

# Congressional Debate

Connolly, Fimian swap barbs at Fairfax Chamber of Commerce debate.

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## Candidates Face Off at Chamber Debate

**Congressional candidates assert their business-friendly credentials.**

BY JULIA O'DONOGHUE  
THE CONNECTION

**"F**airfax County is a pragmatic place," said Doug Koelemay, vice president of community relations for SAIC, one of Northern Virginia's largest private employers.

Koelemay, who also sits on the Fairfax County Chamber of Commerce's Board of Directors, said the local business community was looking for "good, commonsense" talk on the economy from congressional candidates running in the election Nov. 2.

Even during the economic downturn of the past two years, Fairfax's economy has fared reasonably well. The county's unemployment rate is half the national average, making the political landscape in Fairfax different from other parts of the country, he said.

"You cannot transplant the national ideological debate into the local races here," said Koelemay.



On Tuesday, Oct. 12, U.S. Rep. Gerry Connolly (D), left, and his opponent, Keith Fimian (R), right, participated in a debate hosted by the Fairfax County Chamber of Commerce.

But the barbs exchanged between U.S. Rep. Gerry Connolly (D-11) and opponent Keith Fimian (R) at the Fairfax chamber debate on Tuesday, Oct. 12 sounded similar to those taking place between Democrats and Republicans around the country.

Fimian referred to Connolly as a "career politician" and accused the incumbent of not being honest with the public while speaking at the debate on George Mason

University's Fairfax campus.

The Republican said Connolly, who served on the Fairfax County board for several years, is more interested in staying in elected office than putting the nation's financial house in order.

"He will tell you things that are outright lies," said Fimian of Connolly.

According to Fimian, Connolly tries to divert the public's attention from the

**"I won't do anything that will put us at a disadvantage with China."**

— Republican Keith Fimian

nation's mounting problems like the federal deficit, which Fimian likened to a "big, black curtain with a terrible thing behind it that will devour your children."

"This man is toying with the future of our children. When all you care about is getting elected, you are willing to say or do anything it takes," said Fimian.

In response, Connolly chastised Fimian for making personal attacks, such as calling the Democrat a liar.

"My reputation is pretty much that I am a straight shooter," said Connolly.

Connolly also criticized Fimian for having a simplistic understanding of the budget problems facing the United States, particularly the causes of the federal deficit.

The Democrat said it is not possible to erase the federal deficit by ending funding for congressional earmarks, obscure scientific studies and other pet political projects like Fimian implies.

"That doesn't solve more than 10 to 15

SEE CANDIDATES, PAGE 5

## Connolly, Fimian and Bush-Era Tax Cuts

**GOP criticizes Connolly on tax cuts, though Democrat has broken with his party on issue.**

BY JULIA O'DONOGHUE  
THE CONNECTION

**A**ccording to Republicans, Democrats intend to raise taxes at the end of the year by choosing not to reauthorize the George W. Bush tax cuts, which will expire automatically at the close of 2010 if congress does not act. Voters should elect Republicans in November, they say, to ensure their taxes won't go up.

Many Democrats counter that the Republicans are misrepresenting their point of view on this issue. President Barack Obama (D) and his supporters in Congress are anxious to extend the Bush tax cuts for most Americans, especially in these financially tough times.

Democrats only want the tax rates to increase for the country's wealthiest residents, defined as those individuals making over \$200,000 annually and those families earning over \$250,000 per year. They argue that to extend the tax cuts for permanently everyone is fiscally irresponsible because it

adds to the federal deficit.

**DEMOCRATS AND REPUBLICANS** are using the generic arguments summarized above in congressional races across the country.

So it should come as no surprise that in several mass e-mails over the past month, the National Republican Congressional Committee has blasted U.S. Rep. Gerry Connolly (D-11) for wanting to raise taxes by the end of the year.

"Connolly has done nothing to spare the American people from the devastating tax hike set to take effect at the first of next year," reads one press release sent from the Republican congressional committee's office on Sept. 30.

Yet Connolly would most likely take umbrage at that statement, especially since the congressman opposes letting the tax cuts expire this year for any families, including those in the highest income bracket.

"Allowing the tax cuts to expire on the higher income brackets would reduce

growth," said Connolly.

"The top 5 percent of income earners account for 30 percent of consumer spending. I don't want to do anything to harm the fragile economy," said Connolly, who is one of about 40 Democrats that support a tax cut extension for all American households, including the wealthy.

"It is a bad time to raise taxes on anyone," he said.

**CONNOLLY** may be taking great pains to articulate a different view of the Bush tax cuts than the one offered by his political party's leadership but, Republicans said they see little, if any, difference between Connolly and other Democrats on the issue.

If the congressman were really concerned about the expiration of the Bush tax cuts, he would put some political pressure on Obama, according to Republicans.

"Earlier this week, Gerry Connolly said he hadn't talked to the president or called him about this issue. ... He is supporting Obama by omission," said Andy Sere,

spokesman for the National Republican Congressional Committee.

Connolly's Republican opponent went so far as to imply that the Democrat was mis-

leading the public. If Connolly wins reelection, he would fall in line with the Democratic leadership and let the tax cuts expire, said Keith Fimian (R), an

Oakton resident running against Connolly for U.S. Congress.

"Local businesses do not believe him. They know this is an election year stunt," said Fimian. "He is a typical politician. He wants to get reelected and he will say or do anything to make it happen."

Fimian said Connolly has "flip flopped" on the issue of the Bush tax cuts. According to the Republican, Connolly had previously said he was supportive of letting some Bush tax cuts expire, particularly on those in the highest income bracket.

"He is trying to have it both ways. You can't," said Fimian.

The congressman has not denied his past

SEE TWO VIEWS, PAGE 15

## Operation Medicine Cabinet Cleanout Oct. 18-23

By Tom Cook

**H**elp our community by monitoring and properly disposing of your unused or expired medications. Doing this prevents accidental poisoning or abuse by others and protects the environment. Disposal is free, convenient and confidential.

From Oct. 18-23, drop off unused medications — only medications in liquid or pill form can be dropped off, no needles or pressurized canisters will be accepted — at eight local police stations anytime during that week.

The police stations are Fair Oaks District Station, Sully, Franconia, Mason, McLean, Mount Vernon, Reston and West Springfield.

The 2008 Fairfax County Youth Survey indicates that approximately 3,100 high school students abused prescription drugs and/or over the counter medications in the 30 days prior to being surveyed. Nationally, in 2006, 16.2 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant or sedative for non-medical purposes at least once in the year prior to being surveyed.

The broad availability of prescription drugs via the medicine cabinet, the Internet and physicians as well as the misconceptions of their safety add to the problem of prescription drug abuse.

Read the material provided with all prescribed medications to understand the safe use and any possible risks. Ask your doctor or pharmacist about safe use and possible risks for abuse. Share with your children the importance of being an informed consumer of medications. Set clear expectations, letting children know to never take medications without your knowledge.

Keep track of and secure the medication you have in the house. Supervise your child's use of medication. Encourage relatives and friends to monitor their medications.

Take an inventory and identify expired and unused medication. Keep medicines in their original container. This will help identify the contents if they are accidentally ingested. Cross out your name and prescription number for safety.

For pills, add some salt water to start dissolving them. For liquids, add something inedible like cat litter, dirt or ash. Seal the container and secure with duct or packing tape. Put the container in the trash as close to pickup time as possible. Do not put into the recycling bin.

The partners in the 2010 Operation Medicine Cabinet Cleanout campaign are Fairfax County Community Services Board, CVS Pharmacy and Fairfax County Department of Public Works and Environmental Services, Health Department, Police Department, Fire and Rescue Department, Water Department and Division of Solid Waste Collection and Recycling; Giant Foods, Harris Teeter, Safeway, Rite-Aid, Walgreens, Wegmans, Unified Prevention Coalition of Fairfax County Public Schools and the Fairfax County Office of Public Private Partnerships. For more information, call Bharati Patel at 703-704-6046 or go to [www.fairfaxcounty.gov/csb/prevention](http://www.fairfaxcounty.gov/csb/prevention).

*Tom Cook is the Region IV prevention supervisor of the Fairfax-Falls Church Community Services Board*

## Coffee with Del. Bulova

On Saturday, Oct. 16, from 9-11 a.m., Del. David Bulova (D-37) is conducting the second in a series of informal office hours at Main Street Bagel, 10268 Main St., Fairfax. Constituents can talk about issues of interest and to ask questions about legislation affecting our community. The format is casual and no appointment is needed.

## NEWS



DONATED PHOTOS

**Hundreds of people come together to remember their loved ones lost to suicide during last year's Out of the Darkness walk on Saturday, Oct. 23 this year.**

# Way out of the Darkness

**Hundreds come together to remember loved ones lost to suicide on Oct. 23.**

By Amber Healy  
The Connection

**I**t's been three years since Peggy DiVincenzo lost her son, Daniel. Oct. 23 will be the first time she's spoken publicly about his suicide. "I feel I'm ready to now," she said. "I've had time to recover."

As a mental health practitioner, specifically a licensed professional counselor and a licensed marriage and family therapist, DiVincenzo has been unsure whether she should speak about her son's death, because some of her clients have grappled with suicidal thoughts or the deaths of loved ones.

But her concerns about "complicating the relationship" between client and therapist could be outweighed by the benefit of letting them know she's been in their shoes, she feels.

DiVincenzo's chance to talk about her son's death comes during the fourth annual Fairfax NOVA Out of the Darkness Walk, scheduled for Oct. 23 at George Mason University, sponsored and organized by the National Capital Area Chapter of the American Foundation for Suicide Prevention.

DiVincenzo has walked in the event for the past two years and never spoke out, but she said being with others who have had to deal with suicide can be helpful.

"It's a therapeutic experience" to be with others who have lost loved ones, she said, because suicide is seldom talked about, despite touching so many lives.

Suicide is the third leading cause of death for 13-

24-year olds, taking one life every 15 minutes, said Heather Abbott Trinh, Fairfax NOVA walk coordinator and a board member with the local AFSP chapter.

"It's a staggering number," she said, and one that needs to be acknowledged. "It's easy not to talk about it, but awareness is a huge part of prevention."

Many victims of suicide, maybe as high as 90 percent, have a mental health issue that might not be treated, said Steve Iselin, board chair for the Washington chapter of AFSP.

"Statistics show that one in five people have a family member who lost a loved one to suicide," he said. "Suicide is just as significant an

**"When you come together with hundreds of people with the same experience, you realize you're not alone."**

**— Steve Iselin, board member, National Capital Area Chapter of the American Foundation for Suicide Prevention**

issue as cancer, but no one talks about it."

DiVincenzo said the association between mental health concerns and suicide can't be ignored.

"The vast majority of people who take their own lives have a brain disorder, usually depression, bipolar disorder or schizophrenia," she said. Mental health disorders, however, are still stigmatized, but national organizations like AFSP are trying to make conversations about mental health more commonplace.

The walk is a great opportunity for people to come together and remember their loved one, to talk about what their family went through and to know they're not alone, he said.

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## NEWS

# Candidates Debate

FROM PAGE 3

percent of the problem," said Connolly.

The programs that will contribute most significantly to the federal deficit over the next decade are Medicare and Social Security, Connolly said. Congress will not be able to balance the budget unless it brings in new revenue, which could mean raising taxes, or make cuts to these two extremely popular programs.

"I want to protect seniors with Social Security and Medicare," said Connolly.

Fimian repeatedly accused Connolly of taking an anti-business approach to governing.

"Gerry Connolly is not a fan of small business or big business. ... If you are a friend of unions, you are not pro-business," said the Republican.

If elected, Fimian vowed not to vote for legislation that would call for more regulation of the private sector, including bills that seek to protect the environment.

"I won't do anything that will put us at a disadvantage with China," said Fimian of environmental legislation.

"I am going [to Capitol Hill] to break China," he said.

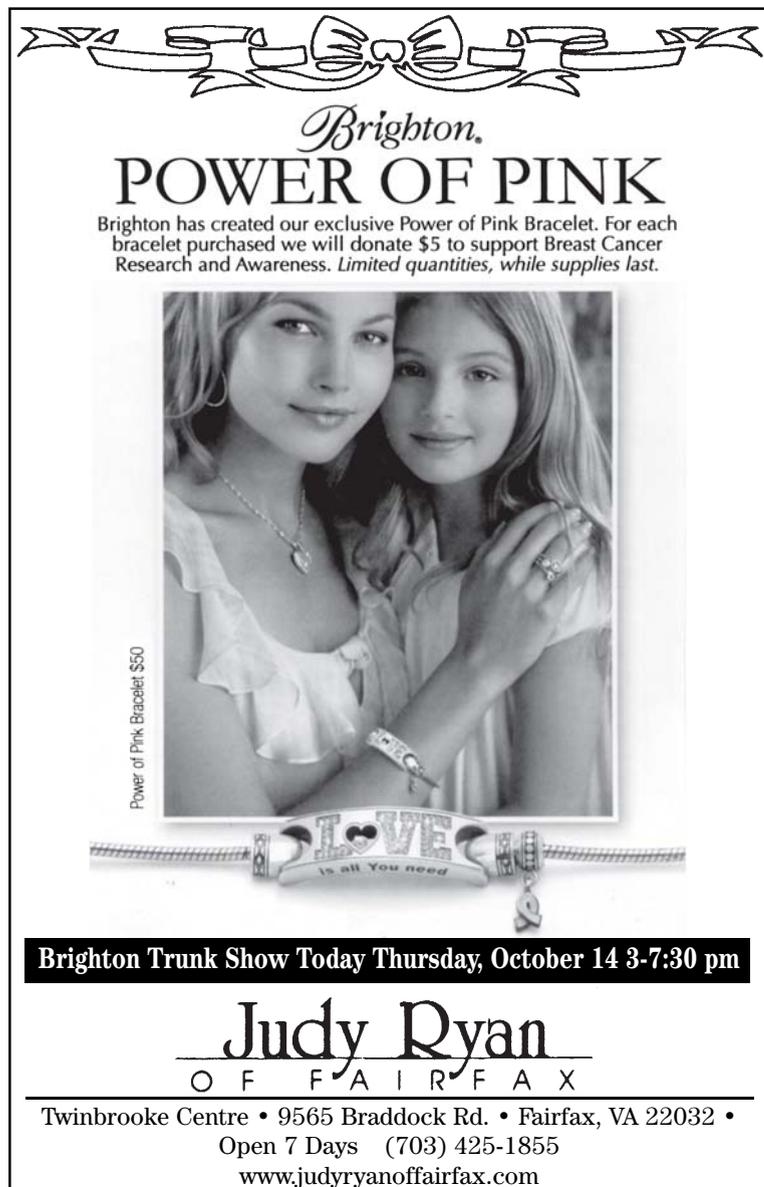
The Republican is also not entirely convinced of the veracity of man-made global warming.

"There are serious scientists on both sides of that issue," he said.

Connolly believes global warming is taking place.

"The issue of global warming is not arguable. It is not a debate for me. I believe we have to address that issue," he said.

According to Connolly, energy conservation and investments in alternative energy, such as solar and wind power, could create new industries and new jobs for Americans. They will also lead to savings for consumers on their monthly electric bills, he said.



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# OPINION

## October: Breast Cancer Awareness Month

### Early detection still means self-exams, doctor exams and mammograms.

If you are a woman with no family history of breast cancer, chances are you heard the chatter that resulted from the report on mammograms and self-exams from the U.S. Preventive Services Task Force about a year ago with one ear. For many women, the message delivered was that it doesn't matter so much that you've missed the time for your next mammogram, or that checking your own breasts is really a waste of time.

Whatever the recommendations for women in general, remember that there is just one person in charge of your healthcare, and that person is you. If you have a family history of breast cancer, it is never too early to talk to your doctor about how to approach your preventative care. All women age 40 or over should talk with a doctor experienced in breast health about when to begin screening mammograms and how often to have them. When it comes to what is best for your breasts, knowing your own breasts and what feels normal is a low-tech, low-cost measure.

In 2008, more than 182,000 U.S. women were newly diagnosed with breast cancer, and more than 40,000 women's deaths resulted from breast cancer. There are also significant disparities along economic and ethnic differences. For example, the 5-year breast cancer survival rate is 69 percent for black women, compared with 85 percent for white women.

Nevertheless, the U.S. Preventive Services Task Force came out with recommendations at the end of 2009 that women have

mammograms every other year beginning at age 50, and recommended against teaching women to do breast self exams. The recommendations were rejected by many doctors who specialize in breast health.

In particular, the recommendations against breast self exams were based on studies of more than 388,000 women in Russia and China. In comparing breast self-examination with no intervention, the studies found no difference in breast cancer mortality between the groups, (587 deaths in total). The women who were taught breast self exam in these studies had almost twice as many biopsies (3,406) with benign results than did the women in the control group (1,856). The reviewers' conclusion: "At present, breast self-examination cannot be recommended."

It's true that unnecessary biopsies are not a positive outcome. But you have to ask yourself whether you think population based studies of women in Russia and China should determine whether you should check your own breasts.

In January, 2009, I found a lump in my breast that I knew immediately was not normal. A coworker's diagnosis of breast cancer had prompted me to have an overdue mammogram seven months before I found the lump, and that mammogram was perfectly normal. The mammogram after I found the lump showed the difference, a glowing spot that led the ra-

ally treat each other with respect. It is a disappointment when folks come here from outside with censorious attitudes. "Sandwichers" fail to communicate their enthusiasm for their candidate, but instead, show that their candidate is intolerant of anyone who does not think like they do. If a candidate allows his campaign to "sandwich" the other side's signs, you cannot expect them to fairly represent all the people if they win.

#### LETTERS

Keep an eye out for sandwiched signs: and if you can identify a "sandwicher," do yourself and the 11th Congressional District a favor: vote for the other guy.

**Marc Greidinger**  
Springfield

### Don't Jump Ship

To the Editor:  
It is with great sadness that I read the two letters to the editor [Connection, Sept. 30-Oct. 6, 2010]. Both men call for retiring

diologist to say he would be "very concerned." The biopsy of the lump confirmed the concern, I had an early but aggressive breast cancer. Like most women who are diagnosed with breast cancer, I had no family history of it.

My treatment, which included removing the tumor, and undergoing chemotherapy and radiation, wrapped up eight months later, just more than a year ago. I had excellent care; I'm cancer free. I don't object to being called a survivor, but I don't think of myself that way. I'm a woman who was treated for breast cancer, and that's behind me now.

Most days, it doesn't cross my mind. (Yes, there is an extensive protocol of follow-up that I follow.)

But I can tell you that if I did not find that lump, if I waited two years for my next mammogram, my outcome would very likely have been different.

So I share my experience during breast cancer awareness month and in the weeks leading up to the Komen Race for the Cure in June, not because the experience defines me, but because I know how easy it is to put off a mammogram, how easy it is to miss months of self-checks, and because I know, early detection really can save lives. Your life.

My life.

Building awareness and funds for screening and treating women who otherwise might not have access to care is another important outcome of breast cancer awareness month. A woman's race or economic status in the United States should not affect her chances of surviving breast cancer, but they do.

MARY KIMM  
MKIMM@CONNECTIONNEWSPAPERS.COM

having that courage. However, to see improvement we will first have to make a few sacrifices. The Obama healthcare plan may not be perfect, but it is a beginning. The plan takes effect slowly over a number of years with some policies not going into effect until 2014. It will be a while before many of the benefits are felt but some are already in place. Premiums for Medicare Advantage private plans have gone down while benefits have increased. More young adults are covered by their parents' health insurance. Children are no longer denied insurance due to a pre-existing condition. Disabled adults can get more affordable coverage through special high-risk plans. And Medicare recipients are getting checks as the drug program "doughnut hole" is being closed. Citizens like the two letter writers, however, are jumping ship at the first sign that they may have to sacrifice some on the road to better and less costly health care for all Americans.

**Miriam Meyer**  
Clifton

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**Michael O'Connell**  
Editor / 703-778-9416

**Justin Fanizzi**  
Community Reporter  
703-224-3032  
jfanizzi@connectionnewspapers.com

**Julia O'Donoghue**  
Education & Politics  
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**Editor & Publisher**  
Mary Kimm  
703-778-9433  
mkimm@connectionnewspapers.com

**Editor in Chief**  
Steven Mauren  
**Managing Editors**  
Michael O'Connell, Kemal Kurspahic  
**Photography:**  
Louise Krafft,  
Craig Sterbutzel

**Art/Design:**  
Geovani Flores, Laurence Foong,  
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Jean Card

**CIRCULATION: 703-778-9427**  
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**CONNECTION NEWSPAPERS,**  
L.L.C.  
**Peter Labovitz**  
President/CEO

**Mary Kimm**  
Publisher/Chief Operating Officer  
703-778-9433  
mkimm@connectionnewspapers.com

**Jerry Vernon**  
Executive Vice President  
jvernon@connectionnewspapers.com

**Wesley DeBrosse**  
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703-778-9444  
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### Sandwiching Censors

To the Editor:

The other day, while driving on Braddock Road west of Interstate 495, I noticed that one of the Congressional political campaigns had taken its candidate's signs to the medians and posted them directly in front and behind some of the other candidate's signs, "sandwiching" them so that nobody could see them. So on my next trip down Braddock, I got out and moved the signs that had been sandwiched, so that they would not be obscured.

This afternoon, while driving Braddock again, I noticed that the "sandwicher" had been at work again, posting his red, white and blue signs so as to deliberately obstruct his opponent's. This time, a different man was up on the median with a new group of blue signs, taking apart the sandwiches, and moving his candidate's signs.

In Braddock, my experience has been that political campaign volunteers on opposing sides gener-

## LETTERS

### The Real Radical

To the Editor:

In his letter entitled "Reject Fimian" [Connection, Sept. 16-22, 2010], the writer is either willingly misleading or grossly uninformed when he states that congressional candidate Keith Fimian (R) is on record as opposing oral contraceptives. He has said no such thing. His statement of record in regard to that subject is actually this: he believes that in a free country, pharmacists with religious or ethical objections to contraceptives should not be forced to dispense them. He has no intention whatsoever of even wishing to, let alone trying to, tell women what choices they can and can't make about family planning.

Fimian has no radical social agenda. This is old agitprop, is news to nobody, and will not turn District 11 women to U.S. Rep. Gerald Connolly (D-11), who is the real radical in the race, and who has a real radical agenda which he has been busily carrying out by supporting Speaker of the House Nancy Pelosi (D-Calif.) and President Obama (D) in every step of their attempted radical transformation of our country. I'm going to vote for Mr. Fimian because we desperately need a return to private sector common sense and away from big government intrusion into our lives.

**Ramona Weaver**  
Burke

### Rude Lies

To the Editor:

Must be close to Election Day. U.S. Rep. Gerry Connolly (D-11) is trotting out the old, tired, mean-spirited lies again. He's been filling local mailboxes with rude, personal lies about his challenger Keith Fimian (R).

Keith Fimian and his wife have raised independent, successful young women, yet Gerry Connolly wants voters to believe Fimian is "anti-woman." This is standard liberal fare — if a candidate is pro-life, he is anti-woman. This is so lame. Get some new material, Gerry.

He thinks by smearing Fimian, people will forget about his record of voting with Speaker of the House Nancy Pelosi (D-Calif.) 97 percent of the time, including \$3 trillion in reckless spending and more than \$600 billion in tax increases. Voters are smarter than that.

**Heather West**  
Fairfax

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# Let's Try Indian Food

Growing Indian population has led to a wider selection of restaurants.

BY JULIA O'DONOGHUE  
THE CONNECTION

In 2000, about 25,700 Indian people lived in Fairfax County, according to the U.S. Census Bureau. By the end of this year, that population will have nearly doubled, making Indians Fairfax's largest Asian subgroup, according to the county's Asian American History Project web site.

The Dulles Corridor's robust technology industry has lured many Indian families to Fairfax. The Fairfax County Economic Development Authority even went so far as to set up a local recruitment office in Bangalore in 2004.

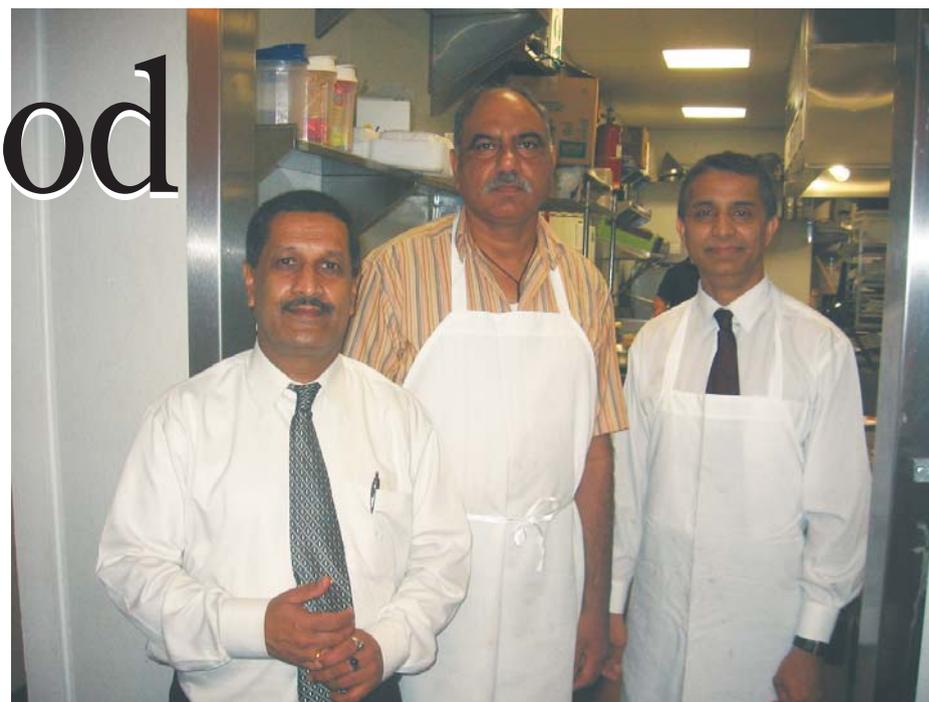
With thousands of Indians settling in the area over the past few years, the selection of local Indian restaurants has expanded. The following is a list of local eateries that specialize in Indian food.

## BOMBAY BISTRO, 3570 CHAIN BRIDGE ROAD, FAIRFAX

One of the most widely recognized local Indian restaurants, Bombay Bistro serves mostly dishes from Northern India. Its dining room also has a more upscale feel, with white table clothes and table service, than some of the local Indian establishments.

## BOMBAY CAFE, 11213-E LEE HIGHWAY, FAIRFAX

A community staple for over 15 years, Bombay Cafe is also one of the most affordable restaurants, Indian or otherwise, in the area. The all-you-can-eat buffet is just \$6 at dinnertime. The dining hall is self-serve and casual. Those who are expecting more than linoleum counter tops should probably look elsewhere.



PHOTOS BY JULIA O'DONOGHUE/THE CONNECTION

Soma Pokharel, Surender Kumar and Badri Kahanal opened Fairfax's newest Indian restaurant, Star of India, in June.

## STAR OF INDIA, 9984 MAIN ST., FAIRFAX

This restaurant is the newest addition to the long list of Indian options in Fairfax. Chef Surender Kumar owned the late Connaught Place, a local favorite that closed down when its building was razed a few years ago.

Two of Kumar's business partners also have experience in the local Indian restaurant industry. Soma Pokharel, who runs the front of the house, has owned restaurants in Fredericksburg, Va. and Bethesda, Md. Badri Kahanal, who cooks and helps cus-

SEE SO MANY, PAGE 16

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# ENTERTAINMENT

To have community events listed, send to [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

## THURSDAY/OCT. 14

**Fairfax Art League Reception.** 7-9 p.m. Old Town Hall, Second Floor Gallery, 3999 University Drive, Fairfax. Reception for mixed-media artist Atti Vakili Wheeler. [www.FairfaxArtLeague.net](http://www.FairfaxArtLeague.net).

**The Alternate Routes, Barefoot Truth and The Kin.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**Tales for Twos: Monster Mash.**

10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Stories, songs and activities about fun with monsters. Age 24-35 months with adult. 703-644-7333.

**Visual Voices Series: Illegal Alien's Guide to Reverse Anthropology.** 7:30 p.m. at George Mason University Harris Theater, 4400 University Drive, Fairfax. Enrique Chagoya, speaker. Free, open to the public. 703-993-8898.

**Citizen Science Panel.** 7 p.m. George Mason University, Research I, Room 163, 4400 University Drive, Fairfax. A panel of scientists and policy makers discuss the area of "citizen science," bringing real scientific challenges and unsolved puzzles to

non-scientists. [tlaskows@gmu.edu](mailto:tlaskows@gmu.edu).  
**Singer/songwriter Jeff Daniels.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. 1-877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY/OCT. 15

**The Virginia Opera: Verdi's "Rigoletto."** 8 p.m. at George Mason University Center For The Arts Concert Hall, 4400 University Drive, Fairfax. \$48-\$98. 888-945-2468 or [www.tickets.com](http://www.tickets.com).

**David Choi** at 7 p.m., Charlie Mars and Tejas Singh at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**"Pray the Devil Back to Hell."** 7:30 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. After Charles Taylor became president of Liberia in 1997, more than 250,000 people were killed and a million more displaced in the country's second Civil War. The film follows Leymah Gbowee, an ordinary Liberian woman. 703-503-4579 or [www.accotinkuuc.org](http://www.accotinkuuc.org).

## SATURDAY/OCT. 16

**25th Annual Lake Braddock Arts & Crafts Showcase and Silent Auction.** 9 a.m.-3 p.m. Lake Braddock Secondary School, 9200

Burke Lake Road, Burke. Handmade jewelry, decorative items, personalized gifts, quilts and knits, pottery, woodcrafts, photography, artwork and more. Food available for purchase. Admission \$3, seniors 65+ \$2, under age 18 free. Proceeds support PTSA activities and teacher mini grants. [www.lbspspta.org](http://www.lbspspta.org).

**Comedian Seth Meyers.** 8 p.m. at George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$25, available through [www.ticketmaster.com](http://www.ticketmaster.com) or via Phonecharge at 703-573-SEAT. 703-993-3000 or [www.patriotcenter.com](http://www.patriotcenter.com).

**String Quartet Brooklyn Rider.** 8

SEE ENTERTAINMENT, PAGE 9

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# CAMPS & SCHOOLS

Sabrina Latif shows off her certificate. Ninth grader Stephanie Cobb, junior Lindsay Webb and junior Geri Makinen spotted her during the week.



PHOTOS BY DEB COBB/THE CONNECTION



Nicole Cohen, of Burke, an eighth grader gives her spotter Courtney Hafner, a junior, a real workout.

## Losing Their Training Wheels

Students help students master bicycling.

Students at Robinson Secondary School received a special treat last week, thanks to the Lose The Training Wheels organization [www.losethetrainingwheels.org].

During the week of Sept. 27, the organization came to Robinson with a variety of

bikes to help Robinson students with special needs to learn how to ride a bike. Student volunteers acted as spotters and cheerleaders for the participating students. During the week, nine bikers received help from 20 high school volunteers.

— DEB COBB

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## Hearts & Hands Bazaar

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# ENTERTAINMENT

FROM PAGE 7

p.m. at George Mason Center for the Arts, 4400 University Drive, Fairfax. \$20-\$40. Works by traditional and contemporary classical composers. A pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Center's Grand Tier III. Charge by phone at 888-945-2468 or visit [cfa.gmu.edu](http://cfa.gmu.edu).

**Burke Farmers Market.** 8 a.m.-12 p.m. at 5671 Roberts Parkway, Burke.

**7th Annual Truro Preschool and Kindergarten 5K and 1M Family Fun Run.** 8:30 a.m. at 10520 Main St., Fairfax City. Registration \$5-\$20.

[www.truropreschool.org](http://www.truropreschool.org) or 703-691-1006.

**Jammin' Java A Capella Music Fest featuring Sonos, Snowday, Euphonism, Vox Populi and The Chromatics** at 4 p.m., Neon Hitch, Benny Blanco, Viking, Powerlaces and DJ Lova at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**Northern Virginia Country Western Dance Association. Accotink Unitarian Universalist Church,** 10125 Lakehaven Court, Burke. Line dance lessons at 7:30 p.m., couples specialty dance at 8 p.m., open dancing 8:30-11 p.m. Admission \$5-\$12. Snacks and drinks available. [www.nvcwda.org](http://www.nvcwda.org) or 703-

860-4941.

**K-9 Krawl 5K.** Check in 8:30 a.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Parking lot C. Walk begins at 9 a.m. A dog walk to increase awareness between domestic violence and link to animal cruelty. [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov) or 703-814-7009.

**City of Fairfax Band Fright Night.** 7 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Bach's Toccata and Fugue in d minor, Mussorgsky's Night on Bald Mountain, de Meij's "Gollum" from Symphony No. 1, Lord of the Rings, and Williams' Harry Potter and the Prisoner of Azkaban. The audience is invited to dress in

Halloween finery and participate in a costume contest. Explore the musical tricks used to create spooky effects from the evening's program at 7 p.m. Free Halloween treats. \$15 adults, \$9 seniors 60+, 18 and younger free. 703-757-0220 or [www.fairfaxband.org](http://www.fairfaxband.org).

## SUNDAY/OCT. 17

**"The Capitol Steps."** 7 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. \$28-\$35. Order tickets online at [www.fxplayers.org](http://www.fxplayers.org), or mail check made out to "FHS Theatre Boosters" to the school.

**The Virginia Opera: Verdi's "Rigoletto."** 2:30 p.m. at George

Mason University Center For The Arts Concert Hall, 4400 University Drive, Fairfax. \$48-\$98. 888-945-2468 or [www.tickets.com](http://www.tickets.com).

**Rock & Roll Flea Market.** 10 a.m.-3 p.m. at Northern Virginia Community College Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Admission \$1-\$4. New, used and vintage music gear, memorabilia and accessories. Drinks and snacks available. [www.rockfleamarket.com](http://www.rockfleamarket.com).

## MONDAY/OCT. 18

**Smile Smile, Keegan Corbey and**

SEE CALENDAR, PAGE 16



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## CAMPS & SCHOOLS



A group of Spartans are ready for last Friday's Homecoming game to begin. They are, from left, Glenn Schellenberger, Matt Savoia, Liz Keast, Caitlin Arneson, David Pyon, Jake Flewellen, Andrew Berkowitz, Kara Crennan, Luis Lester, Divya Goel, Jill Parker, Tyler Basse, Josh McNamara, Nick Luchessi, Alejandro Perilla, Dominic Savoia, Thomas Ariale and Haley Cook.



Amy Mastervich and Josh McNamara are all dressed up for Saturday's Homecoming Dance. McNamara enlisted the help of Interstate Worldwide Relocation Services to ask Mastervich out. He used the company's large outdoor sign on Rolling Road to ask Mastervich to the dance.

# Spartan Spirit Comes Home West Springfield High celebrates 2010 Homecoming.



PHOTOS COURTESY OF JOSH MCNAMARA

A group of Spartan men pose for a photo before going to West Springfield's Homecoming Dance. They are, standing from left, Lee Gleason, Dominic Savoia, Lincoln Chasteen, Jt Williamson, Marshall Wolf, Ashy Talaat, Lawrence Rouse, Nick Luchessi, Jason Fry and Luis Lester; and, sitting, David Jo, Divya Goel, Jake Flewellyn, Eric Inman, Matt Barrett, Josh McNamara, Andrew Berkowitz, Ali Kasmi and Tyler Basse.



A group of Spartan women are ready to go to the Homecoming dance. They are, top row, from left, Stephanie Wilson, Ana Zaragoza, Jill Parker, Kara Crennan, Caitlin Arneson, Nichole Edwards, Paige Babel, Sarah Kenney, Amy Mastervich and Sammy Kvartunas; and, bottom row, Julie Lapointe, Alex Bauer, Andrea Hamilton, Lauren Bullard, Danielle O'Brien, Audris Tran, Liz Keast and Casey Bauer.

# Mackay — Promise in Defeat

Sophomore passes for 382 yards, three touchdowns in loss to West Potomac.

BY JON ROETMAN  
THE CONNECTION

When West Potomac scored to take a 19-0 lead with 9 seconds remaining in the first quarter, it would have been easy for Woodson quarterback Andrew Mackay to panic. A sophomore in his first season as a varsity starter, it was now up to Mackay to pass the Cavaliers back into the Oct. 8 contest. Facing a Wolverines defense that had allowed just two touchdowns in two Patriot District games, the task appeared daunting.

How did the young signal caller respond? Try an 80-yard touchdown pass on Woodson's next play from scrimmage.

The Cavaliers would pull to within five during the second quarter, but the Wolverines proved too much, winning their homecoming game 50-36. The loss dropped Woodson to 2-4, but Mackay's effort showed the Cavaliers' offense has a bright future.

Mackay made a few youthful mistakes. He threw three interceptions and lost two fumbles. He completed only 16 of 40 attempts. But he also amassed

SEE SOPHOMORE, PAGE 14



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Woodson sophomore quarterback Andrew Mackay has experienced ups and downs while taking over for former Cavalier standout signal caller Connor Reilly.**

## Five Questions with Lake Braddock Junior Middle blocker Catherine Jamshidi

**Q: What is your favorite part about playing volleyball?**

A: Getting to travel everywhere and knowing all these people from a bunch of different schools.

**Q: What location is the farthest from the Washington D.C. metro area that you have traveled?**

A: Australia.

**Q: Who is your favorite music artist?**

A: Paramore. She's a good singer.

**Q: What is your favorite movie?**

A: "Remember the Titans." It's really inspirational.

**Q: What do you like to do in your free time?**

A: I do homework (while laughing). Yeah, I'm a nerd.

— JON ROETMAN



# Cross Country Season Continues

Strong outings turned in by runners from Lee, Hayfield, South County, Robinson.

BY RICH SANDERS  
THE CONNECTION

Local teams and runners took part at the annual Glory Days Grill Cross Country Invitational this past Saturday, Oct. 9 at Bull Run Regional Park in Manassas.

Thirty-two teams competed in the seeded varsity boys' race. Top 25 individual finishers included the following Northern Region runners: Lee High's Abraham Yacob (second place, 15 minutes, 42 seconds); Chantilly High's Sean McGorty (fifth, 15:53); Woodson's Paul Games (eighth, 16:01); Jefferson's Jonathan Phillips (10th, 16:02); South Lakes' Nicholas Guarnaccia (12th, 16:11); Herndon High runners Jimmy Luehrs (16th, 16:19) and Troy Hunsaker (17th, 16:20); South Lakes' Will Sickenberger (20th, 16:23); South County's Dylan Morgan (21st, 16:29); Centreville's Bobby Kelly (24th,

16:31); and Robinson's Nick Reed (25th, 16:32).

Other top finishers from the region included Madison's Joseph Galiano (27th, 16:34); Robinson's Patrick Spahn (31st, 16:37); South Lakes' Austin Leggett (32nd, 16:37); Hayfield's Jacob Miller (34th, 16:39); Chantilly's Logan Miller (37th, 16:46); Hayfield's Kirubel Akililu (38th, 16:47); Robinson's Jonathan Grantham (40th, 16:49) and Luke Sharkey (45th, 16:53); and Hayfield's John Bozek (47th, 16:53).

The team champion was Potomac Falls (Dulles District) with 118 points, followed by second place Robinson (192) and third place South Lakes (209). Other top team finishes from the region came from Hayfield (seventh place), Herndon (ninth) and Jefferson (10th). Chantilly finished 12th, Madison 15th, Woodson 17th and Centreville 18th.

In the varsity girls' race, 28 teams competed. Edison's Myah Hicks finished in first place overall with a time of 18:28. She fin-

ished ahead of second place Carolyn Hennessey (18:28) of Herndon and third place Bailey Kolonich (18:38) of Lee. Other top individual finishers from the Northern Region included: Jefferson's Stephanie Marzen (fifth place, 18:48); Madison's Anna Stone (11th, 19:08); Jefferson runners Kelly Rogers (16th, 19:19) and Sarah Stites (17th, 19:19); Madison's Christina Galiano (19th, 19:32); Jefferson's Rekha Schnepf (23rd, 19:41); and Lee's Nina Srikongyos (25th, 19:43).

Other strong outings from region runners came from: Centreville's Isabella Medina (29th, 19:47) and Juliana Cuomo (38th, 19:54); Jefferson's Sarah Nielsen (42nd, 19:56); South County's Mary Cate Scully (43rd, 19:56); Edison's Tara Tinsley (44th, 19:56); and Westfield's Lauren Hicks (46th, 20:02).

Jefferson won the team title with 91 points, edging second place Bishop O'Connell (92). Centreville was sixth overall and Westfield finished 14th. Also, Chantilly was 16th, Madison 18th and Herndon 19th.

## WEEK IN SPORTS

### Robinson Football Loses to Chantilly

One week after an emotional win over Lake Braddock, the Robinson football team lost to Chantilly, 24-14, on Oct. 8, dropping the Rams' record to 4-2, 1-1 in the Concorde District. Chantilly improved to 6-0, 1-0 in the district.

Robinson will travel to face defending district champion Westfield on Friday, Oct. 15, at 7:30 p.m.

### Spartan Football Gets Dramatic Win

West Springfield quarterback Edress Ahmadi scored on a 16-yard touchdown run on fourth down in the closing seconds of the fourth quarter and kicker Tyler Czajkowski's point after gave the Spartans a 7-6 victory over South County on Oct. 8. The win snapped a four-game losing streak for West Springfield, which improved to 2-4, 1-2 in the Patriot District.

The Spartans will travel to face Annandale on Oct. 15, at 7:30 p.m.

### BWC Accepting Registration

Braddock Wrestling Club (BWC) is now accepting registration of youth wrestlers

SEE WEEK IN SPORTS, PAGE 14

# OPEN HOUSES

## SAT./SUN. OCT. 16 & 17



**8705 Margaret Lane, Annandale • \$900,000 • Open Sunday 2-4**  
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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click the Real Estate links on the right side.

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

### Fairfax Station

6812 Old Stone Fence Rd. .... \$799,000 ..... Sun 1-4 ..... Matt Quinn ..... Quinn's Realty & Est. Serv. ... 703-608-7676  
 8303 Pinyon Pine Ct. .... \$899,000 ..... Sun 1-4 ..... Mary FitzHenry ..... Long & Foster ..... 703-425-8000

### Lorton

8444 Eagle Ct. .... \$225,000 ..... Sun 1-4 ..... Kim Darwaza ..... RE/MAX ..... 703-856-2254

### Clifton

12515 Chapel Rd. .... \$600,000 ..... Sun 1-4 ..... Ed Huebner ..... RE/MAX ..... 703-963-1639

### Burke

9515 Millgate Pl. .... \$459,950 ..... Sun 1-4 ..... Kathleen Quintarelli ..... Weichert ..... 703-862-8808  
 5644 Mount Burnside Way ..... \$475,000 ..... Sun 2-5 ..... Suzanne Granoski ..... Prudential Carruthers ..... 703-300-2785  
 6616 Bestwicke Ct. .... \$489,900 ..... Sun 1-4 ..... Ashley O'Brien ..... RE/MAX ..... 571-332-1816

### Springfield

5453 Calvin Ct. .... \$335,000 ..... Sun 1-4 ..... Karen Matthews ..... Keller Williams ..... 703-624-1642

### Kingstowne/Alexandria

3315 Wyndham Cir. .... \$284,999 ..... Sun 1-4 ..... Larry Askins ..... Keller Williams ..... 703-850-8176  
 5098 English Ter., #103 ..... \$429,900 ..... Sun 1-4 ..... Larry Askins ..... Keller Williams ..... 703-850-8176  
 902 Emerald Dr. .... \$1,465,000 ..... Sun 1-4 ..... Joni Koons ..... Weichert ..... 703-209-7277

### Annandale

7718 Lafayette Forest Dr., #21 ..... \$245,000 ..... Sun 1-4 ..... Amy Gould ..... Long & Foster ..... 703-946-1559  
 4829 Kingston Dr. .... \$524,000 ..... Sun 1-4 ..... Charlie Mayhew ..... Weichert ..... 703-864-6002  
 3515 Launcelot Way ..... \$555,000 ..... Sun 2-4 ..... Theresa Graham ..... McEneaney ..... 703-989-6829  
 7514 Woodpalace Ct. .... \$899,000 ..... Sun 1-4 ..... Heather Bennett ..... RE/MAX ..... 703-508-5442  
 8705 Margaret La. .... \$900,000 ..... Sun 2-4 ..... Carol Greco ..... Long & Foster ..... 703-658-1600

### Fairfax

12140 Wedgeway Court ..... \$325,000 ..... Sun 1-4 ..... Olga Aste ..... Century 21 ..... 703-624-4199  
 2905 Saintsbury Pz #211 ..... \$399,900 ..... Sun 1-4 ..... John McNamara ..... TTR Sothebys ..... 703-319-3344  
 13301 Point Pleasant Dr. .... \$400,000 ..... Sun 1-4 ..... David Gillis ..... Long & Foster ..... 571-451-7306  
 3836 Inverness Rd. .... \$439,900 ..... Sun 1-4 ..... Pat Stack ..... Weichert ..... 703-597-9373  
 4371 Farm House Ln. .... \$525,000 ..... Sun 1-4 ..... Martin Johnson ..... RE/MAX ..... 703-503-4302  
 3775 Center Way ..... \$749,000 ..... Sun 1-4 ..... Denene Crabbs ..... Century 21 ..... 202-487-4949  
 10502 Taba Cove Ct. .... \$829,990 ..... Sat 11:30-2 ..... Keri Shull ..... RE/MAX ..... 703-373-5000  
 12829 Shadow Oak Ln ..... \$849,000 ..... Sun 1-3 ..... Michael Burns ..... RE/MAX ..... 703-522-1940

### Centreville

14519 Oakmere Drive ..... \$375,000 ..... Sun 1-4 ..... Helaine Newman/Paula Ferrara-Garcia ..... Weichert ..... 703-402-3134/ 703-216-6730  
 14607 Livva Dr. .... \$396,000 ..... Sun 1-4 ..... Pat Bogenn ..... Long & Foster ..... 703-961-7104  
 5102 Hirst Valley Way ..... \$719,900 ..... Sun 1-4 ..... Keri Shull ..... RE/MAX ..... 703-373-5000

### Chantilly

25151 McBryde Terrace ..... \$279,900 ..... Sun 1-4 ..... Donny Samson ..... Samson Properties ..... 703-864-4894  
 13557 Smallwood ..... \$584,323 ..... Sun 1-4 ..... Judy Pfarnar ..... Samson Properties ..... 703-989-8767  
 13850 Rembrandt Way ..... \$600,000 ..... Sun 1-4 ..... Moon Choi ..... RE/MAX ..... 703-407-3699

**To add your Realtor represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or E-Mail the info to [shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com) All listings due by Tuesday at 3 pm.**

## SPORTS

# Sophomore Shows Promise

FROM PAGE 13

382 yards through the air, threw for three touchdowns and completed a pass for a two-point conversion.

"He made his share of mistakes, but he's a sophomore and he's learning and he's getting better," Woodson head coach Trey Taylor said. "You see him, he's making clutch throws, he's making good decisions. He makes some bad decisions, but every game, if he's making more good than bad decisions, we're making headway.

"What I've told him is: 'This year, it's going to be fast and it's going to be confusing and it's going to be frustrating. Next year, it's going to be a little bit slower. By the time you're a senior, it's going to be like slow motion for you.' We're working toward the future with him."

Mackay threw touchdown passes of 80 and 50 yards to Paul Fridley and 25 yards to Jon Stokes.

Woodson "kept plugging," West Potomac head coach Eric Henderson said. "They found some things in the throw game that gave us some fits and they just kept playing hard. Thank God we were able to put 50 up, because we didn't feel like we had defensive control there at any time."

Trying to overcome a 19-point deficit against West Potomac wasn't the first time this season Mackay faced pressure. Entering the 2010 campaign, No. 14 knew he would be trying to fill the shoes of former standout Connor Reilly, a two-year starter who led the Cavaliers to 11 wins and a berth in the regional

final as a senior. Reilly accepted a scholarship to play quarterback at Temple University.

"I think he's put a lot of pressure on himself to be Connor," Taylor said. "I've tried to tell him, 'I don't need you to be Connor, I need you to be you.' We try to limit what he has to do and then you get into a game like this where you get behind and we're forced to make him do stuff, but he responds pretty well for being a 15 year old."

Mackay had some help against West Potomac. Running back Stokes rushed for 97 yards and two touchdowns and caught five passes for 122 yards and another score. Receiver Fridley caught four passes for 138 yards and two touchdowns.

The Cavaliers showed flashes of brilliance, but turning the ball over six times and

allowing West Potomac nine plays of at least 20 yards was too much to overcome. Taylor said it's frustrating that the Cavaliers are making mental mistakes and getting beat by big plays, adding Westfield was the only opponent this season that physically dominated Woodson. The Cavaliers' next chance to show improvement will be a home game against T.C. Williams on Friday, Oct. 15, at 7:30 p.m.

"I don't even know how many turnovers we had, how many big plays that we gave up and that's what we try and do, limit our turnovers and prevent the big play and we did neither of those," Taylor said. "That being said, the score was much closer than I would expect it to be for playing like we did. But until we eliminate mistakes, we're going to lose football games."

**"I've tried to tell him ...  
 'I need you to be you.'"**

**— Woodson head football coach  
 Trey Taylor on sophomore  
 Andrew Mackay**

FROM PAGE 13

ages 9-14 for the 2010-11 wrestling season. BWC is part of the Northern Virginia Wrestling Federation (www.nvwf.net).

Practices will start Nov. 8 and go three days per week at Lake Braddock Secondary School. Tournaments are Saturdays or Sundays at area high schools from December through February. Registration is conducted online at <https://LeagueAthletics.com/Registration/Restrictions.asp?RegID=26980&org=nvwf.net>

For more information, contact coach Bill Flynn at [bflynniv@verizon.net](mailto:bflynniv@verizon.net) or 703-473-4691, or coach Scott Matheny at [matheny7@yahoo.com](mailto:matheny7@yahoo.com) or 571-331-7779.

## Lange Top Card at Patriot Center Event

Great Falls boxer Jimmy Lange (33-4-2, 23 knockouts) will battle Joe Wyatt (23-1, 15 KOs) for the North American Boxing Association's (NABA) vacant 154-pound U.S. title in the main event fight at George Mason University's Patriot Center on Saturday, Nov. 6. The all-star undercard will include top regional competitors such as Fairfax welterweight Todd "White Light-

ning" Wilson (8-0, 2 KOs); the "Bolivian Queen," Jennifer Salinas (11-2, 4 KOs), of Manassas; Chantilly middleweight Zain "Tiger" Shah (3-0, 2 KOs); and a middleweight matchup between Brandon Quarles (2-0) of Alexandria and Lawrence Jones (3-2-2, 1 KO) of Chantilly. Doors will open at 6 p.m. with the first fight set for 7 p.m.

Tickets can be purchased through Ticketmaster by logging onto [www.ticketmaster.com](http://www.ticketmaster.com), or calling phone charge at 703-573-SEAT. For more information, visit [www.jimmylangeboxing.com](http://www.jimmylangeboxing.com).

## Collier Rows in Oklahoma Regatta

Fairfax Station's CB Collier, an Oklahoma City University crew team member, was scheduled to race with his team last Saturday and Sunday, Oct. 9-10 at the annual Head of the Oklahoma Regatta event. The 500-meter regatta featured both daytime and nighttime racing. The Head of the Oklahoma is part of the Oklahoma Regatta Festival, which features corporate racing, dragon boat racing and family activities. The festival kicked off with the christening of the new \$10 million Devon Boathouse, Home of OCU Rowing and Canoe/Kayak, during the VIP blu party on Oct. 7. For more information, visit [www.headoftheoklahoma.com](http://www.headoftheoklahoma.com).

## COMMUNITY

# Two Views on Tax Cuts

FROM PAGE 3

opposition to the Bush tax cuts for the wealthy. Still, he does not find his current views inconsistent with what he has said in the past.

Connolly is primarily opposed to a roll back in the Bush tax cuts this year because of the state of economy. If Americans were in a financially stronger position, he might have supported letting tax cuts on the wealthy expire this year, said the congressman.

Unlike most Republicans, Connolly does not advocate for the Bush tax cuts becoming permanent. He only wants the tax cuts temporarily extended, until the economy improves. A permanent tax cut would add tremendously to the federal deficit, he said.

"You cannot favor a permanent tax cut if you care about the federal deficit. I would revisit this issue in a year or two," said Connolly.

Fimian favors making the tax cuts permanent and said the United States should focus on growing the economy and making the federal government more efficient to reduce the deficit.

According to Connolly, the revenue lost by making

the tax cuts permanent could not be recovered simply by making government run more efficiently. Drastic and unrealistic cuts would be required, including the elimination of almost all federal spending except Social Security, Medicare and national defense spending.

But Fimian is encouraging voters to see Connolly as not much more than a typical Democratic politician. He contends that a vote for Connolly is an endorsement of the Democrats in general.

"Taxes will go up if the Democrats control the House," Fimian said.

Connolly said Fimian appears to be unable to move away from the generic Republican talking points, even when they don't apply to Virginia's 11th Congressional District. For example, Fimian has accused Connolly of driving up unemployment, despite the fact that unemployment rate in Northern Virginia is half the national average.

"Our employment rate has come down. He seems to be using the talking point for races in Ohio, Michigan and Pennsylvania, not for Northern Virginia," said Connolly.

# AFSP Walk at Mason

FROM PAGE 4

"People show up not knowing what to expect and come away thinking it's a really positive event," Iselin said. "It's something people can do that's positive. Survivors often feel a lot of guilt, wondering if there was something they could have done or something they should have seen to prevent the suicide. When you come together with hundreds of people with the same experience, you realize you're not alone."

The day will include a series of speakers, like DiVincenzo, who will talk about their loved ones, and informational booths will be available for people who want more information about AFSP or mental health care, Iselin said. The walk will be around the George Mason University campus, starting and ending at the courtyard between Mason Hall and the Center for the Arts, and participants are invited to bring a photo of their loved ones for a memory wall.

A lot of information doesn't exist on what causes a person to commit suicide, nor is there a solid bank of statistics on how many happen every year, because many suicides are not reported. There are an estimated eight to 25 attempted suicides for every death, but some of those people seek out help and are able to find hope, Abbott Trinh said.

There are some signs to look for, like a loved one giving away all of his possessions, talking about death, becoming isolated or increasing substance abuse, she said, but sometimes there are no signs until it's too late.

As many recently headlines proclaim, the number

of young people taking their lives as a result of sustained bullying seems to be increasing, making the timing of the walk especially pressing, Abbott Trinh and Iselin said. Families need to talk to — and believe — their younger members who might be facing bullies at school or online and to take those threats and concerns to the proper authorities.

If people suspect a friend or family member might be considering suicide, it's important to let that person know they've got someone to talk to, someone who loves them and wants to help, Abbott Trinh said.

The walk has grown over the years, with about 80 people participating in the initial event at Burke Lake

Park soon growing in numbers to the point where the event had to be moved to GMU's larger campus. Several hundred people are expected this year, Iselin said.

When the national walks first began, they were organized to start at dusk and continue through daybreak, with walkers literally coming out of the darkness.

"When people are struggling with depression, they're in a deep darkness," Iselin said, and the name of the walk is fitting for the effort to bring people out of that despair and into the light of hope.

For DiVincenzo, she's ready to talk openly about her own dark days if it will help others.

"It's happy and fulfilling to do this kind of work," she said. The sadness of losing her son is always there, but she's made a decision about how she wants to live with it.

"I might as well do something about it," she said. "I might as well dive in and work to resolve it."

## Walk To Remember

The Out of the Darkness walk for suicide awareness and prevention is scheduled for Saturday, Oct. 23 at George Mason University. Registration starts at 8:30 a.m., in the courtyard between Mason Hall and the Center for the Arts Building, with the opening ceremony scheduled for 9:30 a.m. The walk will begin at 10 a.m. The event is rain or shine. More information about the walk, and online registration, is available at <http://sites.google.com/site/fairfaxnovawalk/fairfaxnova>. A list of warning signs and interventions is also available on the American Foundation for Suicide Prevention website, [www.afsp.org](http://www.afsp.org).

Some folk want their luck buttered.

—Thomas Hardy

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## DINING

# So Many Indian Restaurants To Try

FROM PAGE 8

tomers, has also worked in local Indian establishments.

"I have been working in the restaurant business for about 18 years," said Pokharel, who opened Star of India in June.

### JAIPUR, 9401 LEE HIGHWAY, FAIRFAX

The chef and owner of this restaurant originally hails from Jaipur, located in a North India to the west of New Delhi. The elaborate decor of the dining hall, a mix of vibrant hanging beads and colorful Indian paintings, is intended to reflect the inside of a royal palace located in that region of the country.

### MINERVA INDIAN CUISINE, 10364 LEE HIGHWAY, FAIRFAX

Nearly a dozen Indian people were willing to wait outside this restaurant on a recent Sunday afternoon until enough seats opened up to accommodate them. The main attraction is Minerva's expansive all-you-can-eat Indian buffet, one of the largest of



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Customers can get a lot of bang for their buck at Bombay Cafe, where the all-you-can-eat buffet is about \$6.

its kind in the area. The restaurant also recently dropped its buffet price, from \$9 to \$7 during the weekdays and \$12 to \$10 on the weekends, according to poster over Minerva's entrance. Patrons should be warned though, the buffet is cash-only.

### MASALA WOK, 10940 FAIRFAX BLVD., FAIRFAX

A franchise concept originally developed in Texas, this Asian diner is casual and also

features Chinese-inspired dishes on the menu. It is one of the only local Indian restaurants not to offer an all-you-can-eat buffet during the lunch hour.

### NIRALLA SWEETS, 7038 SPRING GARDEN DRIVE, SPRINGFIELD

Opened in 2004, Niralla attracts several take-out customers in the middle of the day, even in its out-of-the-way location. Patrons also seem to visit the shop frequently to buy Indian treats and desserts in bulk. A small cafeteria-style dining room is set up for those partaking in the all-you-can-eat buffet for \$6.99.

### MY KARMA INDIAN BISTRO, 9429 LORTON MARKET SQUARE, LORTON

The only Indian restaurant in Lorton, My Karma has the most alluring atmosphere of any Indian restaurant in Fairfax County by leaps and bounds. The owners have taken great pains with the red and black decor, which gives the intimate dining room a much more polished feel than other local options for Indian food.

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## CALENDAR

FROM PAGE 11

**My Glorious Mess.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**Demystifying the Naturalization Process.** 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. A representative from the U.S. Citizenship and Immigration Services will discuss and answer questions about naturalization. Adults. 703-293-6227.

**Chess Club.** 3:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn the rules and strategy. Play the game. Age 6-14. 703-644-7333.

**Noel Paul Stookey.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Activist, artist, and founding member of the folk trio Peter, Paul & Mary. \$25. 1-877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

### TUESDAY/OCT. 19

**Susan Cowsill.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**Fairfax Farmers Market.** 8 a.m.-12 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax.

**Sleepytime Stories.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Songs and books about bedtime. Pajamas welcome. Age 2-5 with adult. 703-249-1520.

**English Conversation Group.** 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

**Evening Book Discussion.** 7:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. "The Art of Racing in the Rain" by Garth Stein. Adults. 703-293-6227

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**21 Announcements**  
**ABC LICENSE**  
McNamara Enterprises, Inc trading as Clifton Store, 7140 Main St, Clifton, VA 20124. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Mixed beverage license to sell or manufacture alcoholic beverages. Tom McNamara, president

**21 Announcements** **21 Announcements** **21 Announcements** **21 Announcements**  
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-Archimedes

**Executive Director**  
Search for **At Home in Alexandria! (AHA!)** an organization which supports Alexandrians who prefer to remain independently in their own homes. Preference will be given to Alexandria residents.  
Apply at AHA!, P.O. Box 1757, Alexandria, VA 22313 or email ExecDir.AHA@gmail.com. Completed applications must be received by close of business 1 November 2010.

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**21 Announcements** **21 Announcements**  
**NOTICE TO CREDITORS OF THE DISSOLUTION OF ONE MAN LEFT STUDIOS, LLC**  
DATE: September 22, 2010  
TO ALL CREDITORS OF ONE MAN LEFT STUDIOS, LLC:  
You are hereby notified that ONE MAN LEFT STUDIOS, LLC, an Virginia Limited liability company, is dissolved by unanimous vote of its members on September 22, 2010. The Limited liability company has ceased conducting business and intends to collect its assets, pay or make provision for payment of its obligations and liabilities, and distribute its remaining assets to its shareholders on or before February 22, 2011.  
All persons having claims against the Limited liability company should submit their claims in writing to the Limited liability company at 8109 Amber Court, Montgomery, AL 36117 on or before January 22, 2010. The Limited liability company will pay, or make provision for payment, of claims for which it is liable, to the extent its assets, on or before February 1, 2011. If any claim is rejected by the Limited liability company on grounds that it has no liability for payment, the person submitting the claim will be so notified on or before February 1, 2011.  
Claims should be submitted even if the amount or existence of the liability of the Limited liability company is in doubt or has not been finally determined.  
Pursuant to the Virginia Limited Liability Company Act, this notice is being published one time in a newspaper of general circulation in the county in which the Limited liability company's principal office is located (Fairfax County, Virginia) to notify persons who may have claims against the Limited liability company that are not known to the Limited liability company. All claims against the Limited liability company will be barred unless proceedings for the enforcement of the claim are commenced within five years after the publication of this notice.  
Alexander Okafor, Managing Member  
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**21 Announcements** **21 Announcements**  
**DONALD L. BURT, Colonel, U.S. Army Retired**  
Of Burke, Virginia, passed away September 29, 2010. Born October 6, 1924, in Coldwater Kansas. Beloved husband and father. Survived by his wife of 65 years, Lydia Michailovitch, formerly of Kharkov, Ukraine; four daughters: Mary Else, Janet and her husband, Mike, Julie, and Diane; seven grandchildren; and 12 great grandchildren. Served his country 1943-1979, entering the army as a Private, serving initially in the European campaign of the Second World War. Awarded the Silver Star for personally eliminating a machine gun nest and three sniper positions with hand grenades and rifle fire, despite being wounded three times in the process, allowing his unit ("Easy" Company, 15th Infantry Regiment) to move forward in battle during the Colmar Pocket offensive. Also awarded the Bronze Star, Legion of Merit, three Purple Hearts, Combat Infantryman Badge, and numerous other awards. Rose through the enlisted ranks and was later commissioned. Served two tours in Vietnam. As a field officer, served as Commanding Officer of a Supply Battalion, Deputy Chief of Staff for Logistics for the Military District of Washington, and Post Commander of Cameron Station, Alexandria, VA. Was an active supporter of the VFW and Wounded Warrior Project, and Founding Member of the National Law Enforcement Museum. A devout Christian, he served a term as President of the local Northern Virginia chapter of Full Gospel Businessmen Fellowship International. Burial with full military honors will be held on January 14, 2011, at Arlington National Cemetery. In lieu of flowers, contributions may be made to a humanitarian organization or to the Disabled American Veterans, Chapter 10, Arlington, VA. Arrangements by DEMAIN FUNERAL HOME, Springfield, VA.  
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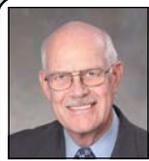
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