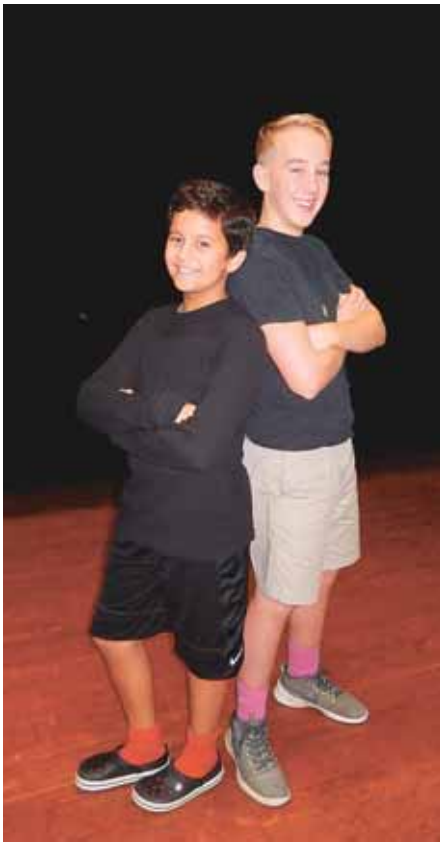
SEE WIGGING OUT, PAGE 8



Union Mill Elementary teachers and staff members wear colorful wigs to show their support for teacher Melissa Kees (front row, in white shirt).

PHOTO COURTESY OF MAURA QUINN

Having Adventures, Finding a Family



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

From left are narrator Will Mosier and Noah Tajudeen, who plays the title role.

Alliance Theatre presents “James and the Giant Peach Jr.”

BY BONNIE HOBBS
CENTRE VIEW

When 10-year-old James loses his parents, he has to live with his two mean aunts. But things get better when he discovers a magic potion that grows a gigantic peach. James then befriends a collection of singing insects that ride the peach on an adventurous journey across the ocean.

That’s the premise of author Roald Dahl’s “James and the Giant Peach Jr.,” Alliance Theatre’s upcoming musical about courage and self-discovery. Featuring a cast and crew of 35, it’ll be presented Nov. 5-20, at Mountain View High in Centreville.

All the actors are in grades three through 12, and Director Maggie Swan says they’re all talented thespians, singers and dancers. “Those playing insects even had to study the insects they’re portraying and put their characteristics into their roles,” she said. “For example, the worm doesn’t like to be touched and the grasshopper makes a clicking noise, even though their characters have human attributes.”

“We’re using costume pieces and hats,

To Go

Show times are: Nov. 5, 6, 12, 13, 19, 20 at 2 p.m., and Nov. 18 at 7:30 p.m., at Mountain View High School, 5775 Spindle Lane (off Braddock Road) in Centreville. For ticket prices and other information, go to www.thealliancetheatre.org.

more than makeup, to show who they are,” she continued. “So the grasshopper wears a green tuxedo and the ladybug wears a pillbox hat. The characters are so cute and fun that everyone will love them.”

A magical narrator will help tell the story and make things happen. And, said Swan, “The set’s going to be really cool. It was designed by D. Scott Graham and built by the crew and parents, and Leslie Ross is painting it. There’ll be a huge peach that’s really a jungle gym with different levels. And it’ll be like looking inside a peach.”

Swan said the audience will like “all the quirky characters, plus the story about how James finds a whole, new life and family in some unusual ways. People of all ages will be able to relate to this show.”

Portraying James is Noah Tajudeen, 11. “He’s very lonely, but naïve,” said Noah. “He’s curious about things, but also sentimental because his parents passed away without saying goodbye to him. But as the story progresses, he gets more adventurous and confident and makes lots of new friends.”

Noah likes his role because, he said, “In real life, I can be loud and rambunctious, but James is shyer. He has a lot of growth in this story and goes through many changes, including heartbreak, which I find interesting to play and explore. And it’s exciting having the lead role — that’s pretty cool.”

His favorite song is “On Your Way Home,” which he sings at the beginning. “James is wanting to go home and wishing his parents were still alive,” said Noah. “He’s sad because he doesn’t have any family and wants someone to love him.” Overall, though, he said, “This show is so incredibly funny and all the characters each have hilarious lines that will make the audience

laugh. It also has a sweet message that family and love are the most important things.”

High-schooler Noelle Buice plays a ladybug. “She’s very maternal, sweet and loving and turns the group of insects into a family,” said Buice. “She also steps in to become James’s ‘mother’ after his parents die.”

Buice loves her character because, she said, “I’m always looking out for my own friends. And she’s so kind and considerate of everyone, and helps settle conflicts, that I feel like I can relate to her. She also wants everything perfect and in order; otherwise, she gets anxious.”

She says audiences “will love the show’s whimsy. It’s funny, but with an underlying message of caring and acceptance and that everyone can find their true family.”

Portraying James’s Aunt Spiker is high-schooler Dayna Balough. “She’s a really nasty person,” said Balough. “She thinks very highly of herself and only takes James in so he can do all the chores for her. His other aunt, Sponge, lives with them, and both aunts try to get him involved in pickpocketing with them.”

It’s Balough’s first time playing a villain and she’s having a great time. “You can be as mean as you want onstage,” she said. “And I get to shriek and make random noises.” She said the audience will like “going on this great adventure with James, as well as the variety of the characters’ different personalities. And the music is lively and upbeat, with some sad songs, too.”

Franklin Middle seventh-grader Tim Gustafson plays several characters in the ensemble — James’s father, a police officer, a seagull, a New Yorker and Buzz, a Hollywood agent. “Buzz is demanding, full of himself and likes to get things done,” said Tim. “I have fun playing him.”

Tim likes the number, “Property of Spiker and Sponge,” sung by the aunts, vagrants and the police. “It’s a catchy song that you can sing for days,” he said. All in all, said Tim, “People will like the show’s creative costumes and energetic songs. And they’re going to love the story — it’s amazing.”



The cast of Alliance Theatre’s “James and the Giant Peach Jr.”

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Christopher Annunziata, MD & David Novak, MD
Tuesday, November 15, 6:30 – 7:30 p.m.
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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.

SOBER-RIDE FOR HALLOWEEN

Free Cab Rides. Saturday, Oct. 29, 10 p.m. through Sunday, Oct. 30, 6 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

ROTARY CLUB

Chantilly/Centreville Rotary Club, 11:45 a.m.-12:45 p.m. every Tuesday at Eggspectation Restaurant, 5009 Westone Plaza, Chantilly. Join the men and women of the Rotary Club for their weekly luncheon meeting and meal. Rotary is a service club actively involved in the community. Email Charles@keenerinsurance.com to join the group as their guest.

THROUGH NOVEMBER

Aqua Exercise Flex Passes will be on sale throughout the month of November at Fairfax County Park Authority RECenters and online. Pass holders can use the flex passes to attend any water exercise class, space permitting, at the county's nine RECenters. The Park Authority is offering a 10 percent discount on the



PHOTO CONTRIBUTED

Donating Care Bags

The Lane's Mill Daughters of the American Revolution Chapter provided the residents of Katherine K. Hanley Family Shelter/Kate's Place with Care Bags. "We truly appreciate donation of Care Bags to the residents of Katherine K. Hanley Family Shelter. They are given to the families upon their arrival at the shelter. The Care Bags had all the necessary supplies and toiletries and were so nicely packed in the cutest tote bags. We thank the Lane's Mill Chapter for their support. It means so much to us and the families that we serve," said Brian Ricks, director of Programs and Services (Region IV). With Ricks, above, is Lane's Mill Chapter member Valerie Sink.

purchase of a 20-visit pass and a 15 percent discount on a 30-visit pass. The passes are valid for four months from the date of purchase.

FRIDAY/NOV. 4

Canned Food Drive. 7 p.m. at Chantilly High School, 4201 Stringfellow Road, Chantilly. Chantilly High School is holding their annual "Best Fans Bring the Most Cans" Food Drive competition against Westfield High School during the

varsity football game. Community members are asked to donate canned food. The fans with the most cans by weight will win and be announced during halftime. Food will be donated to Western Fairfax Christian Ministries Food Pantry and will directly benefit members of the community. Email janineapalmer@gmail.com for more.

SEE BULLETIN, PAGE 7

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OPINION

Bulova: Vote Yes

A legally binding commitment that 70 percent would go to the Fairfax County Public Schools.

BY SHARON BULOVA
CHAIRMAN, BOARD OF SUPERVISOR

I was elected chairman in 2009, just as the Great Recession settled over this country like a stubborn storm cloud. The market value of property in Fairfax County plummeted, resulting in historic reductions in both residential and commercial tax revenues. At the same time, more people than ever turned to the county for assistance. Former County Executive Tony Griffin's prediction, in the throes of the Recession years, that "this will be our new normal" has proven prescient.

Recovery from the recession has been sluggish, exacerbated by the effects of sequestration and cutbacks in our commercial sector's bread and butter, federal contracting. To maintain fiscal equilibrium; real estate tax rates were raised, hundreds of millions of dollars were eliminated from the budget, salaries were frozen and reductions-in-force require our workforce to do more with less. County cost-cutting measures that were accepted as necessary when the Recession first materialized eventually have caused some "fraying around the edges," per The Washington Post, (April 2, 2016). I am providing this backdrop to lend some context to our board's decision to put the question of a meals tax to the voters.

In Virginia, towns and cities are allowed a greater array of revenue tools, including the right to adopt a meals tax. Most cities and towns within and around us have a meals tax: Alexandria, Arlington, Herndon, Vienna, Falls Church, Fairfax City, Leesburg, and Manassas. Counties on the other hand must rely primarily (almost 80 percent of our budget) on real estate and property taxes to provide local services. Other revenues are capped or controlled by the state.

Counties in Virginia (which were rural farmland when early tax authorities were allocated) are only able to implement a meals tax following a successful voter referendum. This question will be put to Fairfax County voters on Nov. 8.

If the referendum is successful,

and a 4 percent tax on restaurant meals and prepared foods is adopted, it would raise almost \$100 million, equivalent to over 4 cents on the Real Estate tax rate. The language on the ballot question becomes law and revenue from the meals tax must be used per the ballot language.

If authorized by the voters, the Board of Supervisors would hold a public hearing to adopt an ordinance defining specifics of the tax. Already we have made the legally binding commitment that 70 percent would go to the Fairfax County Public Schools. The School Board has committed that its share, estimated to be about \$70 million in new funding, would be used primarily to address teachers' salaries, which have lagged behind those in neighboring jurisdictions. Fairfax County today is spending \$800 less per pupil than in 2008.

The remaining 30 percent would go toward other county needs, including public safety, parks, libraries, and mental health. The meals tax is intended to diversify and enhance county revenue — to supplement and not supplant — support for school and county services.

While our county continues to work hard to identify efficiencies and to stimulate our commercial tax base, we are also hoping to diversify the local revenue available to provide the quality services our residents value and rely upon — top notch schools, safe communities, and compassionate human services. I am proud to lead Fairfax County, one of the best-managed, safest and well-educated jurisdictions in the country. Residents love Fairfax because of our great schools and because we are a safe and welcoming community. Maintaining that quality is a top priority for the Board of Supervisors and our partners on the School Board. It isn't, however, a simple or easy job given constraints under state law.

I hope you will vote "yes" on the meals tax referendum on Nov. 8.

Reject the Meals Tax

"A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering."

BY TOM DAVIS
FORMER U.S. REPRESENTATIVE

On Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting "no" on the proposed Meals Tax. A "no" vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board's intentions are to use the new revenue for teacher pay hikes even though no such requirement exists.

Voters shouldn't buy the argument, and they shouldn't approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example, is their recent release of an RFP to identify a community convener to "study" and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a new tax on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it's also troubling because it confirms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they're back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board's spending proclivities. I am voting no.

It's important that voters reject this, join me in voting "no" on the Meals Tax.

Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.

Write

Centre View welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:
Letters to the Editor, Centre View
1606 King St. ♦ Alexandria VA 22314
Call 703-778-9415 or email centreview@connectionnewspapers.com

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BULLETIN BOARD

FROM PAGE 5

THROUGH NOV. 4

Food Drive. At Sheehy Infiniti of Chantilly, 4145 Auto Park Circle, Chantilly. Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive to benefit Feeding America.

SATURDAY/NOV. 5

Free Water Workouts. 2-5 p.m. at all nine Fairfax County RECenters. The Fairfax County Park Authority is hosting Aquathon 2016 events. This free program for teens and adults allows participants to sample the wide variety of water exercise classes available at the RECenters. Visit www.fairfaxcounty.gov/parks or call 703-324-8662.

THURSDAY/NOV. 10

Registration Open House. 9:30-11:30 a.m. at Clifton Children's Academy, 14315 Compton Road, Centreville. Bring your child and come take a tour of the campus. Clifton Children's Academy will be holding registration for spring and fall 2017. Call 703-968-8455.

WEDNESDAY/NOV. 16

Registration Open House. 9:30-11:30 a.m. at Clifton Children's Academy, 14315 Compton Road, Centreville. Bring your child and come take a tour of the campus. Clifton Children's Academy will be holding registration for spring and fall 2017. Call 703-968-8455.

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NEWS



PHOTO COURTESY OF MAURA QUINN

Melissa Kees's son Mason (in middle, underneath all the arms) and his fourth-grade class wear "Kees Strong" #StandUpToCancer bracelets in honor of his mom's cancer battle. All Union Mill fourth-grade students and teachers are wearing them.

Wigging Out at Union Mill

FROM PAGE 3

wigs." So the night she lost her own hair, she texted her team that they'd all wear the wigs at school, the next day, Sept. 9, and they did. But that was just the start.

"Since then, some of the staff has decided it'll be Fun Wig Friday each week," said Kees. "A large portion of them purchased wigs to wear, and my dad sent more, too." Because she has to undergo chemo for six months total, she won't finish until the first week of January. So until then, Union Mill will be an extra-colorful place.

"The school administration and staff, and the community, have been incredibly supportive," said Kees. "If I have to be gone, we have the same substitute

who can step in immediately. I have chemo every other Thursday; so I leave school at lunch and come back on Monday, and it gives me time to recover. I feel more tired and have less energy afterward, but I feel more like myself before each treatment."

Furthermore, she said, "My students have been amazing. Every day, someone brings me in cookies, cupcakes or homemade cards. Or they'll give me drawings of a purple ribbon, because violet is the Hodgkin's Lymphoma color. I'm overwhelmed by the love and support that's been there for me from the entire school and neighborhood community."

"I'm incredibly grateful and thankful for all of it," continued Kees. "And on those days when I'm feeling down or sorry for myself, it gives me my strength — and I know I have help, if or when I need it."

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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. 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.

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 for more.

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. 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 for more.

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 brigittawhite.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/NOV. 4

Author Event. 7:30 p.m. at the Fairfax County Government Center's Board Auditorium, 12000 Government Center Parkway, Fairfax. Brandon Mull is the author of the bestselling Fablehaven, Beyonders and Five Kingdoms series as well as titles in the Spirit Animals series. Books available for sale and signing. Cosponsored by the Friends of the Pohick Regional Library and the Friends of the Richard Byrd Library. Ages 7 to adult. Sign up at 703-324-8428.

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

Halloween Happenings

SOBER-RIDE FOR HALLOWEEN

Free Cab Rides. Saturday, Oct. 29, 10 p.m. through Sunday, Oct. 30, 6 a.m. Area residents, 21 and older, celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and receive a free (up to a \$30 fare) safe way home. AT&T wireless customers can dial #WRAP for the same service. Visit www.soberride.com.

SUNDAY/OCT. 30

Fall Festival and Trunk or Treat 4:30-6:30 p.m., at Centreville United Methodist Church, 6400 Old Centreville Road, Centreville. Children of all ages are invited to the event that includes food, games, a bounce house, costume parade and creatively decorated trunks with lots of treats. Admission is free. Visit centreville-umc.org for more.

MONDAY/OCT. 31

29th Annual Mall-O-Ween, 5:30-7:30 p.m. at Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. Fair Oaks Mall is having an indoor Halloween event, where children can visit "spooktacular" experiments in the shopping center's Grand Court as well as visit multiple candy and face-painting stations. The public is welcome to attend this free, family-friendly event and costumes are encouraged. Visit www.shopfairoaksmall.com.

www.coxfarms.com for more.

Anniversary. Tickets are \$200. Visit www.homeaidnova.org for more.

SATURDAY/NOV. 5

Civil War Soldier Campfire. 5:30 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In 1861 and 1862, Confederate soldiers camped at Walney Farm, and the property was overrun by Union soldiers after the Second Battle of Manassas. Join a reenactor and settle in for a Civil War Soldier Campfire. Practice drilling and see a musket-firing demonstration. Try some hardtack that soldiers commonly ate, followed by s'mores. Tickets are \$10. Visit www.fairfaxcounty.gov/parks/ eclawrence or call 703-631-0013.

15th Anniversary HomeAid Northern Virginia Gala & Auction. 6:30-8 p.m. at Westfields Marriott Washington Dulles Hotel, 14750 Conference Center Drive, Chantilly. HomeAid Northern Virginia celebrates its 15th

SATURDAY-SUNDAY/NOV. 5-6

Cox Farms Pumpkin Madness. 10 a.m.-5 p.m. at 16521 Braddock Road, Centreville. Bring an old Jack-O-Lantern and destroy it by using the high drop, squisher, smasher, or stomping ground. Tickets are \$6-17. Visit www.coxfarms.com for more.

Mini Maker Faire. 11 a.m.-5 p.m. at Barnes & Noble, 12193 Fair Lakes Promenade Drive, Fairfax. A wide range of events for every age, ability and interest. Weekend-long celebration will feature coding and programming, 3D drawing, exploration of mechanical builds, motorized enhanced mechanisms, augmented and virtual reality, and Flint Hill School students will demonstrate some of the team's current project. Free. Call 703-278-0300 for more.



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Two Much



By KENNETH B. LOURIE

Having just been there and done that, I have to tell you, it was a gruesome week. Although I'm fine now (I know, it's a relative description), this past week, I was not. And what specifically I am referring to is, the odd confluence of two recurring elements of my cancer existence: a CT Scan and a chemotherapy infusion. Not at the same time, of course, but at the same place and for the same reason: being an active cancer patient.

The CT Scan (scheduled quarterly), though not a difficult, invasive or time-consuming procedure doesn't generally result in an immediate interpretation/assessment from my oncologist/radiologist. Quite the contrary. Typically, I wait up to a week for results (as I've occasionally written about in the past). Certainly not ideal, but over time (seven-plus years) and hill and dale, I've been able to assimilate the wait into my life and go on about my business, semi-normally; it's been more difficult for my wife, Dina, however, to do so. Nevertheless, with respect to the CT then, the waiting is the hardest part. Its all psychological/emotional. There are no physical side effects, the side effects are all mental: fear, loathing, anxiety, stress, among many similarly impactful affects. It's not all bad, but it is all-consuming. I'm really only ever sure how I'm doing cancer-wise, when I receive my results, since rarely have I been symptomatic.

On the other hand, the chemotherapy infusion, which presently alternates/occurs every four/five weeks, does not — for me — generally, have any psychological/emotional side effects. It is what it is, and whatever it was or will be, I'm way past having any anxiety or stress about the process or the reasons for it. However, there are/I do experience physical side effects (which unfortunately do weaken my emotional resolve): fatigue, lethargy and most significantly, eating challenges which keep me from eating "normally" for up to a week. This lack of food/comfort, results in a lack of energy, lack of interest/motivation, messed up sleeping pattern and a fragile emotional state. I derive no pleasure from eating and my overall mood reflects that very necessary element — for me. As a result, I'm miserable.

In and of themselves, this post-CT-Scan-waiting and post-chemotherapy-infusion-not-eating are difficult, but manageable. However, having them occur during the same week — which had never happened before, was not exactly like being between a rock and a hard place but rather like being under a rock and in a hard place. Not only was there a wait and a weight, there was the inescapability of it to consider. I had no place to go emotionally/psychologically. Aside from there being no rest for this weary stage IV lung cancer patient, there was no respite or reprieve, either. I couldn't stop myself from going down, so down I went.

And there was nothing I could do to stop it, although there was everything still needing to be started. But all I could do was sit tight (literally), and sure enough, as is the pattern, about six or so days later on the Thursday afternoon following the preceding Friday infusion and the Wednesday CT Scan, I received an email from oncologist with the news "CT looked good. Brain MRI clear." "Great news," as I replied, "with which I can live." Coinciding as well as it usually does, with the eating fog beginning to lift and the transitioning from not eating to eating a bit to eating normally beginning to occur.

It was a bad week to be sure. Not only was I whipsawed, I was undercut, too. I had nothing to hang onto, not even my hat. I just had to endure and try to remind myself what my Auntie Irene so often said: "This too shall pass." And as of Saturday night at 1:53 a.m., as I sit and write this column, it mostly has. Thank God!

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

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SPORTS



PHOTOS BY WILL PALENSCAR/CENTRE VIEW

Centreville RB Julian Garrett #4 tries to push off a Westfield defender.

Westfield, Centreville 35-0

BY WILL PALENSCAR
CENTRE VIEW

On Friday, Oct. 21, one of the best rivalries in the region was played. A total of five state championships in football have been earned at Centreville and Westfield since 2000, Centreville in 2000 and 2013, Westfield in 2003, 2005 and 2015. Since 2011, Centreville or Westfield has been in four of the five state championship games.

Westfield came into the game after a thriller with Robinson when Brian Delaney kicked a FG with three seconds left to give the Bulldogs a 29-28 victory. Centreville came in with a dominant performance over Herndon, 49-17. Young and old packed Francis L. Dall Sports Complex in Chantilly despite rain being forecast. Many of the kids on these teams played youth sports together in SYA or CYA.

Westfield was happy to have Joey Free, Kevin Petrillo on defense and Jean Marc-Tsetou back after injuries had held the three out of recent games.

Coach Chris Haddock from Centreville reported that Lamar Horner had an ankle injury and Dylan Cooper had a knee injury.

After a scoreless 1st quarter, Westfield capitalized with 9:01 remaining in the quarter when Nolan Cockrill rushed in from 1 yard out.

Later in the 2nd quarter Sean Eckert exploded for a long TD reception only to have it nullified because of a Westfield penalty. Two plays later, Westfield called the same play and Eckert took Rehman Johnson's pass 66 yards to the end zone with 3:13 to go in the 2nd quarter. Coach Kyle Simmons saw Centreville left the same personnel in as the negated touchdown, so he called Eckert's number again. Westfield went into half up 14-0.

In the 3rd quarter, Westfield capitalized three more times. Eckert would score his

second touchdown of the game with a 35-yarder. Teammate Ivory Frimpong then took another Johnson pass 31 yards for the Bulldogs with 5:29 in the 3rd quarter. Johnson would connect on 7 of his 13 passes for 163 yards and 3 TDs. Eugene Asante, would rush in from 7 yards out with 3:01 left in the 3rd quarter.

Neither team would score in the 4th quarter. Westfield would defeat # 14 Centreville 35-0. Centreville had not been shutout since a game at Robinson in 2011, 27-0. Westfield coach Kyle Simmons told his players after the game, "Winning is a great deodorant. It covers up what stinks. Don't let winning make you ignore the things you need to get better at.

Westfield's Sean Eckert caught four passes for 107 yards and 2 TDs. Eugene Asante carried the ball nine times for 40 yards and a TD. Centreville averaged less than 4.5 yards a carry on 39 carries and was led by Mark Brown, who rushed for 54 yards.

Westfield improves to (6-2) (3-0), and will play Herndon (1-7)(0-3) on Friday. Centreville falls to (6-2) (2-1) and will host Chantilly (4-4) (2-1) on Friday.



Westfield's Nicholas DiVecchia #19 holds onto Centreville's Isaiah Culver #3.

CONNECTION FAMILIES

Teaching Gratitude and Charitable Giving

Experts offer suggestions for instilling these practices in children.

BY MARILYN CAMPBELL
CENTRE VIEW

As the holiday season approaches, many begin to think about expressing thankfulness and giving to those who are less fortunate. Teaching gratitude and establishing a sense of charity in children also becomes a priority for many parents.

Those lessons should begin long before it's time to put the turkey in the oven or trim the tree, however. Experts say practicing gratitude and demonstrating charitable giving year-round in age-appropriate ways are keys to raising compassionate children.

In fact, regular conversations between parents and children about charitable giving and gratitude increase the chances that youngsters will be willing to give to charity, according to a recent study. Research from the Women's Philanthropy Institute at Indiana University's Lilly Family School of Philanthropy showed that children whose parents spoke to them



PHOTO COURTESY OF INTERFAITH WORKS

Local charities such as Interfaith Works offer families a variety of opportunities for benevolence this holiday season.

about the importance of giving to those in need were 20 percent more likely to give than those who parents did have such conversations.

"The conversations don't need to

be formal or contrived," said Marcia Rosen, a marriage and family therapist in Bethesda, Md. "They can be as simple as sharing an experience about helping a friend who might need help run-

ning an errand, so we change our plans so that we can give the gift of our time to a friend. There are plenty of examples all around us everyday."

"The ability to empathize and take another's perspective increases as a child gets older and less egocentric," said Dr. Linda Gulyn, a professor of psychology at Marymount University in Arlington. "For example, make a thank you note to grandma for the birthday gift. With little kids, there might be a positive consequence for writing a note, for example [saying] 'After you write the note, we can watch the video.' As kids get older, have them take Grandma's perspective: 'You know how it feels to be appreciated, don't you?'"

Encourage children to find their own ways to express gratitude and give charitably. "For example, when thanking their soccer coach for helping them all season, have them come up with ways to thank him, even if it's clumsy or kid-like," said Gulyn. "[Parents] often do it for them. For example, parents

take up a collection of money from other parents and then they buy and present a fancy gift to the coach, and the kids are not that involved."

"Gratitude often relates to expectations and entitlements," said Amy L. Best, chair of the Department of Sociology and Anthropology, George Mason University. "It is important that young people develop some sense of entitlement. They are entitled to dignity and have rights of care. Without a sense of entitlement, claims to care, recognition, justice and dignity are more difficult to articulate. But too much entitlement can elevate expectations to too a high a level so that disappointment prevails and gratitude is difficult to muster."

Children must learn to be in the moment to take those chances, however. "Dwelling too much in the past, through endless rumination for instance, or always looking to the future undermines our ability to just be, to soak in and soak up a moment," said Best. "Consideration of past, present and future should be in healthy balance. Young people are often pressured to focus on the future, and some feel a sense of hopelessness toward the future. Both make it difficult to be in the moment."

"Cultivating mindfulness of self and your connection to others and the world is important," she added. "It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude. Too much ambivalence toward others, or too focused on the self, makes it difficult to cultivate a disposition of gratitude."

Local charities offer a variety of options for families interested in giving this holiday season and throughout the year. Interfaith Works, a Montgomery County, Md. nonprofit organization with a goal of meeting the needs of the poor and homeless, holds annual drives for coat and cold-weather gear including mittens, scarves and hats. The organization is opening a new women's homeless shelter and is in need of supplies. "We need things like sheets, blankets and pillows to make the women feel at home and welcomed when they move into their new residence," said Charlotte Garvey of Interfaith Works "So families can shop online for the ladies."

For more information, visit www.iworksmc.org.

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