

Looking For Fun

NEWS, PAGE 4

Brothers Josh and Bryan Barrett of Fairfax step up on one of Fairfax City's Recycling trucks. The City of Fairfax Parks & Recreation and Public Works departments had numerous work vehicles and equipment on display for children and adults to explore at the Fall Festival.

Face Off in
11th District

NEWS, PAGE 3

Serving the
Homeless

COMMUNITY, PAGE 15

SPORTS, PAGE 12 ♦ CALENDAR, PAGE 7 ♦ CLASSIFIED, PAGE 17

PHOTO BY DEB COBB/THE CONNECTION

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Candidates Face Off at Chamber Debate

Congressional candidates assert their business-friendly credentials.

BY JULIA O'DONOGHUE
THE CONNECTION

"Fairfax 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 CONNOLLY, 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

According 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 10



William Nixon and David Barcklow help load a box of books into the Food for Others' truck. Paul VI collected more than 3,400 books in a little over a week to be given to a local food bank.

Feeding Body and Mind

Paul VI Catholic High School in Fairfax recently participated in the Feeding Body and Mind Campaign by hosting a new and used book drive. Recognizing the link between literacy, poverty and hunger, Feeding Body & Mind combines the efforts of the Wish You Well Foundation and Feeding America, the distributor of most of the nation's food banks. Collected books were donated to Food for Others, Fairfax's local food bank, so people could go home with nourishment for both body and mind.

Lonnell Battle, English department chair and teacher, came up with the concept of the drive. She was inspired by an article in Parade magazine that provided about American adults who cannot read. "I thought a book drive would be a perfect way for Paul VI to help as a school community and to raise our awareness of literacy issues in America," Battle said.

"We were delighted to be contacted by Paul VI and thrilled to be a part of their book drive," said Natasha Lambrechts Collin, executive director for the Wish You Well Foundation. "The students, faculty and administration did a tremendous job collecting books and raising further awareness."

In a little over a week, more than 3,400 books were collected. "The fact that the books are going to Food for Others, the local food bank we work with during our annual food drive, makes it a great fit. Everyone deserves to have access to books, especially children," Battle said.

Police Urge Precautions Against Home Burglaries

In light of the recent rash of residential burglaries throughout Fairfax County, the City of Fairfax Police Department is urging citizens to take precautions to protect their property.

Several of the crimes that have been reported include entering unlocked vehicles and homes, often during evening hours, and taking property that was left in plain view. Furthermore, a number of the thefts inside residences have occurred while the homeowners have been home.

So in an effort to try to prevent these crimes, police are recommending the following tips: Hide or store valuables in a safe place, check that windows and doors to homes and vehicles are locked, close blinds and curtains limiting visibility inside the residence, leave a light on in at least one or two rooms of the home, make sure all outdoor lights are working properly and consider placing at least one motion-sensor light on the house.

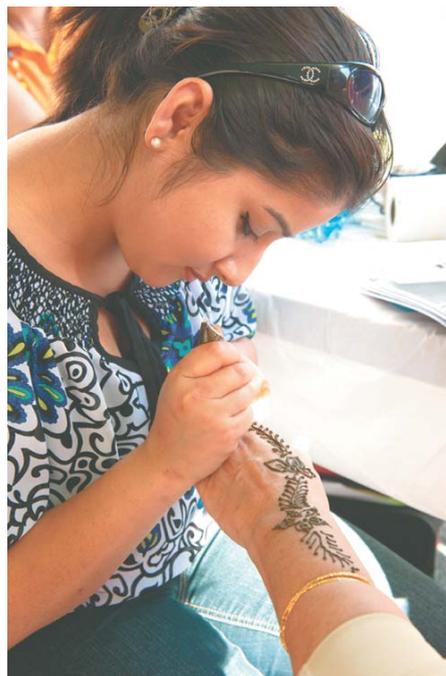
People should also check that their home and/or car alarms are operational, and they should place their alarm

SEE NEWS, PAGE 11



PHOTOS BY DEB COBB/THE CONNECTION

Mr. Skip, also known as Charles Platt, entertains the crowd at the children's stage.



Kamana Chand of Springfield applies henna art to Kelly Alio's hand. Alio is visiting Fairfax from Tampa, Fla.



The adults in the crowd aren't the only ones who enjoy the music from the 1980s tribute band The Legwarmers.

Fall Classic

Thousands converge on Fairfax for 34th Annual Fall Festival.



Artist Rick Jones sculpts a bust Edgar Allan Poe on the porch of the Old Town Hall. He was invited by the Fairfax Commission on the Arts to provide a live sculpting demonstration during the festival.

Connolly, Fimian 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.

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

—U.S. Rep. Gerry Connolly (D-11)

"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.

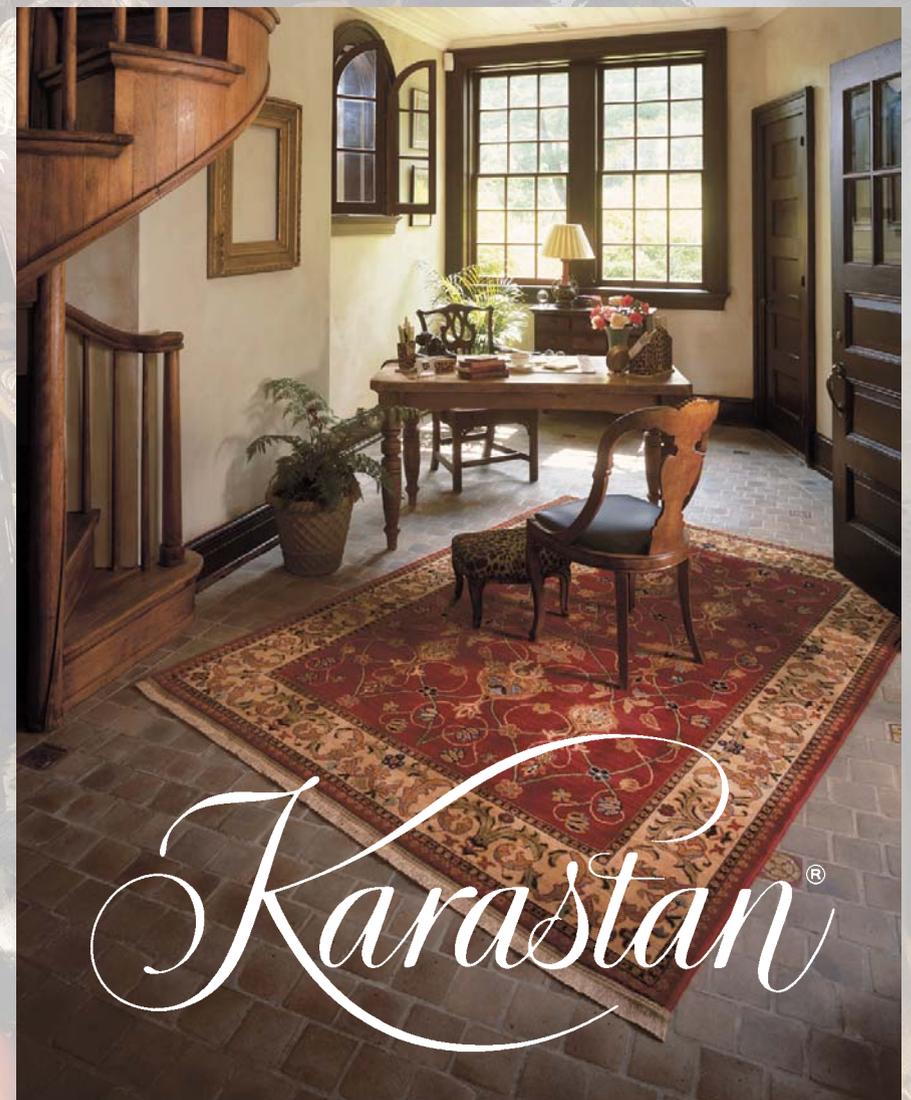
COLLEGE NOTES

Caitlin Campbell of Fairfax, a first-year, has been placed the dean's commendation list for outstanding academic achievement in the spring 2010 at Gettysburg College.

Sara Elizabeth Duffy of Fairfax graduated from the Virginia Women's Institute for Leadership at Mary Baldwin College with a degree in business administration on May 23.

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CN07

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.

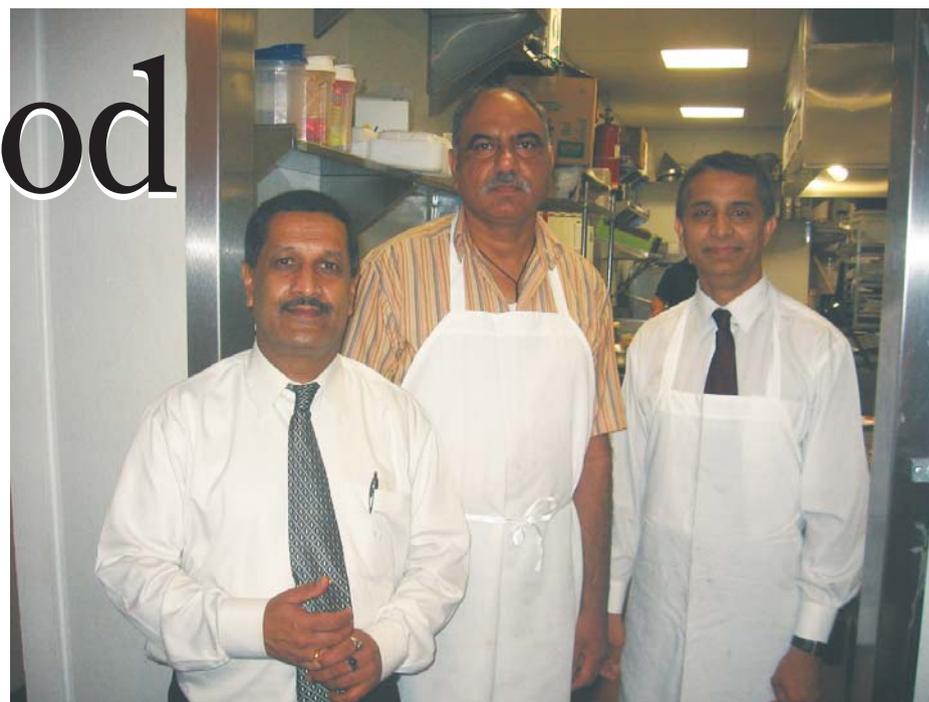
With thousands of Indians settling in the area over the past few years, the selection of local Indian restaurants has expanded. The following is a list of local eateries that specialize in Indian food.

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 8

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CALENDAR

To have community events listed, send to 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.

The Alternate Routes, Barefoot Truth and The Kin. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 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. taskows@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.

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.

David Choi at 7 p.m., Charlie Mars and Tejas Singh at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 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.

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.lbssptsa.org.

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

String Quartet Brooklyn Rider. 8 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

SEE ENTERTAINMENT, PAGE 9

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DINING

So Many Indian Restaurants To Try

FROM PAGE 6

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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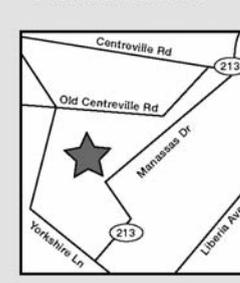
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ENTERTAINMENT

FROM PAGE 7

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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 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.

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 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 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.

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, 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.

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. www.rockfleamarket.com.

MONDAY/OCT. 18

Smile Smile, Keegan Corbey and My Glorious Mess. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 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.

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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.

COLLEGE NOTES

Danielle N Hayler of Fairfax has been named to the 2010 spring semester dean's list for excellence in academics at Georgia Southern University. To be eligible for the dean's List, a student must have at least a 3.50 grade

point average and carry a minimum of 12 hours for the semester.

Alyssa Cole of McLean, daughter of Eva B. Cole of Fairfax, was named to the merit list of Oxford College, the two-

year liberal arts division of Emory University located in Oxford, Ga., for the 2010 spring semester. Students must earn a grade point average of 3.0 or higher during the previous semester to be named to the merit list.

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FROM PAGE 4

company's sign in their front yards or attach its sticker to a window of their home.

If a neighborhood participates in a Neighborhood Block Watch Program and has issued a Block Watch sticker, it should be placed somewhere near each residence. Citizens are also encouraged to call police immediately if they see someone or something suspicious. That way, officers may conduct an appropriate investigation.

City of Fairfax Police are committed to making the community a safe and better

place to live. While efforts are made to provide the highest level of service to citizens through patrol, investigations and other measures used to combat crime, citizens play an equally important role by being vigilant, staying alert and reporting all suspicious activity.

Electric Sunday

Residents may recycle old TVs, computers, peripheral electronic devices — such as keyboards, speakers, printers and scanners, as well as household hazardous wastes

— including fluorescent light bulbs and tubes, for free, during Fairfax County's "Electric Sunday" events. The next one is slated for Sunday, Oct. 24, from 10 a.m. - 3 p.m., at the I-95 Landfill Complex, 9850 Furnace Road, Lorton. For more information, call 703-324-5052.

K-9 Krawl 5K Slated

A dog walk to increase awareness between domestic violence and the link to animal cruelty takes place Saturday, Oct. 16, at 9 a.m. Check-in starts at 8:30 a.m. in

parking lot C of the Fairfax County Government Center. For more information and to sign up, call 703-814-7009.

Morning 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. The format is casual and no appointment is needed.

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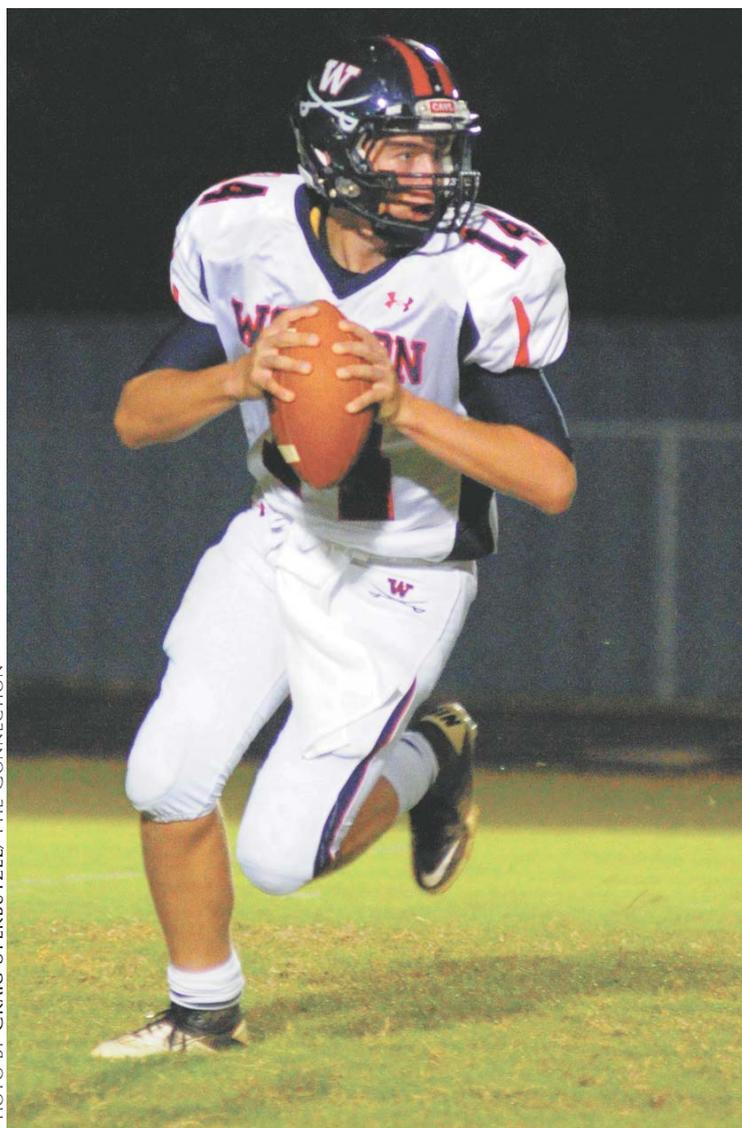
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Mackay — Promise in Defeat

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

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

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

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

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 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.

SEE SOPHOMORE, PAGE 13

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.

BWC Accepting Registration

Braddock Wrestling Club (BWC) is now accepting registration of youth wrestlers 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 or 703-473-4691, or coach Scott Matheny at matheny7@yahoo.com or 571-331-7779.

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.

SPORTS

Sophomore Shows Promise

FROM PAGE 12

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."

MILITARY NOTES

Army National Guard Pvt. Thomas J. Barrett of Fairfax has graduated from basic combat training at Fort Jackson, Columbia, S.C.

Army Spec. Peter J. Frank has graduated from basic combat training at

Fort Jackson, Columbia, S.C., where he earned distinction as an honor graduate. Frank is the son of Constance Frank of Ashmeade Drive, Fairfax. In 2004, he graduated from Paul VI Catholic High School and received a degree in 2008 from George Mason University.

Navy Seaman Recruit Janelle Lopez McLaughlin, daughter of Heather M. Mergler of Fairfax, finished U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Lopez McLaughlin is a 2006 graduate of Northside High School of Roanoke, Va.

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."

FAITH NOTES

Interested in the Catholic Faith? Classes will be held at St. Leo the Great Catholic Church in the Guadalupe Room in the Parish Center, 3700 Old Lee Highway, Fairfax, 7:30 p.m. every Wednesday. Contact Carolyn Smith at carolynsmith.stleos@gmail.com or 703-273-5369.

Interfaith Discussion Group at New World Unity Church, 8136 Old Keene Mill Road, Suite A-209, Springfield. 7:30 p.m. on Wednesdays through Nov. 17. People of all faiths for are invited for an interfaith discussion of "Spiritual Liberation: Fulfilling Your Souls Potential" by Michael Bernard Beckwith. 703-913-8560 or newworldunity@verizon.net.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, presents a sermon series entitled "Life in the Fast Lane: Slow Down for Relationships." Explore everyday relationships through the Biblical story of Joseph and his family (Genesis: 37-50). Worship services are Saturday Coffeehouse at 5:30 p.m. and Sundays at 8:30 a.m. and 11:15 a.m. www.BurkePresChurch.org.

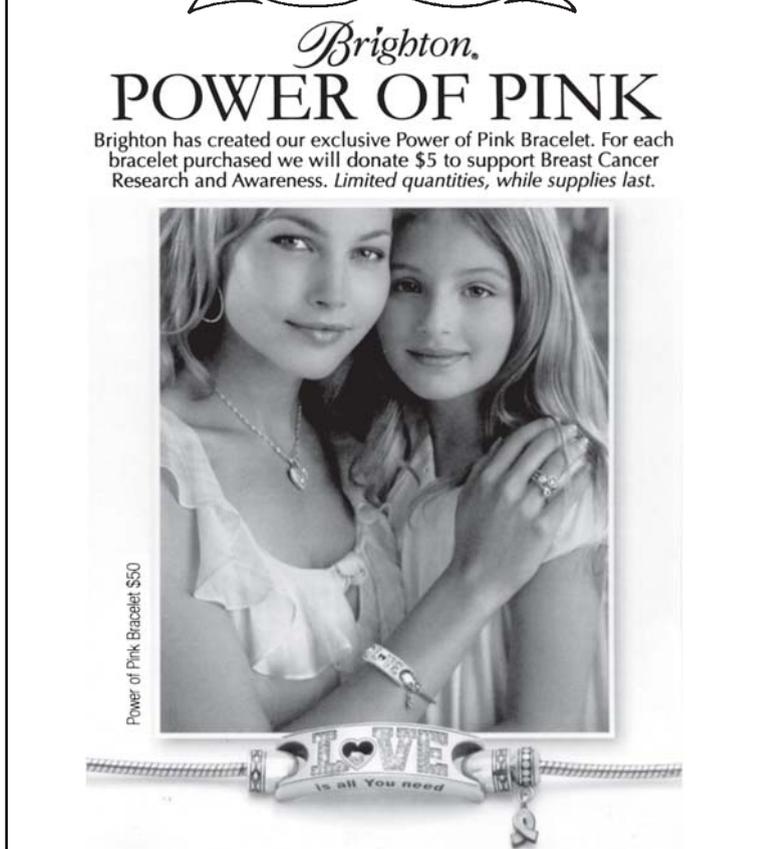
The Greater Little Zion Baptist Church, 10185 Zion Drive in Fairfax, will celebrate its 119th Anniversary with a nightly Revival, Oct. 13-15, at 7:30 p.m., and a Zion Day Celebration service on Oct. 17, 9:45 a.m. The public is invited to join us for these services of praise and thanksgiving. 793-764-9111.

The Parkwood Baptist Church, 8726 Braddock Road in Annandale, Bible Study Fellowship will study of the Old Testament Book of Isaiah. The Day Women's Class meets at 9:30 a.m. Wednesdays, and offers a children's program for ages 6 weeks-6 years. rdmarotto@cox.net.



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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-

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

Re-elect Gerry Connolly

To the Editor:

What is a single element that unites most drivers in the Washington, D.C. area? Would not most agree that the ever-enlarging mix of cars, trucks and buses that choke most roads is number one?

But what to do? U.S. Rep. Gerry Connolly (D-11), accepting suggestions from one and all, has concluded that simply relaxing rules about the use of HOV lanes on Interstate 66 and the Interstate 495 Beltway would greatly improve traffic flow and markedly reduce congestion and driver frustration. In Virginia, VDOT acted accordingly on Interstate 66.

Keenly sensitive to our transportation needs, Connolly has supported other reasonable alternatives: (1) "slugging" or ride sharing; (2) increased and monitored telework, following a balanced pattern of "at home" work; (3) developing and expediting Rail to Dulles; and (4) better coordination of alternative work day hours

— allowing options for personal needs and preferences.

What does our area need? Leadership such as that of U.S. Rep. Connolly that helps find reasonable solutions to problems that plague our area. Therefore, come Nov. 2, I will gladly vote for Gerry Connolly as congressman from the 11th District and urge others to join with me in re-electing a thoughtful, experienced, and active public leader.

Estella H. Worley
Dunn Loring

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. They know what Connolly's done in Congress and they still remember the hit-and-run he did on Fairfax County, doubling property taxes, increasing spending more than 50 percent and raising his own salary twice before speeding off to Congress. He's a one-man wrecking crew.

Heather West
Fairfax

A Better Future

To the Editor:

U.S. Rep. Gerry Connolly (D-11) helps his constituents with their

everyday problems. His interest in resolving financial problems is superb.

Recently, we had a problem receiving our retirement payments from TIAA-CREF. After five months of negotiations with TIAA-CREF, we had not received our payments, as prescribed by federal law (minimum distribution). The payees were delaying payments without any reason. We contacted Gerry Connolly's office and within 15 minutes they contacted the insurance company and wrote a letter to them requesting payment. The company put a special person on the case and eventually resolved the case. I now get my monthly payment and can resume living again.

Congressman Connolly was a great help to me when no one else would help.

He has also been of help to many businesses in Northern Virginia. He has fought to help small businesses in many ways from simple matters regarding government regulations to helping with finan-

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COMMUNITY

A Day at the Lamb Center

Day shelter in City of Fairfax continues its mission of helping the area's homeless.

By LISA V. GILLESPIE
THE CONNECTION

A thin woman starts talking to herself. People wearily eye her but remain silent. "There she starts," said Shirley Walker, 73, the desk volunteer at the Lamb Center. She wondered out loud if she should get someone to quell the situation.

The woman escalates and starts cursing an unseen person and then the people around her. They silently watch her and do not intervene, as if they know someone will step in soon. That someone is tall with a red lumberjack beard and a slow, intent stride who approaches her and puts his hand on her shoulder and escorts her out of the room. Walking back, he shrugged apologetically and smiled. "One of those days," he said.

Director Dave Larrabee came on board 10 years ago as a court-ordered volunteer, but now he runs the day-to-day operations of the day center for homeless and impoverished people in Fairfax, putting out fires and making sure people get the resources they need.

Larrabee served four years in the U.S. Army in the 1970s and then worked at the Department of Commerce from 1985 to 2001, when he received a felony conviction for making more than 15,000 personal calls to Germany pursuing an affair.

His probation officer sent him to the Lamb Center in 1999 to complete 100 hours of community service.

"That was the last thing I wanted to do, especially when they talked about prayer and Bible study," said Larrabee, who was officially fired in 2001 and had stopped going to church years before. He now wears a wooden cross around his neck.

Two months later, Larrabee returned on his own accord sober and eager to start AA meetings for "guests," as clients at the center are called. Eventually, Larrabee started work part time, and when the previous director left in 2003, he took over.

Though Larrabee hasn't had a drink in 9-1/2 years, he still considers himself a recovering alcoholic, a key part of himself that keeps him in touch with guests at the Lamb Center.

"If I know I'm recovering, I'm the same as that person who is at a crossroads," Larrabee said. "If I'm 'recovered,' it somehow makes me better than them, but I am not. I will never be able to be a social drinker. It doesn't matter if I've been sober for five months or 20 years."

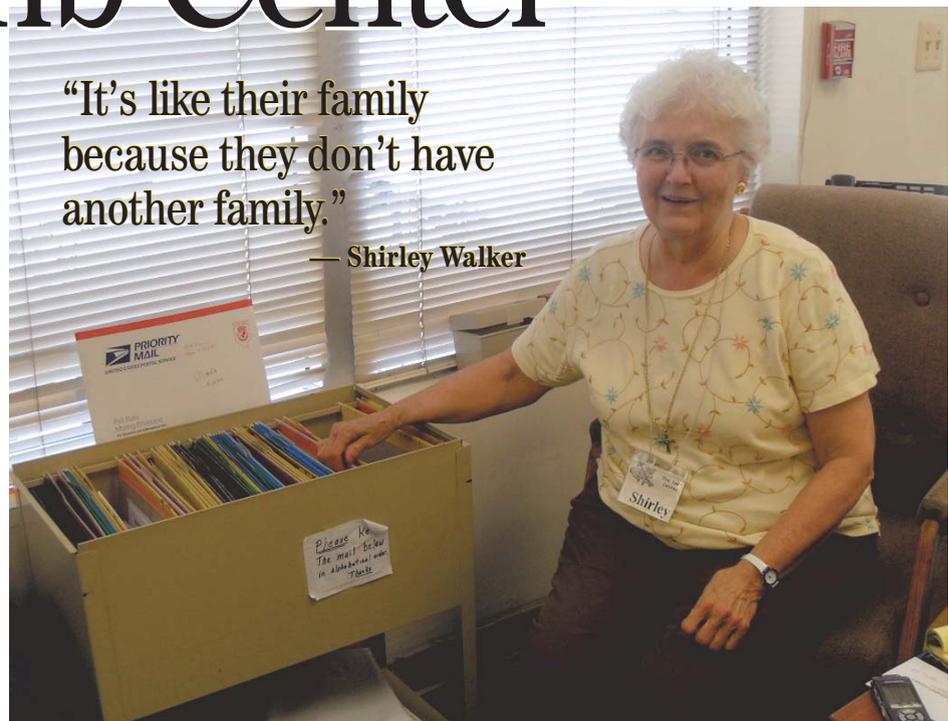
The Lamb Center serves a wide range of people — a sizeable group sat in the large room where guests congregate to eat lunch, participate in Bible study, do laundry, meet with government social workers and get referrals to other services. Not all of them are homeless. Some live in Section 8 housing or are struggling financially and need food. In 2007, the Fairfax County Department of Systems Management for Human Services received more than 8,000 calls requesting housing assistance, though there are only an estimated 2,000 homeless people in the Fairfax-Falls Church community at any given time.

Yet in 2009, the City of Fairfax attempted to move the Lamb Center due to alleged zoning

Patti Brown, a former kindergarten teacher, oversees the employment program and makes sure the stock room is kept in order with paper towels, boxes of cereal and any supply guests might need.



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"It's like their family because they don't have another family."

— Shirley Walker

PHOTOS BY LISA V. GILLESPIE/THE CONNECTION

Shirley Walker, 73, volunteers every Tuesday morning, making sure each new "guest" is greeted and returning guests gather any mail they receive on behalf of the Lamb Center.

violations. The Lamb Center considered moving and conducted forums in several proposed neighborhoods.

"There was a mother who testified that was concerned for the safety of her child if we moved to her neighborhood. I can understand that, but then there is the other side of it," Larrabee said. "Mothers call here and ask if their kids have shown up. That same person could, 20 years later, be in that situation."

By a margin of 3-2, the City of Fairfax's Board of Zoning Appeals voted on April 7, 2009, to allow The Lamb Center to continue its operations at its home near Fairfax Circle.

"Most people agree that there is a need for the service but would prefer that it's somewhere else," said Executive Director John MacPherson. "People are made uncomfortable by the homeless."

MacPherson was previously a distributor for the Washington Post and came to the Lamb Center a year ago after doing volunteer work.

Patti Brown, a former kindergarten teacher, oversees the employment program and finds it hard to not internalize the setbacks of guests she works with.

"I worked with a woman and took her to a thrift store to get clothing for a job interview. She was so proud in her outfit and got the job. She kept it for a year, but the next thing I know she's in an abusive relationship again and back at the Lamb Center. She would repeat that cycle time and time again. But now she's in rehab and she's

on her way. It's up and down."

Walker, who watches over the front desk on Tuesday mornings, has volunteered since

1998. She started out when the Lamb Center was just starting in small room where only peanut butter and jelly sandwiches were served. She became involved after retiring from her job as an administrative assistant with Fairfax County.

As she talked, a man with a Middle Eastern accent walks over and asks for a pen. She chuckles and asks him if he will bring it back.

"I'm very, very low in them," she said. "I can't keep a pen. I can't keep a pair of scissors. Someone's always borrowing and forgetting to bring them back."

When asked about her favorite memory over her time at the Lamb Center, Walker looks at the room and thinks for a few moments. "It's when people come back and let us know they've gotten a place to live," she said. "They're so happy. One of our fellas got a job in North Carolina and calls every Tuesday. He says, 'I know you still have your bar of soap.'"

She pulled open the desk drawer and looked for a bar of soap she uses to joke around with guests. "My daughter asks me if I feel safe and I say yes," Walker said. "We get all types of people, some very sweet, some on medication and sometimes they go off. But they are not harming themselves and other people. And they look out for me."

"There are ups and downs, but they always come back in one way or another, either as guests or to give back," Brown said.

Sweets in the Park

Fairfax City Councilman Dan Drummond and his family host this community event that brings together friends and neighbors to benefit The Lamb Center on Sunday, Oct. 17, from 2-4 p.m., at Providence Park, 10715 West Drive, Fairfax. The event features music, children's activities and "sweets," including cakes and cookies. Sponsors are Valvoline Instant Oil Change of Fairfax City, Brion's Grille and Red, Hot & Blue. Learn more at www.TheLambCenter.org. To donate a "sweet," be a sponsor or RSVP send an e-mail to sweetsinthepark@gmail.com.

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LETTERS

The More Things Change ...

Many crises Americans face today are nothing new.

BY SEN. DAVID MARSDEN
D-37

I just finished re-reading James Michener's "Chesapeake," a multi-generational story about the Eastern Shore of Maryland from shortly before the founding of Jamestown in 1607 through the Watergate scandal in 1972. I wanted to read it because we are in the midst of difficult economic times, political turmoil, socio-cultural disagreements (gay marriage, immigration, the Mosque in New York City near 9/11 Ground Zero) and environmental disaster. All of these issues are creating heated passions in the present, so I wanted to take a look at our nation's history, albeit through historical fiction, with a view towards the long term and how we have handled crisis in the past.

The book traces this history through five families over the course of 365 years. A Native American family, a family of plantation owners, a family of reclusive small farmers/hunters living off the land, a family of Quaker boat builders and an African American family held in bondage prior to being freed and having to cope with severe discrimination. Needless to say, the characters in this novel dealt with all of these issues over those many years, and while there was egregious bad behavior and great tragedy, somehow they always recovered and moved forward by solving or at least improving their treatment of each other and their living conditions.

The largely Roman Catholic Eastern Shore residents had to exist in a mostly protestant new world and then had to themselves adapt to the immigration of Quakers from the north. The American Revolution divided the Eastern Shore every bit as much as the Civil War did, with everyone viewing these cataclysmic events through the lens of their own self

interest and group identity. Residents wanted to use the natural resources of the Chesapeake Bay to their own advantage with absolute certainty that their position was the most important and therefore the correct one. Slaughtering ducks and geese, burning forests for farming even with the eventual knowledge that it was hastening erosion was accepted practice by some while decried by others. In later years, crucial wetlands were filled in to sell real estate to those from the cities in search of vacation homes. Slaves were treated abominably and their enslavement was rationalized through highly selective readings from the Bible and self-serving prejudice. They were very often awful to each other and the land they lived on.

Despite all of that, the novel is also a story of great heroism as freed slaves and Quakers banded together to operate the "underground railroad." The community joining

together to fight pirates, struggling with natural disasters such as hurricanes that put so much fresh water in the bay that many species could not survive, as well as overturning laws and changing customs that treated religions and people unequally. It is also a story of how hard people worked and were rewarded for that effort and for the intelligence and perseverance they brought to a task. Those who did not work hard and adapt to a changing world were swept away.

Sound familiar? We are still dealing with all of the issues that these families faced over many hundreds of years. We always will. (Think Gulf oil disaster, immigration, religious conflict over the Mosque in New York City, anger at our government). We need to keep in mind that there is a time to disagree and a time to pull together. After our upcoming elections we need to get back to work in solving our problems. It is important to remember how far we have come and that there is much to learn from our past. Take a moment to reflect on the progress we have made, imperfect though it may be, and have some confidence in our ability to solve our current problems, heal our wounds and create a better place for all of us. It's a good book.

COMMENTARY

LETTERS TO THE EDITOR

FROM PAGE 14

cial matters. In this time of financial uncertainty and a downturn in the economy, Gerry is the man we need to represent us.

He is a fiscally responsible leader and has voted

against wasteful spending in congress. A vote for Gerry is a vote for a better future in Northern Virginia.

Fred J. Ricci
Oakton

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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.

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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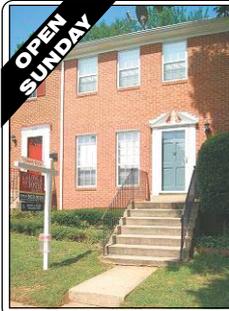
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