

# Burke CONNECTION

Sisters Tessa Perry, 6, and Audrey Perry, 8, smile over Sno Kones at the Kings Park Fourth of July Picnic.

PHOTO BY MICHAEL O'CONNELL/THE CONNECTION SPORTS, PAGE 12 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIED, PAGE 13

## Patriotic Pair

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**Carter Gawltney, 2, assumes a laid back attitude before the start of the annual Kings Park Fourth of July Parade in Springfield.**



**Members of the Johnson family, from left, Eric, Freya, Clare, Martha and Burton, set up camp along the road to watch the 2011 Kings Park Fourth of July Parade.**

PHOTOS BY MICHAEL O'CONNELL/THE CONNECTION

## Burke Woman, 21, Dies After July 4 Crash

**Police charge brother with manslaughter, DWI.**

**A** 21-year-old Burke woman died early Monday, July 4, after the car in which she was a backseat passenger struck a tree on Shirley Gate Road in Fairfax.

Sara Ghaffari-Nik of Burke, was pronounced dead at the scene. She was not wearing a seatbelt and was ejected during the crash, according to Fairfax County police reports.

The driver, Hossein Ghaffari-Nik, 27, of the same address in Burke, was arrested and charged with DWI and manslaughter.

Hossein Ghaffari-Nik was the brother of the victim, according to Officer Don Gotthardt, a spokesman for the FCPD.



**Hossein Ghaffari-Nik**

POLICE PHOTO

Police report that Hossein Ghaffari-Nik was driving a 2009 Mitsubishi Eclipse southbound on Shirley Gate Road near Matte Moore Court shortly before 4 a.m. when he struck a curb and lost control of the car. The vehicle first struck a tree, and the impact caused the vehicle to spin and rotate on the driver's side, according to police. The Mitsubishi then struck a second large tree before coming to rest.

"This has tragically changed the life of this family," said Gotthardt.

Gotthardt said the FCPD has "high-intensity" DWI enforcement efforts. "We take this very seriously. Anytime you mix alcohol with driving, there's the potential for serious trouble. We place a great emphasis on safety and facilitating safe travel," Gotthardt said.

According to Gotthardt, the FCPD has weekly DWI enforcement efforts, including random sobriety checkpoints and directed "six-pack" patrols.

"These are teams of officers roving the streets looking specifically for impaired drivers," Gotthardt said.

The crash is still under investigation. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

— VICTORIA ROSS

# Let's Have a Parade

## Kings Park neighborhood celebrates 50th anniversary at annual parade, picnic.

BY MICHAEL O'CONNELL  
THE CONNECTION

**I**t was all red, white and blue on Monday afternoon, July 4, in the Kings Park neighborhood in Springfield, as residents marched in their annual Fourth of July Parade. Children decorated their bikes and marchers donned patriotic colors to mark the nation's birthday.

Monday's parade was also significant be-

cause 2011 is the neighborhood's 50th anniversary. After marching from Kings Park Elementary to nearby Kings Park Park, participants received a medal commemorating the neighborhood's anniversary.

The parade also demonstrated that it was campaign season as well, as several candidates in local races marched in the parade, handed out fliers and glad-handed constituents.

Supervisor John Cook (R-Braddock), a

Kings Park resident, marched with his family, flanked by campaign workers.

Del. Vivian Watts (D-39), who is currently only opposed by Green Party candidate Dimitri Kolazas, handed out Tootsie Rolls to parade participants.

Opponents in the 37th State Senate Race, incumbent Dave Marsden (D) and challenger Steve Hunt (R), worked the crowd during the parade and at the picnic that followed at Kings Park Park.

The Kings Park Civic Association sold refreshments at the picnic, including hot dogs and Sno Cones. The Kings Park Band also performed for the crowd.



**Friends, from left, Ciara Johnson, 12; Anna Kurisky, 12; and Anna Crabill, 13; wait for the start of Monday's Fourth of July Parade in Kings Park. The Springfield neighborhood is celebrating its 50th anniversary this year.**



**Lynn Lawrence and her canine friend Emma ride in a convertible in the 2011 Kings Park Fourth of July Parade in Springfield.**



**Volunteer Rita Faudale hands out American flags for parade marchers to wave.**

## 50 Years for Burke Couple

Harry and Barbara Gerber celebrated their 50th wedding anniversary on July 1. Harry Gerber is from York, Pa., while Barbara, née Knight, was born in Enola, Pa. They met singing in the Penn State choir and after graduation and the wedding, joined the Air Force.

They subsequently lived in every corner of the United States, and many places in between. Harry Gerber flew C-124, C-118 and C-141 aircraft, including service in Vietnam, and he later earned a masters degree from George Washington and served as program director. Barbara Gerber pursued a career teaching high school mathematics.

After 27 adventurous years, they made Burke their home in 1983. Harry Gerber now works for ICF International, and Barbara Gerber continues to tutor math students after having retired from teaching at Hayfield High School in Springfield. They have two children, a son David, who is also in the Air Force and lives in Burke, and daughter Kellie, the chief food stylist for Cooking Light magazine who lives with her family near Birmingham, Ala. They have four grandchildren.

Harry and Barbara Gerber have been active members and choir members at Fairfax United Methodist Church for more than 20 years, and in addition, enjoy international travel, golf and singing in the Fairfax Choral Society. Lately, they also enjoy frequent long weekends with family and friends on the Chesapeake Bay.

Harry and Barbara Gerber were treated to a surprise party on the occasion of their Gold Anniversary. Friends and family from across the country gathered in Burke to celebrate their enduring vows with a wealth of shared memories and best wishes for many more decades of happiness together.



Harry and Barbara Gerber

DONATED PHOTO

## Locke Heads Girls State

On June 22, Shelby Locke, 16, a rising senior at West Springfield High School, was elected governor of Virginia Girls State. Running on a platform focused on raising cancer and health care awareness, she was elected into the highest office of the American Legion Auxiliary's weeklong citizenship seminar.

Held at Longwood University, Girls State offers a simulation of municipal government as the girls break into parties and cities, such as Locke's Nationalist Party in Randolph City.

Locke, the daughter of Martha and John Locke, has experience with leadership through her school's orchestra and track programs. She also leads the youth group at St. Andrews' Episcopal Church and serves the community through Relay for Life and the Pen Pals program for girls whose fathers have died of brain cancer. As a result of her personal experience with this, she plans to attend the University of Tampa to become a cardiologist surgeon.



Shelby Locke

DONATED PHOTO

## NEWS

# Meet ECHO's 'Fab Five'

Quintet marks 192 years of volunteerism.

BY VICTORIA ROSS  
THE CONNECTION

In 1971, Janet Phillips was a young mother taking instruction in the Catholic faith at St. Bernadette Catholic church and seeking opportunities to serve the community. Her priest suggested volunteering at a new organization called ECHO (Ecumenical Community Helping Others) of Springfield.

"I said 'OK Father,' and as soon as I got home that day, the phone was ringing, and it was a lady from ECHO who finds drivers for people who needed to get to medical appointments," she said. "That's how much they needed people."

Founded in 1969 by nine local churches, including St. Bernadette, ECHO was reaching out to local congregations to recruit volunteers to meet the increasing level of client needs.

Phillips started driving clients to and from medical appointments less than a week after that first phone call. She often had to find ways to occupy children while their parents received medical treatment.

"That was quite something then, because Springfield was not at all like now. It was kind of the boon- unpaved roads in the rain or snow. We still tell horror stories about driving around some of these roads," said Phillips, who was recently recognized by ECHO for 40 years of continuous service.

Phillips continued driving clients around Fairfax County until 1973 when she started working a once a month, shift sorting donation of food, clothing and other items. She also assisted clients in selecting items that they needed.

During ECHO's early years, Phillips said the organization was located in a run-down wooden house in an on Old Keene Mill Road that had no air conditioning and inadequate heat. Volunteering was restricted to two-hour shifts because the building had no restroom facilities. That house, which was also a home to snakes and mice, was replaced in 1986 by a more modern, brick building — with restrooms.

"We didn't care, because we were there to help. ... God has been so good to me, and it's my way of giving back. ECHO is such a close organization. ... I hope I can continue to do this," Phillips said.

Four decades after Phillips first volunteered, she is still helping clients. Since 1979, she has been scheduling nearly 250 volunteers who sort donations at ECHO.



PHOTO BY RICHARD CURTIS

Fran Eck, standing, Pat Gauthier, Janet Phillips, Barbara McDonnell, seated, holding numbers, and Judy Riekse, standing, recently gathered outside ECHO's headquarters in Springfield to celebrate 192 years of volunteerism.

ECHO recently recognized Phillips along with four other long-time volunteers, for more than 192 years of service.

Now known as the "Fab Five," Springfield residents Fran Eck, Pat Gauthier, Janet Phillips, Barbara McDonnell and Judy Riekse, all said they have received more than they gave as ECHO volunteers.

"These five women have devoted tens of thousands of hours of their time and expertise to helping people in our community who find themselves mired in poverty or sometimes simply overwhelmed by a series of emergencies that they cannot handle alone," said Jane Curtis, who, with 19 years of volunteering at ECHO, serves as the publicity chair for the organization.

"ECHO, supported in good part by local houses of worship, civic organizations and businesses, could not serve the community

without our caring all-volunteer staff," Curtis said.

Like Phillips, Eck learned about ECHO through her congregation at St. Mark's Lutheran Church, where she headed Thanksgiving food basket program. In 1975, she began volunteering for ECHO, and has chaired the Thanksgiving and December holiday food basket program for ECHO, watching it grow from 250 baskets in 1988 to more than 440 in 2010. Eck also continues the job of preparing and distributing ECHO's monthly newsletter to volunteers that goes out to about 50 people by mail and more than 300 by e-mail.

"I think what has kept me is that it's all-volunteer

**"A client once said to me 'You are all angels. You can't see them but you all have angel's wings.'"**

— Pat Gauthier

# Helping Others for 192 Years

FROM PAGE 4

and all houses of worship together for a common goal. There's a lot of satisfaction just knowing that we can help people."

Eck said her work doesn't allow for direct interaction with clients, but she remembers the impact of ECHO on one particular client. "When I was sorting clothing, I remember one woman who burst into tears when she saw everything she was getting, from housing items to clothes. That stuck with me," she said.

Pat Gauthier, who retired as ECHO's executive director in 2009, began her volunteer service by driving people who did not have transportation to medical appointments with her 3-year-old son. After retiring, Gauthier, who has 42 years of continuous service, continues as a daily volunteer. Her husband, John, recently wrote an extensive history of ECHO and its dedicated volunteers.

"ECHO was in its infancy when we arrived in Springfield and ECHO's 'mission' interested me greatly," Gauthier said. "I found a terrific group of like-minded people also interested in impacting the lives of those less fortunate in a productive way. It is tremendously satisfying to help others while working with some of the most dedicated, compassionate folks in all of Northern Virginia," she said.

As ECHO's executive director, Gauthier said one special story still resonates.

"While I was director, a volunteer found me at the building to say a client wanted to speak (with me). In the past, this usually meant dealing with a disgruntled person, but I found a client with a huge smile on her face. After we introduced ourselves she said 'You are all angels. You can't see them but you all have angel's wings,' and she spread her arms wide and thanked the other counselors and ECHO for, as she put it, 'bailing me out at a down moment in my life,' Gauthier said. "Believe me, I receive much more than I give."

Barbara McDonnell, who also tallied 42 years of continuous volunteering, started out as a driver, taking along her two preschoolers as she transported clients to doctor and dental appointments from Alexandria to Woodbridge to Georgetown.

She said having her children with her taught them an important lesson.

"Seeing families in difficult situations, they developed compassion for others and they began collecting some of their own toys to share with an ECHO client family," she said.

In 1991, McDonnell took over leadership for housewares, making sure that ECHO had an adequate supply of blankets, tableware, pots, pans and other items. McDonnell has also served as St. Bernadette's representative to ECHO from 1993 until 2009.

Judy Riekse, a relative rookie with just 32 years of service, became aware of ECHO's work through Grace Presbyterian Church.

In 1979, Riekse, a stay-at-home mom with two

## About ECHO

The Ecumenical Community Helping Others (ECHO) is an all-volunteer non-profit dedicated to providing charitable assistance to individuals and families experiencing temporary difficulties in the Burke, Springfield and Lorton area. Because ECHO is all volunteer, no donation goes toward paying a salary, and less than 1 percent of all donations goes toward overhead, such as building maintenance.

"It is unusual for a charity the size of ECHO to have no paid employees, but we think that our policy has kept the focus on the needs of the community rather than on the fundraising and grant writing that it would take to pay salaries," according to ECHO's website.

Activities are shaped almost entirely by volunteers. Those who donate to ECHO will not receive solicitations by mail or telephone, said former executive director Pat Gauthier.

ECHO is located at 7205 Old Keene Mille Road, Springfield. Hours of operation are Monday-Friday, 9:30 a.m.-12:30 p.m.; and Tuesday, Wednesday and Thursday, 7-9 p.m. For more information, call 703-569-9160 or go to ECHO's website at [www.echo-inc.org](http://www.echo-inc.org).

young children, said ECHO was so appreciative of its volunteers that the organization had a phone line and answering machine installed in Riekse's home so that she could take client calls for assistance and assign them to the right volunteer.

After the ECHO headquarters was built, she continued volunteering, doing everything from sorting clothing donations to helping clean the building and delivering furniture on occasional Saturdays. Since 1992, Riekse served as the treasurer for many years and continues to serve ECHO as the assistant treasurer.

She noted that financial records through the 19-year period illustrate the growth in the organization and its service to the community.

"Check records from 1992 show as few as eight to 10 client-assistance transactions in a month. Annual receipts and disbursements were both at about \$30,000. Now, in 2011, we may see 70 such transactions in a month, and we are looking at a current budget of several hundred thousands of dollars, the main part of which is for client assistance in some form," Riekse said.

"During all these years my life has been enriched by being a part of the unique caring family that is ECHO, and by working with ECHO to serve our community," she said. "Volunteering connects me to my community and gives me opportunity to turn my concern for neighbors in need into action."

"The story of these remarkable women reflects the changes in our society and landscape over more than 40 years," Curtis said. "Many of the people whom we see have tremendous burdens in their lives, and ECHO shows that together, we can make a difference in lives of so many people."

## FAITH NOTES

**St. Peter's in the Woods Episcopal Church**, Route 123 and Burke Centre Parkway in Fairfax Station, will conduct Vacation Bible School from Sunday, July 24-Thursdays, July 28, 5:30-8 p.m. "Hometown Nazareth: Where Jesus was a Kid." Music, games, crafts a petting zoo and more. For ages 4-10 years. Dinner will be served each evening. \$10 per child. Register at

[www.spiw.org](http://www.spiw.org) or 703-503-9210.

**Lord of Life Lutheran Church**, 13421 Twin Lakes Drive in Clifton, offers three levels of ESL classes every Tuesday and Thursday at 7 p.m. Cost for semester is \$35, including student book. To register, come to the next class. [www.lordoflifeva.org](http://www.lordoflifeva.org) or 703-323-9500. Registration is Sept. 8, 7 p.m. ESL classes are also available at 5114 Twinbrook

Road, Fairfax.

**The Parkwood Baptist Church**, 8726 Braddock Road in Annandale, Bible Study Fellowship will study of the Old Testament Book of Isaiah. The Day Women's Class meets at 9:30 a.m. Wednesdays, and offers a children's program for ages 6 weeks-6 years. [rdmarotto@cox.net](mailto:rdmarotto@cox.net).

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# More on Summer Food

**F**airfax County is constantly working to expand the number of sites offering meals to needy children in summertime.

In the summer of 2008, the county served 60,000 meals at 37 sites.

In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia.

An editorial last month, relying on information from the Fairfax County Public Schools, understated the number of sites available for summer meals.

Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county's 141 elementary schools, 26 middle

schools, 30 high schools and secondary schools either for free or at very low cost. That's nearly 200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it's still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000

pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners. Calls are also being made to needy families to let them know about summer meals sites. See [www.strength.org](http://www.strength.org)

Anyone can find the closest site in Virginia for summer meals by calling 211.

Anyone in Fairfax County who would like to volunteer or host a meal site can visit <http://www.fairfaxcounty.gov/rec/summermeals/> or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330, TTY 711, for more information.

## Primary Election Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election, next month. Because they are in heavily Democratic districts, the winner of the primary will be the favorite to prevail in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee ballot.

The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23  
General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one's address for the Nov. 8 General Election.

For more information, see <http://www.sbe.virginia.gov>

## Changes Coming to Parkway

**Supervisor makes proposals to improve traffic flow on parkway.**

BY SUPERVISOR PAT HERRITY  
R-SPRINGFIELD

**T**he Fairfax County Parkway is one of the county's "main streets" especially in the greater Springfield area. There are big changes coming to the Fairfax County Parkway including the following:

- ❖ We are already seeing an increase in traffic from the employees moving into the NGA building at the Fort Belvoir North Area (the old Engineering Proving Grounds) at a rate of 300 employees a week, most coming from western Fairfax County. Increased traffic when the new hospital opens at Fort Belvoir later this year,

- ❖ Cut through traffic from Interstate 95 to Interstate 66 (including truck traffic) is expected to increase as soon as the new section of the parkway is accepted into the state system (and subsequently GPS systems),

- ❖ A number of recent median crossover accidents, three that ended in fatalities,
- ❖ Pavement that is full of potholes and in overall bad shape, and

- ❖ A major current and worsening bottleneck on the Parkway north loop at Rolling Road.

As a result, I am taking a number of steps to address the current and projected conditions on the Fairfax County Parkway. Some of the activities that I have undertaken include the following:

- ❖ I moved that the Board of Supervisors ask the state to convert the Fairfax County Parkway and Franconia-Springfield Parkway from a secondary to a primary road in the state system. This should lead to an increase in construction and maintenance efforts by the Vir-

ginia Department of Transportation (VDOT). I was tired of explaining that Route 123 has been repeatedly paved as stimulus money was limited to primary roads. Staff is completing the required study, and the board and VDOT are very supportive of the change.

- ❖ As previously reported in my monthly newsletter — the Herrity Report — Del. Dave

Albo (R-42) and I had VDOT conduct a safety study on the parkway after a number of crossover fatalities occurred. You

should see some of these improvements including median barriers, signage and super elevation changes beginning soon. The entire report and presentation from the community meeting is available on my website at: <http://www.fairfaxcounty.gov/springfield/events.htm>

- ❖ I am continuing my efforts to have VDOT add the parkway to this year's paving schedule.

- ❖ I had the board add the north loop improvements to the Board's priority transportation project list. Planning is moving forward and funding is now included in the governor's funding plan for design and right of way acquisition.

- ❖ The parkway will be widened southbound between Route 29 and Braddock Road to eliminate a bottleneck at that location.

- ❖ As I previously reported, a grade separated interchange is being constructed at the parkway's intersections with Fair Lakes Parkway and Monument Drive.

While these steps are a start in addressing

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## Support Those Who Protect

To the Editor:

On this Fourth of July weekend, it's fitting to remember those who protect and defend us, both here and abroad. And we should do it with more than just words. As an ex-military person, I think we do a good job acknowledging sacrifices made by our troops, but I wish the support of our law enforcement personnel was just as vocal and vigorous.

You know, we as a nation just recently celebrated Memorial Day in honor of our fallen war heroes. Each year without fail, the sitting President attends a ceremony to acknowledge the sacrifices of those who've died in past and present wars. But I've increasingly felt we do not bestow the commensurate honor on members of our law enforcement community who've also died on behalf of this country's citizens. For example, this year the president did not speak at the 30th Annual Peace Officers Memorial Service despite the fact 165 police officers have died in the line of duty this year.

Here in Fairfax County, I believe we are taking our law enforcement professionals for granted as well. In fact, starting this weekend [on July 1], Fairfax County Police will be going on their fourth year of a pay freeze, even though the Washington, D.C., region has been only slightly affected by the recession. And in fact, in many cases we are doing much better than the rest of the country when you look at our housing

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# OPINION

## Parkway

FROM PAGE 6

some of the problems, we need to begin in earnest planning for the long-term vision for the Fairfax County Parkway. I am looking for your input on developing this longer-term vision and plan for the future of the parkway, one of our main streets. Please contact me with your thoughts.

Supervisor Pat Herrity (R-Springfield) can be reached at 703-451-8873 or Springfield@fairfaxcounty.gov.

### LETTERS TO THE EDITOR

FROM PAGE 6

prices and unemployment rates. I am extremely proud of the job our Fairfax County law enforcement personnel have done and especially the professionalism with which they do it. Our crime rate is kept low and as someone who travels a lot, I feel safer walking the streets here and safer in my home than most anywhere else, in or out of the U.S.

So during this Fourth of July weekend, let's remember those who are paying the ultimate price to help keep us free and independent. By the way, I've noticed my personal property taxes have gone up this year. Let me suggest we give first consideration to those who keep us safe and our communities orderly in the next budget round this winter. With four years of pay freezes, we cannot expect to retain the best police officers. Please remember the troops and remember our local police. Freedom is not free.

**Michelle Connor**  
Fairfax

### BULLETIN BOARD

#### THURSDAY/JULY 7

**Senior Fall Prevention Classes.** The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesdays and Thursdays from 1:30-2:30 p.m., Mondays and Fridays from 2-3 p.m. Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instructor now certified in Back and Hip Rehab. \$10 per class. Pre-registration required at 703-667-9800.

#### SATURDAY/JULY 9

**Obon Festival.** 5:30-9 p.m. Ekoji Buddhist Temple, 6500 Lake Haven Lane in Fairfax Station. Japanese folk dancing, taiko drumming, Hawaiian music and hula dancing performances, a candle illumination ceremony, children's games and crafts, and traditional Japanese food dishes. Temple tours and short lectures on Buddhism. Free admission. www.ekoji.org.



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## CAMPS & SCHOOLS



PHOTOS BY DEB COBB/THE CONNECTION

Elizabeth and David Wilbur speak to Kings Park Elementary School first grade teacher Sandra Fraser, seated, as their children Jonah, a rising kindergartener, and Lilla test out some of the computers in the kindergarten classroom. They are visiting the school on June 15, during the summer reading kickoff program that aims to help parents of rising kindergarteners use the summer to help their children be prepared for school in the fall.



Rick Leith (in hat) and some of his classmates from West Springfield High School help the children of Kings Park Elementary School set the mood for the kickoff program of the school's summer reading program by singing several Dr. Seuss-themed tunes from the Broadway musical 'Seussical.'

# Let the Reading Begin

**Kings Park Elementary Kicks off summer reading program.**

For the first year, students at Kings Park Elementary and their families were invited to participate in numerous activities to promote summertime reading. The event took place on Wednesday, June 15.



Cathy Lee, a teacher at Kings Park Elementary School reads with Kaitlyn Van of Springfield in the reading tent during the school's summer reading kickoff program on June 15.

NASA representative Erica Vick talks about space travel and the solar system in the library of Kings Park Elementary School during the schools summer reading kickoff program on June 15.



Kira Omans, Natalie Seara and Amaya YiQin Golabek, members of the Fairfax Chinese Dance Troupe, perform the Ribbons Dance at the Kings Park Elementary School summer reading kickoff celebration on June 15.



Kira Omans, Natalie Seara and Amaya YiQin Golabek, members of the Fairfax Chinese Dance Troupe, perform the Ribbons Dance at the Kings Park Elementary School summer reading kickoff celebration on June 15.

# ENTERTAINMENT

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

## THURSDAY/JULY 7

**Alte Kameraden.** 8 p.m. Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. Gemütlichkeit folk music, polkas, and festmusik. Weather permitting. Bring a blanket or lawn chair and a picnic basket. Free. 703-757-0220 or www.fairfaxband.org.

**Jammin Java's Mid-Atlantic Band Battle 5.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

**Drop-In Story Hour.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Age 3 to 5 with adult. No registration needed. 703-293-6227.

**Reptile Wonders.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-249-1520.

**Lunchtime at the Movies.** 11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Bring lunch and watch movies based on children's books. Call for titles. Age 1-6 with adult. 703-644-7333.

**National Symphony Orchestra: Tcheers for Tchaikovsky!** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Pietari Inkinen, conductor, and Caroline Goulding, violin. The all-Tchaikovsky program includes Suite No. 1 from The Nutcracker and ends with the thunderous 1812 Overture. Tickets \$20-52. www.wolftrap.org.

**The Bob Gibson Big Band.** 8 p.m. Old Country Buffet 9650 Main St., Fairfax. Vintage to modern jazz. 703-764-0708.

## FRIDAY/JULY 8

**Jammin Java's Mid-Atlantic Band Battle 5.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

**Stuntology.** 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Sam Bartlett, musician, artist and author of Stuntology, presents pranks, tricks and stunts to amuse yourself and amaze your friends. 703-644-7333.

**National Symphony Orchestra: Play! A Video Game Symphony.** 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. www.wolftrap.org.

## SATURDAY/JULY 9

**Fairfax County Master Gardeners Association, Inc.** 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice to home gardeners. Adults. 703-293-6227.

**Play Ball.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Discover the science in sports. Presented by Maryland Science Center. Age 6-12. 703-293-6227.

**Microsoft PowerPoint.** 2:30 p.m. City of Fairfax Regional Library,

10360 North St., Fairfax. Learn how to put together an attractive presentation using Microsoft PowerPoint. Adults. 703-293-6227.

**Neighborhood Plant Clinic.** 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association answers your gardening questions. Adults. 703-978-5600.

**Wild Tails.** 2:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Wildlife Ambassadors bring animal guests to explore how these animals use their tails to communicate, climb, protect themselves and more. Age 6-12. 703-978-5600.

**National Symphony Orchestra: Three Broadway Divas.** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Emil de Cou, conductor, and Debbie Gravitte, Christiane Noll, and Jan Horvath. Broadway music from Gypsy, The Music Man, A Chorus Line, My Fair Lady, Wicked, Mamma Mia! and Evita. Tickets \$20-52. www.wolftrap.org.

## SUNDAY/JULY 10

**Maps of First Bull Run Talk and Book Signing.** 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Civil War historian and author Bradley M. Gottfried, Ph.D., will discuss his book, The Maps of First Bull Run, followed by a book signing and sales. Gottfried's book includes more than 50 full-color, original maps detailing military movements and landscape features of the July 21, 1861 Battle of First Manassas/Bull Run. Free. 703-385-

SEE CALENDAR, PAGE 11



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## WELLBEING

# Of Diets and Dieticians

Sometimes advice from an expert can help achieve weight and nutrition goals.

BY JON ROETMAN  
THE CONNECTION

Some people might hesitate to consult with a dietician, whether it's to lose weight or eat healthier. Isn't there a chance the dietician will tell you that you need to do everything differently?

Fairfax-based registered dietician Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietician should speak with several in order to find the best fit.

While trying to improve one's diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn't have to worry about making unreasonably uncomfortable changes.

"Most of us are not going to try to make you something you're not," she said "Don't be scared you're [going to be told] to go to a specific store and buy food you've never heard of."

Omar's initial interaction with a client involves gauging the client's eating habits and establishing goals. The client sends Omar three-to-five day's worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person "every two or three weeks for a couple months." If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar's services do not include long-term counseling.

"I'm not the kind of person," she said, "who meets weekly for several months. I don't drag it out."

**SAVING MONEY** can be another benefit of seeing a dietician. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

"[Eating] out too much can be expensive," she said. "[Some clients] really want to learn how to cook for themselves [so they are] eating healthy."

The process of selecting a dietician should involve questioning credentials, Omar said.

"I think there's something to say for gathering information," said Omar, who has a master's degree in health sciences and a bachelor of science in dietetics, according to her Website, [foodconfidence.com](http://foodconfidence.com).

"Maybe you're not sure that working with a dietician is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is. Interview some and see what their approach is and see if it works for you.

"[Becoming a] registered dietitian [requires] a bachelor's degree in dietetics and a 9-to-12-month internship and exam and continuing education ev-

ery five years," Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost weight themselves. "They're very good at marketing themselves, but a lot of times they're not really qualified, especially with clinical stuff."

Time, or lack thereof, is the greatest deterrent to eating healthy, Omar said.

"Some of the obstacles that people have [involve] their schedule — a lack of time to prepare meals [and] to do what it takes in terms of planning," she said. "A



SUBMITTED PHOTO

**Mary Perry, founder and owner of Dynamic Nutrition in Alexandria, overcame the weight problems of her youth.**

lot of people rely on eating out. It's difficult to eat healthy when you're eating out. You can, but some people don't want to go that route."

Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

"People love their cheese," Omar said.

Mary Perry overcame her own obstacles before she started helping other people overcome theirs.

Perry, founder and owner of Dynamic Nutrition in Alexandria, battled weight problems during her

youth. As she got older, Perry took an interest in nutrition and improving her health. With results came the realization that nutrition was a passion. After 10 years of working for the federal government, Perry decided to change careers and went back to school to become a registered dietician.

Having tackled her own weight problems, Perry uses her experiences to help in guiding and relating to clients.

"Growing up I kind of struggled with my weight as a kid and it lasted through college," said Perry, who talks about her transition at [www.dynamicnutritionservices.com](http://www.dynamicnutritionservices.com). "I went on my own personal quest to become healthy. ... Talking about nutrition is such a personal issue. My goal is to make the folks I work with very comfortable. I call it a judgment-free zone. It's kind of like a confession when you have to think about your eating habits."

While going back to school, Perry realized those looking to lose weight needed to navigate through a minefield of misinformation. Having already been someone in a position of trying to figure out the right

SEE EATING WELL, PAGE 11

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## WELLBEING

# Eating Well, Staying Fit

FROM PAGE 10

approach, Perry, who has a bachelor's of science in dietetics from James Madison University and spent time as a dietetic clinical intern at George Washington University Hospital, Inova Alexandria Hospital and the Johns Hopkins Weight Management Center, warns against getting caught up in unhealthy routines.

"Before I became a dietitian, I definitely struggled like everybody else," she said. "Before I went back and had all these educational [experiences, I didn't realize] you're really susceptible. There's so much information available, it's overwhelming. With the Internet, there's a lot of misinformation. [If you're] trying to lose weight, you're susceptible to doing things that aren't healthy. ... You pick up the magazine and do the magazine diet, or try another popular diet; it sets people up for failure."

Not consuming enough calories or protein, and not eating often enough are unhealthy ways of attempt-

ing to lose weight, Perry said. Failing to take in enough calories can lead to bingeing, and a lack of protein can lead to the reduction of lean muscle mass.

"It gets to the point where the body is a very smart organism," Perry said. "If you drop your calories too low it drops your metabolism. You might start to lose weight but then you hit a wall. ... People get in this dieting mentality where it's one of resisting. You're constantly walking around saying, 'Don't eat, don't eat.' I think the opposite is true. You have to eat ... throughout the day."

Perry suggests eating at least four times per day, preferably every four or five hours. If someone's schedule leaves a large chunk of time between lunch and dinner, that person should have a snack between meals.

"Nutrition is my passion," Perry said. "It's made such a difference in my life how I feel and how I perform in different ways. I just love working with folks and supporting and helping and making changes in their lives, and it's very rewarding."

## CALENDAR

FROM PAGE 9

8414.

**He Is We, Ocean Grove and Andrew Allen.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

**Adventures of a White House Photographer & Photographing Roses.** 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax.

Tracey Attlee and Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.

**Neighborhood Plant Clinic.** 1-4 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. Adults. 703-644-7333.

**Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village.** 7 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The Acoustic Planet Tour 2011. \$40 in-house, \$25 lawn. www.wolftrap.org.

# OPEN HOUSES

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5901 Erving St. \$359,900 Sun 1-4 Doris Crockett Weichert 703-615-8411  
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## SPORTS

# Legion All-Star Baseball Game Is a Hit

Nationals team victorious in Fourth of July showcase.

BY RICH SANDERS  
THE CONNECTION

The grand old game of baseball was once again on Vienna's center stage on Independence Day as the annual American Legion All-Star Game was played in the heart of town at Water's Field. A big, laid back crowd was on hand to take in the District 17 (Northern Virginia) league's holiday showcase game, which began at 10 a.m., and was played in pleasant, overcast conditions.

As usual for the July 4 contest, made up of high school and first year college aged players, winning was not so much the day's priority for either team — the Nationals or the Americans — as much as simply enjoying the game and giving those on hand a good show.

"It's a game where you get to go out on the Fourth of July and play with and against the best players in the league," said Springfield Post 176 catcher/infielder Nathan Slater (Lee High School), who lined a single into left field in a first inning at-bat for the Americans. "Everyone wants to win and everyone out here is competitive. But at the end of the day it's about having fun."

Slater, in pre-game ceremonies on the infield, read the American Legion Code of Sportsmanship to both teams following the pre-game player introductions. It reads: "I will: keep the rules, keep faith with my teammates, keep my temper, keep myself fit, keep a stout heart in defeat, keep my pride under in victory, keep a sound soul, a clean mind, and a healthy body."

Slater said the atmosphere was fantastic for the Legion All-Star game.

"It's nice seeing there's still support for baseball in the area," he said, after the game. "This place is packed."

Bill Murphy, in his 12th year as the District 17 baseball commissioner, was the public address announcer for Monday's All-Star game.

"A lot of the players really look forward to this," said Murphy, a former president of the Vienna Little League. "The All-Star game gives the players incentive and pride, and something to shoot for. Every year people around town will come up to me and ask, 'Are you still having the Fourth of July All-Star Game?'"

Both All-Star managers, veteran skipper Al Vaxmonsky (Springfield Post 176) for the American squad and Vondell Johnson (Arlington Post 139) for the Nationals, did their best to give all of their respective teams' players quality playing time.

**ON THIS DAY**, the Nationals team, made up of players from Alexandria Post 129, Arlington Post 139, Vienna Post 180, and Annandale Bicentennial Post 1976, lit up the scoreboard and defeated the Americans



Nathan Slater readies for the pitch during first inning action of the annual District 17 American Legion All-Star Baseball Game held on Independence Day at Waters Field in Vienna.

by a score of 15-6. The American squad was made up of players from Falls Church Post 130, Springfield Post 176, Fairfax Post 177, and Centreville Post 1995. Both teams also had players from Alexandria Post 24.

Throughout much of the game, patriotic band music could be heard from the grounds of the Vienna Community Center beyond the outfield fence as preparations were being made for the upcoming day-long festivities.

On the artificial turf ball diamond, the District 17's top players were putting on a batting clinic as both teams combined for 23 base hits, 15 for the winning Nationals.

Both teams offered a myriad of offensive highlights. The Nats, in a seven-run top of the second inning, knocked around four doubles, the two-baggers coming from 1976's Joe Warren (St. Stephen's & St. Agnes School), Post 139's Ryan Dickt (Washington-Lee High), Post 24's Robert Banks (Hayfield Secondary), and Alexandria Post 129's Adam Forrer (T.C. Williams). During that same half inning, Alexandria Post 24's George Palacio (Mount Vernon High) and Vienna Post 180's Eli Facenda (Madison High) both had singles. Eleven players batted in all during that breakout second inning.

The game's lone home run came by Warren, a towering fly ball over the center field fence to lead off the fifth inning and give the Nationals an 8-4 lead. Warren would finish the day with three hits.

The Nationals displayed some aggressive base running in a four-run sixth inning. Vienna post 180's Chris Hanson (Oakton High) began the big inning with a high fly double into shallow left center field. Two batters later, the hustling Hanson scored from second base on a groundball out to shortstop off the bat of Vienna Post 180's Mason Hauser (Oakton). Later in the inning, Forrer, who earlier reached base on a hit's batsmen, stunned the fans and American Leaguers with a dash towards home on the pitchers' windup. Forrer slid safely onto the plate for a rare steal of home. Later that

same inning, Alexandria Post 129's James Clark (T.C. Williams) roped a line drive double into left center field to plate two more runs, giving the Nationals a commanding 12-4 lead.

The Nationals would go on to tally three more runs in the eighth, the big blow coming off the bat of left-handed hitting Facenda, who tripled down the right field line for two runs. Earlier in the game, Facenda, who was the Nationals' starting pitcher, singled the opposite way down the left field line.

The Americans also had some big at-bats. In their three-run bottom of the second, Springfield Post 176's Joe Townsend (South County Secondary) pulled a ball into deep left field and off the left field fence for a double. But a fine defensive relay play on the extra base hit resulted in a base runner being thrown out at the plate, the tag applied by catcher Hanson.

In the American third inning, Falls Church Post 130's Danny Zdancewicz (Bishop O'Connell) doubled home a run. The Americans, later in the game, scored single runs in both the sixth — an RBI single by Centreville Post 1995's James Wiltshire (Paul VI) — and seventh innings — a sacrifice fly by Falls Church Post 130's Bruce Beatty (McLean High).

The Americans used nine different pitchers, playing one inning apiece. Tossing shut-out innings were Post 176's JT Williamson (West Springfield High), Falls Church Post 130's Phillip Morris (McLean), Springfield Post 176's Matt Keen (Lee High), Springfield Post 176's Justin Drechsel (Hayfield), and Beatty.

The winning pitcher for the National League was Facenda, a southpaw who worked both the first and second innings.

Wiltshire, a 2010 graduate of Paul VI High and a current student at Virginia Military Institute (VMI), was thrilled to be an All-Star member of the American team.

"I wouldn't want to be anywhere else," said Wiltshire, who plays outfielder and pitcher for Centreville Post 1995.

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Max Allen Pfoutz, 82, of Landrum died June 29, 2011. A native of Sandy Ridge, PA, he was the son of the late George W. and Gladys Vaughn Pfoutz and husband of Edith Howell Pfoutz.

He was a member of Grace Baptist Church and served in the US Army. He retired from the FBI having served in the Washington Field Office and the New Haven, CT Field Office.

In addition to his wife, he is survived by four sons; three grandsons.

In lieu of flowers, memorials may be made to Grace Baptist Church Mission Fund, Bethany Baptist Church Mission Fund, Brevard, NC, The Wilds Christian Camp, Brevard, NC or Gateway Baptist Church Missions Program, Boiling Springs, SC.

Condolences may be left at [www.pettyfuneralhome.com](http://www.pettyfuneralhome.com).

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 SEDAN, AUTO TRANS, MODEL #2532  
**\$6 PER DAY**  
 OR, \$199 PER MONTH FOR 36 MONTHS



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Gorgeous Monroe Colonial on Large Flat Lot Backing to Trees - 3 Finished Levels - Redesigned, Gourmet Kitchen - HW Floors on Main Level - Upgraded, New Carpet Up - 2 Fireplaces - New Windows - Cul-de-sac Location - Deck & Gazebo & MUCH, MUCH more. CALL ANN WITHERSPOON TODAY!



**Crosspointe** \$699,500  
Elegant Van Metre Sheffield on small cul-de-sac backing to trees. 3 finished levels w/lower level walk-out to fenced yard. Screened porch & deck, hardwood floors, 2 fireplaces, library, kitchen w/desk adjacent to large fam rm, 5 BR, 3.5 BA & much more! Call Sheila Adams 703-503-1895.



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Home in Excellent Condition on Large Private Wooded Lot. Home

Features 4 Large BR's, 3.5 Baths, Finished Walk-out lower level, Wrap-around Porch and Oversized Garage. Gated Community. For more info call David & Janet Lewis, 703-980-3090.



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**Fairfax** \$475,000  
Stylish Rambler in sought after Kings Park West has it all - updated eat-in kitchen with SS appliances, 42" cabinetry, & granite. Plus, updated baths, hardwoods, fresh paint, newer windows, gas heat/cooking & finished walk-out LL. Close to VRE, Metrobus, & top-tier schools!



**Springfield** \$399,000  
Great home at a great price! Renovated kitchen w/42" cabs, hardwood floors, 3 BR, 2.5 BAs! Spacious family room in lower level, rear deck for summer fun! Quiet neighborhood, on a cul de sac! Gas heat! Mins to Ffx Pkwy & Metro! Sought after W. Springfield HS! Call for info.



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- Backs to Trees



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