

# Helping Those in Need

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Nick O'Connell, of Oak Hill, with some of the shoeboxes he's filled with presents and wrapped for delivery to people served by So Others Might Eat.



# Christmas 2012

**Friday, December 21**

The "Longest Night" Service of Light and Hope at 7 p.m.

**Sunday, December 23**

Worship at 8:30 and 11:00 a.m.

Intergenerational Participatory Christmas Pageant at 9:40 a.m.

Congregational Christmas Caroling at 6:00 p.m.

**Monday, December 24**

"Fiesta de la Navidad" at 11:00 a.m. and lunch

Family Christmas Eve Service at 5 p.m.

Service of Lessons and Carols at 7 p.m.

Traditional Communion and Candlelight Service at 10 p.m.

**Sunday, December 30 – First Sunday after Christmas**

Worship service only at 11:00 a.m.

**Sunday, January 6 – The Day of Epiphany**

Worship services at 8:30 and 11:00 a.m.



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# NEWS



PHOTO BY DEB CORRELL/THE CONNECTION

Participants of the Jeans Day 2012 ceremony held at the government center.

## Going Casual for a Cause

Nearly 10,000 people and 130-plus organizations participate in Jeans Day 2012 to help end homelessness.

By VICTORIA ROSS  
THE CONNECTION

Nearly 10,000 residents representing 130 businesses, Fairfax County agencies, schools and organizations pulled on their favorite jeans Friday, Dec. 14 for the second annual Jeans Day—a powerful community initiative that aims to “Put the ZIP on Homelessness” through building awareness and fundraising.

“This is a fun way to dress, but a serious challenge for our community,” said Sharon Bulova, Chairman of the Fairfax County Board of Supervisors during the Jeans Day 2012 ceremony held at the government center.

Bulova noted the county’s longstanding commitment to the issue by establishing the Office to Prevent and End Homeless (OPEH) in 2008. OPEH supports the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness which engages nonprofits, businesses, faith-based communities and county agencies in its efforts to implement the 10-year plan, which focuses on rapid re-housing and prevention by increasing the availability of permanent affordable housing.

“It’s not okay to have people living in tents or in their cars...We have it within our power to end homelessness as we know it in Fairfax County, and Jeans Day is just one of many great ways we are doing just that,” Bulova said.

The day of community give-back was facilitated by the Fairfax County Chamber of Commerce (Fairfax Chamber), Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, The Connection Newspapers and Apple Federal Credit Union. Participating organizations allowed employees or members to wear jeans to work Friday in exchange for a \$5 contribution to the Fairfax-Falls Church Community Partnership to Prevent & End Homelessness.

“Jeans Day is an especially vibrant example of the meaningful impact we make when businesses, nonprofits and government come together to raise awareness about an important issue and take action to help prevent it,” said Fairfax Chamber President & CEO Jim Corcoran. “The Chamber and business community are proud to be a part of this powerful initiative.”

Corcoran, who typically wears business suits as president of the Fairfax Chamber, said he went into a detailed explanation earlier that morning about his casual attire when he was speaking to a group of

### Facts About Homelessness in Fairfax County

❖ On Jan. 25, 2012, there were 1,534 people who were literally homeless in the Fairfax-Falls Church Community. Six hundred and ninety seven of them were individuals and 837 were people in families.

❖ During the past year, the number of people who were homeless in the Fairfax-Falls Church Community declined by one percent (15 people) from the number counted in January 2011. Persons in families decreased by 5.2 percent (46 people) compared to 2011. The number of single adults increased by 4.5 percent (30 adults) compared to 2011.

❖ The majority of the homeless are families and many work full time:

❖ Close to 60 percent of homeless persons are in families.

❖ More than 75 percent of children in homeless families are under the age of 11.

❖ Nearly 60 percent adults in homeless families work.

❖ Lack of affordable housing is the main cause of homelessness.

❖ Monthly rent for a one-bedroom apartment is \$1,134.

❖ A family must earn \$22.25 an hour to afford a one-bedroom apartment.

❖ 82 percent of homeless families earn less than \$14.24 an hour.

More information about homelessness in Fairfax County, and the partnership to end it, is available at <http://www.fairfaxcounty.gov/homeless/>.

high-powered business executives. “The reason I went into such detail was to save my job,” he joked. “Please, don’t anyone suggest wearing a skirt next year.”

“By God, if we have to wear a skirt next year, we’ll call it a kilt,” joked Michael L. O’Reilly, Chairman of the Governing Board of Fairfax-Falls Church Partnership to Prevent and End Homelessness. O’Reilly told the crowd that the Fairfax community is especially passionate and committed to the cause of ending homelessness. “For there to be one family, one child who is homeless is simply unacceptable.”

Dean Klein, the executive director of OPEH, said he was energized by the success of this year’s effort. “We have heard so much good will and positive feedback about our effort this year. The number of participants really is amazing and we are so pleased we have been able to increase our reach and impact this year. We have had such amazing collaborations from each sector of our community, including business, nonprofit, government, schools, faith and individuals.”

“In Fairfax County, it’s easy to forget that there are homeless families here, homeless children in the schools, and that many people who are homeless here are actually working, but don’t make nearly enough money to afford housing,” said The Connection Publisher Mary Kimm. “The Connection is committed to raising awareness of homelessness and the need to provide permanent shelter, and to recognizing the good works of individuals and businesses in Northern Virginia.”



PHOTOS CONTRIBUTED

Showing Support for Jeans Day 2012: Senator Mark Warner’s Office.



Employees with the Fairfax County Regional Library



FACETS employees



Employees of group Z in Tysons Corner



# Helping Those in Need

Local teen collects items for the poor and homeless.

BY BONNIE HOBBS  
THE CONNECTION

In this season of giving, even the generous heart of just one person can make a big difference in other people's lives. Westfield High junior Nick O'Connell knows this firsthand because he's now in his fifth year of doing just that.

Since he was in middle school, this Oak Hill resident has organized an annual drive in the Emerald Chase and Bradley Farms neighborhoods near his home. He collects the donations, sorts them into gifts for men, women, girls and boys, packs them into shoeboxes, wraps them and delivers them to So Others Might Eat [SOME] in Washington, D.C.

"In seventh grade, I wanted to earn community-service hours to be part of my school's [Rachel Carson] National Junior Honor Society program," said O'Connell. "My mom told me her office was getting a box together to donate to this organization, which serves the poor and homeless, so I thought I'd like to help, too."

In the fall, he and some of his friends distribute flyers to every mailbox in the two communities asking for donations of hats, scarves, socks, shampoo, soap, shaving sets, lotion and other necessities. O'Connell then places a huge, watertight bin marked SOME on the front steps of his house and, from late November through mid-December, neighbors drop off their contributions.

**LAST YEAR**, he delivered 15 wrapped shoeboxes with not only those essentials, but also with some toys for the children. He's compiled 24 so far, this year, and donations are still coming in. Since beginning this drive in 2008—and counting this year—he will have delivered more than 100 shoeboxes to SOME on behalf of the Emerald Chase and Bradley Farms communities.

"It was a rewarding feeling to know I helped people stay clothed and keep warm," said O'Connell, 16. "I also included toiletries and other things we take for granted, and it felt great. It didn't take a lot of time, so I kept doing it and plan to continue."

He even received a letter of thanks and recognition following last year's efforts. It was from Father John Adams, the president of SOME, and O'Connell was delighted.

"This is a great way to help others and to engage your neighborhood in the spirit of giving around the holidays," wrote Adams. "It takes planning, organization and time to do what you continue to do for the poor—and I want you to know how appreciated it is, not just by me, but especially by the most vulnerable people in our city."

Noting that the gifts were "beautifully wrapped," Adams said they contained "all the important essentials which the people we serve need and appreciate most—beautiful hats, scarves, gloves, soap, razors, shampoo, deodorant and other gifts and toiletries. You and your friends have made people very happy, Nick, [and are] helping [them] get through the win-



PHOTO CONTRIBUTED

**Oak Hill resident Nick O'Connell with towers of shoeboxes for the district's poor and homeless.**

**"It was a rewarding feeling to know I helped people stay clothed and keep warm."**

**— Oak Hill resident Nick O'Connell**

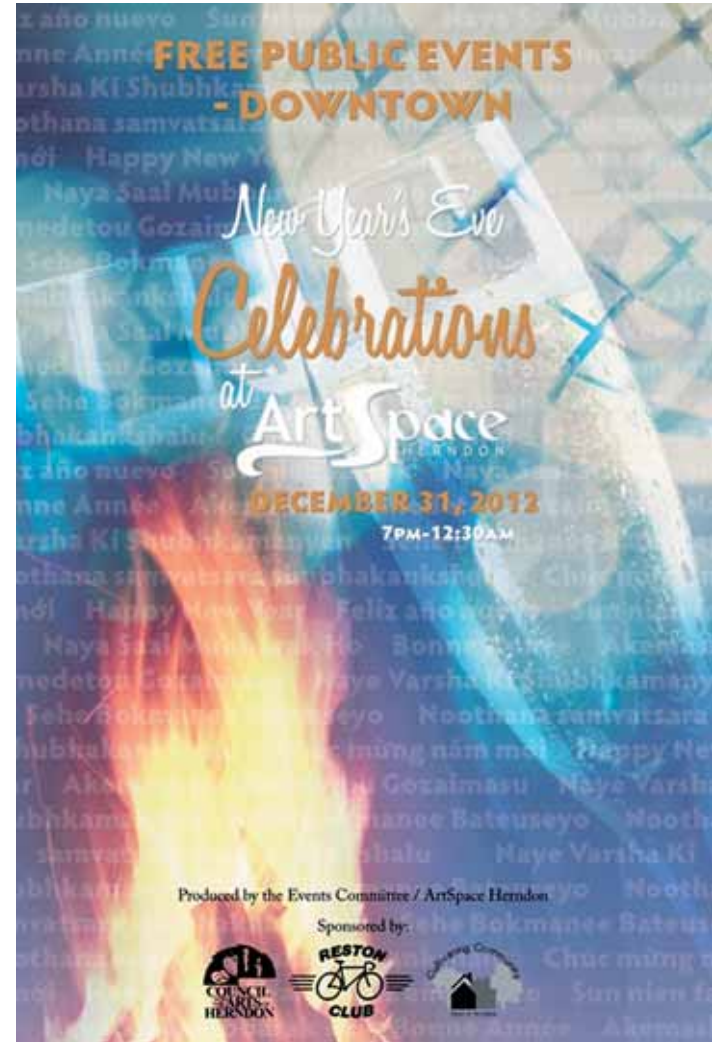
ter."

Adams also included a story about O'Connell's efforts, plus a photo of him, on SOME's web site on the "volunteer opportunities for youth" page. Adams said it would serve as "an inspiration to others who would like to find a way to bring hope and support to people in need."

**IN CLOSING** his letter, Adams wrote, "Thank you so much for caring about the homeless families who come to SOME. You are letting folks in need know that someone cares about them. That might be the best gift of all."

Both surprised and gratified by the letter, O'Connell said, "I wasn't expecting it, but I was humbled by it. This letter was also a huge validation of what I had done. I then fully understood how much it had touched people and really helped them. And it's all the more reason for me to continue doing it, now that I know it really is making a difference."

He also encourages other teens to start these collections for SOME in their own communities because he knows even children as young as 12 can have a big impact on the lives of those less fortunate. He'd be happy to tell them how to turn in their filled shoeboxes at SOME Headquarters. O'Connell may be reached at 703-371-8665, or go to [http://www.some.org/volunteer\\_children.html](http://www.some.org/volunteer_children.html).



## Celebrate New Year's Eve at ArtSpace Herndon

ArtSpace Herndon will host Historic Herndon's traditional, family-friendly New Year's Eve Celebration on Monday, Dec. 31, 2012, from 7 p.m. to 12:30 a.m. The party is free and open to the public but 100 complimentary passes will be available on the night of the event for the final part of the celebration from 10 p.m. to 12:30 a.m.

The three-part event begins inside the gallery at 7 p.m. with stories by Melanie Stanley, folk songs by Bill Davis and the hoops of Leslie Loges. At 9 p.m., the celebration moves outdoors for a bonfire. At the bonfire, Bill Davis conducts the "People's Band" and everyone is encouraged to bring a musical instrument. Sun Dance Performance

will lead all in folk dance around the fire. At 10 p.m., the celebration moves inside where jazz bandleader Al Robertson will host Herndon's very own "Tonight Show" of local performances and mimicked Tonight Show segments. Complimentary passes are required for the "Tonight Show" portion of the celebration; light refreshments will be provided. The New Year's Eve Celebration is produced by the ArtSpace Herndon Events Committee with sponsorship from local businesses, The Council of the Arts Herndon, Reston Bike Club and the Town of Herndon Cultivating Community Initiative.

To learn more, go to [www.artspaceherndon.com](http://www.artspaceherndon.com).

## BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

### FRIDAY/DEC. 21

**The Giving Tree.** 10 a.m.-2 p.m., at Washington Plaza Baptist Church, 1615 Washington Plaza West, Reston. Help the church and Embry Rucker Shelter collect toys and items for homeless children living temporary at the Reston Embry Rucker Shelter by dropping off items or arrange to have them picked up; pajamas, formula, blankets and diapers to snow boots, bedroom slippers, training pants, costume jewelry, nail polish and Target gift

cards are among suggested items. 571-529-2216 (call to arrange pick-up) or 703-471-5225.

### ONGOING

**Long-Term Care Volunteer Ombudsman Program Needs Volunteers.** Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).



## WEEK IN HERNDON

### Del. Rust Receives 'Distinguished Public Service Award'

Delegate Tom Rust (R-86) was recently honored by the membership of the Virginia Association of Health Plans at their Legislative Fall Forum luncheon on Dec 3rd. Rust was presented with the Distinguished Public Service Award for 2012 in the House of Delegates; a similar award went to one member of the Senate. In the comments con-

cerning his selection, Executive Director Doug Gray reflected on Rust's longstanding public service and noted his work on health care issues. Rust, in his acceptance remarks, thanked the association and pledged to continue to work "to improve the health and access to health care for all Virginians." Rust is a board member of the Jeanie Schmidt Free Clinic and during his tenure they have expanded their facilities and increased their client base. Rust also carried legislation that was instrumental in implementing most of the aspects of the federal healthcare law, once it became law.



### Bigelman, Eganhouse Wed

Kara Anne Bigelman and Matthew Colin Eganhouse were married Aug. 25 in San Diego, Calif.

Kara is the daughter of Paul and Kathleen Bigelman of Clifton. Matthew is the son of Bob Eganhouse and Trina Billingsley of Herndon.

The wedding weekend began with a welcome party on Thursday evening in Ocean Beach, hosted by the bride's parents. Then on Friday guests enjoyed a day at the San Diego Zoo where Kara is employed as a graphic designer. The rehearsal dinner followed at the Zoo's Treetops Restaurant, hosted by the

groom's parents.

The wedding ceremony took place Saturday afternoon at Sacred Heart Church in Ocean Beach. Guests were taken by trolley to the reception at the Bayview Club where they enjoyed dinner and dancing until late in the evening. The bride's parents hosted a brunch on Sunday morning at the Marriott before family members and guests departed for the East Coast.

Kara and Matt enjoyed a honeymoon in Fiji after which they returned home to San Diego. Both Kara and Matt are 2005 graduates of James Madison University.

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# ENTERTAINMENT

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com).  
Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

## WEDNESDAY/DEC. 19

**Open Mic Night.** 9:30 p.m.-1:30 a.m.  
Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at [BluesSlide@aol.com](mailto:BluesSlide@aol.com) or 703-593-5206. [www.jimmystavern.com](http://www.jimmystavern.com).

## MONDAY/DEC. 31

**New Year's Eve Golf Tournament.** 10 a.m., at the Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. An annual four-person scramble with a cart, range balls, prizes and lunch included; entry deadline in Dec. 21. \$70. 703-471-5769 or [www.herndongolf.com](http://www.herndongolf.com).

**New Year's Eve Celebration.** 7 p.m.-12:30 a.m., at ArtSpace, 750 Center St., Herndon. Family activities, a bonfire from 9-10 p.m., music and refreshment in the gallery starting at 10 p.m. All ages welcome. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

## SATURDAY/JAN. 5

**Weekend Bluegrass Concert Series: Danny Paisley.** 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Paisley's high lonesome voice fronts the band his father used to lead and the band remains a hallmark of traditional bluegrass since decades past. \$15, adults; children 12-and-under, free. 703-435-8377 or [kd4fue@verizon.net](mailto:kd4fue@verizon.net).

## WEDNESDAY/JAN. 16

**Open Mic Night.** 9:30 p.m.-1:30 a.m.  
Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at [BluesSlide@aol.com](mailto:BluesSlide@aol.com) or 703-593-



**Pear and Pomegranate, 30x40, by Loretta Scott.**

## New Exhibit: Saturday Morning Artists

Loretta Scott, Trish Everhart, Marann Bonorchis and Vivian Leinio set aside Saturday mornings to paint in Scott's studio. This exhibit, open until Dec. 31 at RCC Hunters Woods, 2310 Colts Neck Road, showcases the work of the four artists' many Saturdays working together. A free artists' reception is on Dec. 16 from 2-4 p.m. 703-476-4500 or [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

5206. [www.jimmystavern.com](http://www.jimmystavern.com).

## SATURDAY/JAN. 19

**Salute to Dr. Martin Luther King Jr.** 4 p.m., at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. An annual musical concert in honor of Dr. King featuring the works of Reston composer Brian Scarbrough with performances by the Mykle Lyons

Trio and Beverly Cosham. [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).  
**Fairfax Symphony Orchestra: Masterworks IV.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and flautist Christina Jennings perform Mozart's Overture to The Magic Flute, Leshnoff's Flute Concerto, Ives' The Unanswered Question and Brahms' Symphony No.



PHOTO CONTRIBUTED

**Danny Paisley**

## Weekend Bluegrass Concert Series: Danny Paisley

Paisley's high lonesome voice fronts the band his father used to lead, which has remained a hallmark of bluegrass music since decades past. Come on Saturday, Jan. 5 at 7:30 p.m. to Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15, adults; children 12-and-under, free. 703-435-8377 or [kd4fue@verizon.net](mailto:kd4fue@verizon.net).

1 in C minor, Op. 68. \$25-\$55. 703-563-1990 or [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org).

[kd4fue2@verizon.net](mailto:kd4fue2@verizon.net).

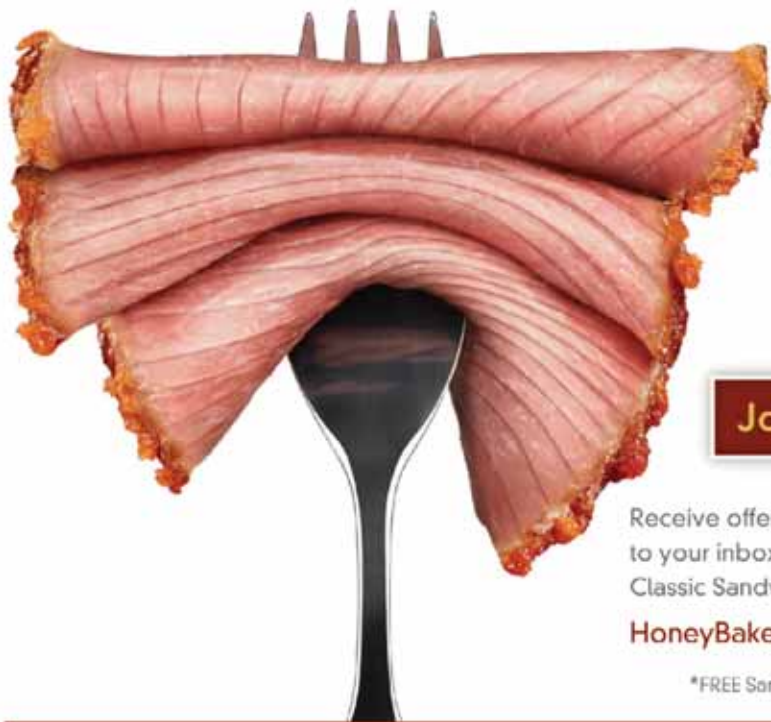
## ONGOING

**National Realty Toys for Tots/FISH Drop-off.** 9 a.m.-5 p.m., at 11890 Sunrise Valley Drive, Reston. Through Dec. 14, drop off new, unwrapped toys in the donation box in the lobby or buy a \$25 gift card through Herndon-Reston FISH for teenagers through age 18 to use for Christmas wishlist items. 571-205-8874.

## SATURDAY/JAN. 26

**Weekend Bluegrass Concert Series: Sunrise.** 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A gospel bluegrass quartet from Fredericksburg brings harmonies a cappella and masterful instruments to match. \$12; children 12-and-under, free. 703-435-8377 or

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## NEWS

# Skating Rink Home of Holiday Spirit Ice skaters take to Reston Town Center.

BY ALEX McVEIGH  
THE CONNECTION

**B**efore coming to the ice rink at Reston Town Center Saturday, Dec. 15, Joy Bernard thought she had seen everything.

"I've seen people texting and driving, texting while crossing traffic, but I've never seen anyone texting while ice skating," she said. "I saw three girls, skating next to each other, all with heads down in their phones. I like texting and checking Facebook on my iPhone as much as anybody, but I thought that was ridiculous."

Thankfully, most of the hundreds that showed up Saturday were able to keep their eyes ahead of them, or at least focused on Scooby Doo, who came out for his weekly appearance at the rink.

"We try to stop by at least every other Saturday, sometimes it's Scooby Doo, sometimes the Cat in the Hat, my daughter likes to skate near her favorite characters," said Margaret Garrett of Herndon. "I think it's actually helped her learn how to skate as well. We took her a few times at different rinks, and she just fell down and didn't want to keep trying, but now we can't keep her away."

The Saturday Morning Cartoon Skate takes place every Saturday in December from 11 a.m. to 1 p.m. Friday nights also feature Rock 'n Skate from 8 to 11 p.m. with a live DJ, games and prize giveaways.

The skate rink will be open through the second week in March.



PHOTO BY ALEX McVEIGH/THE CONNECTION

**Skaters take a few laps at the Reston Town Center ice rink Saturday, Dec. 15.**

## FAITH NOTES

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com. Deadline is Thursday.*

**Floris United Methodist Church**, 13600 Frying Pan Road in Herndon, holds a traditional Christmas Eve service on Sunday, Dec. 23 at 7 p.m. for families traveling the next day or who are offering their time in service to others; and on Monday, Dec. 24 at 3 p.m., 5 p.m., 7 p.m., 9 p.m. and 11 p.m., the church holds Christmas Eve services. The 3 p.m. service, a Christmas Eve Preschool Family Service, is designed for preschool-aged children and their families, lasts 30 minutes and includes the story of Christ's birth and carols. The 5 p.m. Christmas Eve Family Service features a children's choir, includes a special time for children and provides childcare for children ages 5 and under. The 7 p.m. Christmas Eve Service is offered completely in Spanish and will be held in the Fellowship Hall. The 9 p.m. Traditional Christmas Eve Service features the Sanctuary Choir and orchestra and provides interpretation for the deaf. The 11 p.m. Communion Christmas Eve Service offers a traditional night with communion and music from the Classical Chamber Choir. Call 703-793-0026 or visit [www.florisumc.org/christmaseve](http://www.florisumc.org/christmaseve).

**Vajrayogini Buddhist Center**, 1625 Wiehle Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided

meditations that teach students how to relax their body and mind. \$12. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.

**Trinity Presbyterian Church**, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**Adult Sunday school** will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**The Baha'i community of McLean** holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

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\*Donations also accepted! Visit [www.restorenova.org](http://www.restorenova.org) for details.

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One light West of Rt. 28)



**www.foha.org**



# FOCUS ON IMMIGRATION

## How the Powerless Access

Immigrants make significant gains in influencing political system.

BY VICTORIA ROSS  
THE CONNECTION

Final part of the series.

**O**n Election Night Nov. 6, Keisy Chavez's nerves were frayed.

The Fairfax single mom had been campaigning hard for Democrats since the official launch of Latinos for Obama last April.

She filmed a commercial for Senate candidate Tim Kaine in September, worked phone banks, door-knocked during 104-degree heat, stuffed envelopes, delivered yard signs, and seized every opportunity to talk to friends, neighbors and strangers about the importance of the 2012 election.

Her daughter, Cinthya Qureshi, 24, likes to tease her mom about her willingness to talk to anyone when it comes to politics.

"If my mom is pumping gas, and sees someone next to her, she will start a conversation about politics," she said.

"I've been organizing for President Obama and Governor Kaine since the launch of their campaigns, and everyone I talk to in the Latino community gets fired up to help spread the message of everything they have done for us," said Chavez.

Chavez was ecstatic over of Kaine's and Obama's victories in Virginia. "It was such a powerful feeling. I can't really describe how happy and relieved I felt," she said. "It shows that you can make a difference. It's a big motivation to realize that you can have an impact on something bigger than you, something that touches so many people."

Like many Latinos this election cycle, Chavez made certain her voice was heard. According to exit polls, recent immigrants, not just Latinos, voted overwhelmingly, 73 percent, for Obama in Northern Virginia.

Data from the Pew Research Center also shows that Asian Americans have shifted more to Democrats since 2008 than any other minority group. Representing just 3 percent of the national voting population, they are the fastest growing demographic in the United States, and their influ-



**Keisy Chavez, a Latino activist with Latinos for Obama, and daughter Cinthya Qureshi at their business in Herndon.**

ence is being felt beyond traditionally blue states, like California, Hawaii, New York and New Jersey, into swing states like Virginia and North Carolina.

"This area, particularly Fairfax County, is teeming with immigrants, from South America, India, Vietnam, South Korea and elsewhere," said Frederic Bemak, director of the Diversity Research and Action Center at George Mason University. "I can't imagine many of them swooned at Romney's incessant China bashing, or talk of self-deportation for the undocumented."

"The tectonic plates are shifting on immigration," said Frank Sharry, a McLean resident and executive director of America's Voice, an advocacy group for immigrants. "The fact that leading conservative voices are joining Republican leaders in calling for immigration reform that includes relief for the 11 million undocumented immigrants in America is a major development that will open up space

for the GOP to do the right thing and help pass sensible reform legislation."

Sharry said political leaders should consider the response from 2012 voters to this question asked in the network exit polls: "Should most illegal immigrants working in the United States be offered a chance to apply for legal status or deported to country they came from?"

"By a whopping 65-percent-to-28-percent margin, Americans support the 'apply for legal status' option," Sharry said.

Chavez said the 2012 election was a "reality wake-up call."

"I think it has finally hit some Republican politicians and policymakers that if you don't embrace immigration you will go nowhere. If you really want your party or your candidate or issues to be addressed, you need to embrace the mix of people in this country. Everyone has something to bring, regardless of whether you're Latino, Asian, or Irish."



**Brian Moran, former chairman of the Democratic Party of Virginia with U.S. Rep. James Moran (D-8) and Fred Shwaery of Vienna, a member of the Arab American Democrats of Virginia at the 24th annual Arab American Candidates' Night Dinner held at the Tysons Corner Marriott on Sept. 30.**

### Voting: How the powerless begin to access power?

Political affiliation aside, research shows that immigrants, especially when they organize and vote, are influencing the political discussion overall, not just electing Democrats.

According to immigration experts, the right to vote is a key motivating factor when immigrants choose to become citizens, instead of just holding on to their green card.

Andrew Eade, who grew up in England, has been working in the U.S. for 16 years. In May, Eade was one of 75 new citizens who took the Oath of Allegiance during a special naturalization ceremony at the Fairfax County Government Center.

A resident of Herndon for 16 years, Eade said he wanted to become a citizen so he could "fully participate in the system and vote."

"I've been paying taxes for all these years, and I thought it was time to vote. You want to feel like you are getting your voice heard," he said.

Tam-Anh Lam, 23, called Tammy by her clients at the Four Seasons Nail Salon in Oakton, pulls out a creased photo of her 4-year-old daughter, Leah-Anh, to show a client.

Lam came to the United States

with her parents when she was 2 years old. Lam lives with her parents in Reston, who help take care of her daughter.

She became a citizen when she turned 18, but did not vote until this year. Lam said she wants her daughter to grow up with self-confidence and the higher education she lacks.

"I never paid much attention, but this year there was so much in the news that concerned me," Lam said news about immigration, education and healthcare struck a chord with her, and she decided she would vote this year.

"I wanted to vote because it gives you power. It's the American way. ... I wanted my daughter to know that we're Americans too, and she can do anything. If I can't do it, maybe she can. Who knows, she could be a doctor someday," Lam said.

Community-based organizations, according to a 2009 Urban Institute study, play a key role in encouraging immigrants to enroll in citizenship programs so they can participate in the electoral process.

"A significant aspect of immigrant integration is civic participation," said Richard Eldridge, the Citizenship volunteer manager at Hogar Immigrant Services, a Fairfax County program of Catholic Charities of the Diocese of Arlington. "We have a strong component of helping people become new citizens, of empowering immigrants through the benefits of



# Power



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Andrew Eade, wife Stephanie and son Greyson, 21-months, of Herndon. Eade, from England, was one of 75 candidates who took the Oath of Allegiance during a special naturalization ceremony May 25 at the Fairfax County Government Center.**

citizenship."

"Our goal is for immigrants to achieve self-sufficiency and participate fully in the greater community," said Brooke Hammond Perez, education services and group manager. Hogar, which was founded in 1981, offers a combination of legal consultation, English-language instruction and citizenship classes.

While the majority of Hogar's immigrant clients live below the poverty level, their determination to become engaged, active citizens is inspiring, Hammond Perez said.

But few have touched Hammond Perez personally as much as client Alhaji Alpha Bah, an 82-year-old immigrant from Sierra Leone. In 1992, Bah was a shop-keeper in the West African nation when civil war broke out. During a decade of brutal civil war, when tens of thousands of people died, Bah was forced from his home, living as a refugee in Guinea for seven years before coming to the United States in 2003.

"He was accompanied to the U.S. by four of his nine children," Hammond Perez said, adding that his other children had to stay behind in Guinea and Sierra Leone. "Even now, he doesn't know the whereabouts of three of those five children."

Bah came to Catholic Charities in 2010. He did not have any formal education, did not speak English and was not able to find consistent work. Despite these obstacles, Bah, accompanied by Hammond Perez, was officially sworn in as a U.S. citizen on Oct.

14, 2011. When asked what he wanted to do as a new American, he said he wanted to register to vote as soon as possible. "I feel proud. I feel big. You are a citizen. Welcome to America," Bah said in video interview discussing his experiences. (To see the video, visit [hogarimmigrantservices.org](http://hogarimmigrantservices.org).)

## Immigrants Gaining Political Influence

In Virginia and at the national level, immigrant voters are changing the political landscape in unprecedented ways, and hold increasing influence across the political spectrum.

"From a political perspective, the way the demographics are shifting, those who would demonize and attack new immigrants and Latinos do so at their peril," said Del. Alfonso Lopez (D-49), the first Latino Democrat elected to the Virginia General Assembly.

Latinos have a long history of political involvement through organizations which give them access to elected officials, according to the Urban Institute.

In contrast, the Urban Institute study says, Asian and African immigrant communities are newer and lack long-serving, established leaders to spearhead and encourage participation and advocacy. While Asians comprise 17.4 percent of Fairfax County's population, compared to 15.6 percent

SEE IMMIGRANTS, PAGE 12

PHOTOS BY VICTORIA ROSS/THE CONNECTION



**Del. Mark Keam (D-35)**

## Immigrant Success Story

### Delegate Mark L. Keam.

*Del. Mark Keam (D-35) is the first Korean American and the first Asian-born immigrant to serve in the Virginia General Assembly. In November 2009, Keam was elected to an open seat in the House of Delegates and re-elected in November 2011. Keam, 46, currently serves on the House Education and Finance Committees, and is Co-Chair of the Legislative Tourism Caucus. Keam sat for a series of interviews with Connection reporter Victoria Ross in his Vienna office in December. Here is Keam's story, mostly in his own words.*

**F**or new Americans, life is hard, but once they overcome those barriers, they are stronger, and they contribute so much because they fought so hard to get here. I'm proud of my background. The policies I advocate for are from the perspective of an immigrant, something which is sorely missing in Richmond. As an immigrant who came here with nothing, I'm able to have everything I ever wanted, to give my children incredible opportunities.

Let me put it this way, unlike most people whose immigration stories are fairly simple, (for example, they move from one country to another country), I lived in four different countries and several different cities. I guess you could say I was the result of global circumstances beyond my control.

My parents met in the late 1950s. They had lost their parents during the war, so I didn't know any of my grandparents. My mother had an older sister, who was a devout Christian. She didn't like my father.

My parents were like street kids after the Korean war. My mother didn't finish school and my father was sort of a rogue. The only way my aunt would let him approach my mother was to prove he was upstanding citizen, so he became a minister.

In 1961, there was mandatory conscription in the military, so Keam's father was sent to Vietnam as a chaplain.

My father would come back at least once every two years. My brother was born in 1962, my sister was born in 1964 and I was born in 1966. In 1969, he came back to Seoul, and he wanted to set up a church. But Korea was still very run-down post war. Imagine Afghanistan, imagine that scenario. Korea was like Afghanistan times two. No running water, all the buildings were bombed, everything was devastated, being run by dictators. It's only 50 miles from DMZ. That was the world I was born into.

**THE WAR IN VIETNAM** was at a standstill, a lot of countries started establishing ties in South Vietnam, so they asked my father, who had studied Vietnamese language and culture, to establish a Korean church and community center. We lived in the church, and I remember the building well.

This goes directly into how I got into politics. From the time I was 4-years-old, I can't remember one meal we had with just the five of us. Our meals were with whoever was at the church. For the 5,000 Koreans who lived in Vietnam in the 70s, every one of them came to our church because it was also the only community center. It was the hub of all Korean activities. From the time I woke up until I went to bed, there were always people around us.

When I was a small kid, I freaked out because we had caskets. I remember there'd be a wedding in the morning, a funeral in the middle of the day, and another wedding at night. You'd see the same people dressed up for a wedding and then back for a funeral, because they knew each other. I lived in that world with the idea that community helps each other. It was ingrained in me such a natural way that I think, to this day, that's the core of my being. What made me who I am and what made me think the way I do and act the way I do every single day was molded in my childhood. More importantly, because of my father, I saw it was incumbent upon us to be leaders in our community. Family is important, but community is just as important. So that has led me to do what I'm doing today.

When Keam was 9-years-old, in April of 1975, he recalls his family fleeing the church compound during what historians call the Fall of Saigon. The capture of Saigon by the People's Army of Vietnam and the National Liberation Front, marked the end of the Vietnam War and the start of a transition period leading to the formal reunification of Vietnam into a communist state. The fall of the city was preceded by the evacuation of almost all the American civilian and military personnel in Saigon, along with tens of thousands of South Vietnamese civilians associated with the southern regime. The evacuation culminated in Operation Frequent Wind, which was the largest helicopter evacuation in history.

That's the most traumatic thing that's ever happened to me. We were playing in the room, and I just remember my mother coming in saying we have to pack up and go.

SEE BARRIERS, PAGE 12



# Reminder: Shop Locally, Give Locally

## Supporting the community.

With less than a week before Christmas, many people have not completed their shopping, and so we remind you of the importance of spending a significant portion of your shopping budget locally. At this point in the season, the high cost of expedited shipping might also serve as an incentive to shop in 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 fundraising for local charities, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, continue to face tough challenges. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally-owned retailers.

With less than two weeks to go before the end of the charitable giving year, we also remind you of the critical local needs that are filled by a variety of local nonprofit organizations.

With suggestions from readers, we have updated our lists. We welcome suggestions as we continuously update our local lists of community organizations. You can find a complete list on our website, [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

## Last News Issue of 2012

This is the last regular edition of the Connection for 2012, and it includes the last of our 2012 series on immigration. Next week, delivered shortly after Christmas, is the Children's Connection, devoted to the artwork and writing of area students.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Where to Give Locally

- The Fairfax County Office of Public Private Partnerships has put together a list of 12 ways to support nonprofit partners that are in need of contributions to carry out their mission. Visit [www.fairfaxcountypartnerships.org](http://www.fairfaxcountypartnerships.org)
- ❖ Support services for aging in place through Life Circle Alliance [www.lifecirclealliances.org/donate.htm](http://www.lifecirclealliances.org/donate.htm)
  - ❖ Shop online "Gifts that Give Hope" Alternative Gift Fair for Fairfax County [atwww.giftsthatgivehope.org/fairfax](http://atwww.giftsthatgivehope.org/fairfax) providing links to buy gifts that support more than 20 Fairfax County nonprofits including Alternative House, Herndon-Reston FISH, FACETS, Stroke Comeback Center, and more.
  - ❖ Honor the memory of a relative or friend or recognize a birthday, wedding, anniversary, retirement or other special event by donating a bench to a park through the Fairfax County Park Foundation <http://fairfaxparkfoundation.org/support/benchtree.htm>
  - ❖ Buy a book to fulfill the Library Foundation's Wish List [www.amazon.com/gp/registry/registry.html/002-9627810-1915264?id=2P3AKWX1F9FO](http://www.amazon.com/gp/registry/registry.html/002-9627810-1915264?id=2P3AKWX1F9FO)
  - ❖ Donate the gift of trees through Reforest Fairfax of the Fairfax County Restoration Project <http://www.fcrrp3.org/reforestfairfax/>
  - ❖ Give the gift of Art to benefit the Arts Council of Fairfax County, <http://artsfairfax.org/donate>
  - ❖ Protect a child's smile and health by donating to Project Pearly Whites from the MCCC Foundation, [mccp\\_foundation\\_launches\\_project\\_pearly\\_whites/](http://mccpfoundation.org/news/mccp_foundation_launches_project_pearly_whites/)
  - ❖ Help end homelessness through the Office to Prevent and End Homelessness, <http://www.fairfaxcounty.gov/homeless/oeph.htm>
  - ❖ Give the gift of your time and become a mentor for BeFriend-A-Child, <http://www.fairfaxcounty.gov/dfs/childrenyouth/befriendachild.htm>
  - ❖ Provide for a family for the holidays through A Way Forward and donate care packages to those who need it most, <http://www.awayforward.org>

- Other Fairfax County organizations that need your help to keep helping others:
- ❖ **Literacy Council of Northern Virginia**, 703-237-0866, [www.lcnv.org](http://www.lcnv.org), Teaches adults the basic skills of reading, writing, speaking and understanding English. Offers one-to-one tutoring programs for adult learners as well as beginning-level ESOL and Family Learning adult programs.
  - ❖ **Computer C.O.R.E.** 703-931-7346, [www.computercore.org](http://www.computercore.org), Adult Education, Computer Training and Career Development, with classes in Alexandria, Fairfax, Herndon and Annadale
  - ❖ **Our Daily Bread** has been serving needy families in Fairfax County for 25 years. The Holiday Program helps those in need with food for the holidays and gifts for their children, making last year's holiday season brighter for approximately 3,000 families. [www.odbfairfax.com/holiday](http://www.odbfairfax.com/holiday)
  - ❖ **Food for Others** distributed more than 2.4 million pounds of free food to families in need in Northern Virginia in the year ending June 30, 2012. The non-profit provides a safety net for people who face emergencies such as a family illness or the loss of a job or a spouse. 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. [www.foodforothers.com](http://www.foodforothers.com)
  - ❖ **Ecumenical Community Helping Others** (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families, helping more than 5,000 people last year. [www.echo-inc.org](http://www.echo-inc.org).
  - ❖ **Lorton Community Action Center** operates the Act II Thrift Shop at 9506 Richmond Highway, Lorton. Sales from the shop generate funds for LCAC and clients also shop there. Now collecting gift cards and food baskets for Christmas, and warm coats. 703-339-8611 [www.lortonaction.org](http://www.lortonaction.org).
  - ❖ **Comfort for America's Uniformed Services** (CAUSE) —

- ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, [cause-usa.org](http://cause-usa.org)
- ❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)
  - ❖ **Western Fairfax Christian Ministries** — food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.
  - ❖ **The Jeanie Schmidt Free Clinic**, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers including nurses, nurse practitioners and physicians, gave more than 1,300 hours of their time to see patients. [jsfreeclinic.org](http://jsfreeclinic.org).
  - ❖ **Alternative House** — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. [www.thealternativehouse.org](http://www.thealternativehouse.org).
  - ❖ **Reston Interfaith**, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, [www.restoninterfaith.org](http://www.restoninterfaith.org). Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program and holiday food drives.
  - ❖ **SHARE of McLean** is fully volunteer run, and seeks donations of grocery gift cards and more. Checks and gift cards can be sent to: Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. [www.SHAREofMcLean.org](http://www.SHAREofMcLean.org)
  - ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up for help with holiday meals. 703-437-1776 [www.linkagainsthunger.org](http://www.linkagainsthunger.org)
  - ❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area.

- FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or [volunteer@facetscares.org](mailto:volunteer@facetscares.org). FACETS offers a monthly Youth Volunteer Night. [www.facetscares.org](http://www.facetscares.org). 10640 Page Avenue, Suite 300, Fairfax VA 22030
- ❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of concerned churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. 703-281-7614 <http://www.cho-va.com>
  - ❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help), working with the Office of Coordinated Services Planning, Fairfax County Department of Human Services, FISH helps local citizens who are in temporary need of food, clothing and financial assistance for rent, mortgage payments, utilities, and medical treatments. FISH also provides limited transportation for doctor appointments and food delivery. 703-222-0880 <http://fairfaxfish.org/>
  - ❖ **Herndon-Reston FISH** (For Immediate Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 <http://herndonrestonfish.org>
  - ❖ **Lamb Center**, [www.thelambcenter.org](http://www.thelambcenter.org), Day center for homeless, Fairfax 703-691-3178
  - ❖ **Northern Virginia Family Service**, 10455 White Granite Drive Suite 100, Oakton, VA 22124 703-385-3267 <http://www.nvfs.org/>
  - ❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, 22306 <http://www.ucmagency.org/>
  - ❖ **Stop Child Abuse Now** (SCAN) of Northern Virginia, 703-820-9001, [www.scanva.org](http://www.scanva.org), Parent Education, Public Education-re: child abuse and Court Advocacy for Abused and Neglected Children

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## SPORTS

# Missed Free Throws Haunt South Lakes in Defeat

Seahawks go 6-for-21 at the line against Langley.

BY JON ROETMAN  
THE CONNECTION

South Lakes boys' basketball Coach Andrew Duggan was left to ponder what could have been after his team's loss against Langley on Dec. 14.

"It's a different game if we make free throws," Duggan said after the Seahawks connected on just six of 21 attempts. "Free throws, unforced errors — we're just throwing the ball away. It's the right idea with some of the passes we're trying to make, especially against that zone, [but] we just threw the ball away too many times without much pressure on us."

The Seahawks trailed by as many as 15 points in the first half, but cut the deficit to five late in the third quarter. However, missed free throws and missed opportunities were too much to overcome on this night as a 14-2 Langley run propelled the Saxons to a 49-33 victory at Langley High School.

A free throw by Brandon Kamga capped a 7-1 South Lakes run that pulled the Seahawks within five at 33-28 with less than a minute remaining in the third quarter. Langley's Garrett Collier ended the period with a buzzer-beating jumper and the Saxons started to pull away.

"To get within five, we were playing as a team," Kamga said. "We weren't forcing anything. We didn't turn over the ball [and] we were finishing at the rim. What made [Langley pull] away is I think we got too comfortable; we were like, yeah, we're getting back in this."

South Lakes' 33 points were a season low. The Seahawks produced 12 field goals and 28 turnovers against a Langley team that often played a stifling 2-3 zone defense.

"Defensively, I couldn't be happier with holding them to 33 points," Langley Head Coach Travis Hess said. "Offensively, I thought we could have taken care of the ball a little better, I thought we could have executed a little better, I thought we could have finished in transition a little better, but to hold a team to 33 points in a high school basketball game; you're going to win a lot of games if you can do that."

Kamga led South Lakes with 11 points and six rebounds. The sophomore is playing point guard for the first time in his career and is still trying to get used to the balance between distributing the ball and maintaining a scorer's mentality.

"At the beginning of the year, even my teammates told me I wasn't very good at distributing the ball," he said. "I really thought about it and I watched film. I was like, yeah, I'm not good at it. It's something I'd like to improve on. I think I've been improving every game."

Evan Keys scored eight points for South Lakes and Clayton O'Neill added five.

Collier led Langley with 23 points. The Saxons improved to 6-0.

South Lakes dropped to 2-4, including 1-2 in the Liberty District. The Seahawks will host Herndon at 7:30 p.m. on Tuesday, Dec. 18.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Sophomore point guard Brandon Kamga led South Lakes with 11 points against Langley on Dec. 14.



South Lakes junior Ethan Clark goes up for a shot against Langley on Dec. 14.

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## FOCUS ON IMMIGRATION

# Immigrants Gain Influence in Virginia

FROM PAGE 9

who are Latino, Asians speak many different languages and come from a wide variety of cultures, making it more difficult to politically mobilize the population as a whole.

Regardless, political leaders are increasingly tuned in to the concerns of immigrants, and the number of immigrant community-based organizations is increasing. In 2000, according to the Urban Institute, there were 90 such organizations in Fairfax County; in 2009, the number was up to 149.

"The number of organizations devoted to the interest of members of the immigrant community has been increasing just as the number of immigrants has been increasing," said Del. Ken Plum (D-36). "I try to attend as many meetings of groups with immigrant members to demonstrate to them that they can have a say in government and that there are those in elective office who value the contributions."

At the 24th annual Candidates' Night Dinner, hosted by the Arab American Republicans and the Arab American Democratic Caucus of Virginia on Sept. 30, nearly every Fairfax County Democrat running for office was there, courting voters, including Kaine, U.S. Rep. James Moran (D-8) and U.S. Rep. Gerry Connolly (D-11). Former U.S. Rep. Tom Davis, (R), who served eight terms in Congress, was Mitt Romney's surrogate.

Launched in 1987 by the Arab American Institute (AAI), the event is a forum for campaigning politicians, and a place where the Arab-American community can engage in the political process.

"Candidates' Night, by admission of most politicians attending the forum, has been praised as one of the best ethnic political forums," said event co-chair Saba L. Shami. "It's become an institution, bringing candidates together with the Arab American community as an integral part of the American political process."

Del. Mark Keam (D-35), the first Korean American and the first Asian-born immigrant to serve in the Virginia General Assembly, said Asian immigrants are beginning to see unprecedented growth in both population and political clout.

"In 2000, I was the convention chair of the National Asian American Bar Association. It was held in D.C., and we broke all records. We had 500 lawyers getting together in the same town, and we had a budget of over \$300,000. We thought that was big time," Keam said.

"In 2012, same town, same convention, but this year the event drew 1,700 lawyers and had a budget of \$1.6 million," Keam said. "What that tells you is something about both the physical growth and the economic clout of Asians, because of the money spon-



**Del. Alfonso Lopez (D-49) at the Democratic Committee Headquarters in Annandale.**

sors were willing to spend targeting our community."

Lopez pointed out that since 2000 Latino voter participation in the Commonwealth of Virginia has gone up between 1 and 3 percent every election cycle. Currently, there are 683,000 Latinos in Virginia, and approximately 183,000 of those are eligible voters, according to the State Board of Elections.

According to the 2010 decennial census, between 2000 and 2010, Latino voter registration increased by 75 percent in Virginia, one of highest increases in country.

"This is something that really blew me away," Lopez said. "The average age of the Latino citizen is 15 years old. Think about what that means in two years and four years and eight years. You're going to see a huge increase in Latino registered voters."

Lopez said the increasing percentage of Virginia's Latinos and immigrant voters make him hopeful that the political polarization regarding immigration reform will diminish.

"There's something huge about what's happening in the Commonwealth," Lopez said. "The demographic shifts coming to Virginia will wipe out the effects of the short-sighted anti-immigrant politicking we see now."

Chavez said it's just smart — politically and economically — to create a pathway to citizenship for young immigrants. "We're relying on their talent and skills. It's not just a Latino concern. ... It helps the economy and makes America stronger for everyone."

"Like the program says 'it's the new normal.' Get used to it. Embrace it," Chavez said.

## Overcoming Barriers

FROM PAGE 9

We had seen a lot of things. Whenever I see war-torn scenes of Libya or Syria, it brings back flashes of memory. I never saw actual tanks roll in, but we heard bombs going off. There were times when we would go through the markets of Vietnam, and we had seen Buddhist monks self-immolating in political protests — just awful.

After seeing things like that, it wasn't real to us until that day my mom said 'pack up.'

The families at the compound got in the cars, and drove to this little airport. As we're leaving in the helicopter, we look back and I see my dad standing behind the chicken-wire fence.

**KEAM SAID HE EVENTUALLY** reconstructed what happened to his father through relative's stories and his father's testimony.

My father was stranded on the rooftop, and he was arrested by the Viet Cong. He had two marks against him. One was that he was a religious leader in a communist country. Another mark was that he served in the South Korean military, even though he was a chaplain.

We were taken back to Seoul, and there were so many rumors. We heard that my father was killed, or that he was in prison, or that he made it but he's not coming back. We had absolutely no way to understand this. ...

When we arrived back in Korea, we had zero, nothing. No one was doing well. My mother found a one-bedroom apartment in Seoul. My mom had never finished high school let alone college. As a woman, she had no way of having meaningful employment, being a single mother with three kids. ... So my mother went to churches and to ex-military friends and it was those people who supported us, not the government. I never asked her, and she never talks about it, but I believe the only way she fed us every single day, is that she begged and went to charities and welfare groups. That was the year I became an adult and lost my childhood innocence."

**KEAM SPOKE ENGLISH AND FRENCH**, but not much Korean. Back at school in Seoul, he was bullied and treated as a special-needs student. He said that terrible year transformed him in ways that make him the person he is today.

I preach this all the time, discrimination is discrimination no matter who is doing it to whom. My life's mission is to fight against discrimination. I am also passionate about literacy. I serve on the board of Virginia Literacy Foundation, a nonprofit founded by former Virginia First Lady Jeannie Baliles to ensure that everyone has essential reading and writing skills they need to succeed.

After what Keam considers the worst year of his life, assuming his father was never coming home, feeling out of place in his native country, his family got another surprise. His father returned home, showing up on their doorstep out of the blue.

"That's a story for another time, how we eventually got here," Keam said.

**THE REST OF THE STORY, ABRIDGED:** After reuniting with his father, Keam's family then moved to Australia, where his father established another church before eventually moving to California.

Keam received a political science degree from the University of California at Irvine, and had a chance to live in Falls Church while working as a college intern. After receiving a law degree from Hastings College of the Law, Keam returned to Virginia where he met and married Alex Seong Keam, also an attorney. The Keams have two children, Tyler, a Cub Scout, and Brenna, a Brownie. Both children attend Mosby Woods Elementary School in Fairfax.

As a part-time citizen-legislator, Keam, who is known as the most prolific member of the General Assembly on Twitter @markkeam, maintains a year-round office in Vienna in addition to his Richmond office. When the General Assembly is not in session, Keam serves as senior advisor for strategic affairs at Verizon; he has worked at Verizon since 2007. Before that, for six years, he served as Chief Counsel to the Assistant Senate Majority Leader Dick Durbin on the Senate Judiciary Committee. Before working on Capitol Hill, Keam was worked at the Small Business Administration, and had also served as an attorney with the Federal Communications Commission's Wireless Bureau.



# Teaching Health and Holiday Culinary Traditions

**Nutrition experts say moderation, not deprivation, is key.**

BY MARILYN CAMPBELL  
THE CONNECTION

**T**he holidays start with a saucepan of mushrooms—usually portabella, crimini or oyster—sautéing in olive oil. Next, sliced onions sizzle in a bath of bubbling butter and wine until they're caramelized.

This is how Bonita Lillie starts her yuletide feast. Under the guidance of her deft hands, such rank and file produce become mushroom soup. Fresh minced pork and cheddar cheese become a recreation of her mother's sausage rolls. She doesn't measure ingredients, count calories or add flavor-depleting substitutes. Only real food makes the cut in her Alexandria kitchen.

"I go with my gut and what feels right. I don't use recipes," said Lillie, a registered dietitian and nutrition instructor at Marymount University in Arlington. "If you're cooking a family dish that you look forward to every holiday and you substitute a fat-free version of something, it won't taste right and you won't satisfy your memory of that dish."

During a time of year when it is not uncommon to wash down Bûche de Noël with eggnog or to pile one's plate with slices of crown roast beef drizzled with merlot cream sauce, Lillie and other local nutritionists, food enthusiasts and health gurus say don't engage in self-deprivation. They emphasize that moderation, minor modifications and keeping it real are the keys to maintaining family traditions in ways that are healthy.

"Fat, per se, is not evil," said Nichole Ferrigno, culinary director for Tiny Chefs in Great Falls, Alexandria, McLean, Oakton, Springfield, Arlington and Potomac. "It really becomes about the type of fat one is consuming. When we think of . . . eggnog, peppermint cake and gingerbread, I would tell folks to have just a little bit of the real thing. I do not ever, ever recommend substituting real foods with processed look-a-likes."

**READ LABELS** and examine the contents, say experts, or better yet, buy foods that don't require labels. "[I]t is definitely better to eat real food," said Joel Martin, Ph.D., a professor of kinesiology at George Mason University in Fairfax. "Our bodies have been used to eating real food for thousands of years and only recently have artificial ingredients been introduced into our diets. In the long run, regularly eating these substitutes may cause numerous undesirable effects."

Ferrigno, a former restaurant chef, suggests swapping imitation for moderation. "Even when it comes to holiday indulgences, one can partake and still do so within the parameters of a healthy diet," she said. "The key . . . is to stick with whole, unprocessed foods. By consuming the real thing, your body is satiated with just a small amount. When we consume artifi-



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**When faced with a wide array of yuletide treats, dietitian Jennifer Kay Nelson advises against "mindlessly grabbing cookies [and] candy . . . here-there-everywhere."**

cial ingredients, it takes much, much longer and many, many more calories to reach the same level of satiety."

Replacing one natural ingredient with another is a flavor-preserving option. "You could substitute . . . an alternative sweetener like honey or agave nectar" for sugar, said Lenora Lawson, a chef instructor at The Art Institute of Washington's International Culinary Schools in Arlington.

In fact, minor ingredient tweaks can pack powerful taste bud punches. "When you're baking a cake, sometimes you can replace oil with applesauce in some cakes, and often it tastes better," said Lillie. She cautions, however, that "when you take out the fat in any dish, you have to replace it with herbs or other seasonings so that you don't lose the taste."

**ESCHEWING LARGE** cookie cutters for their bite-sized counterparts and baking pies with graham cracker crusts instead of traditional fat-laden shells are tactics that Vienna-based culinary instructor Christine Wisniewski employs during the holiday season. "There are lots of ways to go about healthy-ing up the holidays," she said. "If the filling is the star of the dessert, fill and bake individual ramekins for a crust-free dessert and significant calorie and fat savings."

Most importantly, when faced with a dizzying array of yuletide treats on a tray or table, think before making a choice. "Be mindful, be appreciative and aware of what you are eating," said Jennifer Kay Nelson, director of clinical dietetics and an associate professor of nutrition at the Mayo Clinic College of Medicine. "Mindlessly grabbing cookies, candy, nuts here-there-everywhere often end up in unexpected pounds."

**Herndon High School student Nick Nagy working to empty out his grandfather and aunt's basement in Lavallette, N.J.**



## Hurricane Sandy Impacts Herndon High Student

Herndon High School student Nick Nagy's family including his grandfather and aunt live in Lavallette, N.J. He has gone down there every summer since he was born.

"Words cannot express the damage and devastation he has seen," wrote his mother, Anne Nagy, an art teacher at Dranesville Elementary School, in an email to the Connection. "The whole first floor where his grandfather lived had to be gutted and everything thrown out to the street. Nick was there when his grandfather was first allowed to go back on the barrier island three weeks ago and has been going down every weekend after to help. His grandfather is only allowed back to his house from the hours of 8 a.m. to 4 p.m. to do work."

Nagy's grandfather has no

electricity or water, the basement is filled with sludge, sand and rocks. The first floor is covered in mold and suffused with fumes.

Nagy had to empty the basement and put everything out to the street. The neighbors lost their houses in Hurricane Sandy and, as Anne Nagy said, "I guess you could say his family was lucky because the house is still standing. The Jersey shore will never be the same, I hope when people are thinking about the holidays, [they] don't forget there are people still cleaning up and struggling from Hurricane Sandy."

To donate to relief funds for Hurricane Sandy victims such as Red Cross and the Salvation Army, go to <http://restoretheshore.com/donate-money-to-local-relief-efforts/>.



**Houses in Lavallette, N.J., where Herndon High's Nick Nagy helps his family in the lengthy clean-up process following Hurricane Sandy.**



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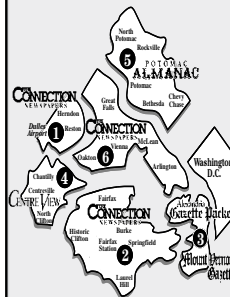
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## Touching For Sure, But Not Always



By KENNETH B. LOURIE

Usually, but not always, when I show for my scheduled post-chemotherapy/post-scan appointment with my oncologist, I am physically examined (touching, feeling). Recently, due to some enhanced computer and facility upgrades, I was shown the actual scans, digitized. However, on more than one occasion over the last 18 months or so, after we discussed the results of my most recent CT Scan – and lab work, no physical exam was performed. Apparently, as I later learned, the good results from my scan sort of trumps any need to feel for physical manifestations. Meaning, that if the scan shows no tumor growth or movement, it stands to reason – medically speaking, that corollary-type symptoms/indications/abnormalities would not occur/be present. To simplify even more, there's no need for a "pre-operative grope," to quote Dr. Hawkeye Pierce from an episode of M\*A\*S\*H, if the diagnostic test shows there's nothing to "grobe."

On balance then, the doctor's not examining me is good news, generally, presumably; at least that's how he explained it to me. It's a professional version of "Why bother?" There's nothing to see so he doesn't have to take a look. I can live with that. Still, I remember the first appointment I had with my oncologist when he didn't examine me (he always asks questions though); before I sort of realized that I hadn't been examined, I was already in my car driving home. I said aloud to my wife, Dina: "He didn't even examine me!" I felt cheated somehow, as if I didn't get my co-pay's worth. I called my nurse the next day to complain and express my curiosity/anxiety about why it was that my oncologist had not touched/ tested me for any physical reactions/signs as he had on all previous appointments.

My doctor did not call back if I recall, but I believe my nurse did, with some tepid reassurance. However, on my next appointment with my oncologist, we discussed the reason why I hadn't been examined during the previous appointment. He said there is a debate within the medical profession about this very subject. If the scans are encouraging and show no appreciable tumor growth and/or movement, the patient's body will likely not exhibit any signs to the contrary. Ergo, physically examining the patient is sort of redundant. However, my concern that something wasn't done to me (physically examined by my doctor) is not uncommon, my doctor said, and causes patients to have a not-unexpected reaction: skepticism. The perception by us patients is that the doctors are not in fact doing everything they're supposed to be doing, "Hippocratically" speaking. The doctors might know better, and know the facts, but when dealing with us patients, there are feelings to consider. And if the patient's feelings are not considered during this fairly intimate doctor-patient relationship, then the facts, clear as they may be, may fall on deaf ears. This is the quandary – as it was explained to me; examine a patient who you know (from their most recent diagnostic scan) is not experiencing any negative reactions (to their disease) or, don't examine the patient and cause a negative emotional reaction by not physically examining them. And as any of us terminal patients will attest, there's a fine line to be straddled between positive and negative thoughts and interpretations and how they affect the patient. Maybe, reassuring the patient might be more important than following protocol?

As much as I want to be a patient patient, the longer I survive, the more impatient and paranoid I'm becoming. I want to enjoy the good news, really I do, but sometimes I can't. Damn cancer.

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





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Acoustic (Sanctuary)..... 7 PM  
Spanish (Fellowship Hall)..... 7 PM  
Traditional (Deaf Interpreter)..... 9 PM  
Communion..... 11 PM



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