

Centreville ♦ Little Rocky Run

CENTRE VIEW

NOVEMBER 23-29, 2016

25 CENTS NEWSSTAND PRICE

Students at Stone Middle School making this year's gift-wish ornaments for Our Neighbor's Child.

Helping Local Families

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CUMC Mission Work
Helps the Community

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Thinking Beyond Serving Meals

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PHOTO COURTESY OF KELLY LAVIN

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.

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 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.

NOV. 21-DEC. 9

Sheehy Cares Toy Collection. At Sheehy Infiniti of Chantilly, 4145 Auto Park Circle, Chantilly. Collection of new, unwrapped toys as part of the company's annual Sheehy Cares Toy Collection to benefit the U.S. Marine Corps Reserve Toys for Tots Program.

NOV. 28

INNOVA Fitness Session. at Inova HealthSource, 2700 Prosperity Ave., Suite 100. Registration is open for the next Inova Fitness class sessions, take advantage and stay healthy through the holidays. inova.org/creg 703 698 2441

TUESDAY/NOV. 29

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 for more.

FRIDAY/DEC. 2

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 for more.

SATURDAY/DEC. 3

St. Andrew Lutheran Church Craft Fair & Bazaar Crafters needed. Bazaar will be at St. Andrew, 14640 Soucy Place, For more information on how to participate, call 703-830-2768 or go to www.saintandrewlc.org.

THURSDAY/DEC. 8

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 for more.

ELECTRONICS RECYCLING

Residents Can "E-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm for more.

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 at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

Cell Phones for Soldiers is accepting donations of old cellphones so that troops can call home. Patrons may drop off donations at 14215E Centreville Square, Centreville.

SUPPORT GROUP

Support Groups. Jubilee Christian Center of Fairfax is having its "Living Free" support groups for the spring on Wednesdays, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom,"

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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

Worshipping God - Serving Others

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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



The Church of the Ascension
(703) 830-3176 www.ascension-acc.org

Centreville Baptist Church
(703) 830-3333 www.cbcva.org

**Centreville United
Methodist Church**
(703) 830-2684 www.Centreville-UMC.org

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Sundays at 8:00, 9:15 & 10:45 am

15100 Lee Highway, Centreville, VA 20120
703-830-3333 www.cbcva.org

Helping Local Families During Holidays

Our Neighbor's Child provides toys and clothing.

BY BONNIE HOBBS
CENTRE VIEW

When Centreville's Kelly Lavin and some friends got together in 1991 to provide Christmas gifts for some families in need in their community, they did so for 15 children. Fast forward to now, and that number has grown to 1,876 children.

Good thing that Lavin founded a whole organization to serve them. Now in its 25th year, Our Neighbor's Child (ONC) makes sure that financially struggling, local families receive new toys and clothes for the holidays. Each child under 12 also receives a brand-new book, and every recipient family is given two dozen, home-baked cookies made by the local high schools.

But this grassroots nonprofit can't do it without help from the community. "We're still processing the last batch of referrals from the school counselors and social workers, and we already have 799 families on our list," said Lavin. "And we just got in new families from Centre Ridge Elementary and Centreville High that haven't yet been counted."

And in this time of Thanksgiving, instead of complaining about the huge task facing ONC, she's thankful for all those who help



PHOTO BY BONNIE HOBBS/CENTRE VIEW

From left are Nicole Rogers, Kelly Lavin and John O'Neill at the Our Neighbor's Child booth at Centreville Day.

make the organization's efforts possible. For example, she said, "I'm really grateful for all the school counselors and social workers who give of their time to make these referrals. They know which families need help, but that's just the beginning."

"They have to input all the data — each family's name, the sex and ages of the children, their address and phone number, the gift wish list, etc," continued Lavin. "And the more referrals they have, the more work

they have to do — and I appreciate it."

And besides Lavin, herself, there's a core group of five other people who work full-time for ONC from September through December. One of them is John O'Neill, who develops software enabling ONC to prevent duplication of services between it and other nonprofits. "We could not serve the numbers of families we do, otherwise," said Lavin. "And we couldn't deliver gifts to 800 families in three hours without the software

system he designed for us."

Another is Nicole Rogers, who Lavin calls an unsung hero. "She's quiet, dedicated and will do whatever it takes to get every child served," said Lavin. "She's our database manager who uses the software — and it's a huge job. People constantly give us new phone numbers or become homeless and get new addresses. So Nicole's continually dealing with these changes."

Rogers is also available at ONC's warehouse to answer volunteers' questions. And she coordinates with Genesys of Chantilly, an automated-dialing company, which calls the hundreds of recipient families to tell them when their gifts will be delivered. And, added Lavin, "If, for example, we had a blizzard on delivery day, all those families would have to be called again; we couldn't do it without them."

She said Denise McNerney is also invaluable. The gift-partner manager, McNerney reaches out to all the businesses, churches and schools in October to see if they'll still help. She also asks how many gift-wish ornaments they'll take to put on their giving trees or if they'll do a general gift drive.

"It's a daily job for her, and then she comes in and works in the warehouse," said Lavin. "Others volunteer in our warehouse, too, to sort and package donations, make sure the gifts are there for each family and shop for those items that haven't been donated. Some 15 people comprise our core, warehouse staff."

Meanwhile, clothing coordinator Stephanie Somers "adopts out" the

SEE HELPING, PAGE 5

How To Help ONC Help Others

❖ On Saturday, Dec. 3, from 9-11 a.m., Stone Middle School's National Junior Honor Society will hold a Panther Drop-Off gift collection. People may drop off donations of brand-new toys, books, games and clothing at the school, 5500 Sully Park Drive in Centreville. Also needed are board games for ages 12 and up; blankets; gifts for teens, such as cologne, makeup, jewelry and gift cards. Donations should be unwrapped.

"Anyone in the community who'd like to contribute can do it here," said ONC founder Kelly Lavin. "And it's great for the students to see their community's generosity."

In addition, ONC especially needs as many volunteers as possible for gift packaging and delivery days (see below):

❖ Sunday, Dec. 11, from noon-2 p.m., set-up day at the warehouse.

❖ Monday-Tuesday, Dec. 12-13, from 3:30-6:30 p.m., Westfield, Centreville and Chantilly high school SGAs - warehouse gift drop-off.

❖ Wednesday, Dec. 14, from 3:30-6:30

p.m., bag check and shopping night.

❖ Thursday, Dec. 15, from 9 a.m.-6 p.m., packaging day.

❖ Thursday, Dec. 15, from 10 a.m.-4 p.m., Cookie drop-off at the Virginia Run Community Center, 15355 Wetherburn Court, off Route 29 and Pleasant Valley Road, in Centreville. ONC will deliver approximately 20,000 homemade cookies along with the gifts, so plenty of baking help is needed. Each family gets a mixed assortment of two dozen cookies; bring the cookies in disposable containers.

❖ Sunday, Dec. 18, from 1-4 p.m., delivery day.

❖ Wednesday, Dec. 21, from noon-2 p.m., warehouse clean up.

2016 Giving Tree Locations

Association Management Group, Inc.
Bowl America
Crossroads Family Counseling Center
Disability Determination Services North-

ern Virginia Regional Office
Fairfax Counseling Group, LLC
Fairfax Memorial Funeral Home
Ferguson Enterprises
Gold's Gym
Hensel Phelps Construction Co
Jobin Realty - Burke
Keller Williams - Chantilly
Keller Williams - Fairfax Gateway
ManTech International Corporation
McLean Mortgage Corporation
MVB Bank
OBC William E. Crutchfield, DDS
Pennonni Associates, Inc.
Privia Medical Group
Quest Diagnostics
Scott Long Construction
Studio BE Pilates Co.
Webb Mason
Centreville Baptist Church
Centreville Presbyterian Church
Centreville United Methodist
Clifton Presbyterian Pre-School
King of Kings Lutheran Church
New Life Christian Church
Pleasant Valley United Methodist

Presbyterian Women at Christ Presbyterian Church Fairfax
St. Andrew the Apostle Catholic Church
St. Andrews Lutheran Church
St. John's Episcopal Church
Bull Run Elementary School
Chesterbrook Academy formerly McNair
Chesterbrook
Creative Dance Center (CDC)
Cub Run Elementary
Cub Run Elementary Teachers
Deer Park Faculty
Flint Hill School
Ignite Kids Club
ImagINation Learning Center #1
Machine Aquatics Swim Team
Minnieland Academy at South Riding
Minnieland Academy at Sully Station
Minnieland at Centreville Square II
Potomac Marlins Swim Team
The Appletree School
Virginia Run Elementary
Westfield High School
Winwood Childrens Center

NEWS

CUMC Mission Work Helps the Community

Provides food, household items, diapers, English classes.

BY BONNIE HOBBS
CENTRE VIEW

Most churches are involved in various missions, and Centreville United Methodist Church (CUMC) is no exception. Describing the church's congregation as "generous and mission-driven," its mission director, Michelle Formica, recently discussed several of the church's missions.

One of them is GRACE Ministries, an outreach program serving low-income, immigrant families in the local community. On the second Saturday of each month, they come to the church and receive food, clothing, diapers, household items, toys and children's books.

"We serve 100-200 families a month — some 400-700 people," said Formica. "It takes 80-100 volunteers, and we're able to do it because of the community's donations of both items and money. People learn about it through word-of-mouth, and we accept donations, Monday-Friday, 9 a.m.-4 p.m., the week before the second Saturday."

Then, the Friday before the big day, volunteers get up early and sort the donations, set up tables and rooms with items in various categories, such as food, toys, diapers, etc. At 6 a.m., they prepare a light breakfast for the families who'll be attending.

Since 95 percent of Grace Ministries clients speak Spanish, the registration team checking in each family is bilingual and fluent in Spanish. And the children do crafts projects while their parents are registering.

Then, after the families have browsed around and chosen what they need, volunteers help distribute the items to them and bring them to their cars. "It's like a yard sale, but free," said Formica. The volunteers come from throughout the community and range from middle-school students through adults.

"Right now, we're taking donations of fall and winter clothes," said Formica. "And we especially need strollers because they go quickly. Many parents we help don't have transportation and have to walk, instead. Grace Ministries is very successful; but without the donations from the church and community, we wouldn't be able to serve people in need."

CUMC also partners with Western Fairfax Christian Ministries (WFCM) to collect food each week for WFCM's food pantry. "And we collected more than 200 backpacks for three local schools before school started in September," said Formica.

"We'll also partner with them to feed hungry families over the holidays," she said. "We'll provide 180 food baskets at Thanksgiving and 180 for Christmas. This program is run by our lead volunteer, Chris Granberg. Because of his leadership and passion, he gets more than 200 volunteers to package and deliver everything. And last year, he raised more than \$26,000, just for those holidays, plus staple items to get the families through for a week."

Each summer, a CUMC mission team of youth and adults travels to Sneedville, Tenn.

It's a small town in one of the poorest counties in the U.S., and the volunteers serve throughout the community, wherever help is needed. And for the holidays, they do angel trees to fulfill gift wishes for Sneedville children and nursing-home residents.

They do the same for Our Neighbor's Child, which provides new toys and clothing for low-income families in the Centreville-Chantilly area. Meredith Smith is the volunteer lead, also overseeing CUMC's angel-tree efforts for Leland House in Centreville. Leland House provides short-



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Michelle Formica holds some of the food to go into school backpacks.

term intervention and stabilization for children, 12-17, who are in crisis and can't remain in their homes or current residential settings.

"The reason CUMC's mission is so successful is because everyone in our church is involved," said Formica. "We also have a preschool, the Centreville Day School, that meets here, under Director Patricia Granberg. It participates in mission every month, collecting items for different mission programs throughout the year, including the Thanksgiving food baskets."

In addition, said Formica, "Our children's and youth ministries and United Methodist Women and Men — and all of our small groups — participate in mission, too, and that's what brings our church together."

ESL classes comprise another successful, local mission, with 100 students attending Tuesday and Thursday in the mornings and 100 in the evenings. Sessions run from September-December and January-April. Patricia Franck and Marvana Bennett are the lead volunteers who direct the classes, with help from volunteer teachers from both CUMC and the community.

"One of our largest local missions is UFO, You Feed Others," said Formica. "It's a weekend, backpack, meal program for Centre Ridge, Deer Park and Bull Run elementaries. We provide enough food to fill 900 backpacks. Each child receives two breakfasts, lunches and dinners, two snacks and a drink."

But it wouldn't be possible, she said, without the efforts of Jean Josefson, who spearheads it. She's also a CUMC volunteer staff member and, under her guidance, a team delivers the food to the schools. "We also deliver to the children's homes during spring break and summer vacations," said Formica. "The spring deliveries are cool because we also deliver fresh produce and milk, along with other staple food items; it's called UFO-XL."

"The families are so humble and appreciative," she continued. "And even though there's sometimes a language barrier, you can tell how much it means to them and that they don't take it for granted."

Formica said many of CUMC's volunteers have been working in mission programs for years. "They find their niche and their passion," she said. "We also partner with FACETS to prepare and deliver hot meals to the homeless in Fairfax City. FACETS has three stops within the city, and we do it the third Tuesday of each month. We serve a hearty, beef-vegetable soup, cookies and a banana. Other churches do it, too, so different food is provided each day."

CUMC also does international missions. It partners with Helping Haitian Angels, which helps a school in Haiti. "We supplied many books for their library and helped the efforts to build the school and keep it running," said Formica. "Jeanne Furcron is our volunteer leader, and she and her volunteers do a great job of raising funds. We're currently collecting notebooks and colored pencils for their Christmas totes."

Pleased with the generous spirit of his congregation, CUMC lead pastor Will Montgomery said, "When I ask people what the church is known for, they say, 'Missions.' Some 70 percent of our volunteers go to this church or have attended here; another 30 percent come from the community."

Anyone wishing to participate may contact Formica at mformica@centreville-umc.org or 703-830-2684 or come to worship services at 6400 Old Centreville Road, Sundays at 9:30 and 11 a.m.

ROUNDUPS

Dine Out To Benefit UPC

Eating out on Nov. 29 could support the Unified Prevention Coalition (UPC) of Fairfax County. All six Glory Days Grill restaurants — Burke, Centreville, Fairfax, Herndon, Lorton and Reston — are participating.

Glory Days Grill is donating to UPC 10 percent of its food and beverage sales at its restaurants on Nov. 29. UPC seeks to prevent abuse of alcohol, pre-

scription drugs, heroin and other drugs by youth and young adults. See <http://www.unifiedpreventioncoalition.org/donation-form.html>.

Learn about Substance Abuse

Unified Prevention Coalition (UPC) of Fairfax County will present its "Protect Against Substance Abuse" forum at 7 p.m. on Monday, Dec. 5 at the Fairfax County Public Schools Gatehouse Administration

Center, First Floor Cafe, 8115 Gatehouse Road, Falls Church. A resource fair with community organizations will be held from 6:30 to 7 p.m. Free parking is in the bottom of the garage.

Parents/guardians and their middle school and high school students are invited and encouraged to attend together.

The event is free, but register at <https://www.eventbrite.com/e/protect-against-substance-abuse-tickets-29418546665>.

This is an opportunity to hear the personal stories of parents, young adults and professionals about the dangers of sub-

stance abuse, the signs and symptoms of teenage drug abuse, preventive actions parents can take, and supportive resources.

Joint Meeting on Land Use

The next Sully District Joint Sully District Council of Citizens Associations and West Fairfax County Citizens Association Land Use and Transportation Committee is Tues

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NEWS

Helping Local Families

FROM PAGE 3

children's clothing wishes. She then follows up with the clothing donors to give them the sizes and needs of each child they're taking care of and reminds them of the clothing drop-off days.

Another big helper is Lisa Rennyson, who's involved in the gift-giving effort from start to finish. She begins as the ornament-making coordinator, working with Stone Middle School students who create more than 5,000 paper ornaments for ONC's giving-tree partners. She then hosts a labeling party at her home where Virginia Run Elementary students attach to the ornaments labels printed with the recipient children's gift wishes.

Rennyson is also in charge of a team that maintains the giving trees at the Walmarts in Chantilly and Fair Lakes and regularly picks up the donated gifts. Then she and her children sort and package gifts in the warehouse. And, said Lavin, "They've done that for years."



PHOTO BY BONNIE HOBBS/CENTRE VIEW

Selecting games for children during last year's packaging day are Geri Lightburn (left) and Kris Colangelo.

SEE HELPING, PAGE 7

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
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 9am to 2pm Free Admission!
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OPINION

Celebrate, Shop, Dine Locally

Every day can be “small business day.”

There is a joy to participating in community traditions and celebrations during the holidays, from walking along a sidewalk with the streets decked out for the holidays, to shopping in local stores, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

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 is otherwise unmatched.

We all benefit when local stores thrive, when local business districts beckon. An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving, also called Shop Small. This year that day is Nov. 26.

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

Frequently, it is the small retail person who is active in fundraising for local charities, advocating for improvements, for 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. But local families will literally spend millions of dollars to shop and exchange gifts during the next month in a variety of places.

Everyone will do some of their shopping at the mall. Everyone will shop online. Many will answer the call of the big box. But local shoppers should be sure to do some celebrating, shopping and dining locally. We promise it brings more joy.

Be sure to go to some of the hometown Christmas events coming up. Visit our holiday calendars to find more.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Go Local

Attend some hometown holiday events:

- ❖ **Bull Run Festival of Lights and Holiday Village**, Nov. 23, 2016 - Jan. 8, 2017, 7700 Bull Run Drive, Centreville. A 2.5 mile stretch will be illuminated by holiday light displays. Drive the festival route from the comfort of your car; turn out your headlights and just follow the magical glow. After viewing the lights, bring family and friends to the holiday village to enjoy rides, refreshments, and of course, photos with Santa Claus. The cost of driving through the light show is Monday-Thursday, \$15 per car; Friday-Sunday & Holidays, \$20 per car.
- ❖ **Historic Clifton Holiday Homes Tour**, Saturday, Dec. 3, 4-7 p.m. at the Town of Clifton. Tickets available from Town of Clifton merchants. Presale ticket pricing for cash or check sales: \$25 adult; \$5 children under 13. Presale ticket pricing for credit card sales – Belle Jar only: \$30 adult; \$5 children under 13. Day of event pricing for cash, check or credit (credit at Belle Jar only): \$35 adult; \$5 children under 13 and/or email thelynn99@gmail.com no later than Dec. 1.
- ❖ **Clifton Horse Society Parade and Caroling**, Saturday, Dec. 3, 2 p.m. at the Town of Clifton. Arrive and Decorate 12:30-1 p.m. Meet at the Flood Plain 1:30. Kick off the holiday season by parading through the town to Lustre's Field for the costume judging and to share refreshments. The Clifton Horse Society is looking for parade participants (adults and children). Horse not needed, decorated

wagons and golf carts encouraged. Lynn Henderson, 571-224-4925 and/or email thelynn99@gmail.com

- ❖ **Art Guild of Clifton Holiday Art Show with Historic Candlelight Homes Tour**, Saturday, Dec. 3, 2-7 p.m. at Clifton Presbyterian Church, 12748 Richard's Lane. Fine art paintings, jewelry, pottery, nature photography. Art show admission is free. www.artguildofclifton.org and www.clifton-va.com
- ❖ **Interfaith Christmas Choir Concert**, Sunday, Dec. 4, 6-7 p.m. at The Church of Jesus Christ of Latter-day Saints, 14150 Upperridge Drive. Refreshments served after concert. 703-932-7197
- ❖ **“The Nutcracker,”** Saturday-Sunday, Dec 10-11, 3 p.m. at Centreville High School Theater, 6001 Union Mill Road, Centreville. Proceeds will benefit CVHS Drama Scholarships and St. Jude Children's Research Hospital. \$12. msb.nutcracker.tickets@gmail.com.

Children's Connection

During the last week of each year, Centre View devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome contributions from public and private schools, individuals and homeschooled. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 2.

Email submissions for the Children's Connection to centreview@connectionnewspapers.com.

ROUNDUPS

FROM PAGE 4

day, Dec. 6.

One of the topics will be riding and boarding stable on Bull Run Post Office Road. All meetings start at 7 p.m. at the Sully District Governmental Center, 4900 Stonecroft Boulevard, Chantilly.

Apply for Citizens' Police Academy

Interested in learning more about local law enforcement? The Citizens' Police Academy (CPA) is designed to give participants a look behind the badge and to provide information about training, policies, and all the different units and divisions within the Fairfax County Police Department.

Applications are now being accepted for the spring session. The academy is a 10-week educational program that is free of charge for anyone who lives or works in

Fairfax County. The spring session will run from March 16 – May 20, 2017. Classes will be held on Thursday nights from 6:30-10 p.m., except the last class, that will be on Saturday, May 20, from 8 a.m. to 12:30 p.m. The class locations will rotate to our various police facilities, giving residents a look at all the different areas we cover in Fairfax County.

Class size is limited to 40 participants all of whom are required to undergo a background check. Applicants should submit their application no later than Dec. 15. Applications may be sent to cpa@fairfaxcounty.gov or Fairfax County Police Department Citizens Police Academy I/C Operations Support Bureau 3911 Woodburn Road Annandale, VA 22003.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Dec. 8, 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.

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.

Volunteer Drivers Are Needed

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406 or go to www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

CENTREVIEW

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Little Rocky Run
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A Connection Newspaper

Helping Local Families

FROM PAGE 5

To participate, people may either email [ONC](mailto:ONC@ourneighborschild.org) at volunteer@ourneighborschild.org or sign up via its website, www.ourneighborschild.org, and click on “volunteer” at the top of the page. They may help with whatever appeals to them; they can bake cookies, shop, package gifts, deliver gifts,

or set up or clean up the warehouse.

All this work “takes its toll sometimes,” said Lavin, but is immensely fulfilling. Each year, Stone Middle National Junior Honor Society students host a clothing drop-off for ONC, and Lavin recently explained to them what her organization does. And, she said, “It was wonderful watching their faces taking it in and then getting excited about making a difference.”

Lavin also appreciates everything all the local residents, businesses, churches and other groups due to bring the annual gift drive and delivery to fruition.

“It’s not ONC providing all these gifts, it’s the community,” said Lavin. “We’re just coordinating their efforts. And we’re able to do that because of people who care and are helping out because it’s the right thing to do.”

VOLUNTEER OPPORTUNITIES

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

The Shepherd’s Center of Western Fairfax County (SCWFC) needs volunteer drivers for medical/foodbank appointments. SCWFC serves age 50+ residents in Chantilly, Centreville, Clifton, and western Fairfax/Fairfax Station helping them remain independent and age in place at home. Visit www.scwfc.org or contact 703-266-3548 or scwfc.office@gmail.com.

46th Norwegian Holiday Festival / Bazaar

Friday, Dec. 2 & Saturday, Dec. 3
10am - 6pm 9am - 4pm

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Info: festival@norwaydc.org www.norwaydc.org/events/bazaar



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To learn more, contact us today at **703.994.4561** or make plans to attend one of our upcoming programs or open houses.

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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

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.

Carolina Shag Dance.

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.fairfaxjubilaire.org for more.

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed

friends. Free. Call 703-830-2223 to reserve a space.

PET ADOPTIONS

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

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

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

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

THURSDAY/NOV. 24

VaRun Turkey Trot. 8 a.m. at Virginia Run Community Center, 15355 Wetherburn Court, Centreville. All proceeds go to Life With Cancer. This year's event is in memory of Centreville residents Steve Logan and Michael Ziegler, 1st Lieutenant. Tickets are \$10-35. Visit varunturkeytrot.wixsite.com/2016.

FRIDAY/NOV. 25

Children's Science Center. The Children's Science Center will be hosting a \$5 Family Fun Day at the Children's Science Center Lab promoting family learning. Contact Dorothy Ready at 703-963-6699 or dorothyready@childsci.org.

SATURDAY/NOV. 26

Sugar Plum Fairy Tea Party. At Little Rocky Run Recreation Center 3, 13900 Stonefield Drive, Clifton. The

event will feature a performance by the cast of this year's Nutcracker production, light tea party snacks and treats, games and an appearance by the Sugar Plum Fairy. Ages 3 and older, \$10 msb.teaparty.tickets@gmail.com.

Walk Like a Turkey at Ellanor C. Lawrence Park. 10 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road. Discover the wild turkey's habitats and secret ways during a walk in the cedar forest. Learn the signs of wild turkeys and how to find one in the woods. \$5. 703-631-0013

SATURDAY-SUNDAY/NOV. 26-27

Nutcracker 25th Anniversary Show. The Fairfax Ballet Company stages the "The Nutcracker" at W.T. Woodson High School, on Saturday, Nov. 26, 2 p.m. and 7 p.m., and Sunday, Nov. 27, 2 p.m. Visit fairfaxnutcracker2016.bpt.me, email events@fairfaxballet.com or call 703-439-9788.

TUESDAY/NOV. 29

Giving Tuesday, A Global Day of Giving. All day at 13850 Braddock Road A, Centreville. The Unified Prevention Coalition of Fairfax County is again participating. Glory Days Grill has agreed to donate to UPC 10 percent of its food and beverage sales at its six Fairfax County restaurants to Unified Prevention Coalition of Fairfax County. Call 703-938-8723, email deckert@upcfairfax.org or visit www.unifiedpreventioncoalition.org for more.

THURSDAY-SATURDAY/DEC. 1-3

Centreville Library Holiday Used

Book Sale. At the Centreville Regional Library, 14220 St. Germain Drive, Centreville. Thursday, Dec. 1, 5-9 p.m.; Friday, Dec. 2, 10 a.m.-6 p.m.; and Saturday, Dec. 3, 10 a.m.-5 p.m. 703-830-2223, www.friendsofcentrevillelibrary.blogspot.com.

SATURDAY/DEC. 3

Crafters Needed. St. Andrew Lutheran Church, 14640 Soucy Place. \$40 entree fee. Registration at www.saintandrewlc.org, standrewcrafts@gmail.com or 703-830-2768.

Our Neighbor's Child Gift Drive. 9-11 a.m. at Stone Middle School, 5500 Sully Park Drive, Centreville. The National Junior Honor Society is working with Our Neighbor's Child on a gift drive for the holiday season. Community members are welcome to drop off gifts at the school. 703-631-5500 www2.fcps.edu/StoneMS/

Historic Clifton Holiday Homes Tour. 4-7 p.m. at the Town of Clifton. Tickets available from Town of Clifton merchants. Presale ticket pricing for cash or check sales: \$25 adult; \$5 children under 13. Presale ticket pricing for credit card sales – Belle Jar only: \$30 adult; \$5 children under 13. Day of event pricing for cash, check or credit (credit at Belle Jar only): \$35 adult; \$5 children under 13 and/or email thelynn99@gmail.com no later than Dec. 1.

Clifton Horse Society Parade and Caroling. 2 p.m. at the Town of Clifton. Arrive and Decorate 12:30-1 p.m. Meet at the Flood Plain 1:30. Kick off the holiday season by parading through the town to Lustre's Field for the costume judging and to share refreshments. The Clifton Horse Society is looking for

parade participants (adults and children). Horse not needed, decorated wagons and golf carts encouraged. Lynn Henderson, 571-224-4925 and/or email thelynn99@gmail.com

SATURDAY & SUNDAY/DEC. 3-4

Holiday Train Show. 10 a.m.-5 p.m. Sat., noon-4 p.m. Sun. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Adults 16 and over - \$5; children 5 to 15- \$2; 4 and under – free; museum members – free. Visit www.fairfax-station.org or call 703-425-9225.

SUNDAY/DEC. 4

Interfaith Christmas Choir Concert. 6-7 p.m. at The Church of Jesus Christ of Latter-day Saints, 14150 Upperridge Drive. Refreshments served after concert. 703-932-7197

THURSDAY-SATURDAY/DEC. 8-10

"Guys and Dolls" Musical. Thursday, Dec. 8 at 2:30 p.m.; Friday, Dec. 9 at 7:30 p.m.; Saturday, Dec. 10 at 3 p.m. Thursday performance is presale tickets only at Stone Middle School, 5500 Sully Park Drive. \$7. sarahebtodd@gmail.com or 703-631-5500

SATURDAY-SUNDAY/DEC 10-11

"The Nutcracker." 3 p.m. at Centreville High School Theater, 6001 Union Mill Road, Centreville. Proceeds will benefit CVHS Drama Scholarships and St. Jude Children's Research Hospital. \$12. msb.nutcracker.tickets@gmail.com.



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A Special Holiday Message from Fairfax County's Wastewater Management Program



Save your cash. Put grease in the trash.
Never down the drain!

This greasy criminal is wanted for clogging drains on Thanksgiving. Protect your pipes by putting grease in the trash or by recycling your used cooking oil at the I-95 landfill complex in Lorton or the I-66 transfer station in Fairfax.

www.fairfaxcounty.gov/dpwes/wastewater/preventing_backups.htm

To obtain this information in an alternate format, call 703-324-5033, TTY 711.

SHARING



PHOTO COURTESY OF ST. STEPHEN'S AND ST. AGNES SCHOOL

On the day before Thanksgiving 2015, students at St. Stephen's and St. Agnes School make sandwiches for the homeless.

Thinking Beyond Serving Meals

Experts advise finding age-appropriate ways for children to give back.

BY MARILYN CAMPBELL
CENTRE VIEW

During this season of giving thanks, opportunities for expressions of gratitude can seem ubiquitous. It's also a good opportunity to demonstrate philanthropy for children, from food and toy drives to serving hot meals in soup kitchens.

"Charitable organizations rely on the incredible support of volunteers who dedicate time and provide supplies," particularly at this time of year, said Yvonne Espila, volunteer and outreach coordinator for Interfaith Works, a nonprofit organization that serves the homeless and the poor. "Without volunteers we would not be able to offer many of the services that are performed or delivered daily."

Youth volunteerism can be complicated, however, when it comes to matching skills and abilities with opportunities and interests. For example, feeding the homeless might seem like an ideal way to give children a real-world view of those in need. However, hot stoves and sharp knives can pose dangers to young children. The key is finding the right fit before committing.

"We have a variety of opportunities for our ever-increasing diverse pool of volunteers," said Espila.

An example of children volunteering for the same cause, but with different activities matched with their varying skill levels, is a kindergarten through eighth grade, effort by students at Norwood School in Potomac, Md., to support Manna Food Center. Leanne Gill, a spokeswoman for the school, says all students can donate healthy food items, but that older students get more involved.

"A group of our eighth graders visits the Manna warehouse ... to help sort through and organize food donations," said Gill.

Older children are often better suited to participate in food preparation efforts without the need for close supervision. For example, St. Stephen's & St. Agnes School

(SSSAS) in Alexandria holds an annual tradition the day before Thanksgiving called Saintsgiving. High school students volunteer to make sandwiches for the clients of Martha's Table, a Washington, D.C.-based nonprofit that provides meals to low-income and homeless residents of the region.

"Last year we had a record turnout, and our volunteers made 4,600 sandwiches in just one hour," said Mandi Sapp, communications coordinator at St. Stephen's & St. Agnes School.

When children are too young for solo food preparation, Espila recommends that families make food together and bring it to shelters.

"Great opportunities [include] ... making bagged lunches at home as a family activity, wrapping them and taking them to our shelters," said Espila. "They can even include a small encouraging note."

They also need more than food. Providing social opportunities for the homeless people, who might not otherwise have them is a much-needed volunteer service appropriate for families with children of all ages, added Espila. "Creating crafts with or playing Bingo with or planning and hosting a birthday party for the homeless are always appreciated."

Charities also need basic supplies like soap, deodorant, toothpaste and toothbrushes, which many homeless people desperately need, added Espila. "Consider holding a mini-drive to collect these items," she said. "We also welcome other creative ideas that volunteers may have. My goal is to inspire a lifetime of service."

Sometimes giving means bringing joy. Sapp cites a volunteer effort by fourth grade students at the SSSAS that brings smiles to the faces of sick children. For the past 23 years, students have baked cookies, cakes, brownies and other treats at home and brought them to school for a bake sale. Proceeds are used to purchase toys for patients and their siblings at Children's National Medical Center in D.C.

Fairfax Water

PUBLIC HEARING ON WATER RATES AND PROPOSED 2017 BUDGET

At 6:30 p.m. on Thursday, December 15, 2016, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges and the 2017 Annual Budget. 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, 2017, include the following:

1. An increase in the Local Facilities Charge from \$10,240 to \$16,020.
2. An increase in the Service Connection Charge from \$1,150 to \$1,240†.
3. An increase in the Quarterly Billing Service Charge from \$10.10 to \$12.20†.
4. An increase in the Base Commodity Charge from \$2.68 to \$2.81 per 1,000 gallons of water.
5. A decrease in the Turn-Off / Turn-On Charge from \$52 to \$44.
6. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
7. An increase in the Overhead Charge for Labor from 104% to 105%.
8. A decrease in the Installation of Sewer Use Meter Charge from \$46 to \$35.

Revenues are expected to be \$171.3 million in 2017. Water sales are expected to provide \$149.2 million. Approximately \$22.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-- \$1,000s --	
	2016	2017
Personal Services & Employee Benefits	\$ 53,877	\$ 55,808
Power and Utilities	10,417	10,572
Chemicals	6,342	7,566
Purchased Water	4,512	5,576
Supplies and Materials	5,173	5,248
Insurance	1,176	1,201
Fuel	567	625
Postage	632	654
Contractual Services	10,473	10,671
Professional Services	748	910
Other	2,305	2,484
Subtotal	96,222	101,315
Transfer to Improvement Fund	(9,616)	(9,305)
Total	\$ 86,606	\$ 92,010

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,129,000
Improvement Fund	\$11,000,000
General Fund	\$25,733,000

A copy of the proposed changes can be viewed on our website at www.fairfaxwater.org/rates. 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 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 14, 2016, 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.

TFTT: Turkey For the Turkey



By KENNETH B. LOURIE

Thanksgiving might be my most favorite day of the year. It is a day when I can eat/feel most normal. (Cancer issues notwithstanding.) To assure that this day would indeed satiate my savage beast, I changed/rearranged my chemotherapy infusion interval so the feast would not occur on the first Thursday following my previous Friday infusion but rather 13 days hence — on the second Thursday. This will, if my most recent pattern follows — going on for nearly two years now, enable me to eat/have no eating issues (other than the many non-cancer related ones I've had/maintained my entire life) whatsoever relating to my chemotherapy and enjoy the day — and night without any challenges other than buckling my belt.

Not that I look the least bit undernourished, but I don't eat like a normal adult either. Heck, I don't eat like a normal child and I'm not referring to whether I eat using silverware — which I do, or hold silverware more like an "entrenching tool" ("Firesign Theatre") which I don't. If I had my druthers, I'd order off the children's menu. That's not to say I'd be properly-mannered sitting at a Downton Abbey dinner, but at least I'd know enough to select my silverware from the outside-in and likely not embarrass myself in the process; that is until I return every portion back to the kitchen untouched. And therein lies my problem.

I don't like anything. I eat the same things over and over and over again. I don't view this as a problem, more like a continuing opportunity. To say, as I often do, that I eat 10 things, might be hard to digest, but not for me. In addition to not eating much variety, I won't try anything, and if I am compelled to do so, won't do so in front of anybody, that's for sure. If I don't like the food's appearance, texture, color, smell, description, lineage, heritage, place of origin, birthplace, where it's been, with whom it's been, even its name and general unfamiliarity, I won't touch it "with a 10-foot Pole. Stretch Polansky, tallest Pole I ever saw," (to quote Hawkeye Pierce from a long-ago M*A*S*H episode).

Not that this juvenile behavior has stunted my girth. Hardly. But it has narrowed my "confinement beam" ("Star Trek") so to speak. I eat a lot of very little. Thanksgiving however, is the lot of which I eat. Not so much the deserts, which are usually a variety of pies and such which generally don't interest me (and besides, unlike the turkey, I'm stuffed after the meal) but the main course: white meat turkey, potatoes, "stuffing/filling/dressing", gravy (nowadays), vegetables, hot rolls and even cranberry sauce. If there's anything I'm leaving off my plate, it's probably not on my short list. And when it comes to my eating habits/choices, as you've presumably come to read, it's an extremely short list.

Fortunately, for me and my peculiarities, we have almost always spent Thanksgiving at family or friends; all of whom are extraordinarily capable in the kitchen and given our close association over the years, well-acquainted with and somewhat amused by my food issues. Never more so than when my wife, Dina's cousin, Gary makes a big production of pouring himself a glass of milk at the table. Nevertheless, I've always felt a welcome addition and never uncomfortable (although sometimes I've eaten at the children's table).

I wouldn't say I'm counting the days until Thanksgiving; I already did that weeks ago when I made the decision to change my pre-Thanksgiving infusion date to Nov. 11th from Nov. 18th, but I'm certainly monitoring the calendar very closely. My oncologist regularly encourages me to find quality in my life. Thanksgiving is quality — and quantity — I value in my life, and I'm damn lucky to still have it.

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

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21 Announcements

ABC LICENSE
Don Churro Cafe LLC trading as Don Churro Cafe, 13905B Metrotech Dr. Chantilly, VA 20151. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer on Premises/ Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Gastavo Pohl, owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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PHOTOS BY WILL PALENSCAR

Westfield's Cole Roberson #42 forces the fumble of South County receiver Seth Dunn #81.

Bulldogs Break Stallions

The Westfield Bulldogs and South County Stallions collided for the second time this season and fourth time in two seasons for a second round play-off game in Chantilly on Friday evening, Nov. 18. Westfield won the last two including the regional final 40-8 at South County last season.

After a scoreless 1st quarter. South County opened scoring with 11:43 to play in the 2nd quarter when Steven Ariquette kicked a 30-yard field goal. Later in the 2nd, Westfield kicker and UVA commit Brian Delaney tied things up when he kicked a 24-yard field to knot things back up. Eugene Asante would run in from 11 yards,

with 1:36 in the half, to give the Bulldogs a 10-3 lead.

In the 3rd quarter, with 8:13, Delaney kicked his second field goal of the game to give Westfield a 13-3 lead. Later in the 3rd, Sean Eckert took a Rehman Johnson pass 76 yards for a touchdown with 5:00 to play in the 3rd. Neither team would score in the 4th.

Westfield improves to (10-2) and will travel to Madison High School on Saturday at 1:30 p.m. to play the Warhawks (11-1) who defeated West Potomac 21-14. The Warhawks' only loss this season came from South Lakes 21-13. South County ends its season at (8-4) — WILL PALENSCAR



Westfield's Sean Eckert #2 takes this Rehman Johnson pass 74 yards for a touchdown.

21 Announcements

21 Announcements

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NEWS

NOVEC Collecting For Toys for Tots

The Northern Virginia Electric Cooperative's group of employee volunteers, NOVEC HELPS, is collecting new unwrapped toys, gift bags, and wrapping paper for the United States Marine Corps Reserve Toys for Tots project through Dec. 9.

Donations may be dropped off at its NOVEC office on 10323 Lomond Drive

Manassas. Hours are 8:15 a.m.–5 p.m., Monday-Friday

The Marine Corps Reserve is a 501(c)(3) organization that uses the annual charity drive to “motivate less fortunate children to grow into responsible, productive, patriotic citizens and community leaders.”

This year, John Deitle, a retired Marine who has coordinated the region's Toys for Tots drive for several years, says the organization especially needs gifts for area adolescents and teens: “We always receive lots of toys for toddlers and children under 10, but we need gifts for older children. They often have to watch their younger brothers and sisters open gifts while there's nothing for them.”

Deitle, a NOVEC employee, also points out that gifts do not have to be toys: “Many youngsters love books, and they often need winter hats, scarves, and gloves.”

The local Marine Reservists say they need gift bags — especially extra-large bags that can cover a bicycle or tricycle — wrapping paper, tape, and ribbon.

Charity Navigator, an independent watchdog organization that evaluates charitable organizations in the U.S., lists the Toys for Tots Foundation as a top-rated charity. Last year, 96 percent of all donations went toward providing toys, books, and other gifts to less fortunate children. Less than 4 percent was spent on fundraising and overhead.

NOVEC is a not-for-profit electric utility corporation that supplies and distributes electricity and energy-related services to almost 164,000 metered customers in Fairfax, Fauquier, Loudoun, Prince William, Stafford, and Clarke counties, the Town of Clifton, and the City of Manassas Park. For more information, visit www.novec.com.

BULLETIN BOARD

FROM PAGE 2

“Concerned Persons Group” (for family and friends of addicts), “The Image of God in You,” and “Handling Loss and Grief.” There are also support groups on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Telephone Support Group for Family Caregivers of Older Adults. 7 p.m. every second Tuesday of the month. This telephone support group is designed to help caregivers of older adults share experiences, gain support and get important information without having to travel. These are one-hour free sessions. Find out more and register at www.fairfaxcounty.gov/dfs/olderadultservices/ and click on

Caregiver Telephone Support Group.
Fair Oaks Parkinson's Support Group for people living with Parkinson's disease, caregivers and family, meets on the fourth Saturday monthly, 10 a.m.-noon at Sunrise at Fair Oaks, 3750 Joseph Siewick Drive, Fairfax. Call 703-378-7221 or visit www.fairoaksparkinsons.com for more.

VOLUNTEERS NEEDED

Volunteers Needed as Bird Counters. Volunteers are needed in the field and as feeder watchers. The count circle includes Manassas National Battlefield, Bull Run Regional Park, undeveloped areas south of Dulles Airport, and many other locations. 703-438-6008 info@audubonva.org

SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Valeria Diaz, of Centreville, has graduated from the University of New Haven (West Haven, Conn.). Diaz earned both a Bachelor of Arts, in psychology with a concentration in community clinical, from the College of Arts and Sciences, and a Bachelor of Science, in criminal justice with a concentration in forensic psychology, from the Henry C. Lee College of Criminal Justice and Forensic Sciences.

Sam Willett was one of five FCPS students named finalists in individual contests by the National Scholastic Press Association (NSPA). He was named as a finalist in Illustration for Westfield's “The Watchdog.”

Thirty-one FCPS students have been named to the Virginia Honors Choir for 2016. They include **Rebecca Brittain**, **Pooja Karandikar**, and **Kobie Turner** from Centreville High School; and **Emily Rakes**, **Evan Kohnstam**, and **Jonathan Cottrell** from Westfield High School. This select choir is open only to the top 125 singers from around the Commonwealth of Virginia, and is the highest honor a choir student can attain during his or her high school career.

Empress Marshall of Centreville, was among 17 Cadets from the Commonwealth Challenge Youth Academy to earn Silver Phase, a distinguished honor, for their sustained progress and leadership, during the first Silver Phase ceremony of Class 46 on Tuesday, Nov. 8.

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