



Fairfax Station

CONNECTION Clifton & Lorton

The Robertsons' "Kivett House" was built circa 1902 and named for a shopkeeper, builder, real estate and insurance salesman, town booster, newspaper correspondent and Clifton mayor from 1904-1908 R.M. Kivett. The house will welcome visitors at Clifton Holiday Homes Tour on Dec. 3.

Inside
**HOLIDAY
ENTERTAINMENT**

'Warm Hospitality' at Clifton's Holiday Homes Tour

NEWS, PAGE 4

**Interfaith Service
Celebrates Diversity**

NEWS, PAGE 3

**Getting into Holiday
Spirit with Encore**

HOLIDAY ENTERTAINMENT, PAGE 12

Fairfax Water

PUBLIC HEARING ON WATER RATES AND PROPOSED 2017 BUDGET

At 6:30 p.m. on Thursday, December 15, 2016, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges and the 2017 Annual Budget. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2017, include the following:

1. An increase in the Local Facilities Charge from \$10,240 to \$16,020.
2. An increase in the Service Connection Charge from \$1,150 to \$1,240.
3. An increase in the Quarterly Billing Service Charge from \$10.10 to \$12.20.
4. An increase in the Base Commodity Charge from \$2.68 to \$2.81 per 1,000 gallons of water.
5. A decrease in the Turn-Off / Turn-On Charge from \$52 to \$44.
6. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
7. An increase in the Overhead Charge for Labor from 104% to 105%.
8. A decrease in the Installation of Sewer Use Meter Charge from \$46 to \$35.

Revenues are expected to be \$171.3 million in 2017. Water sales are expected to provide \$149.2 million. Approximately \$22.1 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	— \$1,000s —	
	2016	2017
Personal Services & Employee Benefits	\$ 53,877	\$ 55,808
Power and Utilities	10,417	10,572
Chemicals	6,342	7,566
Purchased Water	4,512	5,576
Supplies and Materials	5,173	5,248
Insurance	1,176	1,201
Fuel	567	625
Postage	632	654
Contractual Services	10,473	10,671
Professional Services	748	910
Other	2,305	2,484
Subtotal	96,222	101,315
Transfer to Improvement Fund	(9,616)	(9,305)
Total	\$ 86,606	\$ 92,010

Net revenues are expected to be appropriated as follows:

Debt Payment	\$41,129,000
Improvement Fund	\$11,000,000
General Fund	\$25,733,000

A copy of the proposed changes can be viewed on our website at www.fairfaxwater.org/rates. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 14, 2016, to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

News



PHOTO COURTESY TWO PERCENT TEEN PREGNANCY CENTER

Autumn Williams, center, the founder of newly opened Two Percent Teen Pregnancy Center in Lorton, VA. The center will host a holiday kick off event at The Bungalow Alehouse 2840 Prince William Pkwy, Woodbridge, from 6 - 11 p.m.

Two Percent Teen Pregnancy Center Opens in Lorton

Two Percent Project is Northern Virginia's newest Teen Pregnancy Resource Center. The organization was founded by former teen mother and CEO Autumn Williams who defied the odds and is now dedicating her life to helping other teen parents achieve their dreams. The organization was founded off of her own personal experiences becoming pregnant right out of high school and her dedicated journey to provide a better life for her child. The center will be offering non-bias options counseling, a unique parenting program, material resources, community resources, peer support, and real life training.

They are raising funds to provide additional life support to clients based on the uniqueness of their situation. Further, Two Percent project will assist clients with education completion and postsecondary opportunities, workforce development, and education on building and sustaining healthy relationships.

Two Percent Project will also be providing ongoing support to clients after they

give birth. They will be assisting clients with not only educational and material support, but emotional support from a unique staff that has been there. The TPP team is composed of former teen parents who beat the odds and is dedicated to helping other parents who have now found themselves in a standstill in their lives.

Tickets are now on sale for their Holiday Kickoff Event, Moonlight and Mistletoe Holiday Extravaganza. Tickets are \$45. The event will be held at The Bungalow Alehouse in Woodbridge Dec. 16, from 6 - 11 p.m. Be ready for an evening filled with food, drinks, music, dancing, and vendors for those last minute Holiday gifts, desserts, games, silent auction and so much more. Dress is black tie/holiday best. Perfect for date night or just an evening with the girls. Tickets are available at <https://www.eventnation.co/event/TPPHoliday>.

To learn more about this new teen pregnancy initiative visit Two Percent Project's website at www.twopercentproject.org or contact them via email at teenpregnancyresource@gmail.com.

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 10 a.m. and Cup of Fellowship at 11 a.m. Nursery care is provided from 9:45-11:15 a.m. Christian education for all ages is at 9:45 a.m. 703-830-3175.

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



Burke Presbyterian Church Pastor Rev. Meg Peery McLaughlin (left) is joined by leaders of Adat Reyim Synagogue in Springfield, Saint Mary of Sorrows Catholic Church in Fairfax, Ezher Bloom Mosque of Fairfax, St. Andrew's Episcopal Church of Burke and the Durga Temple of Fairfax Station at an interfaith Thanksgiving week service held at Burke Presbyterian Church Nov. 22.

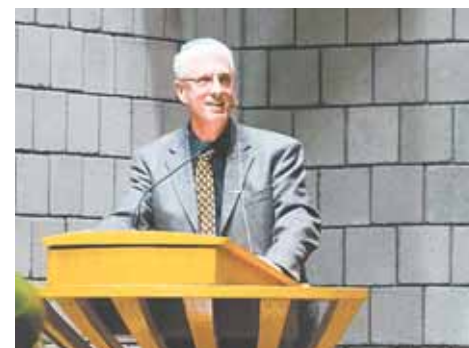


PHOTOS CONTRIBUTED

The Nov. 22 service featured traditions of prayer and musical performance from Christianity, Islam, Hinduism and Judaism, including individual groups from the participating faith communities and a combined choir.



Burke Presbyterian Church Pastor Rev. Jarrett McLaughlin delivered the interfaith Thanksgiving message on Nov. 22.



Rabbi Bruce Aft of Congregation Adat Reyim leads the "Passing of the Peace" at the Nov. 22 interfaith Thanksgiving service held at Burke Presbyterian Church on Nov. 22.

Celebrating Diversity in Burke

33rd Interfaith Thanksgiving service at Burke Presbyterian Church celebrates differences.

BY TIM PETERSON
THE CONNECTION

Co-pastors at Burke Presbyterian Church Rev. Meg Peery McLaughlin and her husband Rev. Jarrett insist the interfaith Thanksgiving service held in their worship hall on Nov. 22 was not in response to any perceived disunity in the country following the Presidential election.

In fact, this was the 33rd annual service participated in jointly by Burke Presbyterian, the Congregation Adat Reyim in Springfield and Saint Mary of Sorrows Catholic Church in Fairfax.

Ezher Bloom Mosque of Fairfax joined a number of years ago, Jarrett said, and in 2013 members of St. Andrew's Episcopal Church of Burke and the Durga Temple of Fairfax Station also became involved.

"We feel fortunate to lean on the good interfaith work of generations before us and that this kind of work is Burke Presbyterian's DNA," said Jarrett.

Jarrett's wife Meg admitted, however, "We really needed it this year. Post-election, there's a lot of anxiety about the country."

The huge turnout from multiple faith communities Tuesday night, Meg called "a huge sign of hope."

"You can lament about the hate in the country right now," she said, "but there's a great sense of readiness to act in a different way, that we're capable of being different and being together."

The service featured traditions of prayer and musical performance from Christianity, Islam, Hinduism and Judaism, including individual groups from the participating faith communities and a combined choir.

Jarrett delivered the thanksgiving message, or sermon. In it, he meditated on Psalm 46 from the Bible, including the line "God is in the midst of the city; it shall not be moved; God will help it when the morning dawns."

He referenced Spanish-speaking illegal immigrants being confronted at a worship service with a banner spray-painted telling them it was for "whites only," a man wearing a "Make America Great Again" hat being assaulted while riding the subway and a Muslim girl being called a terrorist for wearing a hijab to school.

"I refuse to believe that God is unmoved by this or anything else that undermines any one of God's creations," Jarrett said. "And so I don't want to be unmoved either."

"When we are moved in our hearts – when we allow the pain of our neighbors, especially those who are different from us, to move us in here," Jarrett began to conclude, "when we are honest about what troubles us and when we listen to one another's stories and when we hold those secret hurts together, I believe that is when our unity becomes stronger, when we dig in even deeper until we cannot, in fact, get tossed around by the raging of the nations."

In an interview, Meg reiterated that the hard work of being united is not about "polishing off our differences," but rather celebrating them.

"It's OK to not be the same. We don't dilute our faith. But how can we be different, distinct, and still be friends?" she asked. "We need to understand our differences. Sameness, we've had enough of that."

Another interfaith service is scheduled to be held at Congregation Adat Reyim, located at 6500 Westbury Oaks in Springfield, Jan. 13 at 8 p.m.



Nov. 22 was the 33rd annual interfaith service participated in jointly by Burke Presbyterian, Congregation Adat Reyim in Springfield and Saint Mary of Sorrows Catholic Church in Fairfax. Ezher Bloom Mosque of Fairfax joined a number of years ago, Jarrett said, and in 2013 members of St. Andrew's Episcopal Church of Burke and the Durga Temple of Fairfax Station also became involved.





Clifton Caboose, Chapel Road and Main Street

PHOTO CONTRIBUTED

The photogenic Norfolk Western Railroad caboose was in service from 1974-1991, John Powell said, and pays homage to the Clifton's history as the Devereux Station depot for the Orange & Alexandria.

'Warm Hospitality'

Clifton residents welcome visitors for Holiday Homes Tour.

BY TIM PETERSON
THE CONNECTION

There was reportedly a tree growing through the abandoned house that once stood on 7239 Dell Avenue where Darah and her husband Matt Curran now live.

The original, built circa 1904, "did not have indoor plumbing, had never been updated," Darah said. "The house was in such disrepair, it became a bit of an eyesore on the street."

The Currans had the old house demolished and a new one built in its place. One that would fit the character of the historic neighborhood. Their builder worked closely with the town, getting design elements approved — the house's tin roof is a notable detail to match the rest of the town.

Matt grew up coming to Clifton, Darah said, so making it their home in 2015 was a bit of a long time coming. The Currans were asked to open their new house to the public as part of the annual Historic Clifton Holiday Homes tour on Dec. 3.

"We love being part of the town, we wanted to give back in any way we can," Darah said. "It's really neat for our house to be part of it now."

The tour features several other homes, as well as two of the town's churches and its extremely photogenic Norfolk and Western Cupola Caboose.

"People are photographing themselves with that thing all day, every day," said Clifton resident John Powell, who has taken

TO GO THERE

The Historic Clifton Holiday Homes Tour runs Dec 3, 2016, from 4 - 7 p.m. Early tickets \$25 adults, children under 13 \$5; day of tickets \$30, children under 13 \$10; credit card \$35. For more information, visit clifton-va.com.

up repairing the caboose as a personal project.

"It really began a journey for me, I didn't know much about railroads or cabooses in particular," Powell said. "My goal was to refurbish it. It does need some work, it's a little raw condition, but beautiful original raw condition."

The caboose was in service from 1974-1991, Powell said, and pays homage to the Clifton's history as the Devereux Station depot for the Orange & Alexandria.

"It doesn't have a particular Christmas connection," said Powell, "but it is just a real genuine piece of railroad history and Clifton, a railroad town."

For the first time, Powell said, the interior of the caboose will be open to the public as part of the homes tour.

Trish and husband Jonathan Robertson at 7222 Dell Avenue are Homes Tour veterans, having hosted twice before in previous years.

"Holiday tours are fun, everyone is in a great mood, it's family-oriented," Trish said.

The Robertsons' have lived in their home built on "rubble foundation" (large, indigenous rocks rather than man-made slab) for 17 years.

"It has mostly original woodwork," she said, dating back to around 1902 when the house was built, "meaning there are no right angles, in a good way."

SEE HOLIDAY HOMES, PAGE 8



12651 School Street, Hayley and Erik Katchmark

PHOTO CONTRIBUTED

The Katchmarks have owned the School Street property, which according to folklore was originally used as a chicken coop, since 2007. In between it was restored to become a three-bedroom, two-bathroom home.



Primitive Baptist Church

PHOTO BY TIM PETERSON/THE CONNECTION

Chuck Rusnak of Clifton is now a trustee of the Clifton Primitive Baptist Church, built in 1871 and just reopened for Clifton Day for the first time in a decade. The church was once used as a one-room school house for African Americans until the 1890s.



12717 Chestnut Street, Casa de Saldivar, Lorena Saldivar

PHOTO CONTRIBUTED

Lorena Saldivar's "Yellow Dollhouse" was built in 1910 and serves as a gathering place for Clifton women. Saldiva added a retaining wall and several Hydrangea plants in 2013.

AREA ROUNDUPS

Fairfax County Fire And Rescue Participating In Toys for Tots Campaign

The Fairfax County Fire and Rescue Department will again be participating in the Annual National Capital Region Fire and EMS Departments' 2016 Toys for Tots Campaign. The intent of the campaign is to "bring holiday joy and deliver a message of hope to children."

Last year, thanks to the generosity of those who live and work in Fairfax County, the Fire and Rescue Department collected more than 13,000 toys.

Children who are served by this campaign include toddlers and youths through age 17. The campaign will only accept new unwrapped toys and you can drop them off at any of our Fire and Rescue Stations. Toys used as weapons or considered to be weapons (i.e., toy guns or knives of any kind) will not be accepted. Checks or money orders for donations must be made payable to Toys for Tots.

Fairfax County Fire and Rescue Stations will accept donations through Friday, Dec. 16, 2016.

Public Meetings on Draft Action Plans

Fairfax County has developed Draft Action Plans for the Chesapeake Bay, Sediment, Polychlorinated Biphenyl (PCB), and Bacteria Total Maximum Daily Loads (TMDLs) that have assigned wasteload allocations (WLAs) to the county's Municipal Separate Storm Sewer System (MS4). The draft plans will be presented at two public meetings:

- Public meeting to present the County's Draft Sediment, PCB, and Bacteria TMDL Action Plans: Wednesday, Dec. 14, 6 to 8 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Rooms 1X

- Public meeting to present the County's Draft Chesapeake Bay TMDL Action Plans: Thursday, December 15, 6 to 8 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Rooms 2/3

The meetings will mark the beginning of public comment periods on all four Draft TMDL Action Plans that will run through Monday, January 23, 2017. Please contact the Stormwater Planning Division at SWPDMail@FairfaxCounty.gov or 703-324-5500, TTY 711, with any questions regarding the public meetings.

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The Children's CONNECTION 2016

This keepsake, award-winning issue will be filled with the artwork and writings of local children starring their families, friends, pets, schools and more. Our family readers are your best customers, who take time to savor this edition during the holidays and beyond.



Be Part of the Children's Connection

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. The edition has won many awards.

We welcome contributions from public and private schools, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens, or other creative efforts.

To submit material, identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school if applicable, name of teacher and town of school location. E-mail to south@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314. Please send all submissions by December 16.

Publishing December 28
Advertising & Materials Due: December 16

For More Information: Call 703.778.9431

Alexandria Gazette Packet CENTREVIEW CONNECTION Mount Vernon Gazette POTOMAC ALMANAC

OPINION

Expand Early Voting Now in NOVA

BY SCOTT SUROVELL
STATE SENATOR (D-36)



COMMENTARY

The success of early voting in the 2016 Presidential Election reaffirms my conclusion from visiting 12,000 homes last year — Virginia should expand early voting.

In 2016, I personally knocked on over 12,000 doors and after July 1, using an online secure application form, I helped over 900 voters sign up to vote by mail from their home. Nearly all of them had no idea they could vote early or vote from home. The vast majority of these voters did not participate in non-presidential elections (or even some presidential elections) because of a disability, lack of transportation, long commutes or disabled family members that required 24-7 home care.

This year, early voting exploded. In 2008, a little over 99,000 Fairfax County residents voted early. That dropped to 92,000 in 2012, but exploded this year to 120,000. The same was true in Prince William County. The reason? Localities opened more early voting loca-

tions and kept them open longer.

There are two major reasons people do not vote early or by mail. They do not know they are eligible or voting early in-person is not always convenient.

There is no question that the legislature should pass what's called

"no excuse" early voting. The State Senate has passed no excuse early voting twice, but the legislation is always killed in the House of Delegates and it is unlikely to pass in the near future.

In the short term, Northern Virginia's localities need to expand early voting, and they can.

Nearly all voters who ride the Metro's Yellow, Blue and Orange Lines or the Virginia Railway Express are eligible to vote by mail or vote early because they work outside of the jurisdiction in which they live. Localities need to set up early voting stations at all Metro and major transit stations.

If you cross a county line — from Stafford into Prince William, Prince William into Fairfax, or Fairfax into the City of Alexandria — you

can vote early by mail or in-person. If your work day takes you more than 11 hours from home, you can vote early.

Seniors who have trouble standing in line are eligible to vote early. So are individuals caring for disabled family members. All first responders are eligible to vote early or by mail.

Fairfax, Prince William and Stafford County governments and public schools employ thousands of people. They need to get early voting information out to their employees. Social service providers need to ensure that qualified voters receive information.

Finally, in non-presidential elections, many voters choose not to take time from work to participate in state and local elections. Our localities should better publicize early voting stations and have longer hours to increase participation.

Facilitating more early voting will require more election officers and thus more money, but shorter lines and fewer disruptions save all of us time on Election Day and encourages more participation in our democracy.

It is an honor to serve as your state senator. Email me at scott@scottsuovell.org if you have any feedback.

Opioid Epidemic in Virginia

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

When my friend August Wallmeyer wrote his book, "The Extremes of Virginia, Southwest, Southside and the Eastern Shore: Two Separated and Unequal Commonwealths. Rural, Poor and Largely Unknown" (Dementia Books, 2016), he included a chapter on illegal drug use for obvious reasons—In 2014 for the first time on record fatal drug overdoses became the most common cause of accidental death in the Commonwealth, according to the Office of the Chief Medical Examiner. As the Secretary of Health and Human Resources reported to Mr. Wallmeyer, "In 2015 we lost more than a thousand Virginians to opioid or heroin overdoses. More Virginians now die from drug overdoses than from car accidents." For another reason, the rate of fatal drug/poison overdoses in the poorest areas of the state are 47 percent higher than those in Virginia as a whole. The picture has been getting worse.

Last week the state health commissioner Dr. Marissa J. Levine declared opioid addiction to be a public health emergency in Virginia. She said the Commonwealth has seen a 77 percent increase in opioid deaths from 2012 to 2016. So great is the concern about this epidemic that Commissioner Levine issued a standing order that allows all Virginians to obtain the drug Naloxone without a specific prescription. Naloxone is used to treat narcotic overdoses in emergency situations. Persons who know someone who is struggling with opioid addiction are advised to visit a local pharmacy to obtain Naloxone and keep it on hand for possible over-

dose emergencies. For more information on Naloxone, go to <http://www.getnaloxonenow.org>. Another website of Virginia government offers resources on how to best discuss addiction with someone, <http://vaaware.com/treatment-recovery/>.

Attorney General Mark Herring is extremely active in combating drug abuse problems in Virginia. A documentary he produced on the heroin and prescription drug epidemic in Virginia is available to individuals and organizations for their use. Preview it at <http://www.hardesthitva.com>. The Attorney General has led the effort to distribute 80,000 drug disposal kits to individuals through the Department of Health and to hospitals, law enforcement and nonprofits. These kits will allow for the safe disposal of prescriptions that

could be abused by others. There is a strong link between misuse of prescription drugs, opioid addiction, and the use of heroin when prescription drugs become too expensive or are no longer available. Some studies found that half of young people who use heroin got started abusing prescription opioids. The Attorney General reported that more than 500 people went to a Virginia emergency room from a heroin overdose in the first four months of 2016, a 250 percent increase over 2015.

No longer is the problem of opioid abuse one that is primarily in the poorer, "extremes" of the state. It can be found in all areas of the state affecting people of all income levels and backgrounds. The strong response to the need by the Attorney General and the State Health Commissioner are very important. Coordination among agencies and work at the local level to end root causes are critical. Fortunately they are underway to end this epidemic.

Children's Connection Deadline Approaches

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork

should be photographed or scanned and provided in jpeg format.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have the first and last name of the student. Please include the student's age and/or grade, school attended and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 2.

Email submissions for the Children's Connection to north@connectionnewspapers.com.

Fairfax Station,
Lorton & Clifton
CONNECTION

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NEWS DEPARTMENT:
south@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Tim Peterson
Community Reporter
703-314-0789
tpeterson@connectionnewspapers.com

Kyle Kincaid
Editorial Assistant
south@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



News

Long & Foster's Office Collects Toys for Tots

Long & Foster Real Estate, the No. 1 privately owned residential real estate company in the United States, has announced that its Burke/Fairfax Station/Clifton office will support the U.S. Marine Corps Reserve in its Toys for Tots campaign this year.

Toys may be dropped off at the Burke/Fairfax Station/Clifton office, located at 6045 Burke Centre Parkway, seven days a week from 9 a.m. to 5 p.m. All donations must be made before Dec. 10.

"The Toys for Tots initiative is always a fun, important cause and we're excited to once again take part while providing our neighbors a convenient location to drop off donations," said Paul DiCicco, manager of the Burke/Fairfax Station/Clifton office. "It's great to know that by collecting toys throughout the holiday season, we can help make sure children who are less fortunate in our area have a more cheerful holiday."

Long & Foster offices throughout the Mid-Atlantic region are participating in the Toys for Tots donation drive. This year marks the company's 26th year participating in the holiday collection campaign. Between now and mid-December, each of Long & Foster's more than 200 offices throughout seven states and the District of Columbia will accept toy donations. Long & Foster employees at the company's home office in Chantilly will also participate in the annual

holiday campaign.

"Giving back to the many communities in which we live and work is important to our Long & Foster family, which is why we participate in the Toys for Tots drive year after year," said Jeffrey S. Detwiler, president and chief operating officer of The Long & Foster Companies. "The U.S. Marines have built a tremendous program with Toys for Tots, and our employees, agents and their clients appreciate and enjoy the opportunity to share the holiday spirit with children who might not receive anything otherwise."

Once the toys are collected and presented to the U.S. Marines, they are distributed through churches and social welfare agencies to the neediest children throughout the community. Started by the U.S. Marines in 1947, the Toys for Tots campaign is an annual toy collecting drive that now reaches throughout 50 states, Washington, D.C., and Puerto Rico. Toys for Tots has distributed millions of toys to millions of children over the years, and Long & Foster contributes to this effort by collecting thousands of new toys throughout the company's Mid-Atlantic market area each year.

For information on this year's Toys for Tots Campaign, call the Burke/Fairfax Station/Clifton office at 703-425-8000 or visit www.toysfortots.org.

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OBITUARY

Narinder K. Baweja, 91, Dies

The beloved mother, grandmother and great grandmother, Narinder Kaur Baweja, passed away Sunday Oct. 23, on her 91st birthday. She is survived by 4 children, 10 grandchildren and 13 great grandchildren and was loved by all. Following her passing a religious ceremony was held for her in Fairfax Station.



Narinder Kaur Baweja

She was born in Burma to Dr Jodh Singh and Lakhmir Kaur. She received her BA in English and was married to army officer Daya Singh Baweja. They then moved to India, where she enjoyed a happy life in an army family, with an active social life and many activities. She had four daughters and after constant nagging from her mother in law, they tried for a boy and had their fifth child, Paul.

She spoke fluent English and as a result the family was able to communicate and develop a close bond. In fact, all of her grandchildren called her "grandma" instead of Nani because she was so great at speaking English, it just seemed fitting.

The couple suffered a major setback in 1982 when their youngest daughter, Babli, had a car accident and fell into a coma and passed away a decade later. This event was so devastating, but she found solace in spirituality, devoting herself to path and Kirtan (spiritual singing) at the local gurdwaras in Buena Park and Santa Ana. She became so devoted to kirtan, she was known to play the vaaja uninterrupted for

prolonged periods of time, at many important events, despite the physical limitations that come with age.

She loved her family and loved her husband. She always said she had the best husband, who always celebrated her birthdays, Mother's Day, and even Valentine's Day. He would write her handwritten affectionate notes for special occasions, but always gave her the same silk rose flowers.

In 2008, he died. Grandma suffering the pain of this loss became disabled. She was moved to a nursing home in Virginia, where she could receive the care she needed.

Her Granddaughter Wrote to The Connection:

"My massi Preeti and my mama Paul took great care of her. My mother visited her at least twice a year to celebrate Mother's Day and her birthday. More recently, as she was deteriorating, I was lucky enough to meet my mom in D.C. where she spent the last 5 days of my grandmother's life with her. My mom and I were actually able to celebrate her birthday there with her and the family. Your body may no longer be with us, but your soul will forever remain in our hearts. My mom will always miss you calling her your daughter and will miss you calling me your granddaughter. We will cherish your memory forever.

My grandmother's request was that we recite Benti Chaupai. Here is a passage:

"Lord, anyone who has recited your name is saved from poverty, tyrants, and pain. The Lord provides a shield for my protection, with your hands you have saved me. You bestow help on me at all places and rescue me from pain and the designs of my demons. The mother of the world has been kind towards me and I have completed the book this auspicious night."

NEWS



7222 Dell Avenue, The Robertson Family

PHOTO CONTRIBUTED

The Robertsons' "Kivett House" was built circa 1902 and named for a shopkeeper, builder, real estate and insurance salesman, town booster, newspaper correspondent and Clifton mayor from 1904-1908 R.M. Kivett. The house began life as a Sears kit and was modified substantially to become the carpenter-gothic Victorian it is today.

Holiday Homes Tour

FROM PAGE 4

On the spirit of the afternoon, Robertson added, "it's just a warm-friendly time of year — keeping in Clifton spirit with warm hospitality."

The official schedule for Dec. 3 is:

2-3 pm: Caroling on Horseback parade on Clifton's Main Street,

sponsored by the Clifton Horse Society

4-7 pm: Holiday Homes tour

4-7pm: Clifton Art Guild, Clifton Presbyterian Church, located at 12748 Richardson Lane

Twenty percent of the proceeds from the homes tour will be donated to each homeowners' non-profit organization of choice.



7227 Dell Avenue, Michelle and Jeff Stein

PHOTO CONTRIBUTED

The Steins' circa 1904 home was renovated extensively in 2003. Expect natural woods, stone and tile throughout the house, with decorations for Hanukkah as well.



7239 Dell Avenue, The Curran Family

PHOTO CONTRIBUTED

The Currans had the old, abandoned house demolished and a new one built in its place last year. One that would fit the character of the historic neighborhood. Their builder worked closely with the town, getting design elements approved — the house's tin roof is a notable detail to match the rest of the town.

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News

Railroad Museum to Host Holiday Train Show

The Fairfax Station Railroad Museum will host its 27th Annual Holiday Train Show on Saturday, Dec. 3 from 10 a.m. to 5 p.m. and Sunday, Dec. 4 noon to 4 p.m. A multitude of model trains including: Z, N, HO, LEGO, O, Standard, and G scales. Bring your broken locomotive to the "Train Doctor" for the good doctor to fix or advise you of your other options. Stop and admire the antique cars visiting for this event, weather permitting. Visit Museum's gift shop for holiday gift items and Santa may stop by to visit. The museum is located at 11200 Fairfax Station Road in Fairfax Station. Adults 16 and over - \$5; children 5 to 15 - \$2; 4 and under - free; museum members - free. Information on the museum and show can be found at www.fairfax-station.org or call 703-425-9225.



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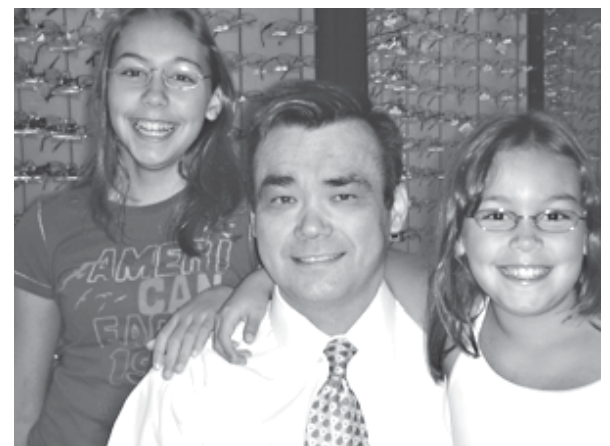


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CALENDAR

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

Springfield Town Center Toy Drive through Dec. 24 located at 6500 Springfield Mall, Springfield. Springfield Town Center is partnering with America's Adopt A Soldier Foundation to sponsor a Toy Drive to gather new toys to be donated to children undergoing treatment at Walter Reed Medical Center.

Please bring new toys to the bin located next to Guest Services, on the Lower Level near Starbucks to donate and bring joy to a child struggling with illness during this Holiday Season. 6500 Springfield Mall, Springfield.

'Storytime & Craft' at Lucy Activewear Every Friday in December at 10:30 a.m. Lucy Activewear 11899 Grand Commons Avenue, Fairfax. An opportunity to get holiday shopping done in peace. Lucy Activewear will be hosting 'Storytime & Craft.' This event is appropriate for ages 3-8. Please sign up.

THURSDAY/DEC. 1

Russell Theater at Robinson Secondary School 7 p.m. 5035 Sideburn Road, Fairfax. Robinson High School Holiday Concert - Enjoy holiday tunes and the music of Bach, Mozart, and Bartok, as well as Dvorak's New World Symphony. Admission: Free. 703-426-2143

THURSDAY/DEC. 1 - SATURDAY DEC. 3

Richard Byrd Library Holiday Used Book Sale 3 - 5 p.m. 7250 Commerce Street, Springfield. Friends of Richard Byrd Library holiday used book sale is a semi-annual fundraising event. Funds support adult and children's programming and subscriptions at the Richard Byrd Library. rbfriends@gmail.com

FRIDAY/DEC. 2

The Lion, The Witch and the Wardrobe by C.S. Lewis 6:30 p.m. Dinner with 7:30 p.m. performance. Truro Anglican Church 10520 Main Street, Fairfax. Come see the play for a Holiday celebration of the classic C.S. Lewis novel - take a trip to Narnia. <http://www.fairfaxcitytheatre.org>

My Gym Community Event 10:30 a.m. Burke Centre Library 5935 Freds Oak Rd, Burke, VA 22015. Develop your child's large motor skills with physical exercise and games. Funded by the Friends of Burke Centre Library. Age 1-3 years with adult. Visit: <http://www.fairfaxcounty.gov/library/branches/bc/>

SATURDAY/DEC. 3

City of Fairfax Festival of Lights and Carols noon - 7:30 p.m. Old Town Square 10415 North Street, Fairfax. Come enjoy live holiday music, hot cider, s'mores by the Yule log, petting farm, ferris wheel, caroling and lighting of the Christmas tree in the winter wonderland. Visit <http://www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols> for times and locations.

Lunch with Santa 11:30 - 12:30 p.m. Old Town Hall, 3999 University Drive. Children ages 10 and under can enjoy lunch with Santa at Old Town Hall. Two lunch seatings will be offered one at 11:30 a.m. and another at 12:30 p.m. Tickets: \$6 per



John Hardy performing in "A Christmas Carol." Workhouse Arts Center presents "A Christmas Carol" adapted from the original story by Charles Dickens. Performed at Workhouse Arts Center, Theater W-3, 9518 Workhouse Rd, Lorton. Performance on Dec. 3, 2016 at 7:30 p.m. Tickets: \$15 to \$25. Call 703-584-2900 or visit www.workhousearts.org. Note: Runs approximately eighty minutes in one act. Appropriate for audiences of any age but best suited for ages ten and above.

Rex Dougherty and Daven Ralston in Hub Theatre's production of "The Magi." Performances will take place from Dec. 2-18 at The New School, 9431 Silver King Court, Fairfax. Show times: Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., Sundays at 2 p.m. and 7 p.m. Tickets: \$20-\$30. Call 1-800-494-8497 or visit www.thehubtheatre.org

PHOTO COURTESY OF THE HUB THEATRE

child on sale at the Parks & Recreation office at City Hall, Sherwood Center, and Green Acres Center. Limit of 10 tickets per person.

Pre-Registration is required for this event - children 1 years of age and younger may attend at no cost but still must be registered. Parents do not need to purchase tickets. All are welcome - both Fairfax City residents and non Fairfax City residents. Tickets can be purchased online at: https://apm.activecommunities.com/fairfaxcityrecdept/Activity_Search/9853

Holiday Book Sale 10 - 4 p.m. Burke Centre Library 5935 Freds Oak Rd, Burke, VA 22015. Peruse and shop a selection of gently used holiday-themed books collected by the Friends of the Burke Centre Library. Visit: <http://www.fairfaxcounty.gov/library/branches/bc/>

City of Fairfax Festival of Lights and Carols Time TBA Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Come enjoy live holiday music, hot cider, s'mores by the Yule log, petting farm, ferris wheel, caroling and lighting of the Christmas tree in the winter wonderland. Visit <http://www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols> for times and locations.

The Lion, The Witch and the Wardrobe by C.S. Lewis 2 p.m. performance. Truro Anglican Church 10520 Main Street, Fairfax. Come see the play for a Holiday celebration of the classic C.S. Lewis novel - take a



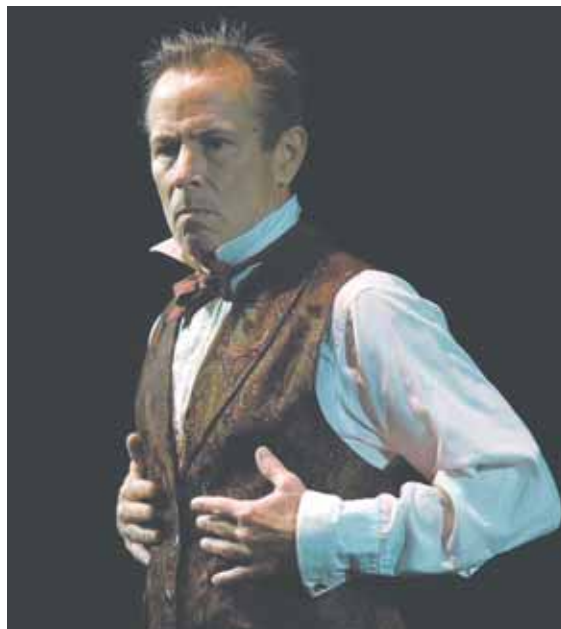
trip to Narnia. <http://www.fairfaxcitytheatre.org>
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27th Annual Holiday Train Show 10 - 5 p.m. 11200 Fairfax Station Road in Fairfax Station. The Fairfax Station Railroad Museum will host a train show with droves of model trains including models: Z, N, HO, LEGO, O, Standard, and G scales. Bring your broken locomotive to the "Train Doctor" for the good doctor to fix or advise you of your other options. Stop and admire the antique cars visiting for this event, weather permitting. Admission: Adults 16 and over - \$5; children 5 to 15- \$2; 4 and under - free; museum members - free. www.fairfax-station.org 703-425-9225.

SATURDAY/DEC. 3

Friends of Burke Centre Library Holiday & Gift Book Sale 10 - 5 p.m. 5935 Freds Oak Road, Burke.



PHOTOS COURTESY OF WORKHOUSE ARTS CENTER

permitting. Admission: Adults 16 and over - \$5; children 5 to 15- \$2; 4 and under - free; museum members - free. www.fairfax-station.org 703-425-9225.

Friends of Burke Centre Library Holiday & Gift Book Sale 1 - 4 p.m. 5935 Freds Oak Road, Burke. Featuring holiday themed books for adults and kids along with books suitable for gift giving.

MONDAY/DEC. 5

Friends of Burke Centre Library Holiday & Gift Book Sale 10 - 8 p.m. 5935 Freds Oak Road, Burke. Featuring holiday themed books for adults and kids along with books suitable for gift giving.

TUESDAY/DEC. 6

Hayfield Secondary High School Orchestra 6 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

BHS Research Seminar 7 - 9 p.m. Burke Centre Library 5935 Freds Oak Road, Burke. Expand your research with harder-to-find sources, through interlibrary loan, digitized book archives, and articles in various periodicals and scholarly journals. Presenter: Sharon Hodges. Register on the library website: www.fairfaxcounty.gov/library/branches/bc/ Admission: Free. slawski_brian@yahoo.com

THURSDAY/DEC. 8

Annandale High School Band Performance 6 - 8 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

SATURDAY/DEC. 10

Lake Braddock Senior High Orchestra Performance 10 - 2 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

Metropolitan School of the Arts and Santa's Frosty Follies 4 p.m. & 5 p.m. Springfield Town Center 6500 Springfield Mall, Springfield. <https://springfieldtowncenter.com/calendar/view/626>

THURSDAY/DEC. 8 - FRIDAY DEC. 9

Tiny Tots Concert at Robinson Secondary School's Russell Theater Thursday 10 a.m. Friday 10 a.m. and 7 p.m. Great holiday fun for "kids from 1 to 92" Robinson High School's Symphonic Band plays holiday tunes and introduces the audience to different types of musical instruments while costumed characters make appearances: Frosty the Snowman, Rudolph and more. For group reservations contact Karen Ingle at markarenin@verizon.net.

SUNDAY/DEC. 11

Fair Oaks Mall Hosts Pet Parties with Santa 6:30 - 8 p.m. Santa's Flight Academy in Grand Court 11750 Fair Oaks. FairfaxFair Oaks Mall will offer pet parents a chance to celebrate the holiday season and visit with Santa. Pet photos will take place at the interactive Santa's Flight Academy holiday set located in Grand Court West. Please note that pets must be up-to-date on their vaccinations and must either be on a leash or carried in a lightweight, portable pet carrier with harness. www.shopfairoaksmall.com/events.

SUNDAY/DEC. 4

National Men's Chorus Presents Yeletide Carols with Debi Smith 4 p.m. Providence Presbyterian Church 9019 Little River Turnpike, Annandale. Debi Smith of The Birchmere will be singing with the chorus, and Tom Pandolfi will also be our featured pianist. Admission: \$20 at the door. Students and children free. Parking is Free. nationalmenschorus.org

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PHOTO CONTRIBUTED

The ever-popular Thanksgiving Eve service at Temple B'nai Shalom included music performed by a mixed choir with representatives from both faith communities.

Thirtieth Joint Thanksgiving Eve Service Held at Temple B'nai Shalom

Temple B'nai Shalom in Fairfax Station and Lutheran Church of the Abiding Presence in Burke held a 30th consecutive joint Thanksgiving Eve service Nov. 23 at the Jewish congregation's synagogue.

Each year the host alternates, with the visiting clergy offering the primary homily, sermon or holiday message.

The ever-popular service included music performed by a mixed choir with representatives from both faith communities.

Food donations were collected at the service that will go to the Lorton Community Action Center.

— TIM PETERSON



PHOTO CONTRIBUTED

From left, Rev. Meredith Keseley and Seminarian Heidi Eickstadt of Lutheran Church of the Abiding Presence in Burke, and Rabbi Amy R. Perlin, D.D. and Rabbi Laura Rappaport, D.D. of Temple B'nai Shalom in Fairfax Station, at the 30th consecutive joint Thanksgiving Eve service, held Nov. 23 at the Jewish congregation's synagogue.

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HOLIDAY ENTERTAINMENT



Colorful elves strike a pose.



Rockin' reindeer take the stage.

PHOTOS COURTESY OF LINDA HELMS

Getting into Holiday Spirit with Encore

Musical extravaganza, 'Christmas Undercover,' takes the stage.

BY BONNIE HOBBS
THE CONNECTION

Just the thing to put people into the holiday spirit is "Christmas Undercover." Encore Theatrical Arts Project's song-and-dance extravaganza bursts upon the stage Dec. 9-18 at NOVA's Annandale campus.

"It's a really cute plot with a detective feel to it, plus Santa Claus," said Director Raynor van der Merwe. "There's a strong storyline that sets up beautiful vocal and dance numbers that further tell the story. It's a very entertaining show for the whole family. For two hours, the youngest to the oldest will be transported to a different world."

IN NEW YORK CITY, Northern Postal Service workers are actually undercover elves. While delivering packages throughout the city, they check on all the children and scan them to measure their level of Christmas spirit. Then they can determine whether to put them on Santa's naughty or nice list.

Marzipan, a young female elf, is on her first assignment and measures a girl named Noel with 0 percent Christmas spirit. And when Marzipan and the other elves return to the North Pole, they inadvertently bring Noel with them. But her presence causes havoc with the energy there. So the North Pole historian, played by Jack Stein, must figure out how to make things right.

"We have a beautiful, new, North Pole set that's gorgeous and breathtaking – including a revolving library," said van der Merwe. "Tabitha Dees has done an amazing job designing it. We have a 32-person cast, including three guest adults, and I'm so excited



Encore performers do a high-kicking dance number.

about the wonderful progress I've seen in my dancers this year. They've stepped it up to a whole, new level and inspire, challenge and reward me as a teacher."

Maya Tischler plays Marzipan. "She's an eccentric character who can get dejected when things aren't looking up," said Tischler. "But when someone says they can help her, she immediately perks up and becomes excited. And she has an easy time making friends."

Tischler's enjoying her role because "I can sometimes relate to Marzipan in real life, and I like her personality and how she enjoys talking to new people." Her favorite song is "Be a Santa" because "It's fun to dance and, in the storyline, Marzipan is trying out to become an undercover Santa and do new things."

She said the audience will love everything about this show. "The creativity, set, props, character development, colors and costumes all bring the story to life," said Tischler. "And people will especially like all the dance numbers."

Claire Griesse portrays Cookie, an undercover elf who "couldn't keep a job if her life depended on it," said Griesse. "But she also

keeps quitting jobs because she thinks her co-workers might be on to her. She's very anxious, but also super peppy and what you'd imagine an elf to be like – happy, kid-like and friendly."

Griesse's having a good time playing her because, in previous years, she played characters that weren't as uplifting. "But now I have humor in my part and get to be goofy, have fun onstage and make children laugh," she said.

She's also pleased about Encore's new, reindeer Rockette number to the song, "Here Comes Santa Claus." She said the reindeer costume is "really cute; and this year, we've added bells to it. And we really go for it and dance."

Aside from the great characters, this show has constant action and will surprise the audience. There's always something interesting happening onstage, and we have a great set and script. I'm excited, and I hope people will laugh – it's definitely a funny show."

Playing Holly, an undercover elf in New York, is Jenna Frisby. "She's the leader of the group; she's more mature and sarcastic and tries to keep order," said Frisby. "She's

To Go

Show times are:

Friday, Dec. 9, at 7:30 p.m.;
Saturday, Dec. 10, at noon, 3:30 and 7:30 p.m.;
Sunday, Dec. 11, at noon and 3:30 p.m.;
Friday, Dec. 16, at 7:30 p.m.;
Saturday, Dec. 17, at noon, 3:30 and 7:30 p.m.;
Sunday, Dec. 18, at noon and 3:30 p.m.

Performances are in NOVA's Richard Ernst Theater, 8333 Little River Turnpike, Annandale. Tickets are \$19-26 at the door or via www.Encore-tap.org. For more information, call 703-222-5511.

very take-charge and tries to solve problems and help the other elves get out of tricky situations. They're optimistic, but she's more realistic."

"She's different than the typical elf character because she's so witty, so I really enjoy playing her," continued Frisby. "And I like being the leader; it's fun bossing the other elves around."

HER FAVORITE NUMBER is "The Most Wonderful Time of the Year" because it's like a waltz and she gets to show her ballet technique – "which is one of my strengths," said Frisby. "And the costumes are pretty and flowy. I wear a red-mesh, halter dress that flares out when I turn, and the other elves are in long gowns."

She said the audience will enjoy seeing "the journey these elves go on. There are a lot of funny moments, and the audience will recognize the traditional Christmas songs."

Portraying Noel is 11-year-old Ella Abramovich. Describing Noel as "energetic, talkative, happy and joyful," Ella said her character is upbeat and smiley, all the time. "She's like my personality, so she's easy to play," she said. And Ella especially likes the song, "He's Got a List," because "It's all about children giving their letters to Santa, and everybody's singing and happy."

Overall, she said audience members "will like seeing how everything works out in the end, and the happiness and the switch in scenes from New York to the North Pole. They'll actually feel as if they're there. People should definitely come see this show."

12

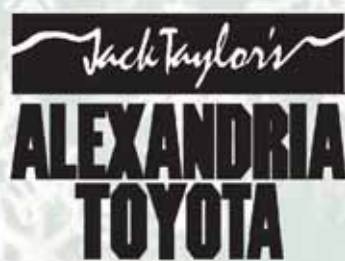
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SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Katherine Hough, Fairfax Station, has been awarded the Boeing Scholarship for outstanding academic achievement in the Volgenau School of Engineering at George Mason University.

Vocal musicians from 12 Fairfax County public schools have been named to the Virginia Honors Choir for 2016. This select choir is open only to the top 125 singers from around the Commonwealth of Virginia, and is the highest honor a choir student can attain during his or her high school career. Thirty-one Fairfax County Public Schools (FCPS) students were selected for the choir, and five students were named as alternates. The choir will perform at the Virginia Music Educators Association (VMEA) convention to be held at the Omni Homestead Resort in Hot Springs, Nov. 17-19. FCPS students named to the 2016 Virginia Honors Choir include the following students from our area schools: **Woodson High School:** Megan Humes, Caroline Grass, Jacob Lamb, Lucas Valdes, and Marc Manaloto and **Hayfield Secondary School:** Jessica Pressley.

Jonathan Whittington, Kathryn Herring, Emma Zettlemoyer, of Springfield; **Bridget Ray and Kirsten Chase**, of Burke; received \$2,000 scholarships from the Scholarship for Military Children Program in July 2016.

Jane Gibbins-Harding, of Springfield, was named to the dean's list at Bethany College for spring 2016.

U.S. Air Force Airman **Brian A. Zamfino** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. Zamfino is the son of Joanne and Joseph Zamfino of Springfield. He is a 2015 graduate of West Springfield High School.

Thomas Miskimins, of Fairfax, graduated with a master of arts, in Spring 2016 from the University of New Haven.

Jordan Ecker, of Fairfax, is on the spring 2016 dean's list at the University of Minnesota-Twin Cities.

Caroline Dickson, of Fairfax, is on the spring 2016 dean's list at the University of Maine-Orono. Allison Righter Moore, and Sarah Ann Hughes Cushing-Spiller, of Springfield, is on the dean's list at Hollins University, for the 2016 spring semester.

James Butler, a Lake Braddock Secondary School graduate, was inducted into the Naval Academy Class of 2020 on June 30, 2016.

Kyle Austin Walsh, of Fairfax, and **Abigail Lynn Lackey**, of Springfield, were named to the honors list for the 2016 spring 2016 semester at Averett University in Danville.

Katherine Marie Hough, of Fairfax Station, is on the dean's list at George Mason University for spring 2016.

Anna Kormis, of Springfield, graduated from Emory and Henry College in spring 2016.

Kyle Austin Walsh, of Fairfax, graduated from Averett University in June 2016. was among the 261 students to receive diplomas during Averett University's May 7 Commencement.

Megan R. Seymour, Megan F. Cummins, Thomas S. Cohen, of Fairfax, **Joshua D. Harlowe, Samantha E. Kinde, Melissa A. Schwartz**, of Springfield; **Sean C. Baird**, of Fairfax Station; graduated from Boston University in spring 2016.

Helene J. Decosse, Alexis J. Fahrney, Jessica M. Ochoa, of Fairfax, are on the dean's list at Boston University for spring 2016.

Seth Lehman, Thet San, of Fairfax, graduated from Furman University in spring 2016.

Luke Hartman, Natalie Heintz, of Springfield, graduated from Manhattan College in spring 2016.

Maria Larrazabal Carrillo, of Fairfax is on the dean's list for May 2016 at Iowa State.

Kayse McGough of Fairfax is on the dean's list for May 2016 at St. Mary's College.

Jared Rondeau of Clifton, graduated May 2016 Triple Major in Physics, Mathematics, and Chemistry from Emory and Henry College.

Moriah Dreisbach, of Fairfax, is on Union University's president's list for spring 2016.

Irene Martinko, of Springfield, is on the spring 2016 dean's list at Muhlenberg College in Allentown, Pennsylvania.

James F. Agnew, Kyle T. Deivert and Nathaniel Oliver, of Fairfax, are on the dean's list at Hampden-Sydney College.

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Bumped, Bruised, Better

BY TIM PETERSON
THE CONNECTION

Bill Vitaletti of Springfield had fractured his jaw in three places, broken a bone in his eye socket, chipped a tooth and cracked two other teeth that would eventually have to be pulled.

But he didn't know any of that at the time. What he knew was he still had at least 20 miles left to bike and 26.2 miles to run before completing his first Ironman triathlon.

"I didn't want to let myself down," Vitaletti said. "I'd been working for so long. To stop, felt like admitting defeat. I didn't want that. I have family, different people going through hard times. I wanted to show them, you can take bumps and bruises along the way."

That was in Cambridge, Md. in October this year. More than three years ago, at age 57, Vitaletti left his job at CACI. A workaholic, 35 pounds overweight, he said he wanted to do something different, "something for me this time."



Coming up to the "gauntlet" home stretch, Bill Vitaletti of Springfield grabbed a pair of Maryland state flags and unfurled them as he ran across the finish of his first Ironman triathlon.

VITALETTI was once an All-American backstroker for the State University of New York at Oneonta. He got back in the pool at South Run RECenter. His neighbor convinced him to take up running. When he went too hard too fast and injured himself, the neighbor encouraged him to get on the stationary bike to recover.

While on the bike at South Run,

Vitaletti began meeting and talking with people. He was motivated to sign up for road races, including the George Washington Parkway Classic and Cherry Blossom ten-milers. He built up to the Marine Corps Marathon, which he ran four times.

Then someone suggested Vitaletti try out triathlon, as he was working on all three disci-

Springfield man recovers from mid-race Ironman accident.



PHOTOS CONTRIBUTED

Left, Bill Vitaletti and his Ironman "sherpa" and training partner Susan Calhoun (center) pose with the race director of the October Ironman Maryland.

plines anyway. A friend from South Run and triathlon veteran Frank Castro helped him work out a plan for working up to triathlon's toughest race: the Ironman.

Starting from the shortest distance, the sprint, moving up to Olympic, then half-Ironman and on to full Ironman (a consecutive 2.4-mile swim, 112-mile bike and 26.2-mile run), "It all clicked," Vitaletti said.

In 2015, Vitaletti participated in his first half-Ironman. He wasn't out to beat anyone, just finish. This year at a half-Ironman in May, he wanted to go faster.

Helping him get faster was an informal training group that formed at South Run, novices of various ages. Susan Calhoun of Fairfax Station is one of them.

"Bill is very determined," she said, "it's very inspirational to watch him put so much effort into something."

"He just has so much knowledge, he's very good at giving some advice, a lot of people come up to him," Calhoun added.

Together, the group signed up to do triathlons at Quantico and in Washington, D.C.

"It's definitely not a single-person initiative," Vitaletti said.

For his Ironman, Calhoun and Castro were his "sherpas," helping sort out gear and eating logistics for him.

Vitaletti was going strong until around the 80-mile mark on the bike ride: He glanced over his shoulder to let some riders pass him and didn't see the pothole coming up in front. The front tire blew completely and Vitaletti was thrown from the bike, face first down to the pavement.

A support vehicle saw the accident and came to render aid immediately. They called an ambulance and began doing repairs on

his bicycle as well.

Vitaletti said he remembers being "stunned" by the crash, but then asking the paramedics who strapped him to a gurney "What are we doing here?"

THE MEDICS recommended Vitaletti go to a hospital for full diagnostics, and it occurred to him that meant not finishing the race. Not getting to see Castro, Calhoun, or his brother- and sister-in-law who had driving up to Cambridge from the Washington, D.C. area to cheer for him at the finish line.

"What do I have? What are my vitals?" Vitaletti asked the medics. Upon hearing that those were surprisingly stable, he asked, "How's my bike?"

The repair team had gotten Vitaletti's bike rideable again, and with a makeshift chin-sling holding his jaw in place, he took off to finish the race.

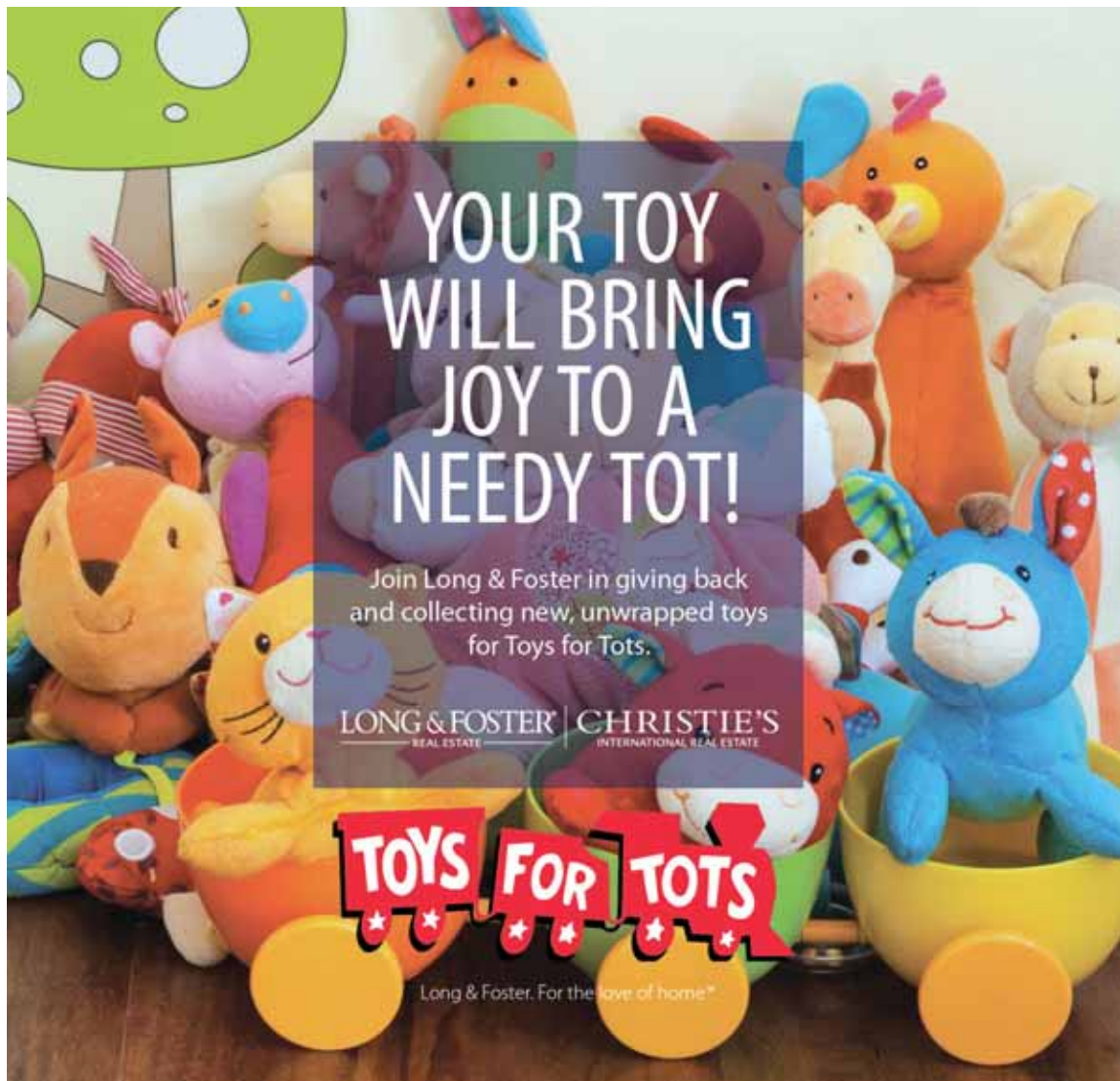
Fighting off considerable pain the rest of the way, Vitaletti drew strength and motivation from his sherpas at checkpoints and other racers, including a man who asked to pray with him for at least 15 minutes of running.

Coming up to the "gauntlet" home stretch, Vitaletti grabbed a pair of Maryland state flags and unfurled them as he ran across the finish.

"I wanted to finish with joy," he said. "I was overcome with joy, not just that I finished, but it was a climax of all that work. I was so hyped up to do this."

Calhoun is now signed up for her first half-marathon. She'll be training with Vitaletti and the group as he prepares for his second Ironman next year in Lake Placid, N. Y.

"With a lot of determination, and a little bit of crazy," Calhoun said, "anything's possible."



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