

# Springfield CONNECTION

Franconia Towne ❖ Newington

Barbara Hoffman, Christine Peterson and Dixie Wright, members of the Friends of Richard Byrd Library, arrange the hundreds of children's books offered at the sale. "We received a tremendous number of beautifully-illustrated books for children and preschoolers," Wright said.



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PHOTO BY VICTORIA ROSS/THE CONNECTION

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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.



### 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.

### 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.

### 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.

This year's *State of Schools Report* courtesy of Apple Federal Credit Union



[www.AppleFCU.org](http://www.AppleFCU.org)  
703-788-4800



2011 BUSINESS PARTNER OF THE YEAR

# THE COUNTY LINE

## Water Wars

BY NICHOLAS HORROCK  
THE CONNECTION

It'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 Genevro 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 Chairman



**Linda Smyth**  
(D-Providence)



**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

The 23rd annual Virginia Run Turkey Trot is now in the record books — and it was one of the largest and most successful races in the event's history. Between the 5K race and 2K fun walk, almost 6,000 people registered for the Thanksgiving Day event.

This year's Turkey Trot was run in memory of long-time, Virginia Run resident Wes Neff, who died of cancer in February at age 53. And proceeds from the event raised some \$75,000 for Life with Cancer, Inova Health System's nonprofit program for cancer patients and their families.

"That was terrific," said event Co-chair Dominic DeVincenzo. "I'm very proud of everybody in the community and everybody who participated." He said some 4,200 people registered for the 5K and 3,750 actually did it.

"Running is really popular, and this race is for a good cause and really resonates with people, so they come back year after year," said DeVincenzo. "And we had great community support. Last year and this year, we raised the most money ever with this event."

He also tipped his hat to his co-chair, Laurie Horstmann, for doing such a wonderful job organizing the event, and to Virginia State Trooper Dean Jones for handling the traffic that day.

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."

# 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



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.

## 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)

## Pat Troy's Tour of Ireland



**MARCH 21ST TO 28TH 2012**

Join Pat on his book launch for an exciting trip throughout Ireland. \$1899 per person sharing - tour includes r/t air from Philadelphia to Dublin, 6 nights hotel w/full Irish breakfast daily, 2 evening meals, fully escorted tour via deluxe motor coach, coach transfers from Alexandria to Philadelphia Airport.

Limited availability - book by December 22nd to guarantee your spot!!!

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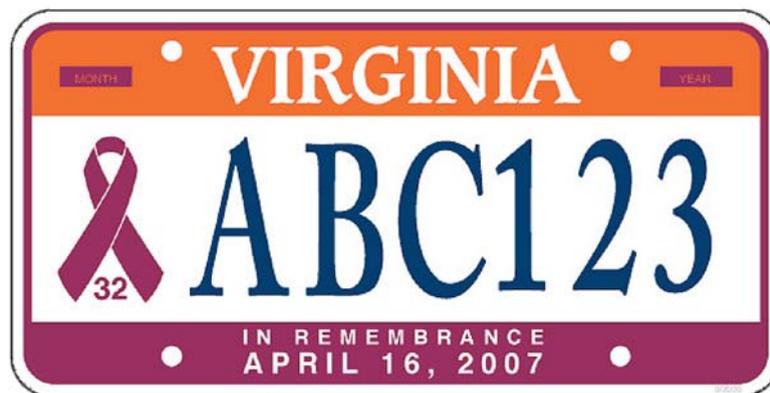
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**"In Remembrance, April 16, 2007"**  
To Honor Those Who Died and Survived



**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.

# 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.

## 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 Aca-cia Lodge. The churches will have live music, and Dickens Carolers in old-fashioned, holiday attire 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 or see [www.cliftonva.us](http://www.cliftonva.us).

### Christmas Tree Stand Opens at Robinson

Robinson Christmas Tree stand is now open, Monday - Friday 5-9, Saturday 9-8 and Sunday 10-7. Located on the outdoor basketball courts. All money raised goes to support Robinson Baseball. Cash or Check.



# BURGUNDY

*Join us for an*  
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Saturday, December 3  
2:00 to 4:00 p.m.

Sunday, January 8  
2:00 to 4:00 p.m.

*Or call to schedule a tour:*  
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## University Mall Theatres

located at University Mall, Fairfax (273-7111)  
Route 123 & Braddock Road, Lower Level

# Holiday Hoopla!!

November 27 – December 22, 2011

<p><b>FREE!</b> 20 oz. Soda with purchase of Large Popcorn*</p> <p>With this Coupon. Good 11/27-12/22/11</p>	<p><b>FREE!</b> 1 Admission with purchase of 1 Adult Admission*</p> <p>NOT VALID ON TUESDAY With this Coupon. Good 11/27-12/22/11</p>	<p><b>WOW!</b> The famous combo for only <b>\$13.00*</b> (save \$6.50) 2 Admissions, Large Popcorn, 2 Med. Sodas!</p> <p>With this Coupon. Good 11/27-12/22/11</p>
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\* With coupon, not valid with any other offer, one per person per visit.

## Delight in our HomeLifeStyle sections, the second week of every month.

Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Questions? E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
Suggestions? E-mail [mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

**THE MAGIC AWAITS YOU.**

## George Mason Men's Basketball vs. Duquesne

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# OPINION

## Shop Locally

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

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.

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

### EDITORIAL

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

### 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

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

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

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# Pearl Harbor 1941 Plus 70 Years

## Survivor organization ends.

BY MICHAEL MCMORROW  
THE CONNECTION

**M**inutes before 8 o'clock, Pvt. Jay C. Groff, Jr., U. S. Army Air Corps, was thinking only of reporting for duty on time.

Minutes after 8 o'clock, Groff was thinking "I realized that there was somebody out there trying to kill me. That changed my outlook on life."

What happened in those few minutes was the Japanese attack on Pearl Harbor, Territory of Hawaii, Sunday morning Dec. 7, 1941.

Groff, now a Springfield resident, is from the small town of Quarryville, Pa., lying about 25 miles southeast of the center of Lancaster. Graduating from high school in May 1940, he enlisted in the Army Air Corps, was sent to Hickam Field on the island of Oahu and, in September of the following year, was assigned to the Crash Boat Section. The squadron's role was to stand by whenever aircraft were landing or taking off and be ready for water rescue in the event of accident. He received ground defense training in summer 1941. Follow-up field exercises were held in the closing days of November and his group had yet to turn in the .50 caliber machine guns they were issued. Those guns would prove useful the morning of Dec. 7.



**Pearl Harbor survivor Jay C. Groff, Jr. of Springfield at his collection of military memorabilia.**

**PEARL HARBOR SURVIVORS ASSOCIATION** informally organized in 1954 and incorporated under Missouri law in 1958. Its 20,000 members commemorated the 50th anniversary of the attack. This year, membership is about 2,700. Close to 200 local chapters existed in 2009. The rate of closings accelerates as more and more members die.

National President William H. Muehleib said, "Age and infirmities have caught up with our members."

After discussions spanning several years, the Executive Board recently decided to close the Association effective Dec. 31, 2011. Responsibility for records and for continuing educational programs will pass to Pacific Historic Parks, formerly known as the Arizona Memorial Museum Association, under the auspices of the National Park Service. According to Muehleib, PHP's "newsletter will feature a section dedicated to news of the [Association]" whose members "will continue as a social group."

Groff says that he and his comrades "accept the inevitable" and are "hopeful that the lessons of Pearl Harbor will not be forgotten." Those lessons are found in their motto: "Remember Pearl Harbor - Keep America Alert - Eternal Vigilance is the Price of Liberty."

Plans are underway for a ceremony to surrender the charter granted to the Association by Congress in 1985.

ited the downed Zero and took the piece now framed as a trophy in his home in the Lynbrook Yates section of Springfield.

Rescue boat personnel supplemented regular duties by standing guard at night for about a week, until relieved by an infantry unit. Groff's boat did not sail during the attack but one from his squadron did perform a rescue. Scout planes from the aircraft carrier USS Enterprise had been sent ahead of their ship which was returning to Pearl Harbor. Some were downed by the Japanese. At least one was hit by "friendly fire," and it crashed in shallows where the harbor opens to the ocean. A boat from Groff's squadron picked up two wet fliers and came under "friendly fire" from shore, but tied up safely.

Groff served throughout the Pacific War and became a "30-year man," retiring as USAF Chief Warrant Officer 4th in 1970 from the Office of the Secretary of the Air Force, The Pentagon.

**IT WAS GENERAL KNOWLEDGE** that a flight of B-17s was due from the mainland that morning. Heading to his post on the wharf, Groff watched the first wave of Japanese aircraft shower bombs and bullets on Hickam Field. He joined clusters of men setting up weapons on the baseball diamond. Later in the day, he noted that a gun crew at his original position near third base suffered a direct hit.

Within an hour, Groff arrived at his station on the wharf. Others set up weapons on the ground while he mounted his .50 caliber machine gun on the boat-house roof. Enemy

aircraft arriving in a second wave were passing at eye level. He and another gunner on the wharf fired at the same plane which crashed into nearby Fort Kamehameha. When the attack was over, Groff vis-

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## 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.

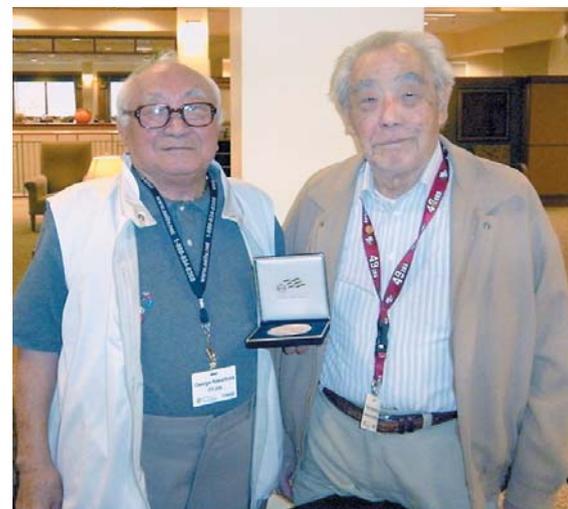
Nakamura was born on Nov 26, 1919 in Reedley, Calif. Kawamoto was born days earlier on Nov. 13, 1919 in Berkeley, Calif. Nakamura was number five of eight siblings. Kawamoto had two sisters who were both sent to live in Japan before he was born. He was raised as an only child.

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 person next to him wrote home to his mother that he had to sleep next to a Japanese man. His mother



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

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 Earheart.

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 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

SEE VETERANS, PAGE 16



**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 at Camp Savage.



Yukio Kawamoto

# Local Veterans Honored

FROM PAGE 10

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.

**ABOUT THE USE** of atomic force to end 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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# A Show to Ring in the Holidays

## Encore performs 'Santa's Special Delivery.'

BY BONNIE HOBBS  
 THE CONNECTION

It will definitely feel like the holidays when Encore Theatrical Arts Project presents its musical extravaganza, "Santa's Special Delivery." The 35-member cast has rehearsed since July, and is now ready to burst upon the stage.

"People will hear new Christmas songs, as well as old favorites," said director and choreographer Raynor van der Merwe. "The story is engaging and uplifting, and the sets and costumes are colorful and joyous."

The show opens in New York City outside Macy's and Radio City Music Hall, and there are also scenes in front of Rockefeller Center.

**"[Dancing] is what I love to do — it's my passion."**

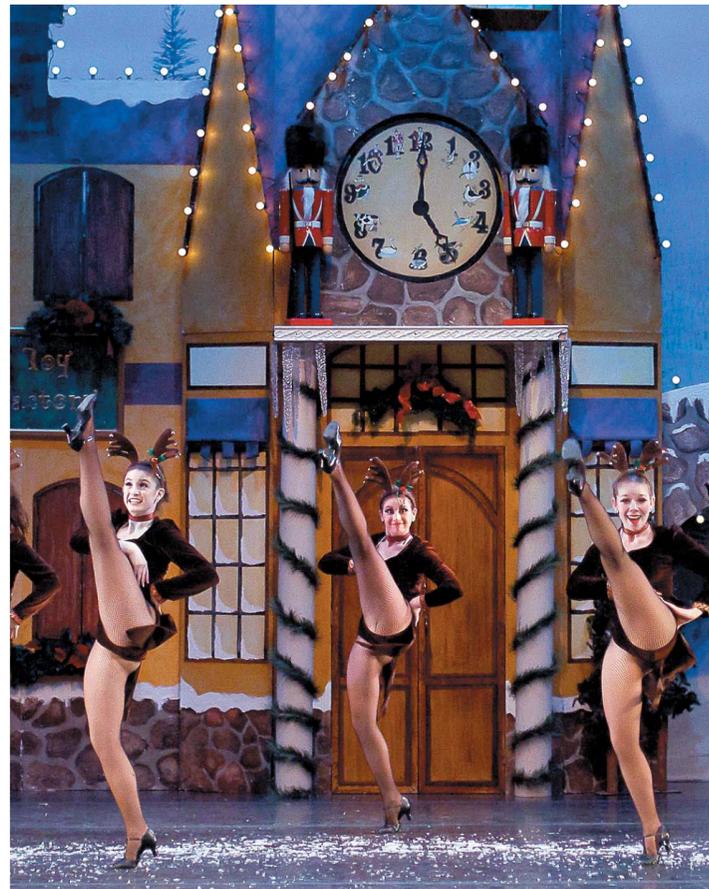
— Corinne Holland, Encore performer

Act two features Santa's workshop, 20 feet high and 42 feet wide, with balconies and stairs, plus a slide for newly made toys.

"There's also a cocoa shop for Santa and the elves," said van der Merwe. "And for the finale, set designer Tabitha Dees has created a glorious forest of snow-covered trees."

Besides the Encore members who are local students, Tina and Dan Delafield and Scott and Karsten Dees will be guest performers. "I have such a talented group of dancers/singers/actors," said van der Merwe. "And I'm honored to have professional, guest performers who elevate our shows even more. Also helping is Vocal Director Kathy Ahearn of Clifton who's worked her magic with the songs and made them sound amazing."

**THE STORY IS ABOUT** a New York businesswoman with two young daughters. She's too busy for Christmas, so Santa sends an elf to remind her there are more important things than work. The elf brings them to the North Pole where they all discover the magic of Christ-



Portraying reindeer are Elise Kowalick, Hannah Jennens and Grace Martin.

PHOTOS COURTESY OF LINDA HELMS

## To Go

Shows are at the Ernst Theatre on NOVA's Annandale campus, 8333 Little River Turnpike. The curtain rises Saturday, Dec. 10, at 1, 4 and 8 p.m.; Sunday, Dec. 11, at 1 and 4 p.m.; Friday, Dec. 16, at 8 p.m.; Saturday, Dec. 17, at 1, 4 and 8 p.m.; and Sunday, Dec. 18, at 1 and 4 p.m.

Tickets are \$15-\$30 at [www.Encore-tap.org](http://www.Encore-tap.org); group rates are available. For more information, e-mail [Encoreperformers@verizon.net](mailto:Encoreperformers@verizon.net) or call 703-222-5511.

show's 10-minute finale — a mash-up of various Christmas songs and costumes.

"I change costume six times during that number," said Martin. "I like the different types of dancing in the finale, the full company is on stage and it builds toward the final song, 'White Christmas.' Our Christmas show provides singing, dancing and acting in a kid-friendly, holiday storyline that's different each year."

Portraying an elf named Frazzle, who prepares the reindeer for Christmas Eve, is Centreville High senior Jessie Peltier. "She's a little antsy and silly and gets stressed-out a lot," said Peltier. "It's fun being a new type of character. I'm usually sweet and innocent, and this one is more quick-witted."

With Encore since fourth grade, Peltier loves the felling she gets from dancing onstage. "You feel so accomplished and have something to be proud of," she said. "It's fulfilling to work on something so long and then share it with the community."

Peltier called it a "feel-good show" everyone will enjoy. Her favorite number is the "Rag Dolls." She plays a Raggedy Andy and, she said, "It's a cute number and we get to be silly and do our own interpretations on stage."

Westfield High senior Corinne Holland plays Busy the elf. "She's organized and keeps things running as smoothly as possible," said Holland. "So I'm somebody I'm completely not, in real life. I'm outgoing and all over the place, so it's challenging playing something other than the ditzy blonde."

**IN ENCORE SINCE AGE 5**, she describes dancing as "a way to let go of my everyday life. It's what I love to do — it's my passion. Being



The Encore dancers as the famed Rockettes of Radio City Music Hall.

with Encore made me a better person and opened my eyes to all the opportunities life gives you; it make me not take anything for granted. It's a warm environment and you create bonds, friendships and a family with everyone here."

In the show, Holland especially likes the "Multiplying Santas" number. "It's a fun and creative dance that's always a crowd-pleaser," she said. "The audience enjoys it as much as we do. They'll find this year's show exciting. It keeps you on your toes, waiting for the next number, and it puts you in the Christmas spirit."

Playing Artsy the elf is Centreville senior Sage

Coury. "She's animated and excited about the presents, packaging and glitter," said Coury. "She likes pretty things and is happy and outgoing. I have a calm and mellow personality, but she's loud and always has something to say."

In her three years with Encore, Coury's learned how to work with others, stay organized and prioritize things. Her favorite number in the show is a new one called "Jet Set." It takes place in an airport and she's a flight attendant gliding across the stage. Overall, said Coury, the audience will enjoy the show because "it focuses on the meaning of Christmas and the importance of families spending time together."

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**FAITH NOTES**

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**Church of the Apostles**, 3500 Pickett Road in Fairfax, will offer "Facing Life's Losses" on Nov. 30 and Dec. 14 at 7:30 p.m. This two-part seminar is designed to be a safe environment to help people learn how to process grief in a healthy way. Free and open to the public. Register at [Info@ChurchoftheApostles.org](mailto:Info@ChurchoftheApostles.org) or 703-591-1974.

**First Baptist Church of Springfield** has Sunday services at 10:30 a.m., Sunday school at 9:15 a.m., Hispanic worship service at 9 a.m., and an Ethiopian service at 12:15 p.m. The pastor is Jim Weaver. Church is located at 7300 Gary St., Springfield. 703-451-1500 or [fbcspringfield.org](http://fbcspringfield.org).

**Clifton Presbyterian Church**, located at 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**St. Andrew the Apostle Catholic Church**, located at 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or [www.st-andrew.org](http://www.st-andrew.org).

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# CALENDAR

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## THURSDAY/DEC. 1

**“Little Shop of Horrors.”** 7 p.m. South County Secondary School, 8501 Silverbrook Road, Lorton. \$8, \$5 for senior citizens and students. Discounted tickets available at [www.southcountytheatre.org](http://www.southcountytheatre.org).

**Youth Arts Center Grand Opening.** 6:30-8:30 p.m. Youth Arts Center, Building W-3, Workhouse Art Center, 9601 Ox Road, Lorton. The facility features three classrooms with student capacity of 125 plus a fully outfitted theater with seating for 100. With Stephen Ayers, Architect of the Capitol, and a Studio 3 Theatre for Young Audiences performance of “Schoolhouse Rock Live.” Drinks and hors d’oeuvres. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

**Friends of the Library Book Sale.** 3-9 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Proceeds help fund children’s programs. [rbfriends@gmail.com](mailto:rbfriends@gmail.com) or 703-451-8055.

**“A Christmas Carol.”** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8 p.m. 703-550-7384 or [www.lazysusan.com](http://www.lazysusan.com).

## FRIDAY/DEC. 2

**Friends of the Library Book Sale.** 10 a.m.-6 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Proceeds help fund children’s programs. [rbfriends@gmail.com](mailto:rbfriends@gmail.com) or 703-451-8055.

**PTA Holiday Vendor Fair.** 6-9 p.m.

West Springfield Elementary School, 6802 Deland Drive, Springfield. Home accessories, kitchen wares, candles, scrapbooking supplies, clothing, purses, books, jewelry and more. Free admission. [shaley@teknowizards.com](mailto:shaley@teknowizards.com) or 703-216-2005.

**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.

**“Little Shop of Horrors.”** 7 p.m. South County Secondary School, 8501 Silverbrook Road, Lorton. \$8, \$5 for senior citizens and students. Discounted tickets available at [www.southcountytheatre.org](http://www.southcountytheatre.org).

**“A Christmas Carol.”** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8 p.m. 703-550-7384 or [www.lazysusan.com](http://www.lazysusan.com).

**SATURDAY/DEC. 3**

**Clifton Candlelight Tour.** 4-7 p.m. Historic Clifton, Main St., Clifton. The Holiday Horse Parade and Contest, sponsored by the Clifton Horse Society, begins at 2 p.m. The Candlelight Homes Tour begins at 4 p.m. and includes homes, churches with live music, the Clifton Caboose and the Masonic Acacia Lodge. Tickets on sale at A Flower Blooms, NOVA Music and T&K Treasures in Clifton; Picket Fence in Burke and Banner’s Hallmark in Centreville. <http://cliftonva.us/Home>.

**22nd Annual Model Train Display**

**and Show.** 10 a.m.-5 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Many different gauges, all moving, including a Garden gauge around the building will be featured. Bring model train problems to “The Train Doctor.” Weather permitting, Model A autos will be on display. Caboose and gift shop open. \$5 adults, \$1 children. 703-425-9225 or [www.fairfax-station.org](http://www.fairfax-station.org).

**Virginia Grand Military Band.** 8 p.m. Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Loras John Schissel, music director; Major Allen Crowell, guest conductor; Scott Shelsta, trombone soloist. Performing works by Grainger, Alford, Elgar and Wagner. Adults \$20. 703-426-4777 or [www.vgmb.com](http://www.vgmb.com).

**Bill Gaither and the Gaither 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](http://www.ticketmaster.com) or 703-573-SEAT.

**Angelus Academy Craft and Vendor Fair.** 10 a.m.-3 p.m. St. Lawrence Church parish center, 6222 Franconia Road, Alexandria. More than 30 crafters and vendors and a raffle. Food available for purchase. 703-924-3996.

**Vendor and Craft Fair.** 10 a.m.-3 p.m. South County Secondary School, 8501 Silverbrook Road, Lorton. The event features vendors, craftsmen and artisans. The event is sponsored by the School’s PTO and is a fundraiser for the Graduating Class of 2012. [scsccraftfair@yahoo.com](mailto:scsccraftfair@yahoo.com).

**Friends of the Library Book Sale.** 10 a.m.-5 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. SEE CALENDAR, PAGE 16

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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

Ask 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



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."

PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**"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."**

— Dr. Jeffrey W. Pollard,  
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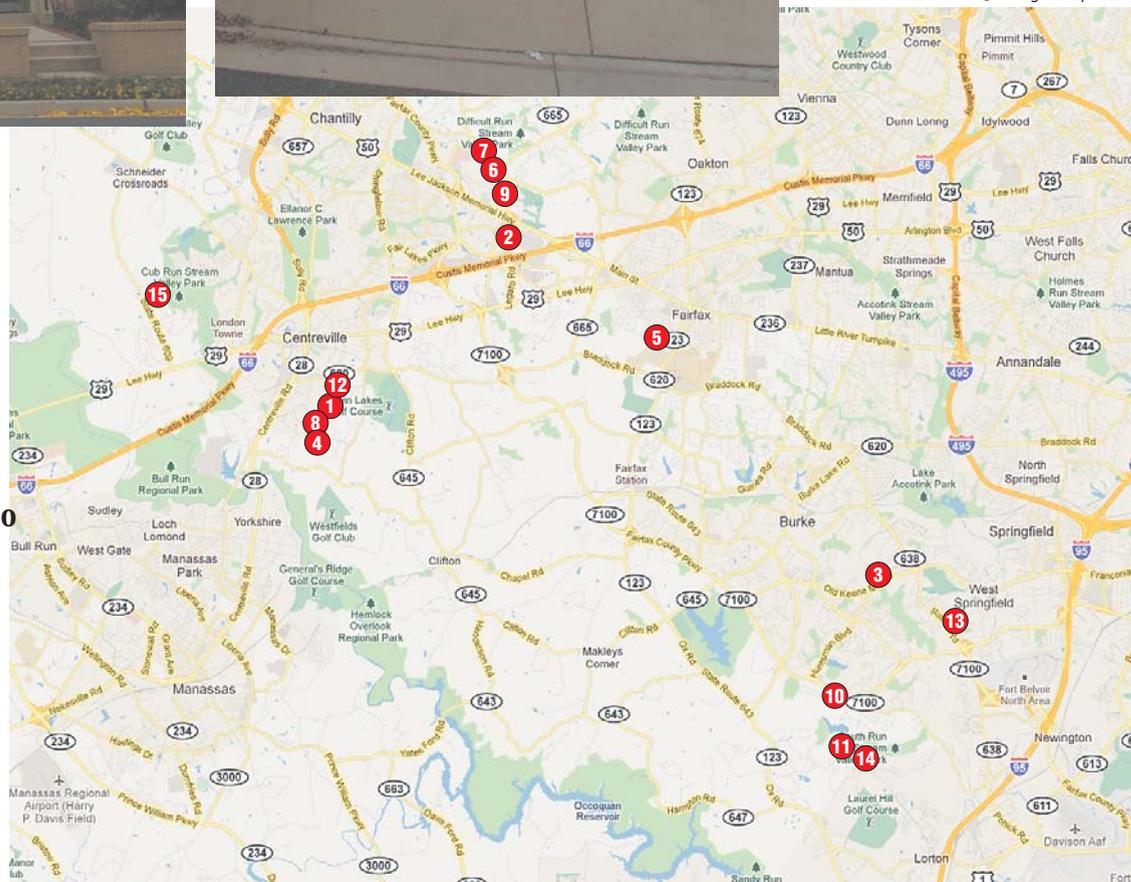
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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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

South County senior Devin Vandyke observed 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

South 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.

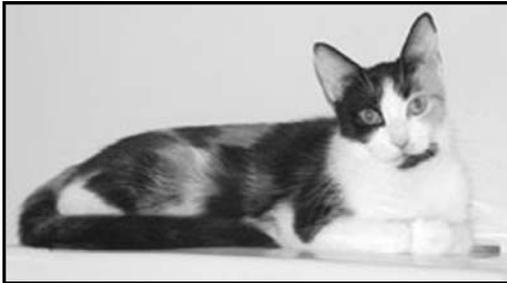
Hanover's best player is Sam Rogers, who was the Hawks'

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 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.

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## CALENDAR

FROM PAGE 12

7250 Commerce St., Springfield. Proceeds help fund children's programs. rbfriends@gmail.com or 703-451-8055.

**Christmas Boutique Yard and Bake Sale.** 8 a.m.-12 p.m. St. John's United Methodist Church, 5312 Backlick Road, Springfield. Gifts, decorations, stocking stuffers, toys, games, books, jewelry, kitchen items and more. All proceeds go to missions. www.saintjohnsumc.org or 703-256-6655.

**"Little Shop of Horrors."** 3 p.m. and 7 p.m. South County Secondary School, 8501 Silverbrook Road, Lorton. \$8, \$5 for senior citizens and students. Discounted tickets available at www.southcountytheatre.org.

**"A Christmas Carol."** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8:30 p.m. 703-550-7384 or www.lazysusan.com.

#### SUNDAY/DEC. 4

**Christmas in Camp with the 17th Virginia Infantry.** 12-4 p.m. Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Visit a Civil War camp during winter and learn about holiday customs from reenactors. Free. 703-591-6728.

**Friends of the Library Book Sale.** 12-3 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Proceeds help fund children's programs. rbfriends@gmail.com or 703-451-8055.

**22nd Annual Model Train Display and Show.** 12-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Many different gauges, all moving, including a Garden gauge around the building will be featured. Bring model train problems to "The Train Doctor." Weather permitting, Model A autos will be on display. Caboose and gift shop open. \$5 adults, \$1 children. 703-425-9225 or www.fairfax-station.org.

**The Celebration Singers: A Christmas Portrait.** 4 p.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. A costumed and choreographed Christmas show. Free. 703-971-5151 or www.franconiaumc.org.

**The KIDZ Choir: Shepherds, Sheep and a Savior.** 6:30 p.m. Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. Free. www.sumcdisciples.org or 703-451-8223.

**"A Christmas Carol."** 1 p.m. Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. 703-550-7384 or www.lazysusan.com.

**Virginia Opera: Hansel and Gretel.** 2 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. \$48-\$98, youth through grade 12 half price when accompanied by adult. 888-945-2468 or www.gmu.edu.

#### TUESDAY/DEC. 6

**"A Christmas Carol."** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8 p.m. 703-550-7384 or www.lazysusan.com.

#### WEDNESDAY/DEC. 7

**"A Christmas Carol."** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8 p.m. 703-550-7384 or www.lazysusan.com.

#### THURSDAY/DEC. 8

**"A Christmas Carol."** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8 p.m. 703-550-7384 or www.lazysusan.com.

#### FRIDAY/DEC. 9

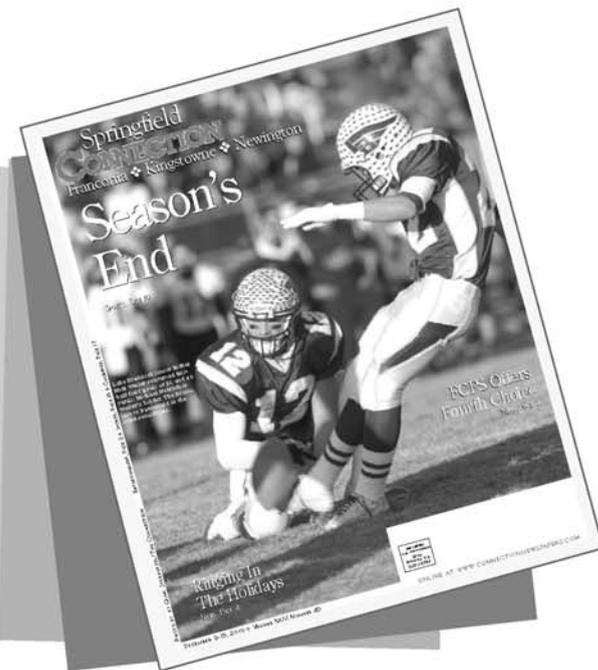
**"A Christmas Carol."** Lazy Susan Dinner Theatre, 10712 Richmond Hwy, Lorton. Doors open 6 p.m., performance at 8 p.m. 703-550-7384 or www.lazysusan.com.

#### SATURDAY/DEC. 10

**2nd Saturday Art Walk.** 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

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**OBITUARY**  
**Barbara M. Wingo "Bobbie"**  
On Nov. 23, 2011 at Prince William Hospital. She was the wife of the late Edward Wingo. She is also survived by a goddaughter, Sharon Venzor. Barbara was a graduate of Falls Church High School. Friends may call at Fairfax Memorial Funeral Home on Thursday December 1, from 2-4 and 6-8 PM where a funeral service will be held on Friday Dec. 2, at 10 AM. Interment Fairfax Memorial Park.  
In lieu of flowers donations may be made to the charity of your choice.

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**21 Announcements** **21 Announcements**

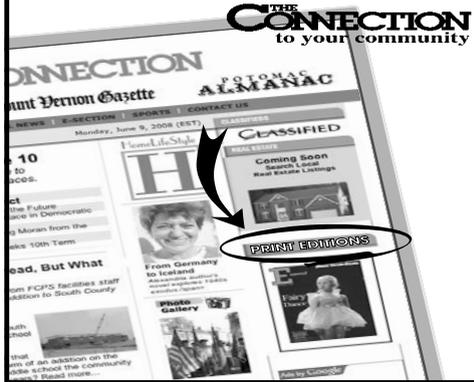
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## 21 Announcements 21 Announcements

**PUBLIC NOTICE**

In accordance with the public participation requirement of 9 VAC 20-160-120, the general public is hereby notified that WPPI-Springfield HS, LLC, has voluntarily enrolled the property located at 7010 Old Keene Mill Road, Springfield, VA ("Property") into the Voluntary Remediation Program ("VRP"), administered by the Virginia Department of Environmental Quality ("VDEQ"). In accordance with the VRP, voluntary investigations and human health assessments have been completed. Groundwater and soil gas samples at the Property indicated the presence of volatile organic compounds ("VOCs") related to a release of dry cleaning solvents from a topographically and hydraulically upgradient dry cleaner. A site and human health risk assessment determined the impacts at the Property did not present an unacceptable health risk to site users in consideration of proposed site use restrictions. Actions required for continued protection of human health and the environment at the Property include institutional controls (deed restrictions) limiting property use to commercial and restricting groundwater use for any purpose. The VRP is prepared to issue a "Certificate of Satisfactory Completion of Remediation" for the Property pending completion of the VRP process and completion of the 30-day public notice period expiring on December 15, 2011. If you have questions or wish to comment during this time, please call Mike Bruzzesi at (703) 608-5969 or submit comments in writing to Mr. Bruzzesi at Land Strategies, Inc., 26037 Springdale Drive, Chantilly, VA 20152.

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-Werner Heisenberg

**21 Announcements** **21 Announcements** **21 Announcements**

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INCLUDES TAX, TAGS, FREIGHT, \$379 PROCESSING FEE, ACQUISITION FEE AND \$0 SECURITY DEPOSIT. 36 MO. LEASE W/12K MILES PER YEAR.

ALL NEW 2012 TOYOTA

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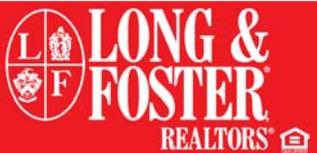
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