Helping In Haiti

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

Turkey Trot Big Success

Book Sale A Bestseller

Wellbeing Page 13

inside

Season’s Greetings
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!
THE COUNTY LINE

Water Wars

By Nicholas Horrock
The Connection

Isn’t it 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 wards the state’s fast-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 will draw upwards of 55,000 shoppers daily to its upscale stores.

Supplying water to this metropolis could have 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 Griffin, 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.

Supervisor John Cook (R-Braddock) said at the Nov. 1 meeting, that he felt the board was “heavily 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.

Board of Supervisors Chairman Sharon S. Bulova (D) said “that inequity is something that is just unfair.”

From 1981 to 2008, the City of Falls Church directed surplus water revenues to its general tax fund. It is estimated that some $58 million were added to the town’s coffers. In January 2010, Fairfax Circuit Court Judge R. Terrence Ney ruled that this practice was in effect imposing an unconstitutional tax on county citizens and halted it.

But Falls Church officials assert that Fairfax County is taking steps that might not be legal or appropriate.

“We have shared our concerns with Fairfax County that the proposed ordinance is legally questionable and anti-competitive, and not in the best interests of our customers,” said Lawrence Webb, City Councilman and member of the Falls Church Public Utilities Commission, in an email. “Unfortunately, the county has not responded to these concerns and appears to be rushing this through to approval.”

Supervisors Linda Q. Smyth (D-Providence) and Catherine Hudgins (D-Hunter Mill) have large numbers of constituents who pay what they say are exorbitant prices for Falls Church water. Last spring, after Falls Church announced it might have to raise its fees, Smyth and Hudgins asked the Consumer Protection Commission to study the fee structure.

Among its finding was that Falls Church continues to undercharge its hookups to win new customers and expand its territories, but charges older customers for the increased costs of new business.

Under the new rate, effective Oct. 1, Falls Church would charge a typical Fairfax County resident $62.13 per quarter, some 60 percent more than Fairfax Water’s charge of $38.76.

It was from this consumer’s report that Fairfax County’s outgoing county executive, Anthony H. Griffin prepared the proposed ordinance.

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

Sharon Bulova, Fairfax Board Chairman
Linda Smyth (D-Providence)
John Foust (D-Dranesville)
Laurie Cole, Vienna Town Council

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. “Thefounder 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.”
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All questions can be directed to Marjorie Castro at m.castro@vtvfamilyfoundation.org or 855-462-7432.

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 or 855-462-7432.
**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.

**Communities of Worship**

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.

Email 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 703-778-0410.

**Jubilee Christian Center**

Celebrating the Joys of Freedom

Realtime Worship - Sunday 8:45 & 11 AM
Sunday Evening - Realtime Service & Youth 6 PM
Family Night - Wednesday 7:15 PM
Call for Sunday Evening Worship Home Group Schedule: visit our website: www.jccag.org

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Sunday Evening - Realtime Service & Youth 6 PM
Family Night - Wednesday 7:15 PM
Call for Sunday Evening Worship Home Group Schedule: visit our website: www.jccag.org

**Baha’i Faith**

Baha’i of Fairfax
County Southwest 703-912-1719

**Baptist**

Preservation of Zion Fellowship 703-409-1015

**Catholic**

Church of the Nativity 703-435-2400

**Christian Reformed**

Grace Christian Reformed Church 703-323-8033

**Episcopal**

Church of the Good Shepherd 703-623-5400
St. Andrew’s Episcopal Church 703-455-2500

**Lutheran**

Abiding Presence Lutheran Church 703-455-7100

**Methodist**

Burke United Methodist Church 703-250-6100
St. Stephen’s United Methodist Church 703-975-9724

**Non-Denominational**

Burlington Community Church 703-415-2005
Calvary Christian Church 703-435-7941

To Advertise Your Community of Worship, Call 703-778-9418

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**Messiah United Methodist Church**

www.messiahumc.org 6215 Rolling Road, Springfield (near West Springfield High School)

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www.burkepres.org
www.calvaryfamily.com
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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 but they were not accepted. Now, they are doing a useless device called DeerDeter which is a small, solar-powered, sound-emitting, headlight-activated system that 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 issues?

Why are we allowing our wildlife to suffer a 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

OPINION

L
ocally 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, 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 va-

rity of places.

Shop Locally

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 this year. 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

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, etc.

❖ Images should be submitted as .jpg AT-TACHMENTS 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 schools, 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.
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 in Milton, 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, who was an Army pilot, 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.

OBITUARY

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 caucobase and the Masonic Acacia 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.
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, in part, 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 the schools and the student. More than 150 Fairfax County schools have a partnership with one or more businesses or community organizations.

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

The Rotary Club of Bailey’s Crossroads has partnered with JEB 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 young students at a local computer lab. The Rotary Club is actively involved in the Culmore Support on Suspension (COS) 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," a popular fright nights performance 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** is a scholarship 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 students with volunteer 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.

**Broadband CNCT Partnership**

This goal of the Broadband Computer and Network Communication Technologies (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, Comcat, 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 grandsons, discovered more than 15 years ago while becoming a mentor at 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 is so helpful for the young person to spend time with any adult who is taking time out of their work day to spend time with them," she said. "You are developing a special friendship that is unconditional."

The Goldberanker Real-estate agent has mentored students from Annie Ascher Elementary School for the past eight years. She has also worked with students at Forest Edge Elementary and Verina 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 Mother’s Day because people love to receive a handwritten note," she said. Moffett moved the same student for the past six years, but now the student has moved up to middle school. At 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 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 and click on Quick Links to find our donations page.

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

www.AppleFCU.org
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2011 BUSINESS PARTNER OF THE YEAR
Helping in Haiti

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

By Maya Horowitz
The Connection

When 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 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 homes. Both of Booker’s homeowners, Ketiene 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. “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. “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 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.’”


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.
Kawamoto was three months from graduating when he was rejected because he only weighed 109 pounds. He was one of eight siblings. Kawamoto had two sisters who were born earlier on Nov. 13, 1919 in Berkeley, Calif. Kawamoto was born days earlier on Nov. 13, 1919 in Berkeley, Calif. Kawamoto was number five in the family and was in the same language class, Section 6, at school. Eventually, Maj. Dickey came and recruited them into the military. Kawamoto and Nakamura received Congressional Gold Medals.

By Maya Horowitz

American-German-born George Nakamura, left, and Yukio Kawamoto, right, were both classmates in the navy. The two men were not friends but acquaintances. They noted how cold it was on the West Coast and said the prisoners all said the same thing: “I want to go back to Japan” and “I can’t wait to be back in Japan.”

Using his Japanese language skills, Kawamoto requested to go into the medical unit to be a translator and Interpreter Secretary. He was one of the first 200 Japanese-Americans to represent the military in the English language. He was also one of the first Japanese-Americans to become a government translator.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. $32. 8 p.m. George Mason University’s Virginia Grand Military Band. Works by Grainger, Alford, Elgar and more. Allen Crowell, guest conductor; Scott Shelsta, trombone soloist. Performing folk, polka, Irish, ragtime, Gypsy jazz and bossa nova. $5 on-line or $10 at the door. www.wolftrap.org.


In this dramatic scene from “Macbeth,” presented by the Fairfax Players of Fairfax High, suspended in air are (from left) Megan Caster, Caitlin Tinson and and I tasy Bacaum; in audience are (from left) Chelsi Ramos and Olivia Ballard; and swordfighting are (from left) Mike Anderson and Barry Wagen.

In this dramatic scene from “Macbeth,” presented by the Fairfax Players of Fairfax High, suspended in air are (from left) Megan Caster, Caitlin Tinson and and I tasy Bacaum; in audience are (from left) Chelsi Ramos and Olivia Ballard; and swordfighting are (from left) Mike Anderson and Barry Wagen.
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 Nursing 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.
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 is filled with fatigue, unrealistic expectations, financial limitations and an inability to be with family or friends.

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

“Nothing is wrong with having the life that 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.

“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.

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.”

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.

“If 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.”

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, Counseling and Psychological Services, George Mason University

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.

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Vandyke Propels South County to Region Championship

By Jon Roetman

South County senior Devin Vandyke observed weakness in Yorktown’s special teams block 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 1 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.

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 fusing 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/receiver Andrew Rector scored touchdowns for South County.

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.”

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

By Rich Sanders

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.
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 interned 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, 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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