

# Burke CONNECTION

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PHOTO CONTRIBUTED

## Wellbeing

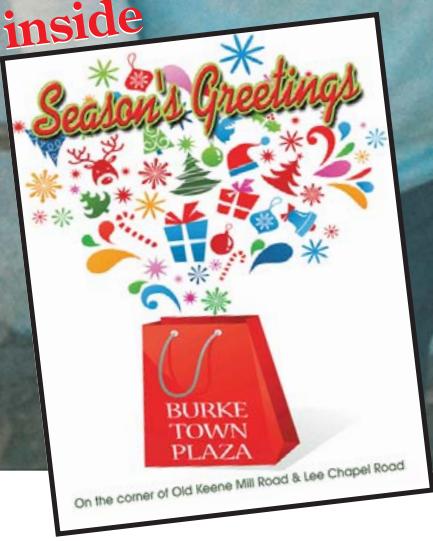
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## Turkey Trot Big Success

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inside

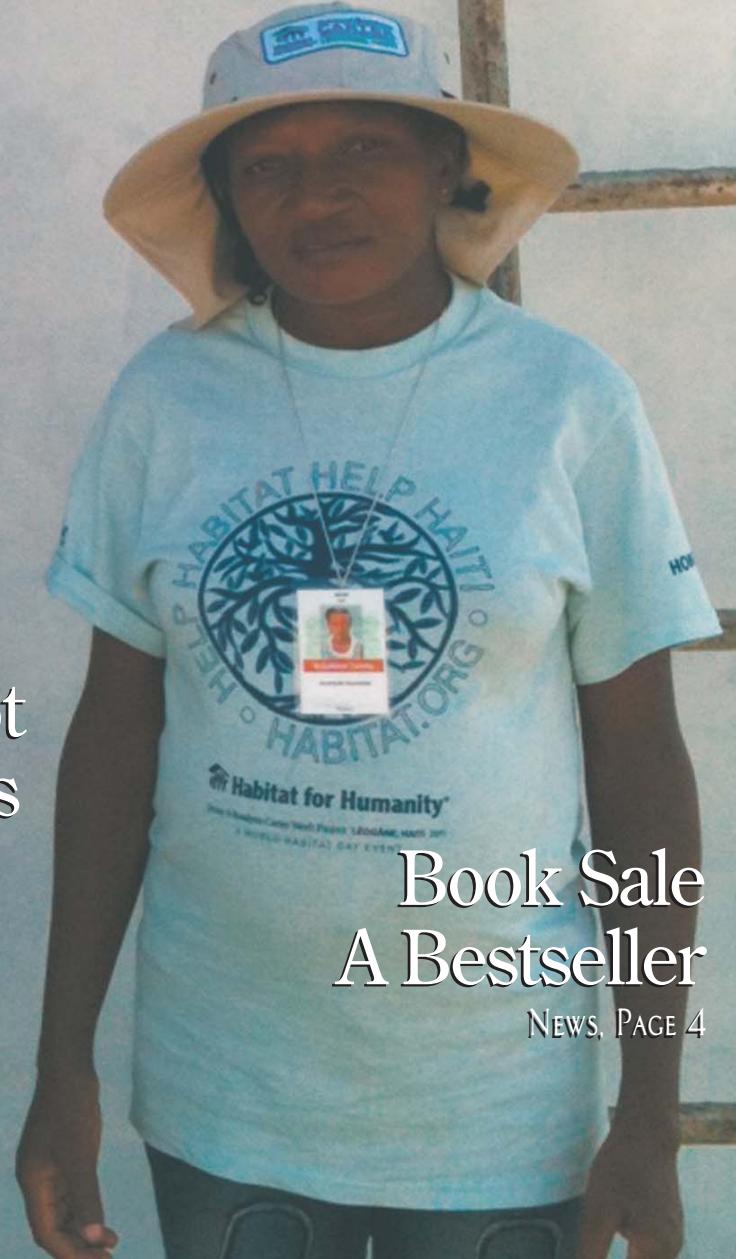


DECEMBER 1-7, 2011

# Helping In Haiti

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Robinson teacher Melissa Booker with the future homeowners, Ketienne (left) and Adrecille (right), during her Habitat for Humanity mission to Haiti.



## Book Sale A Bestseller

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



# Dr. Pamela Marzban

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## Teeth Whitening...What You Should Know.



With the holidays around the corner, everyone seems to be coming in to whiten their teeth for their picture perfect moments. So before you start using whitening products that you may be completely unfamiliar with, you may want to read this article.

If you want to whiten your teeth, the best place to start is with a healthy mouth. Tooth decay, sensitive or cracked teeth, infections or periodontal (gum) problems should be diagnosed and treated before any teeth whitening procedure. Otherwise, you could experience discomfort. If using the right products, the whitening process is safe; however, it can aggravate existing problems.

Rather than heading to the local cosmetic counter or shopping mall in search of teeth whiteners, start with a dental check up. This way, we can diagnose the cause of discoloration—*injury, stains from food or tobacco, antibiotic treatment and so on.*

Whitening products only work on natural tooth enamel, not on crowns, veneers, bonding materials or tooth colored fillings. Does this mean if you have any of the above mentioned conditions you are stuck with yellow teeth? Absolutely not! The diagnosis is important; from there, we can determine whether whitening will work for you and which product will suit you best; otherwise you could be wasting time and money!

Studies have shown the first thing a person notices when they meet you is your smile. Being a cosmetic dentist, I am aware of how desirable it is to have white, bright teeth and how it impacts your confidence, well being, and your entire life. By seeing a trained cosmetic dentist, you can achieve not only a whiter, more attractive smile, but one that is healthy and contributes to your overall health. For more information about whitening and to check out our holiday whitening gift ideas and specials, I encourage you to visit our website or set up a complimentary whitening consultation with our well trained and knowledgeable team. Happy Holidays!

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## THE COUNTY LINE

# Water Wars

By NICHOLAS HORROCK  
THE CONNECTION

**I**t's not Owens Valley. There's no William Mulholland, no Jack Nicholson or Faye Dunaway. But Fairfax County has a water war as real as that depicted in "Chinatown," the 1974 film based on how Los Angeles got water.

In the early 1900s, William Mulholland, the superintendent of the Los Angeles Department of Power and Water, had a 223-mile aqueduct built from Owens Valley California to Los Angeles to carry water to what was the state's fastest growing metropolis. He bought the water rights from the farmers of Owens Valley for about half what the city could have paid and subterfuge was later charged. Lake Owen dried up leaving an alkali desert. Los Angeles still gets half its water from Owens Valley and is trying to deal with the environmental damage of this diversion to this day.

Like Los Angeles in 1913, the Tysons Corner/Merrifield area in Fairfax County is anticipated to be the fastest growing section of the county in the next decades. Tysons alone is slated to grow from an edge city of 100,000 day workers and 19,000 residents, to an urban center with 200,000 workers and a population of 100,000 people living primarily in high rise buildings. It would still draw upwards of 55,000 shoppers daily to its upscale stores.

Supplying water to this metropolis could be worth millions and perhaps billions over the coming years.

The Fairfax County Board of Supervisors set Dec. 6 for a public hearing on a proposed ordinance that would allow the board to set maximum water rates and fees for residents even if they get water from other municipal water utilities, Falls Church, City of Fairfax, Herndon and Vienna.

It would also allow the Board of Supervisors to set service areas for Fairfax Water, the county's water utility, which would be areas of future development where builders would be required to hook up to Fairfax Water.

Laurie Genevra Cole, a member of Vienna's town council, said the way the board is proceeding with the ordinance "smacks of a power grab." She said the mayor and council in Vienna had no prior warning of the ordinance, despite the fact that discussions on the water issues have gone on for years.



**Sharon Bulova,  
Fairfax  
Board Chair-  
man**



**Linda Smyth  
(D-Provi-  
dence)**



**John Foust  
(D-  
Dranesville)**



**Laurie Cole,  
Vienna Town  
Council**

Supervisor John Cook (R-Braddock) said at the Nov. 1 meeting that he felt the board was "heavy handed" in proposing the ordinance and argued that the board give more time to working out an agreement with cities and towns.

He feared the action would impact the negotiation on other issues between the county and municipalities.

"He's right," said Cole, "this will make it harder." Nevertheless, Cook voted for the public hearing.

The Board of Supervisors voted 9 to 1 to move forward with the hearing. The nay vote came from Pat S. Herrity, (R-Springfield) who said the Democratic majority on the board hurried the ordinance before Election Day to help the candidacy of John W. Foust, (D-Dranesville). Foust won re-election with 61 percent of the vote.

The water battle in Fairfax has been a protracted issue for over a decade. Right after World War II, long before Fairfax County's extraordinary growth, county homes outside of the towns got their water from wells.

Laurie Cole said Vienna provided service to customers outside of the town as the county rezoned land for development in areas where the county could not provide service.

She said the town extended its water mains and increased its capacity at Fairfax County's request. "We have provided excellent water service to customers inside and outside the Town for decades," Cole said.

Falls Church has a similar story, but with a twist. Falls Church charges some 60 percent more for its water than Fairfax residents pay Fairfax Water. The city serves about 34,000 accounts; some 90 percent of those are outside of the City of Falls Church. County officials estimate some 100,000 Fairfax residents are getting water from municipalities and in the case of Falls Church paying a lot more for it.

## Fairfax County presses to control water as new development looms in Tysons and Merrifield.



PHOTO COURTESY OF LAURIE HORSTMANN

**Turkey Trot 5K winner Alex Clark of Burke crosses the finish line.**

## Turkey Trot Big Success

### \$75,000 raised for nonprofit Life with Cancer.

By BONNIE HOBBS  
THE CONNECTION

After all, said DeVincenzo, "The intersection of Wetherburn Court and Pleasant Valley Road wasn't meant to hold 6,000 people."

"Dean has been bringing State Troopers with him to every race since 1989," added Horstmann. "That year, we only had 150 runners and it snowed, so Dean was the only one."

Winning last week's 5K race was 19-year-old Alex Clark of Burke in a time of 16:05. Capturing second place was Scott Maxfield, 21, of Oak Hill in 16:25. Taking third was Taylor Torino, 19, of Fairfax in 16:29.

The top female finishers were, respectively, Kerry Hartman, 22, of Centreville in 18:33.5; Alisa Harvey, 46, of Manassas in 18:41.4; and Hayley Sullivan, 22, of Burke in 18:49.

"It was a terrific turnout and a beautiful morning for the event," said Horstmann. "The founder and director of Life with Cancer [LWC], Gordon Hay — who will be retiring at the end of the year — was out to start the race."

"Everything went well," added DeVincenzo. "I'm exhausted, but very happy."

Since its inception, the Turkey Trot has raised more than \$720,000 for LWC. "In 2010, we raised \$76,000 and had over 4,400 participants," said Horstmann. "But we could not put on the race without the community volunteers, our generous sponsors or our loyal participants."

## NEWS

# Book Sale a Bestseller

**Richard Byrd Library book sale attracts book-lovers, bargain-hunters and holiday shoppers.**

By VICTORIA ROSS  
THE CONNECTION

**B**ibliophiles rejoice. The Richard Byrd Library in Springfield opens its doors Thursday, Dec. 1, for one of the largest used book sales in the area. More than 5,000 books will be on sale, most for less than \$5, including rare, vintage, autographed and popular bestsellers.

"If you love sushi cooking, or you're interested in WWI Naval history, you will likely find a book here," said Christine Petersen, president of the Friends of Richard Byrd Library, the non-profit fundraising arm of the library. "We received an amazing variety of donated books this year, and many are almost new, so they will make great stocking stuffers and gifts."

Peterson said the book selection includes every conceivable genre, from history, art and foreign language to medical science and science fiction.

"We have a lovely children's room, and a large selection of hobby books, including five crates filled with just quilting books. This is all in addition to a large fiction area," she said.

**THE RICHARD BYRD LIBRARY**, named after the famous explorer, was

completely renovated and rebuilt in 2010. The new building features an accurate replica of the airplane flown by Admiral Byrd during his exploration of Antarctica and his flight over the South Pole.

Peterson said the sale attracts hundreds of book-lovers and bargain-hunters, and is one of the library's biggest fundraisers.

"I love our sale because I get to talk to the best people: smart shoppers who love books. A smart shopper knows they can get beautiful books, DVDs and CDs for just \$1 or 2 that will fill a Holiday stocking or provide pleasure on a cold winter night," she said.

To attract holiday shoppers, Peterson said this year's event has some creative new features.

Volunteer Jo-Ann Mitchell decorated several holiday tables filled with books that shoppers can buy

SEE BOOK SALE, PAGE 5

### The Richard Byrd Library Book Sale

Where: The Richard Byrd Library, 7250 Commerce Street, Springfield  
When:

- ❖ Thursday Dec. 1 from 3-9 p.m.
- ❖ Friday, Dec. 2 from 10 a.m. to 6 p.m.
- ❖ Saturday, Dec. 3 from 10 a.m. to 5 p.m.
- ❖ Sunday, Dec. 4 from noon to 3 p.m. (Bag Sale)



PHOTO BY VICTORIA ROSS/THE CONNECTION

**A member of the Friends of Richard Byrd Library, Jo-Ann Mitchell sorts through some of the vintage books donated for the sale. Vintage books are a new addition to the popular book sale.**

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To Honor Those Who Died and Survived



**Please Consider Honoring Those Who Died and Those Who Survived the Tragedy of April 16, 2007 by Purchasing the "In Remembrance, April 16, 2007" License Plate**

Help those survivors and family members who formed the VTV Family Outreach Foundation assist other victims of campus tragedy, secure and make safe our universities and colleges and create a legacy for those who died by purchasing an "In Remembrance, April 16, 2007" license plate. A minimum of 450 prepaid applications are required for the General Assembly to approve the above-designed plate.

DMV collects \$25 for non-personalized plates and \$35 for personalized plates. These funds will help the Foundation in its mission to promote and advocate for the public safety and security of our universities and colleges and to provide assistance and services to victims of campus crimes and their families.

Thank you for your generosity and support!

All questions can be directed to Marjorie Castro at [m.castro@vtvfamilyfoundation.org](mailto:m.castro@vtvfamilyfoundation.org) or 855-462-7432.



**Visit our web site**  
[www.vtvfamilyfoundation.org](http://www.vtvfamilyfoundation.org)  
for detailed instructions on how to obtain a license plate application.

**VTV Family Outreach Foundation**  
  


# NEWS

## Book Sale at Springfield Library

FROM PAGE 4

for gifts. "We're bundling books with White House ornaments, and using kitchen utensils to include with sets of cookbooks," Mitchell said. On Sunday, the last day of the sale, shoppers can take advantage of the first-ever "Bag Sale." For \$5, shoppers receive a paper bag furnished by Whole Foods Market, which they can stuff from whatever books are left.

The 20 volunteer members of the Friends, who have been sorting through the donated books for months, uncovered some treasures. They found a copy of "The Globe Theater's Illustrated Works of Shakespeare," an autographed copy of Doris Kearns Goodwin's "Team of Rivals," and many coffee-table art books that typically sell for \$50 to \$100. Peterson said art books, which include glossy prints, are popular because people like to cut out and frame the prints.

There is also this prize: a copy of "On the Air" by local radio personalities Frank Harden and Jackson Weaver, signed by both men. Harden and Weaver, who launched their daily program at WMAL in 1960, were nationally known for their morning talk show for more than three decades. "Almost everyone remembers Harden & Weaver, so that book was a real find for us," Peterson said.

**PROCEEDS** from the sale help fund a variety of programs at the library, as well as offset funding cuts over the past few years. "The money we earn at the December sale helps pay for a variety of things such as children's programs, family activities, adult speaker events, and magazines subscriptions," Peterson said.



The new library building, completely renovated and rebuilt in 2010, features an accurate replica of the airplane flown by Admiral Byrd during his exploration of Antarctica and his flight over the South Pole.

Peterson said the Reading Buddies program is one of the children's programs funded by the library, and a way the library gives back to the community. In the weekly program, adult mentors are paired with children who want to practice reading in English, or just want to practice their reading skills. After children read five books, they get to pick a free book as a reward. Peterson said many of the library's programs are designed to reflect the diversity of the community, by providing materials for learning English and a Spanish language collection for all ages.

"I have always loved to read so the library means a lot to me personally. It is important to our community in Springfield too, as a place to meet, learn, or discover," Peterson said.


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### Be a Part of CHILDREN'S (& TEENS') CONNECTION



Every year between Christmas and New Year's, The Burke Connection turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: ChildrensSouth@connectionnewspapers.com, or mail (.jpg and text files on disc only) to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

**THE CONNECTION**  
NEWSPAPERS

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# OPINION

# Shop Locally

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

Supporting small businesses, locally owned businesses, has to be more than a one-day affair.

The economic situation is daunting. Even families who feel financially secure will be more frugal in this holiday season than before the recession, but still, local families will shop and exchange gifts during the next month, spending millions of dollars in a variety of places.

## LETTERS TO THE EDITOR

### Saving the Deer Population

To the Editor:

Why are deer continuously made into scapegoats while real solutions to the problems of deer-vehicle collisions, Lyme disease, etc. are being ignored?

Solutions like the 4-Poster system that prevents Lyme disease from spreading, can use the deer population to effectively eradicate the ticks that carry Lyme disease. The "4-Poster Station" provides a feeding station for the deer while it treats the deer with a tickicide that kills the ticks. These devices were developed by the U.S. Department of Agriculture and approved by the U.S. Environmental Protection Agency in 2004. They currently are used in 26 states and have resulted in a 92-96 percent reduction in the number of ticks.

The county was offered approximately nine free 4-Posters several years ago which they rejected. Now, they are doing a useless three-year study on them, which means it will be about five years before they could be implemented in Fairfax County. Our county falls behind while 26 states are happily

using them, why? This is placing the health of our community at risk. It is also important to realize that bow-hunting kills the deer. It does not kill the ticks that carry Lyme disease. When the deer are killed, the ticks seek alternate hosts, such as people and companion animals.

To greatly reduce deer-vehicle collisions, how about an affordable and little to no maintenance, roadside deer warning system? A device called DeerDeter which is a small, solar-powered, sound-emitting, headlight-activated system has resulted in a decrease of deer-vehicle collisions by up to 90 percent where it has been installed. There are grants that our county may apply for to obtain these highly effective devices that would save lives. Why is this not being considered?

Why are we not building culverts and overpasses to allow for the natural migration of the wildlife in our area, considering the ever-growing traffic and development, leaving the wildlife concentrated in small areas with no safe way to migrate?

Why are we only considering lethal methods that are not even solving our widespread problems

## Be sure to do some of your holiday shopping at locally owned stores.

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 ambience available by shopping in

the heart of a town that is decked out for the season.

Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

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

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

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

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. But local shoppers should be sure to save some shopping time and dollars for local stores.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

but simply increasing deer-vehicle collisions? Just look at this Erie Insurance report...

A recent study by Erie Insurance Company in Pennsylvania concluded that the rate of collisions between deer and vehicles increased three to four times during hunting season. Deer hunting causes deer to frantically disperse and flee to areas such as neighboring property and roads.

Some homeowners have experienced deer grazing in their gardens or landscaping. One way to change deer behavior is to draw the deer to a more desirable location elsewhere on the property, generally along the fringe of the property, with preferred feeding vegetation. Once deer identify the new location, which is more attractive to begin with, as it is further away from the noise, activity, and unpredictability of residents, gardens will be abandoned by the deer for the alternative vegetation.

Deer can also be drawn to more attractive deer grazing areas within the parkland.

Why is it so difficult to understand that killing deer will only make room for other deer to come in and fill in their niche?

Why are we allowing our wildlife to suffer a long, painful and slow death, the most barbaric and inhumane method of hunting, so cruel that several states and most of Europe have outlawed bow-hunting? Have we forgotten that deer feel pain just like you and I? They have highly complex nervous systems much like we do. We also seem to forget that deer also have families and are simply trying to survive, yet we are allowing them to live through unimaginable suffering, due to our ignorance of real, effective, and humane solutions. Don't forget we have moved into their habitat and it is our responsibility to learn how to live peacefully and intelligently with the native wildlife that lived here long before we did.

I've lived in this county for 30 years and I have not seen one method used by the county that actually worked to solve any of these growing problems. It is time that we speak up in support of real solutions that our elected officials need to focus on and consider using to start resolving these issues.

Michelle Raiszadeh  
Clifton

### Call for Annual Children's (& Teens') Connection Contributions

Every year Connection Newspapers dedicates one issue entirely to the imaginative works of our community children and teenagers. We publish artwork, essays, creative writing, opinion pieces, short stories and photographs.

We are now asking that all submissions be digital so they can be sent through email or on CD. Please provide the submissions no later than Thursday, Dec. 8. If you have any questions, please call Kemal Kurspahic at 703-778-9414 or email kemal@connectionnewspapers.com.

Some suggestions for submissions:

❖ Drawings, paintings, photographs or 2-D and 3-D artwork that have been digitally photographed.

❖ Short stories, poetry, essays, class-wide prompt writings.

❖ Opinion pieces about family, friends, traffic, sports, food, video games, toys, trends, etc.

Images should be submitted as .jpg ATTACHMENTS to an email, not embedded in the body of the email.

All submissions should include the child's

first and last name, school, grade and/or age.

Submissions for our Burke, Fairfax, Fairfax Station/Clifton/Lorton and Springfield editions should be e-mailed to ChildrensSouth@connectionnewspapers.com. Subject should be school name, town and teacher's last name (or for individuals or home schoolers, the child's last name and town).

The issue will be published the week of the Christmas holiday. We will publish as many submissions as possible.

### THE CONNECTION

www.ConnectionNewspapers.com

Newspaper of Burke  
@BurkeConnection

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# OBITUARY

## Gail White Hall, 76, of Burke, Dies

Gail White Hall, 76, a school secretary and active member of her church, died on Wednesday Nov. 23 at INOVA Fairfax Hospital. She had suffered a stroke on Nov. 15, at her home in Burke.

Gail was born on Nov. 23, 1935, in Milton, Del. Her parents, Willard H. White and Virginia M. White, and her sister, Joan C. White, predeceased. Brought up on a farm in Milton, Gail lived out her youth with a keen awareness for hard work and quality of life. Her chores gave her a sense of responsibility and an ability to work under pressure.

She attended Goldey Beaumont Secretarial College in Wilmington,

Del., and worked as a secretary to principals at JW Robinson Secondary and Marshall High School in Fairfax County. She was mother, mentor and friend to dozens of students over the course of her career. Because of her abilities and her care for students, teachers, and parents, she was awarded the prestigious "People's Choice Award" at JW Robinson Secondary School. Gail retired from the Fairfax County school system in 1999.

Gail married Arthur James Hall, a career Army aviator, in 1955 and traveled widely with her husband and family for many years.

She was active at Church of the Apostles Anglican church in

Fairfax, where she worked with the treasurer to count the offering weekly. She also served on the prayer team as an intercessor and participated in Bible study and home groups.

Gail is survived by three children: Lynn Akbar and Gwen Pangle both of Leesburg, Va. and AJ Hall of Fishers, Ind., as well as a brother, James J. White, of Milford, Del., and his two daughters. In addition, Gail is also survived by eight grandchildren and five great-grandchildren.

A celebration of Gail's life will be held at Church of the Apostles in Fairfax, and she will be interred in the family plot in Milton, Del.

### AREA ROUNDUPS

## Christmas Parade, Homes Tour

Christmas comes to the Town of Clifton, this Saturday, Dec. 3. Starting at 2 p.m., there'll be a parade of horses, decorated for the holidays, all through the town. Visitors are then encouraged to check out Clifton's shops and restaurants prior to the Candlelight Tour of Homes, from 4-7 p.m.

Five historic houses are on the tour, plus two churches, the Clifton caboose and the Masonic Acacia Lodge. The churches will have live music, and Dickens Carolers in old-fashioned, holiday attire.

tire will add to the ambience.

Homes-tour tickets are available in town at A Flower Blooms in Clifton, NOVA Music and T&K Treasures. They're also at Picket Fence in Burke and Banner's Hallmark in Centreville. Cost is \$20, adults; \$5, children under 12, before Dec. 3. That day, they're \$25 and \$10, respectively. For more information, e-mail Jennifer Chesley at [townofclifton@aol.com](mailto:townofclifton@aol.com) or see [www.cliftonva.us](http://www.cliftonva.us).

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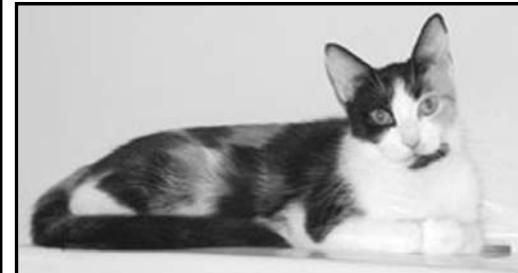
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## Business and Community Partnership News from Fairfax County Public Schools

In 2007, *Time* magazine called Fairfax County "one of the great economic success stories of our time." In 2011 that edict still rings true despite the challenging economics surrounding us. Fairfax County is faring better than most metropolitan areas. Fairfax County Economic Development Authority President and CEO Gerald Gordon, Ph.D., says Fairfax County continues to do well because of its exceptional educational offerings. "The Fairfax County school system is arguably one of the best public education systems in the United States," he said.

Fairfax County Public Schools is exceptional because business and community organizations are engaged in ways that are good for students and good for organizations.

The FCPS Office of Business and Community Partnerships recruits and supports business partners who want to work with students and the school system. More than 150 Fairfax County schools have a partnership with one or more businesses or community organizations.

### Give Me Five: 5 Ways to Partner with FCPS

1. Mentor a Child
2. Partner with a School
3. Partner Systemwide
4. Support an Existing Partnership
5. Help Develop or Advance an Educational Initiative

Learn more about becoming a Fairfax County Public School partner. Visit [www.fcps.edu](http://www.fcps.edu) and click on Community

In FY 2009, the Business and Community Partnerships team helped secure more than a million dollars in donations of money and valued goods through partnerships and direct donations, not including the value of volunteer hours contributed by partners and mentors.



### Foundation for Fairfax County Public Schools

The Foundation for Fairfax County Public Schools is a partnership between the Fairfax Chamber of Commerce and the school system. It was established to enhance academic offerings, support teacher excellence and provide resources to the school system based on priorities and needs, through an endowment program. For more details, visit [www.fairfaxchamber.org/educationfoundation](http://www.fairfaxchamber.org/educationfoundation).

### Examples of How Local Businesses and Organizations Team Up With FCPS

**The Rotary Club of Bailey's Crossroads** has partnered with J.E.B. Stuart High School in Falls Church for more than 10 years and was named FCPS Partner of the Year in 2010. This partnership's focus is on literacy, particularly through the school's Interact Club, which places 200 student volunteers into the community working with underprivileged individuals. Interact Club members also tutor and mentor young students at a local computer lab. The Rotary Club is actively involved in the Culmore Support on Suspension (SOS) program, providing a supervised, safe learning environment for students from Stuart and Glasgow Middle School who are suspended from school.

Helping students gain real-world experience as actors is one way **Cox Farms** partners with Westfield High School in Chantilly. Students are recruited for actor positions in "Fields of Fear," popular fright nights performed at the annual fall festival. Cox Farms also provides seasonal internships to students who want to acquire paid job experience in other areas such as agriculture, horticulture, animal science, stage management and food service. When the Westfield theatre troupe needs set props such as plants, construction materials, and other items, they turn to Cox Farms who donates and delivers them.

**Capital Caring**, a hospice program, provides career experience to students as a West Potomac Academy business partner.

Students volunteer at Capital Caring in Alexandria through their health and medical science courses. "We are thrilled to partner with West Potomac Academy," said CEO and President of Capital Caring Malene Davis. "It is critical that we prepare the younger generation to work in health care and hospice, especially as our nation's aging population surges. This alliance will help students grow and develop on many levels, while serving our Capital Caring community. It's a true 'win win' from my perspective."

Students receive valuable hands-on experience under the guidance of staff, who discuss the philosophy and operation of a hospice program. The academy provides student volunteers unique opportunities to support the hospice through their classes in fashion design, professional television production, dance, music, computer technology, graphic design, and criminal justice. By volunteering, students also earn credits to meet graduation requirements and as well as the civics seal on their diploma.

"Our partnership not only supports gaining career experiences and volunteer hours but these opportunities allow students to give of their time and of themselves and make a difference in people's lives," said Maria Kappel, Career Experience Specialist at West Potomac Academy.



### Word of Thanks

Thank you to the voters of Fairfax County for passing the 2011 School Bond Referendum! Your support will help to fund \$252.7 million for school renovations and construction.

### Broadband CNCT Partnership

This goal of the Broadband Computers & Neighbors Coming Together (CNCT) partnership is to provide computer access and broadband connectivity to underserved families living in low-income neighborhoods in Fairfax County. Current CNCT partners include Cox Communications, Comcast, VA Star, the Fairfax Education Foundation, Fairfax County Public Schools, dedicated volunteers, business partners, the Fairfax County Department of Neighborhood and Community Services (NCS) and the Fairfax County Office of Public Private Partnerships (OP3).

Students at Herndon and Luther Jackson Middle Schools work with volunteers to refurbish donated computers. Eligible students receive the refurbished computers and discounted broadband service. For more information, to donate or to get involved, please contact Karen Fuentes, 703-324-5176.



### Getting To Know Us

#### FCPS Mentor Lisa Moffett

Lisa Moffett always wanted to be a role model for a young girl. The mother of two grown sons discovered more than 15 years ago that becoming a mentor to a Fairfax County Public School student was a great way to fulfill her desire to work with young girls and provide additional support to a student.

"It's very meaningful for the young person to spend time with an adult who is taking time out of their work day to spend time with them," she said.

"You develop a special friendship that is unconditional."

**Did You Know?**

150 FCPS schools, supporting 5,000 students, have active mentoring programs. Community members and FCPS serve as mentors to students throughout the school system.

The Coldwell Banker real estate agent has mentored students from Louise Archer Elementary School for the past eight years. She has also worked with students at Forest Edge Elementary and Vienna Elementary Schools.

Moffett says she often visits her students armed with art supplies because she finds working on an art project provides an opportunity for her to talk and share stories with her mentee.

"We spend time making cards for members of the military or for Mother's Day because people love to receive a handwritten note," she said.

Moffett mentored the same student for the past six years, but now the student has moved up to middle school. At their last meeting, Moffett understood that she helped make an impact on the life of this student when the young girl told Moffett that she wants to be a mentor when she grows up.

"It's definitely a humbling experience," she said. "It's a gift of laughter, smiles, hugs and friendship." Are you interested in becoming a mentor? Please visit [www.fcps.edu](http://www.fcps.edu) and click on Community to get involved.

### Donate to FCPS

Do you have a musical instrument, vehicle, building or landscape materials, computers, prom wear or any other item of value that you would like to donate to Fairfax County Public Schools? Donations to FCPS are tax deductible.

Visit [www.fcps.edu](http://www.fcps.edu) and click on Quick Links to find our donations page.



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2011 BUSINESS PARTNER OF THE YEAR

# NEWS

**Melissa Booker's building team in Haiti with the future homeowners and President and Mrs. Carter; Booker is front row left with the orange baseball cap.**



PHOTO CONTRIBUTED

## Helping in Haiti

**Robinson teacher Melissa Booker volunteers with Habitat for Humanity in Haiti.**

BY MAYA HOROWITZ  
THE CONNECTION

**W**hen Robinson teacher Melissa Booker heard about the 7.0 magnitude earthquake that rocked Haiti in 2010, she decided she wanted to do something to help.

"I don't know why but when the earthquake happened it really broke my heart," said Booker. "I didn't feel like I could throw money at it. I wanted to do something tangible, something real. I heard news reports about money being misspent."

Booker, who teaches 11th and 12th grade physics, attended Grinnell College in Iowa where she said there was an emphasis on social justice. During her time there, she participated in an alternative break opportunity with Habitat for Humanity.

So when she was looking for a way down to Haiti this year, she turned to Habitat again. She applied for Habitat's annual Carter Work Project. Carter Work Projects occur each year in needy areas across America and the world, led by Jimmy and Rosalynn Carter.

"I knew Habitat for Humanity had started something in Haiti and they were going to make a difference and they were going to follow through," said Booker. "This past April I was on an email list and they said our next Carter Work Project will be in Leogane, Haiti. It just happened to be after the end of the first quarter, beginning of second quarter. I thought I could take three personal days do something that I knew would be real. To do something where I could say, 'this is what I did, what I accomplished and this real.'"

She raised \$5,000 from family, friends and former students.

Booker joined more than 400 volunteers this November in Habitat's Carter Work Project to Leogane, Haiti. She worked on a team of eight that built two 16 x 16 ft. houses that can be easily expanded upon. The houses were built with earthquake and hurricane safety in mind. The community that the houses are a part of, called Santo, has wells, compostable outhouses and solar powered lighting.

**HOMEOWNERS** work alongside volunteers to build the houses. Both of Booker's homeowners, Ketienne and Adrecille, were pregnant.

"What makes this unique is that these people will own the title to this land," said Booker. "It's just a starting point but it's a good starting point."

President Carter and his wife worked all week as well.

"President Carter took pictures with each of the teams that were building," said Booker. "He said to us, 'I don't want any of you coming over to my house snapping pictures of me. You're supposed to be building.' This man was still working the saw really well at 87."

Volunteers worked tirelessly in the 94-degree heat.

"It was very hot but most of us were very determined to get the work done," said Booker. "I got quite a bit of a sunburn because anti malaria drugs that make you susceptible to sunburn."

Booker slept in a tent with 13 other women.

"We all got along real well," said Bianca Celestin, an architectural engineer from Brooklyn who was in Booker's tent. "We connected and hung out."

They had flushing toilets but the showers were cold.

"At the end of a 94-degree day, a cold shower is just fine," said Booker.

Volunteers ate mostly Irish food because the campsite had been set up by an Irish group called Haven that had already built 50 homes in the Santo Community. Booker regretted that she didn't get to eat at least one Haitian meal. She said Habitat sequestered the volunteers because there had been rioting before they came down. Some Haitians who had wanted homes were not able to get them.

"It was a community based decision about who would receive the first homes," said Booker. "They asked community leaders who was the neediest within the communities. There's just so many people to help."

Booker felt being part of this Habitat trip was an overall meaningful experience.

"I really thank all my supporters: my family, my friends, my colleagues and Robinson for making it happen," said Booker. "These people have such a great spirit but they've been dealt a really bad hand. They need help getting back on their feet. And some people say why don't you help out around here? One of my goals is to get involved with the Northern Virginia or D.C. Habitat. But the poverty here is nothing compared to the poverty they have there."

She said she is proud to represent Fairfax and Robinson Secondary School.

"I love the Robinson community," said Booker. "It's been a great school. I love the diversity and the support teachers are given. I feel like I am respected and encouraged to try new things. It's been a great place to grow professionally."

Booker hopes people don't forget about Haiti in the future.

"The last thing President Carter said was, 'Go back and remind people about what happened, about the fact that there's still a lot to be done there and the Haitian people are still in need and keep it on your radar.'

**TO DONATE** to Booker's Carter Work Project in Haiti, go to <http://www.habitat.org/cd/cwp/participant/participant.aspx?pid=11930476>. To see Booker's blog about her trip, go to <http://cwphaiti2011.blogspot.com/>.

## OPEN HOUSES SATURDAY/SUNDAY, DECEMBER 3 & 4



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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click the Real Estate links on the right side.

**Call Specific Agents to Confirm Dates & Times**

### Annandale

4007 Justine Dr.....	\$479,000....Sun 1-4.....	Amanda Carter.....Long & Foster..703-967-9844
4720 Bristow Dr .....	\$409,000....Sun 1-4.....	Athena Petersen.....Long & Foster..703-968-7000
6738 Fern Ln .....	\$479,000....Sun 1-4.....	Andy Novins.....Keller Williams..703-532-6500

### Burke

9912 Wood Astor Ct.....	\$575,000....Sun 1-4.....	Mary Hovland.....Long & Foster..703-946-1775
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### Chantilly

25579 America Sq.....	\$384,900..Sun 12-3.....	Carol Mayer.....Avery-Hess..703-667-1048
25822 Priesters Pond Dr.....	\$600,000....Sun 1-4.....	Susan McKenney.....RE/MAX..703-563-2200
42799 Freedom St.....	\$435,900....Sun 1-4.....	Shawn McGregor.....Keller Williams..703-674-1189

### Clifton

12033 Seven Hills Ln.....	\$749,550....Sun 1-4.....	Carol Hermandorfer.....Long & Foster..703-503-1812
6700 Rock Fall Ct.....	\$799,900....Sun 1-4.....	Lou Ann Armstrong.....ERA..703-517-0006

### Fairfax

10502 Assembly Dr.....	\$377,500....Sun 1-4.....	Kris Walker.....Weichert..703-821-8300
10512 Assembly Dr.....	\$375,000....Sun 1-4.....	Kris Walker.....Weichert..703-821-8300
11942 Appling Valley Rd.....	\$499,000....Sun 1-4.....	Steve Dunleavy.....RE/MAX..703-946-5571
12012 Gary Hill Dr.....	\$599,000....Sun 1-4.....	Carol Hermandorfer.....Long & Foster..703-503-1812
3707 Randolph St.....	\$410,000....Sat 12-4.....	Leslie Carter.....Carter..703-383-3245
5345 Chalkstone Way.....	\$734,900....Sun 1-4 .....	Tim Walsh.....RE/MAX ..703-447-2236
12316 Ox Hill Rd .....	\$519,000....Sun 1-4 .....	Nancy Grasman ....Coldwell Banker..703-864-3175
4490 Market Commons Dr #705.....\$470,000....Sun. 1-3 .....	.....	Susan Isaacs ....Coldwell Banker..202-362-5800

### Fairfax Station

10742 Beechnut Ct.....	\$849,900....Sun 2-4.....	Pat Fales.....RE/MAX..703-503-4365
7951 Kelly Ann Ct.....	\$1,090,000....Sun 1-4.....	Carol Hermandorfer.....Long & Foster..703-503-1812
9206 Bexleywood Ct.....	\$799,900....Sun 1-4 .....	Cyndee Julian.....Long & Foster..703-201-5834
9524 Oak Stream Ct.....	\$564,900....Sun 1-4 .....	Dan Mleziva.....RE/MAX..703-380-9915

### Kingstowne/Alexandria

5708 Glenwood Ct.....	\$489,999....Sun 1-4 .....	Doris Crockett.....Weichert..703-615-8411
6912-L Mary Caroline Cir.....	\$289,000....Sun 1-4 .....	Bernice Maddox.....Long & Foster..703-904-3700
6921 Mary Caroline Cir.....	\$189,900....Sun 1-4 .....	Susan Gurny.....Weichert..703-609-6393
5929 Sir Cambridge Way.....	\$319,900....Sun 12-3 .....	Peter Crouch.....Keller Williams..703-837-4955
6294 Walkers Croft Way.....	\$449,900....Sun. 1-4 .....	Bob Dooley.....Samson Props..703-581-5758
6649 Patent Parish Ln.....	\$525,000....Sun 1-3 .....	Brandon Green.....Keller Williams..202-318-1623

### Springfield

9194 Forest Breeze Ct.....	\$319,950....Sun 1-4 .....	Kathleen Quintarelli.....Weichert..703-862-8808
7582 Woodstown Dr.....	\$510,000....Sun 1-4 .....	Ron Griffin.....Weichert..571-255-0782
8617 Beech Hollow Ln.....	\$395,000....Sat 10-1 .....	Lori Conery.....Weichert..703-909-4276
8617 Beech Hollow Ln.....	\$395,000....Sun 1-4 .....	Dana LaFever.....Weichert..703-609-3479
9211 Setter Pl.....	\$479,900....Sun 1-4 .....	Christine Stephenson.....Weichert..703-901-0944

**To add your Realtor represented Open House to these weekly listings, please call**

**Steve Hogan at 703-778-9418**

**or e-mail the info to**

**shogan@connectionnewspapers.com**

**All listings due by Tuesday at 3 P.M.**

## NEWS

# Greenspring's Gold Medalists

Two Greenspring residents, Japanese-American World War II veterans, receive congressional gold medals.

BY MAYA HOROWITZ  
THE CONNECTION

**G**eorge Nakamura and Yukio Kawamoto, two second-generation Japanese-Americans, or Nisei, served the United States bravely on the battlefield during a time of suspicion towards Asian Americans at home. Their contribution to the war effort was recognized by Congress this November when Nakamura and Kawamoto received Congressional Gold Medals.

Nakamura and Kawamoto, who both served in the Military Intelligence Service (MIS) during WWII, and were in the same language class, Section 6, at Camp Savage in Minnesota, now live in the same retirement community, Greenspring in Springfield.

Nakamura was born on Nov 26, 1919 in Reedley, Calif. Kawamoto was born days earlier on Nov. 13, 1919 in Berkeley, Calif. Nakamura was number five of eight siblings. Kawamoto had two sisters who were both sent to live in Japan before he was born. He was raised as an only child.

Both men were enrolled in college when Pearl Harbor was attacked. Nakamura was studying music with minors in education and art at San Francisco State University. Kawamoto was studying political science at University of California Berkeley.

**NAKAMURA AND KAWAMOTO** were both drafted into the military. Nakamura was initially rejected because he only weighed 109 pounds. He later enlisted in the army, to prove his patriotism and passed the physical exam by one pound. Kawamoto was three months from graduating when he was drafted. Berkeley gave him his degree anyway.

Nakamura's basic training took place at Fort Knox and Kawamoto's basic training was at Camp Robinson. Both men said they initially had trouble with the latrines, which were marked "White" and "Colored." They weren't sure which category they fit into. Eventually they were told, "white."

Nakamura also encountered racial troubles in the bunks at night. The men slept head to toe. The



Section 6 of the Military Intelligence Service at Camp Savage in 1943: Nakamura second from left bottom row; Kawamoto first on the right top row.



George Nakamura, left, and Yukio Kawamoto, with their Congressional Gold Medal.

person next to him wrote home to his mother that he had to sleep next to a Japanese man. His mother wrote back, "Don't turn your back on him. He might stab you in the back."

Nakamura was left behind as others from his basic training group moved on to different assignments. Eventually, Maj. Dickey came and recruited him for a Japanese language school at Camp Savage.

Kawamoto was also recruited to this school, although not as willingly. He was asked if he would like to go and he replied, "no thanks," but one week later he was on the train to the school anyway.

It was at Camp Savage, Minn., that Nakamura and Kawamoto met. They were both in the Section 6 language class. Nakamura said they were not friends but acquaintances. They noted how cold Minnesota was, remembering that if they put a Coke bottle outside on the windowsill, it would freeze in less than an hour.

They shipped out around the same time, but with different assignments. Both went to Fort Snelling and Angel Island before continuing on.

Nakamura shipped out to Auckland, New Zealand and then Brisbane, Australia. He was with the scanning team of the Allied Translator and Interpreter Section (ATS), scanning captured documents. He requested to go to the front lines and was sent to Goodenough, New Guinea. Using his Japanese language skills, he looked over documents and interrogated prisoners. He said the prisoners all said the same two things at first: "I cannot go back to Japan" and "When are you going to kill me?" He also said he was instructed to ask what had become of Amelia Earhart.

Nakamura went on to Lingayen Bay to work for the Office of War Information, which was a propaganda outfit that tried to entice Japanese soldiers to surrender. About 22

SEE VETERANS. PAGE 16

## CALENDAR

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

### THURSDAY/DEC. 1

**Holiday Tunes for Tots Concert.** 10 a.m. W.T. Woodson High School, 9525 Main St., Fairfax. Sing along with some of your favorite holiday tunes, performed by the W.T. Woodson Band Department. Tickets \$3. 703-352-7715.

**Sam Roberts Band and Zeus.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com

**Dan Hicks & The Hot Licks.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Holidaze in Hicksville incorporates Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolfrap.org

**Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays!** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolfrap.org

**"Macbeth."** 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Shakespeare's classic. Not recommended for age 13 and under. \$5 on-line or \$10 at the door. www.fxplayers.org

### FRIDAY/DEC. 2

**Virginia Opera: Hansel and Gretel.** 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Based on the Brothers Grimm fairy tale. Score by Engelbert Humperdinck, sung in English with English supertitles. \$44-\$86, youth through grade 12 half price when accompanied by adult. 888-945-2468.

**Norwegian Festival & Bazaar.** 11 a.m.-7 p.m. Fairfax Elks Lodge, 8421 Arlington Blvd., Merrifield. Live entertainment. Fresh waffles, lefse, pastries, Norwegian sweaters, linens, rosemailing CDs, books, jewelry, chocolates and more. Free admission. Sponsored by the Sons of Norway. 703-861-4071 or www.norwaydc.org

**"MacBeth."** 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Shakespeare's classic. Not recommended for age 13 and under. \$5 on-line or \$10 at the door. www.fxplayers.org

**A Celtic Christmas With Siobhán Og and Friends.** 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Celtic music, a storyteller and more. Free. joannaarmesher@mac.com

**John Doe (from X) Full Band CD Release and Robert Ellis.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com

**Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays!** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolfrap.org

**Schooner Fare.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more.

**"MacBeth."** 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Shakespeare's classic. Not recommended for age 13 and under. \$5 on-line or \$10 at the door. www.wolfrap.org

**Bill Gaither and the Gaithers Christmas Homecoming.** 6 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Gospel music. Tickets \$29.50-\$77.50, available at www.ticketmaster.com or 703-573-SEAT.

**Family Bingo.** 12-2 p.m. Burke United Methodist Church, 6200 Burke Center Parkway, Burke. All proceeds support the Shepherd's Center of Fairfax-Burke, helping those over age 50 live independently with medical transportation, shopping, enrichment programs and more. Tickets \$12, including 2 bingo cards. Additional cards available. All ages. 703-426-2824.

**Mary Fahl October Project.** at 7 p.m.; **Mokey Doris CD Release,** **Norman Rockwell and The Dirty Jacks** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com

**Volunteer Fairfax VolUNteer 5K & Fun Run.** 9 a.m. George Mason University, 4400 University Drive,

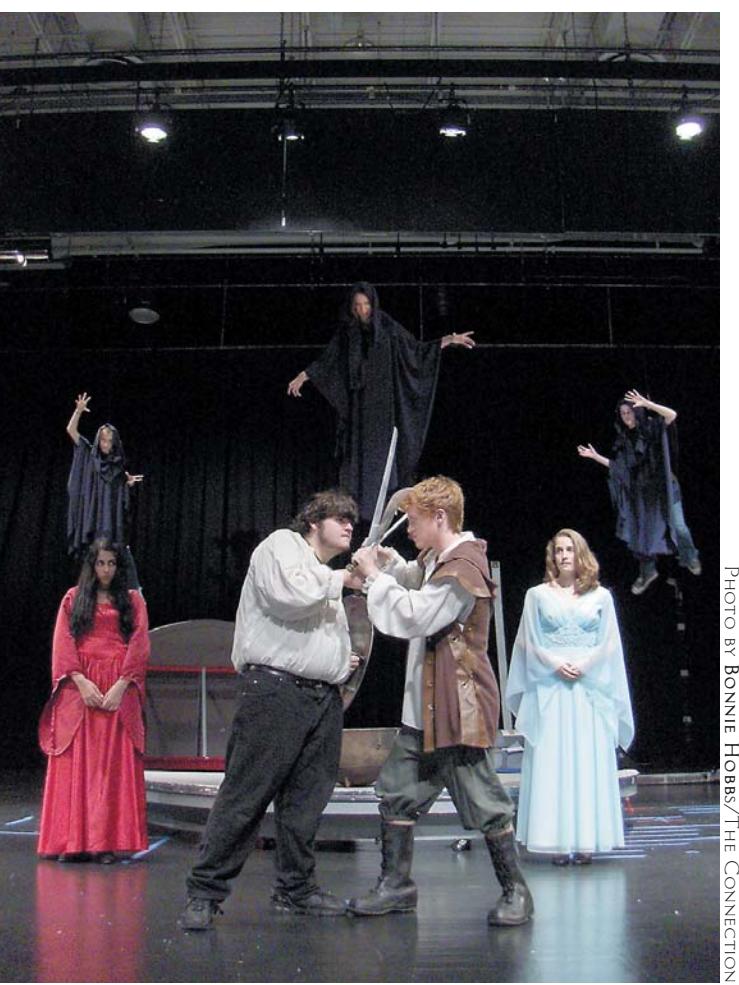


PHOTO BY BONNIE HOBBS/THE CONNECTION

In this dramatic scene from "Macbeth," presented by the Fairfax Players of Fairfax High, suspended in air are (from left) Megan Cathro, Caitlin Tuohy and Izzy Baucum; in dresses are (from left) Chichi Ramos and Olivia Ballard; and swordfighting are (from left) Mike Anderson and Harry Weger.

Fairfax. Bring mittens and gloves to donate to participating hypothermia shelters. The 5K race will start at 9 a.m., followed by the all-ages Fun Run. Register at www.volunteerfairfax.org

**Gifts That Give Hope Alternative Gift Fair.** 10 a.m.-3 p.m. Truro Church, 10520 Main St., Fairfax. Give gifts that benefit others through local non-profit organizations. Fair trade items will also be available for purchase. Free admission. 703-608-2231 or www.givingcircleofhope.org

**Pancake Breakfast with Santa.** 8-11 a.m. Fairfax Volunteer Fire Department, Fire Station #3, 4081 University Drive, Fairfax. Visit and have photos taken with Santa. Adults \$5, age 3-12 \$3, under age 3 free. www.visitfairfax.com/events/event/pancake-breakfast-with-santa

**"MacBeth."** 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Shakespeare's classic. Not recommended for age 13 and under. \$5 on-line or \$10 at the door. www.wolfrap.org

**A Celtic Christmas With Siobhán Og and Friends.** 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Celtic music, a storyteller and more. Free. joannaarmesher@mac.com

**John Doe (from X) Full Band CD Release and Robert Ellis.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com

**Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays!** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolfrap.org

**Schooner Fare.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more.

**"MacBeth."** 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Shakespeare's classic. Not recommended for age 13 and under. \$5 on-line or \$10 at the door. www.wolfrap.org

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**Volunteer Fairfax VolUNteer 5K & Fun Run.** 9 a.m. George Mason University, 4400 University Drive,

Arlington Blvd., Merrifield. Live entertainment. Fresh waffles, lefse, pastries, Norwegian sweaters, linens, rosemailing CDs, books, jewelry, chocolates and more. Free admission. Sponsored by the Sons of Norway. 703-861-4071 or www.norwaydc.org

**Children's Christmas Celebration.** 10 a.m.-2 p.m. Barcroft Bible Church, 9401 Little River Turnpike, Fairfax. For kindergarten-6th grade. Christmas music, games, crafts and more. Lunch provided. Free, registration required at www.barcroft.org/jesusbirthday

**No Admittance** at 2 p.m.; **Val Emmich & The Veeries, Blackbells and The Assembly Line** at 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com

**Wakefield Chorale Sings For Christmas.** 7 p.m. Little River United Church of Christ, 8410 Little River Turnpike, Annandale. A variety of traditional holiday songs. Free admission. 703-451-7917.

**Friends of the Library Holiday Book Sale.** 10 a.m.-5 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Holiday-themed books as well as books suitable for gifts. 703-249-1520.

**Festival of Lights and Carols.** 12-7 p.m. 3999 University Drive, Fairfax. Live holiday music, petting zoo, hot cider and smores at three locations. 703-385-8414 or www.fairfaxva.gov/specialevents/flc/flc.asp

**Providence Musicians from Providence Elementary School.** 1 p.m. In Kitty Pozer Garden.

**Performance by Girl Scout Service Unit 55-6.** 2 p.m. In Kitty Pozer Garden.

**Kol No'Va and Friends.** Multigenerational Jewish Choir. 3 p.m. In Kitty Pozer Garden.

**Performances by Steve Hung.** 3:30 p.m. and 4:30 p.m. In Kitty Pozer Garden.

**Daniels Run Singers from Daniels Run Elementary School.** 4 p.m. In Kitty Pozer Garden.

**The Good News Singers of Centreville United Methodist Church.** 5 p.m. In Kitty Pozer Garden.

**Caroling and Bell Ringing with the Jubil-Aires and Good News Singers.** 5:30 p.m. In Kitty Pozer Garden.

**Performances by Sidney Lanier Middle School.** 2:30-5 p.m. At Old Town Hall.

**Visits with Santa.** Take your own photos of your children with Santa. 3-5 p.m. At Old Town Hall.

**Candlelight Tours.** 6-7 p.m. Ratcliffe-Alison House, 10386 Main St., Fairfax.

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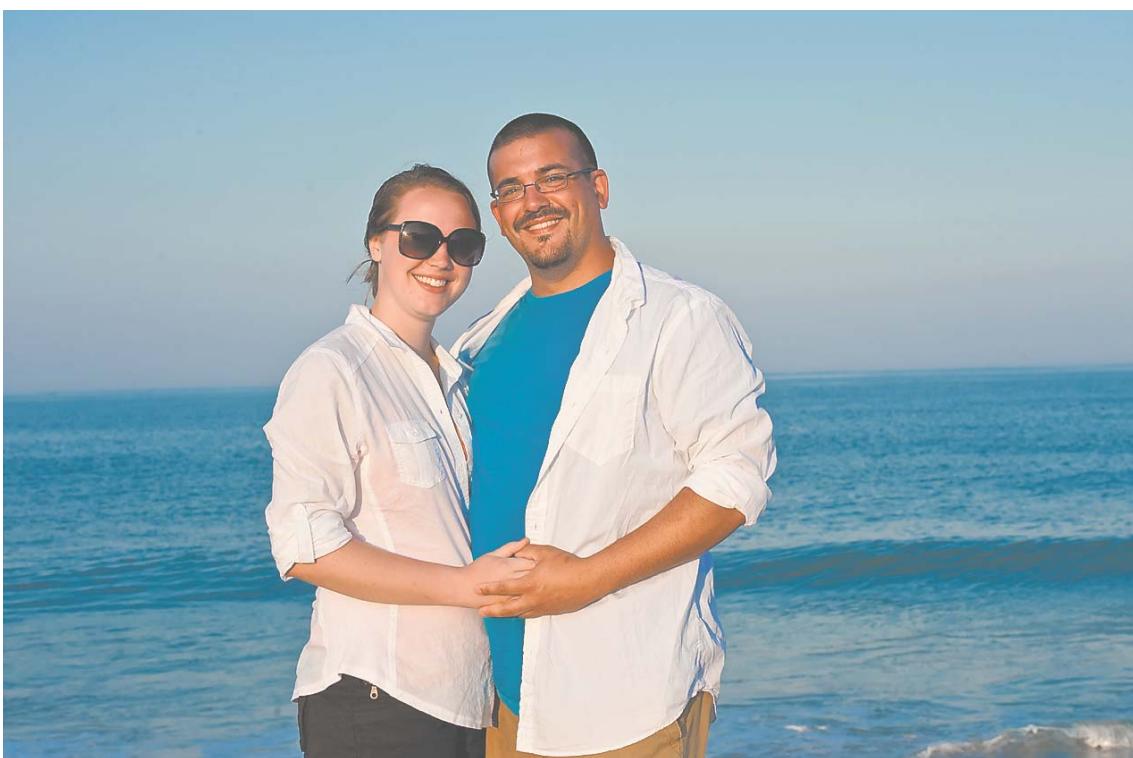
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**Candlelight Tours.** 6-7 p.m. Ratcliffe-Alison House, 10386 Main St., Fairfax.

**Perform**

## PEOPLE



Natalie Marie Hoyle and Nathaniel Christopher Sheehan

### Hoyle-Sheehan Engagement Announcement

John and Dr. Lisa Hoyle of Greeley, Colo., formerly of Hamilton, recently announced the engagement of their daughter, Natalie Marie Hoyle to Nathaniel Christopher Sheehan, son of Michael Sheehan of Burke, Va. and Christine Sheehan of Massachusetts.

The future bride is a graduate of Hamilton Central School. She received her bachelor's degree in Nurs-

ing from Utica College, and is presently employed as a Registered Nurse, at Bassett Medical Center.

Sheehan, a graduate of Somerset High School, received his bachelor's degree in Nursing from Utica College, and is presently employed as a Registered Nurse, at Bassett Medical Center.

A July wedding is planned.

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DR. SHEEBANI BATHIJA  
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# Beating the Holiday Blues

**Area experts offer advice on keeping money woes, family conflict and loneliness from ruining your holiday season.**

By MARILYN CAMPBELL  
THE CONNECTION

**A**sk the average person what feelings come to mind as they enter the month of December and you're likely to get responses that range from joy and excitement to grief and dread.

"Overwhelmed," said a Burke mother of two whose husband is deployed overseas.

"Nervous," replied an Arlington father of four who recently lost his job.

For many, what is often billed as the most joyous time of the year can bring anxiety, loneliness and depression.

"The media portrays the holidays as this never ending blissful time," said Lisa Calusic, MD, a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria. "People [often say] 'I should have a loving, warm family. I should have the perfect holiday season. We should be merry 24-7.' Those expectations are going to lead to depression and feeling anxious because there is no such thing as the perfect anything much less the perfect holiday season."

Mental health experts say that holiday blues are caused most often by family conflicts, over-commercialization, grief, stress, fatigue, unrealistic expectations, financial limitations and an inability to be with family and friends. Local therapists offer suggestions for minimizing Yuletide stress and depression.

## DEVELOP A HOLIDAY STRATEGY

From shopping for presents to dealing with difficult relatives, it is important to think ahead about how you will deal with challenging scenarios.

"Plan strategies for how you're going to cope with situations," said Dr. Robert Hedaya, M.D., D.F.A.P.A., Clinical Professor of Psychiatry at Georgetown University School of Medicine and founder of the National Center for Whole Psychiatry in Chevy Chase, Md. "Maybe it is limiting your time with a family or maybe it is getting away for the holiday if you don't have family."

## BE REALISTIC

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year," said Dr. Jeffrey W. Pollard, Executive Director of Counseling and Psychological Services at George Mason University. "There is nothing wrong with having the life that



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**Toni Coleman of McLean prepares to celebrate both Hanukkah and Christmas. Religious differences can create family conflict, a leading cause of stress and depression during the holidays.**

you had three months ago."

## STICK TO A BUDGET

Trying to buy happiness or holiday cheer with an abundance of gifts is setting the stage for anxiety and depression.

"One of the other things that happens is that people will put themselves in a financial bind in order to...make sure everything is perfect or is happening the way that others want it to happen," said Pollard.

Decide how much money you can afford to spend, create a budget and stick to it.

## KEEPING THE FAITH

Religious differences can be one of the thorniest issues to negotiate during the holidays.

The home of McLean-based psychotherapist Toni Coleman will sparkle with Hanukkah blue and Christmas red this holiday season, as it does every year.

Coleman, who is Catholic, and her husband who is Jewish, have been navigating their way through the fusion of Christian and Jewish customs since they were first married nearly 25 years ago.

"When you start out getting married and you're of different faiths, there is a lot of stress if you've got families of origin with agendas who want you to celebrate their way," said Coleman who is the mother of four children. "We negotiated it extremely well."

Coleman and her family celebrate both Hanukkah and Christmas. She encourages

others who face the same challenge to keep a positive attitude about both religions, find ways to compromise and start their own traditions.

## ACKNOWLEDGE FEELINGS; ASK FOR HELP

Feelings of sadness and grief over the loss of a loved one or an inability to be with family and friends can intensify during the holidays. Experts say it is important to acknowledge and express these feelings and ask for help.

"Reach out to your sources of support like friends who know you well and won't make judgments," said Calusic, who lives in Arlington and has a private practice in Falls Church. "It is useful to lean on the people who know you on a day-to-day basis."

Support and companionship can be found through community or religious activities.

## MORE EXERCISE, LESS SUGAR AND ALCOHOL

Don't allow the holidays to become a free-for all when it comes to wellness.

"You want to ensure that you're functioning as well as you can mentally and physically as you go into this time of stress," said Hedaya. "If you are going into a rough time you need to have better reserves. You need to limit your use of alcohol or stimulants."

Making an effort to practice healthy habits is a tool in battling holiday blues.

"Exercise is a huge part of it. Go for walks, hit the gym, or any kind of outlet that you can find to release nervous energy and depression," said Calusic. "Everyone loves their cookies and cakes and holiday favorites. But constantly eating sugary and fattening foods definitely has an impact on mood and anxiety levels."

## HELP OTHERS

Benevolence is a mood booster.

"Is there any opportunity to do some volunteer work," said Pollard, of George Mason. "If you find yourself in a funk and you want to get out of it, help somebody, volunteer somewhere. You'll be surprised how good that can make you feel."

Coleman, the McLean therapist, has employed this strategy and encourages her clients to do the same. "If a family feels that it is going to be a difficult holiday, and they are grieving or have a loss in their life, they can fill it by trying to celebrate the real spirit of the holidays which is doing for others," she said. "There is a tremendous amount of pleasure and satisfaction in that."

## ENVIRONMENT PLAYS A ROLE

Mental health professionals say that some people suffer from seasonal affective disorder (SAD), a condition that results from less exposure to sunlight as days grow shorter.

"It is a mild variant of depression that falls in line with the shorter days of fall and winter," said Calusic. "It is much more common than people give it credit for."

One of the most popular remedies is phototherapy, a treatment involving exposure to intense light.

"The best thing to do is get a dawn simulator which is a small light box that you keep near your bed and set it to go off three hours before your desired waking time. It recreates the dawn experience. It is the best form of light treatment."

## LEARN TO SAY NO

"In our area people have one or two [holiday activities] every night," said Linda Berg-Cross, Ph.D. a Potomac, Md.-based clinical psychologist and a professor in the Department of Psychology at Howard University. "[People] want to create merriment, but what they're creating is stress. The best motto for preventing holiday stress and depression is less is more."

Making realistic decisions about what you can and cannot do will quell anxiety.

"The key ... is to make a plan that allows you to include the most meaningful [activities] only," said Coleman. "This involves conscious decisions to forego some things and set limits on others."

Berg-Cross encourages her clients to focus on connecting with others. "Whatever you decide to do try to be present in it and experience that engagement," she said. "The top priority [should be] that you had chance to sit down with somebody and breathe and create space for the human encounter because ultimately that is what people most often remember."

# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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⑪ 8962 Spruce Ridge Road, Fairfax Station — \$570,000



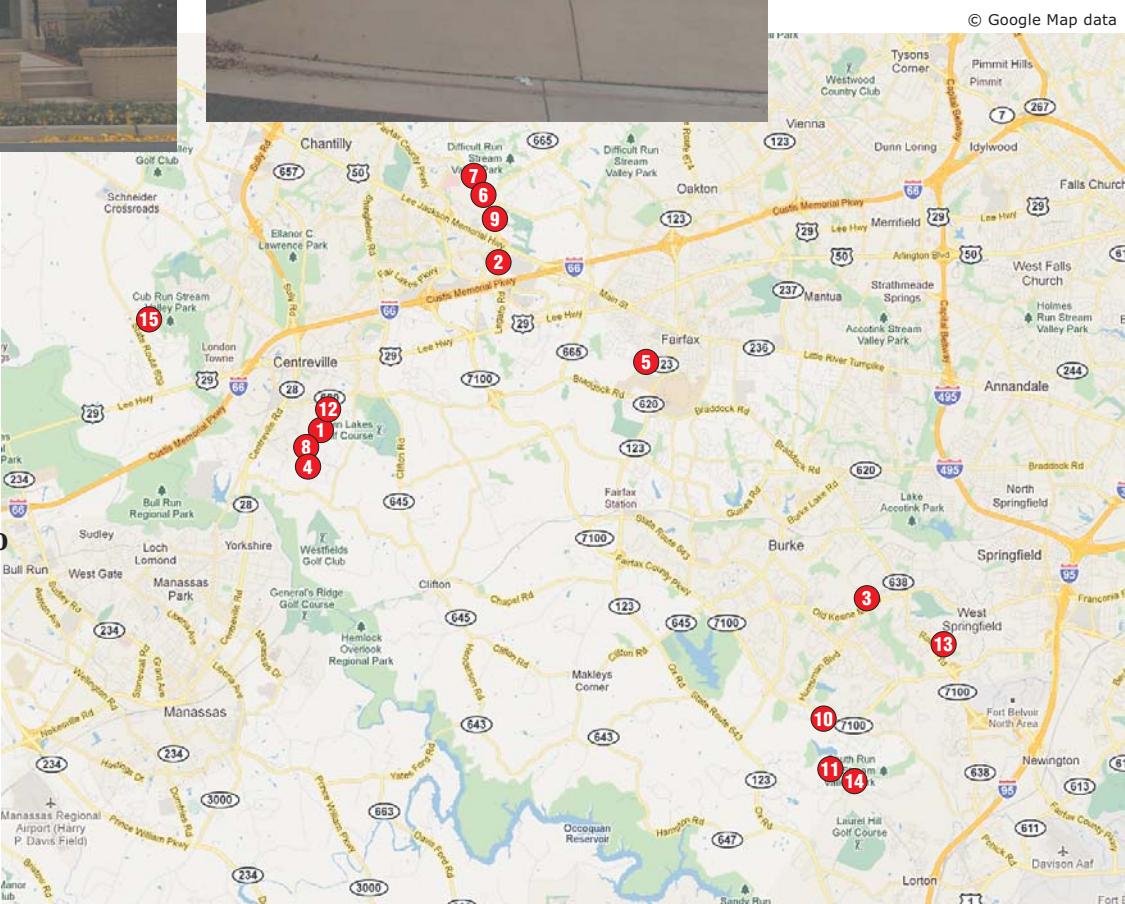
⑬ 7913 Viola Street, Springfield — \$569,000



⑯ 6212 Point Circle, Centreville — \$550,000



③ 6401 Velliety Lane,  
Clifton — \$585,000



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- ① 13828 SOUTH SPRINGS DR ..... 5 .. 3 .. 1 ..... CLIFTON ..... \$599,700 .... Detached ..... 0.21 ... 20124 ..... LITTLE ROCKY RUN .... 10/31/11
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- ⑯ 6212 POINT CIR ..... 4 .. 2 .. 2 .... CENTREVILLE ..... \$550,000 .... Detached ..... 0.33 ... 20120 ..... PLEASANT HILL ..... 10/21/11

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# SPORTS

BURKE CONNECTION SPORTS EDITOR JON ROETMAN  
703-224-3015 OR JROETMAN@CONNECTIONNEWSPAPERS.COM



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



South County's Jeremy Haynes (23) and Oren Burks (21) help wrap up Yorktown fullback Austin Browne during the Division 5 Northern Region final on Nov. 25 in Arlington.

South County running back Andrew Rector scored a touchdown during the Stallions' 37-13 win against Yorktown.

## Vandyke Propels South County to Region Championship

Stallions defense, special teams make big plays.

BY JON ROETMAN  
THE CONNECTION

**S**outh County senior Devin Vandyke observed a weakness in Yorktown's special teams blocking as he rushed the Patriots punter early in the region championship game on Nov. 25. The Stallions linebacker made a mental note and let his Division I talent do the rest.

"The first time I rushed, I realized they weren't really blocking too hard," Vandyke would later say. "I was just trying to get a feel for them."

The Virginia Tech-bound Vandyke blocked two punts, tallied three sacks and recovered a fumble as South County defeated Yorktown 37-13 in the Division 5 Northern Region final at Greenbrier Stadium in Arlington, giving the Stallions their first region title in program history. Led by Vandyke, South County stymied a Yorktown team that entered the contest undefeated, having beaten every foe by at least 14 points.

"I feel like a champion," Vandyke said. "We worked so hard to get here since our sophomore year — everybody worked hard."

Vandyke's first punt block came in the final minute of the first half, giving South County possession at the Yorktown 18-yard line. Two plays later, a 3-yard touchdown run by Peter Basnight gave the Stallions a 17-0 lead headed into halftime.

With South County leading by 24 early in the fourth quarter, Vandyke blocked another punt. This time, junior Oren Burks recovered the ball in the end zone for a touchdown and a 37-7 Stallions advantage.

"[Vandyke] had been sick all week and I don't think he had a great week of practice to be honest," South County head coach Gerry Pannoni said, "but when the game is on the line and you need somebody to perform, there are kids you know you can count on and he's one of those kids."

Along with big plays on special teams, Vandyke and the South County defense stifled a Yorktown team that entered the contest averaging more than 40 points per game. The Stallions limited the Patriots to one offensive touchdown and less than 200 yards from scrimmage.

Vandyke wasn't the only Stallion making plays. Senior linebacker Timmy Hunt snagged a pair of interceptions for South County, the second of which he returned 65 yards for a touchdown to give the Stallions a 31-7 lead early in the fourth quarter.

"The first one, I wasn't expecting at all. It hit me right in the chest as soon as I looked up and I just reached out and grabbed it," Hunt said. "The second one, I read it perfectly and I just grabbed it and took it home. I was straight to the end zone."

"We expected everything that South County gave us," Yorktown sophomore running back M.J. Stewart said. "We just thought we could handle it."

**OPPONENTS RARELY TESTED** Yorktown during the 2011 season. The Patriots' average margin of victory approached 30 points and five times they beat an opponent by at least 34. Head coach Bruce Hanson said a close loss to a tough opponent might have helped the Patriots better handle adversity against South County.

Vandyke said he noticed the impact South County's defense had on the Patriots.

"I knew they were kind of shocked," he said. "They were kind of fussing with each other, trying to fuss with us, too. We weren't surprised because we knew this would happen if we just played our defense. I feel like we are a dominant defense in this whole state, not even just the region, and if we played our game, we could definitely take them out of theirs."

Defense and special teams helped South County win the field position battle. The Stallions' average starting field position during their eight first-half possessions was the 50-yard line, including five drives that started at their own 42 or better.

Offensively, quarterback Shane Foley and running back Andrew Rector scored touchdowns for South County.

## Hanover is Next Up for South County

Hawks enter state football playoffs after garnering their third Central Region title in five years.

BY RICH SANDERS  
THE CONNECTION

**S**outh County's opponent in this Saturday's Div. 5 state semifinals football playoff game will be Hanover High (Mechanicsville), a member of the Central Region and Capital District. Game time is 4 p.m. at South County Secondary.

The Hanover Hawks (10-2), who sport forest green, colonial blue and white team colors, defeated Atlee in last Friday night's Central Region title game, 31-12. It marks the third time in five years that Hanover has captured the region crown. The Hawks were also region champs in 2007 and 2009. They have now played in five straight region finals.

The Hanover team is coached by Josh Just, who is completing his seventh year at the helm of the program. One of the Hawks' losses this season came to Atlee, 21-14, in a regular season game played on Oct. 7. Of course, Hanover avenged that setback to the Raiders (9-3) by beating them in last week's finals.

Hanover's go-to running back is L.J. Jones, who gained 169 yards on 31 carries in the win over Atlee. He also ran for a three-yard touchdown in the third quarter, a score set up by Rogers' fake punt run.

quarterback over the first half of the season before an injury to his right arm resulted in his role being changed. Now, he is being utilized as a versatile running back/receiver. While playing quarterback, Rogers was looked upon by opponents as a dangerous double threat with his ability to throw the football as well as being a tenacious, physical runner.

In the Hawks' win over Atlee last week, Rogers, from his flanker type position out of the backfield, caught three passes for 55 yards, including a 24-yard scoring pass from quarterback Andrew Knizner. Rogers also ran the ball three times for 52 yards, including an 11-yard scoring run. One of his runs came on a fake punt that netted 38 yards. His outstanding play was a big key in Hanover jumping in front of Atlee, 17-0, after one quarter. Defensively, Rogers plays a secondary position.

Hanover's best player is Sam Rogers, who was the Hawks'



George Nakamura at Camp Savage.



Yukio Kawamoto

## Local Veterans Honored

FROM PAGE 10

Japanese soldiers surrendered as a result of Nakamura's efforts and for this, he was awarded a bronze star.

Kawamoto, from Angel Island, was sent to New Caledonia, the Solomon Islands, and Bougainville. He assisted the Navy with Japanese translation. He said his skills were particularly useful in the battle for Bougainville. A month before the battle, a disgruntled Japanese soldier deserted his forces and came over to the American side. He warned Kawamoto of the attack. Because of this intelligence, the 37th Infantry Division, which Kawamoto was a part of, was able to bring in reinforcements.

Kawamoto then went to Lingayen Bay and marched down to Manila. He said the Battle of Manila was "pretty big. I felt like I was in a war."

Nakamura and Kawamoto have many of the same awards from the war: Philippine Liberation Ribbon, Occupation of Japan, Victory Medal, Asiatic Theatre Campaign with two bronze stars, American Theatre and a Bronze Star Medal. Nakamura also has an Officer's Ribbon, for more than 20 years of service, and a good conduct ribbon.

Nakamura said World War II was different from other wars because it wasn't political; it was a fight for survival. "I think we would've been exterminated if the Japanese won," said Nakamura. "They would've considered us traitors."

Kawamoto said what made WWII different was the use of the atomic bomb.

the war, Nakamura said, "In retrospect it was terrible, but at that time, I had no feelings."

"I wasn't happy about it," said Kawamoto, "But there are a lot of things in war you're not happy about." Kawamoto also noted that Hiroshima was where his parents were from.

Kawamoto left the military in August 1945, retiring as a technician, third grade. He said his commander general said, "You've put 20 months into the Pacific. You've done your duty. Go back home and take care of Mama and Papa." He returned immediately to his parents, who had been interred in Topaz, Utah. Kawamoto called it a farce that these camps had towers with guns and sentries so the residents wouldn't escape.

Nakamura's family had also been put into camps. His mother and all of his siblings were in Poston, Ariz. and his father, who was declared a "dangerous enemy alien," because of his involvement in the North America Military Virtues Society, was interred in New Mexico. Nakamura smiled recalling that the family had had to lease their 60-acre orchard and vineyard when they had been put into camps. And ironically, the leasee had been German. (After the war, the Nakamura family got their land back.)

Unlike Kawamoto, Nakamura stayed in the military after the war was over. He visited occupied Japan in September 1945 and encountered discrimination by the British occupation forces. Kawamoto worked for the occupation forces and the federal service until 1979 when he retired from the

military as a lieutenant colonel. He worked as a contractor until 2000 when he retired completely.

Kawamoto took a position at the State Department as an interpreter in 1946. He worked there until the 1970s when he retired.

Nakamura met his wife, Sylvia, in St. Paul, Minn. They had four daughters, Diana, Joyce, Patricia and Linda.

Kawamoto met his wife, Sayo-ko, in Japan. They had four children, Craig, Sharon, Don and Brian.

Nakamura and Kawamoto met in 1943 but didn't see each other again until the early 1970s. By chance, they ran into each other in Tokyo. Neither thought much of the meeting.

In February 2007, Kawamoto retired to Greenspring in Springfield with his wife. Three years later, when Nakamura was thinking about where he and his wife should retire, he heard through a friend at the Japanese American Veterans Association that Kawamoto was at Greenspring. He said Kawamoto being there didn't influence his decision, but it worked out nicely. The two now live within walking distance of each other.

Congress awarded Nakamura and Kawamoto the Congressional Gold Medal for their service during World War II this November.

Kawamoto said, "If Congress gives it, it must be pretty good."

Nakamura said, "It's an honor to have Congress acknowledge the fact that Japanese-Americans served in the U.S. army honorably and heroically."

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From the Beltway (495), take Rte. 66 West to the Nutley St. South Exit (exit 62) towards Fairfax. Go through the intersection of Lee Highway and Nutley Street. The training center is located in the Pan Am Shopping Center on the left.

### TO REGISTER:

Please contact Mary Ann Plonka at 703-503-1898 or [maryann.plonka@longandfoster.com](mailto:maryann.plonka@longandfoster.com)



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