

# Day for Clifton

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PHOTO BY JULIA O'DONOGHUE/THE CONNECTION  
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## Face Off in 11th District

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## New Police Station Needed?

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Jenna Gibson and Courtney Wasserott solicit donations for the Save Clifton Elementary organization during the annual Clifton Day celebration Oct. 10. The girls are upset with the Fairfax County School Board vote to shut down their local school.

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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 CANDIDATES, PAGE 7

## 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 7

## Federation Opposes Sports Complex for Landfill Swap

An idea to build a sports complex in exchange for permission to operate a landfill in the Lorton area has been floated once again, said Linwood Gorham, head of the South County Federation's land-use committee, at a community meeting Oct. 5.

The federation, a cohort of local civic organizations, has shot more than one proposal for a similar swap in the past. The community, which is home to the county's former landfill, a trash incinerator and a recycling operation, is not interested in becoming home to another waste management facility.

"The federation does not support any new land-filling in south county and has only moderate interest in a sports complex," said Gorham, who wants to discourage parties from bringing forward similar proposals in the future.

## Landlord Proposes Changing Community Agreement

The landlord of the Lorton Station Town Center wants to change a proffer agreement set up with the local community years ago.

Currently, the landlord is required to provide meeting space for the South County Federation in the Lorton Station Town Center a few times per month. This arrangement was set up several years ago when the need for meeting space was more pressing. At the present time, the federation does not use the meeting space set aside in the town center, said Supervisor Gerry Hyland (D-Mount Vernon).

When the agreement was struck, other public buildings, including South County Secondary School and Laurel Hill Elementary School, did not exist and the federation needed a more reliable venue for its monthly meetings. Now, the federation has a more appropriate location, South County Secondary School, to conduct its meetings, according to Hyland.

"The need for meeting space is no more at this point," said Linwood Gorham, a member of the South County Federation.

According to Gorham, the landlord would like to lease the space that has been set aside for the federation to a church. They want to convert the proffer for meeting space into cash that can be used for another purpose, said Gorham.

Some ideas for an alternative proffer include a new roof for the Lorton Community Action Center, new bus shelters or a concession stand and bathrooms on fields used by the local youth sport leagues, said Gorham.

"Let's get something out of this," he said.

But the amount of compensation floated by the landlord, approximately \$50,000, struck some federation members as too low. Federation member and Planning Commissioner Earl Flanagan (Mount Vernon) said the landlord ought to split the revenue it earns from renting the space to the church with the federation.

Hyland agreed that the landlord should up the cash offer, especially since the previous property owner outmaneuvered the Lorton community and actually got the meeting space moved from a better location to its current space.

"The developer was very shrewd and got us out of a better space. \$50,000 is a pittance," said Hyland.

## Electric Sunday Oct. 24

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.

## NEWS



PHOTOS BY JULIA O'DONOGHUE/THE CONNECTION

**Clifton Elementary students Chris Hopkins, Adam Chutuape, Tyler Jones and Andrew Chandler hang out together during the town's festival.**

## Crowds Flock to Clifton Day

**Town hosts annual celebration Oct. 10.**

**W**hen the Town of Clifton, a community of only a few hundred residents, decides to throw a party for 25,000 people, it is an "all hands on deck" sort of event.

All of Clifton's local businesses and nearly every town resident worked through Columbus Day weekend to help pull off the annual street festival known as Clifton Day on Sunday, Oct. 10.

"We can just stand here and see all of our friends go by," said Pat Riedinger, who volunteered at the stand for the Clifton Community Women's Club.

Members of the Clifton community used the event to draw outsiders to the historic town. Clifton Day featured pony rides, street food, live music, a moon bounce and more than 100 craft and artisan tents. The festival's proceeds benefited a variety of Clifton non-profit organizations.

Several Clifton residents also use the street fair as an opportunity to promote their causes and sell their



**Pat Riedinger, Virginia Jacobs and Kay Gilbert give out information about the Clifton Community Women's Club.**

wares to a larger community.

"I am surprised I have gotten as many commissions as I have today. People want me to paint their classic cars and homes," said Richard Russo, a Clifton resident and local painter with a booth at the festival.

Clifton also uses the festival as an opportunity to strengthen morale and camaraderie among residents.

"We come here because we get to spend the whole day with our friends outside of school," said Andrew Chandler, a 9-year-old who attends Clifton Elementary School.

— JULIA O'DONOGHUE



**Daniel Tomlin, 13, and Nicholas Toenshoff, 11, raise money for the local Boy Scout troop by selling homemade cookies.**

# NEWS

## 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.

It's a way for people and their canine companions to show support for both human and animal victims of violence during National Domestic

Violence Awareness Month. There'll also be goodie bags, free raffles, domestic violence resource tables, McGruff the Crime Dog and a Fairfax County Police K-9 Unit. For more information and to sign up, call 703-814-7009.

## COLLEGE NOTES

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

**Vishal Shah** of Fairfax Station received a doctor of dental medicine in dentistry, cum laude from Boston University.

**Bethany Marie Hollenbeck** of Fairfax Station has recently become recognized as a member of Sigma Alpha Lambda, National Leadership and Honors Organization at the James Madison University. Hollenbeck is a 2008 graduate of Lake Braddock Secondary School.

Eight Fairfax Station residents have been named to the spring semester dean's list at Radford University. The students included are **Benjamin James Brantlinger, Robert Eduard Denfeld, Alyssa Diana Moser, Katherine Lee Lopynski, Beau Burgess Proctor, Kayla Beth Reisinger, John Yohan Ro and Emily D. Wiggins.** To be named to the dean's list, a student must have taken 15 or more credit hours and have a grade point average of 3.4 or above with no grade below a C.

**Katherine Keogh Burgess** of Clifton graduated from St. Mary's College of Maryland with a bachelor of arts degree in political science.

**Mathew J. Snow** of Clifton has been selected for the spring 2010 dean's list for James Madison University and has been accepted to the Golden Key International Honor Society.

University of Alabama student **Leslie Parrish** of Fairfax Station has been named to the president's list for the fall 2009 and spring 2010 semesters at U.A. Full-time, undergraduate students with a 4.0 (all As) grade point average (on a 4.0 scale) are named to the president's list.

**Martha Leigh Thieman**, a rising senior environmental studies major at Hollins University, has been named an honor student for the 2010 Spring Semester. To attain this distinction, students must earn at least a 3.5 average on a 4.0 grading scale. Thieman is the daughter of Mr. and Mrs. Doug Thieman of Fairfax Station. She is a graduate of South County Secondary School.



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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

# 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



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

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## 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.

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

—U.S. Rep. Gerry Connolly (D-11)

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.

## Two Views on Taxes

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.

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# Does Lorton Need Its Own Police Station?

Police response time to calls is slower in South County area than Fairfax overall.

BY JULIA O'DONOGHUE  
THE CONNECTION

In most of Fairfax County, it takes the police approximately 4 minutes to arrive on the scene after a resident makes a priority call for help.

But in some parts of Lorton, police officers take about 5 minutes, or 20 percent longer than the county average, to respond to the same type of request, said Capt. Shawn Bennett, commander of the Franconia District Police Station, while speaking recently in front of the Mount Vernon District Visioning Task Force.

The Franconia Station is responsible for policing the eastern half of the Lorton area — communities such as Gunston, Mason Neck and Hagel Circle — even though the facility is located several miles north of Lorton off Interstate 95. The West Springfield Police Station, which is also several miles away from homes in this area, responds to calls in western Lorton, including Laurel Hill and parts of Fairfax Station.

Bennett said the Franconia police district's size and, in particular, the distance between his station and its Lorton communities, are major factors in driving up his station's response times to calls in those areas. But he added that he did not think the current arrangement was unsafe or dangerous for

Lorton residents, even if the police usually took a little bit longer to reach them.

Five minutes is still an acceptable waiting period according to national police guidelines, he said.

**STILL**, the local police have not been shy about keeping a Lorton area station in the forefront of several elected officials and local residents minds.

"There has been an expression of interest [in a new station] on the part of the police," said Joe Cammarata, chair of the public safety committee for the Mount Vernon District Visioning Task Force. Cammarata said committee members agreed to

address "response times" in their final report to Supervisor Gerry Hyland (D-Mount Vernon) this winter.

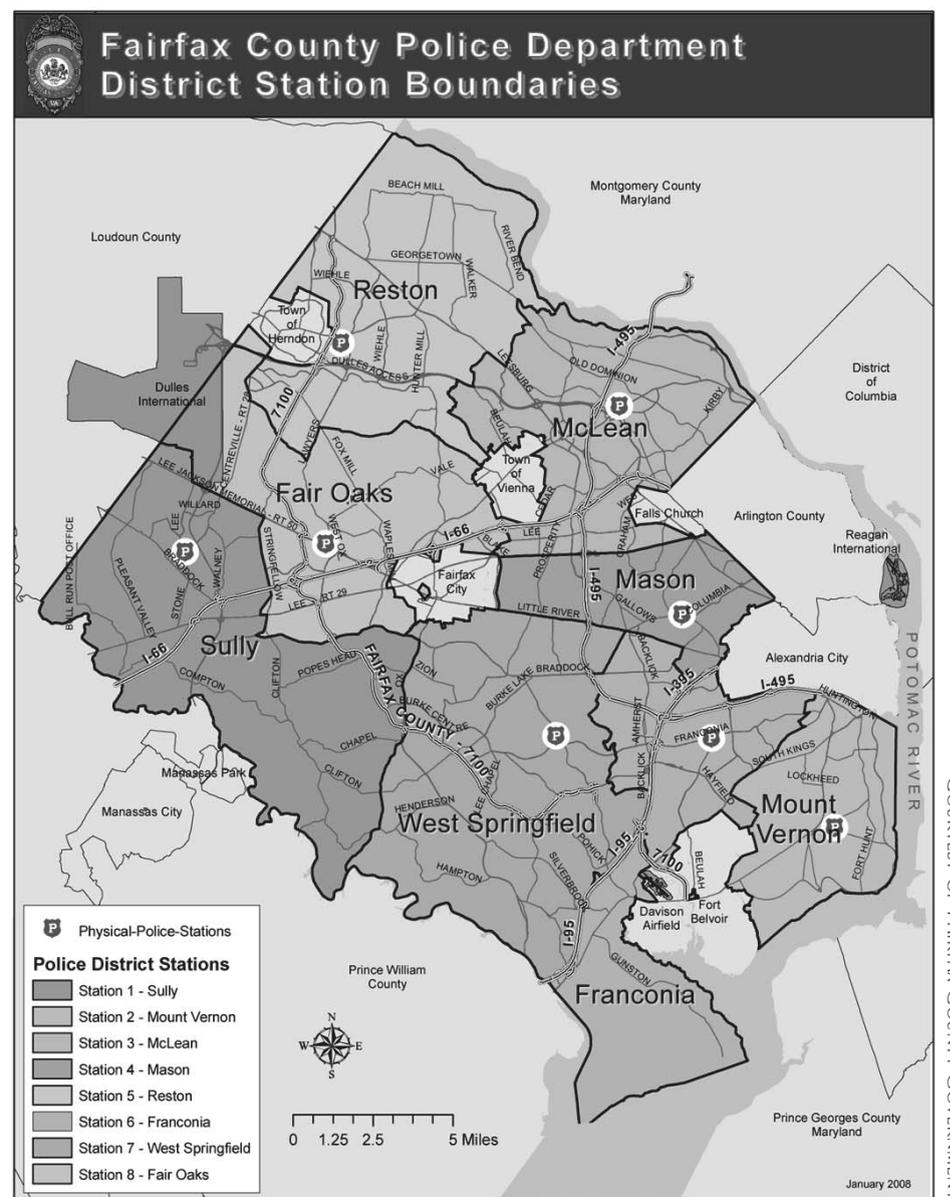
But the rapid development of the Lorton area over the last decade may also be putting a strain on the local police force. The Franconia Station is now responsible for far more residential and commercial developments than it had been a few years ago, which means more service calls for officers.

According to Bennett, the Franconia Station responded to 45,000 requests for help during the first six months of 2010 while

**"I do support and think that we need another station down there."**

— Supervisor Patrick Herrity (R-Springfield)

SEE POLICE, PAGE 9



**Police response to some Lorton area calls is slower than other parts of Fairfax County because no local district station exists.**

## Julia Shew Aims to Row 3,000 Miles via Occoquan River



Julia Shew

PHOTO BY ALEX ROGGE

To celebrate her 65th birthday this month, Julia Shew plans to complete her quest to scull 3,000 miles in one year — the equivalent of going from her hometown of Larkspur, Calif. to Fairfax, Va.

Shew, a member of Fairfax County's Occoquan Boat Club, passed the annual club record of 2,050 miles on Aug. 17. She had accrued more than 2,707 miles as of Sept. 24. The average distance sculled in a season by individual members of the club is approximately 250 miles.

During the spring and summer, Shew has launched a single scull at 7 a.m. on most mornings from the Northern Virginia Regional Park Authority's Sandy Run Rowing Facility in Lorton. She sculls west on the Occoquan Reservoir to Bull Run Regional Park and back again, a round trip of 18 miles. On Aug. 31, she made her 100th trip for the year. The average time of each trip is three hours.

Shew began to row as an undergraduate at University of California at Berkeley. As a member of a four-person boat, she was part of the first Cal Women's crew. She finished in the first women's national regatta sponsored by the National Women's Rowing Association held at Green Lake, Washington in 1966.

In 2007, after having been away for the sport for 40 years, Shew was encouraged to scull again by her instructor at Gold's Gym in Lorton, who was a member of the Occoquan Boat Club. Getting back into the sport, she attended a sculling camp on the Occoquan Reservoir in 2008. Now she is planning to add her 3,000-mile goal to her accomplishments.

Shew and her husband, Karl, have competed as members of the Cornell Club in the Dragon Boat Festival, which takes place on the Potomac River in Washington, D.C.

# Police Station in Lorton?

FROM PAGE 8

an average Fairfax County station only had to handle between 25,000 and 35,000 such calls.

"I do support and think that we need another station down there. There is a great divide in terms of the coverage they get and the coverage the rest of the county gets," said Supervisor Patrick Herrity (R-Springfield), who represents the western portion of Lorton and the Fairfax Station area.

Fairfax County Chairwoman Sharon Bulova (D-At-large) said many other county supervisors and the local government executive staff are also aware that a police station will need to be placed in the Lorton area and are actively looking for an adequate site.

"It has been on the county's radar screen,"

said Bulova.

But there are competing needs, even within the police department, for construction dollars, said several supervisors. For example, the Massey building in the City of Fairfax — the county's central administration building for public safety — is in great need of an upgrade, said Bennett.

Given the limited pool of resources, Herrity has suggested that the county look at shutting down the Fair Oaks station, which is slated to be renovated in the near future, in order to free up more money for a Lorton area police facility, he said.

Prior to making its presentation to Hyland, Cammarata's public safety committee will solicit input from the residents on public safety at a Nov. 8 town hall meeting in the South County Secondary School cafeteria, he said.



**Capitals Coach Stars at Local Party**

Washington Capitals hockey coach Bruce Boudreau visited the Fairfax Station of Joe Hadeed to make a commercial for Hadeed Carpet, founded and located in Alexandria. The video can be seen at [hadeedcarpet.com](http://hadeedcarpet.com) and features a party scene complete with a guest horse. Participants in the commercial, from left, included James Noble, Max Acchione, a guest horse, Chris Walker, Wes Johnson between horse owner Tracy Wysong and her son Tyler, Jay Rosenberg, Boudreau, Marla Brannan and business owner Hadeed.

## COLLEGE NOTES

**Letitia Wells**, a member of the class of 2012 from Lorton, has been named to the spring dean's list at Loyola University, Md. In order to qualify for the dean's list at Loyola, a student must have a GPA of at least 3.5 with a minimum of 15 credits.

**Kaitlin Raitz** of Fairfax Station was named to the Marist College dean's list for the spring 2010 semester. Raitz is a member of the Class of 2013 and is majoring in psychology.

**Kenya Anderson**, a 2010 graduate of South County Secondary School, is one of four high school graduates to receive a Robert G. Porter Scholarship Sunday at the American Federation of Teachers national convention. Recipients show outstanding service to their community and plan to pursue a career in labor, education, health, or government service. Anderson will be attending the University of Virginia in the fall, where she plans to study mass communication and journalism.

This summer, **Adam Ressa** of Fairfax Station, a graduate of Virginia Tech's Department of Theatre and Cinema, was a finalist in Disney's 19th ImagiNations Design Competition. His team placed third in the nation. Using the Disney/Pixar movie WALL-E as their springboard, the Virginia Tech team created "The Millennial Museum," an interactive, multifaceted attraction for a Disney theme park. The team describes it as a museum set in the year 3000 that misinterprets today's culture.

**Natalie Louise Commins**, a Paul VI High School graduate from Fairfax Station, was among the 519 graduates awarded diplomas at Denison University's 169th commencement held May 16. After studying abroad for a semester with the Queen's University program in Belfast, Ireland, Commins received a Bachelor of Arts Degree with a double major in biology and religion.

**Cadet 1st Lt. Victoria Kolton** of Fairfax Station graduated from Randolph-Macon Academy on May 29. At the end of year awards ceremony, she was presented the President's Leadership Award and the Drama Medal. Kolton plans to attend Virginia Military Institute in the fall.



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## DINING

# Clifton Café: Destination for Crepes

Where people gather, relax and feast.

BY BONNIE HOBBS  
THE CONNECTION

**T**he Clifton Café has become what all restaurants hope to be — a destination. Just ask Ann and Pete Vaffis of Fair Oaks, who turned into regular weekend customers since discovering it.

“It’s a cute little town, and eating at the Clifton Café makes our weekend,” said Ann Vaffis. “We get energy here first and then go on a bike ride. It’s a lovely spot to have a relaxing, yummy meal.”

“We tell everyone to come here,” said Pete Vaffis. On a recent Saturday, he and his wife ate three crepes between them. They split Hannah’s Denver — ham, onions, mushrooms, peppers, cheddar cheese and tomatoes.

Then Pete had Ana’s Nutty Bananaberry, filled with Nutella chocolate-hazelnut spread, bananas and berries with powdered sugar. “It’s awesome,” he said. “The Nutella and fresh fruit mix so well.”

Meanwhile, Ann enjoyed Erin’s Eclectic Berry made with fresh berries and powdered sugar. “It was nice and light, fresh, lovely and delicious,” she said. “This is a special, homegrown spot, not like a chain.”

Located at 7144 Main St. in Clifton, it’s upstairs and just to the left of the Clifton Store. Owner Erin Tengesdal grew up in Clifton, and she and her husband bought and opened the business in March 2009 when it mainly sold coffee, salads, sandwiches and pastries.

“When the economy was going south, my husband’s old business was partially bought out, and this shop was available, a block away from our house,” she said. “I always wanted to own a coffee shop, and this al-

ready had coffee equipment in it, so we felt the time chose us. We felt that, if we could make it in a down economy, then when the economy came back, we should be fine.”

It wasn’t until November 2009 that crepes became the main event. “I’ve always had a passion for crepes so, in August 2009, my husband and I went to Paris and visited several creperies,” said Tengesdal. “Then that October, we got our first crepe machine. You hand-make the crepes, but the machine helps you cook them.”

Next, she formulated her batter’s secret recipe. She and her staff taste-tested several batters and came to a consensus on the best one. “We have one, basic batter that uses organic buckwheat hand-milled for us in Ohio,” said Tengesdal. “It’s an egg-rich batter with a higher concentration of eggs than most crepes.”

She has 10 employees, and those who’ve suggested tasty crepes have had them named after them and placed on the menu. “Some of our neighbors have made up crepes, as well,” she said. “For example, there’s Bittner’s Bliss, named after our friend, Steve Bittner. It’s filled with goat cheese, spinach, artichokes and grilled chicken. And Randy’s Righteousness, named after friend Randy Thompson, has Black Forest ham with Swiss cheese and dijonaise.”

To have a successful business in a small



**Barista Alli Pitts serves butterscotch mocha lattes that she decorated.**

town off the beaten path, said Tengesdal, “You’ve got to give people a reason to come to Clifton, not just for coffee. So we figured we’d offer great, quality food made from scratch that’s different and unique and you can’t get anywhere else.”

So far, it’s working. “We’ve had a great reception and it’s comforting to see business growing,” said Tengesdal. Clifton Café also caters for small offices and parties.

Besides Bittner’s Bliss, the most popular savory crepe is the Spicy Chicken, featuring grilled chicken, guacamole, black beans, jalapenos, salsa and cheddar cheese. A new one is Evan’s Exotic Equation, named after a regular customer and friend. It’s filled with homemade pesto sauce, spinach, chicken, feta cheese and fresh tomatoes.

“Every crepe is made fresh to order, so we can add or take out items and customers can have crepes their way,” said Tengesdal. “We also have monthly specials not on the menu, such as Ginger Chicken, which is grilled chicken with Havarti cheese, red peppers, onions and ginger sauce.”

The most expensive crepe, at \$10.75, is Amelia’s Alaskan Adventure made with salmon, cream cheese, capers and tomatoes. But the majority of the lunch crepes are \$6.75-\$8.95.

Among the dessert crepes, Ana’s Nutty Bananaberry is a favorite, along with Donna’s Decadence, named after friend Donna Netschert and containing homemade

blintz cheese, blueberry jam or seasonal fresh blueberries, maple syrup and powdered sugar. Other sweet choices include Don’s Delight, made with peanut butter, bananas, chocolate and powdered sugar, and Doris’s Danish, featuring melted butter, powdered sugar and white chocolate.

“Alli’s Stuffed French Toast is one of our best-selling breakfast crepes,” said Tengesdal. “It’s loaded with butter and powdered sugar, cinnamon, homemade blintz cheese and fresh sliced strawberries and topped with powdered sugar, maple syrup and whipped cream. People either get two or come back the next day for another. They love it.”

But that’s not all. Clifton Café also offers pastries, plus a variety of coffee drinks. PT’s Coffee Roasting Co. of Topeka, Kans. — named 2009 Roaster of the Year by Roast magazine — roasts the coffee served there. Among the custom espresso creations are crème brulee, butterscotch mocha and Samoa lattes. The latter contains Ghirardelli dark chocolate and caramel, plus all-natural Monin coconut syrup and tastes like a Girl Scout Samoa cookie.

Clifton Café also serves several gourmet sandwiches, such as turkey, havarti, guacamole on fresh panini bread from a bakery, and Mediterranean shaved chicken with homemade olive spread, feta cheese, lettuce, tomato and chicken on a freshly made, onion-brioche roll.

Hours are Monday-Friday, 6 a.m.-6 p.m.; Saturday, 8 a.m.-8 p.m.; and Sunday, 8 a.m.-6 p.m., and Tengesdal hopes even more people will come so they can see the community, too. “I want to share Clifton with people who may not know about this charming, unique town,” she said. “It has so much to offer.”

She also likes the fact that each customer has different expectations and needs. “What I love best is sharing stories of our own lives with each other,” said Tengesdal. “The customers come back and become friends that I see outside of work, and that’s truly the best part of this business.”

Clifton’s Catherine Leerar and daughter Brenda, of Washington, D.C., have birthdays close together, so they celebrated there recently with a special lunch. Catherine had a Randy’s Righteousness crepe and Brenda ate the Melissa’s crepe filled with spinach, goat cheese, dates and grilled chicken.

“It’s delicious,” said Catherine Leerar. “The crepe’s thin and well-prepared, not over-stuffed, and has a good mixture of flavors.”

“We’d absolutely recommend this place,” said Brenda Leerar. “It’s an independent café and a homey environment with reasonable prices, several choices and friendly, good service.”



**From left, Clifton’s Catherine Leerar and daughter Brenda enjoy lunch at the Clifton Café.**

PHOTO BY BONNIE HOBBS/THE CONNECTION

# ENTERTAINMENT

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

## THURSDAY/OCT. 14

**Practice Your English.** 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

## FRIDAY/OCT. 15

**Kingstowne Farmers Market.** 4-7 p.m. at Kingstowne Town Center, 5955 Kingstowne Center, Alexandria.

## SATURDAY/OCT. 16

**Canoe the Marsh With a Naturalist.** 8 a.m. at Pohick Bay Regional Park, Gunston Road, Lorton. Age 16 and up. \$25 per person. Reserve at 703-528-5406.  
**AppleFest.** 9 a.m.-1 p.m. at Silverbrook United Methodist Church, 8616 Silverbrook Road, Lorton. Yard sale, bake sale and chicken B-B-Q lunch. All proceeds used to send local needy kids to summer camp. 703-690-4159 or silverbrook-umc.org  
**Burke Farmers Market.** 8 a.m.-12 noon, at 5671 Roberts Parkway, Burke.

## SUNDAY/OCT. 17

**Vipay Dashami (Dushehra) Mela: Triumph of Good Over Evil.** 4-7 p.m. at Durga Temple, 8400 Durga Place, Fairfax Station. Cultural program, food, boutique, jewelry and more, followed by Ravan Dahan and Garba. 703-690-9355 or

www.durgatemple.org.

**Lorton Farmers Market.** 9 a.m.-1 p.m. at 8990 Lorton Station Blvd., Lorton.

**Northern Virginia NTRAK Show.** 1-4 p.m. at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Operation of model train displays. \$3 adults, \$1 children. 703-425-9225 or www.fairfax-station.org.

## MONDAY/OCT. 18

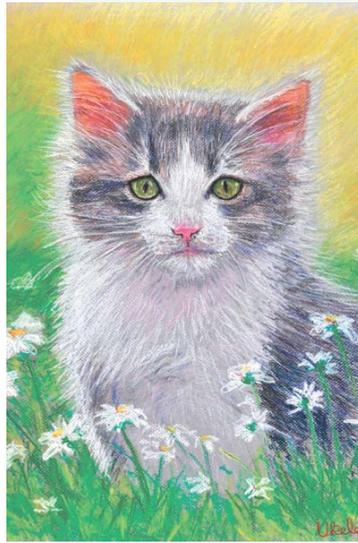
**St. Bernadette School PTO Golf Outing.** 11:30 a.m. at Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Prizes, Raffles, Range Balls, Gifts, and refreshments and dinner. \$185. Proceeds to be used for art room restoration. 703-451-9969.

**Book Bunch.** 3:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Book discussion and book-related activities. Title: "Julian, Secret Agent" by Ann Cameron. Ages 7-8 with adult. 703-971-0010.

**Bears, Bears, Bears.** 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Age 13 to 23 months with adult. 703-339-4610.

**Read to the Dog.** 4:30-5:15 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Read to a reading therapy dog. Sign up online or call to register for one 15-minute slot. Register at 703-339-4610.

**Amazing Amphibians: The Hidden World of Frogs and Toads.** 2:30 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Meet and learn about the frogs and toads living all around us. Presented by the staff of Hidden Pond Nature Center. Age 6-12. 703-451-8055.



'Pretty Kitty' by Patty Ukele

## Heartfelt Paintings

"Dear to My Heart" is an exhibit featuring paintings by Patty Ukele, who was born in Washington, D.C. and has lived in Clifton since early childhood. The exhibit runs Nov. 2-Dec. 4, at the Loft Gallery, 313 Mill St., Occoquan. A meet the artist reception will take place Saturday, Nov. 6, 1-4 p.m. For more information, call The Loft Gallery at 703-490-1117.

## TUESDAY/OCT. 19

**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.

**Kristin Levine.** 6 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Local author Kristin Levine will talk about her book The Best Bad Luck I Ever Had. Age 8 and up. 703-971-0010.

**Lullaby Stories.** 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Stories and activities. Pajamas and stuffed animals welcome. Age 1-5 with adult. 703-339-4610.

**English Conversation Group.** 7 p.m. Richard Byrd Library, 7250

Commerce St., Springfield. Practice and improve your English. Adults. 703-451-8055.

## WEDNESDAY/OCT. 20

**Teen Read Week: Crime Scene Investigation.** 4 p.m. at Lorton Library, 9520 Richmond Highway, Lorton. How good are your skills of observation? Learn first-hand as the Fairfax County Police Department presents "hands-on" investigation techniques. For ages 13-18. Register at 703-339-7385 or www.fairfaxcounty.gov/library.

**Wakefield Farmers Market.** 2-6 p.m. at 8100 Braddock Road, Annandale.

**P.A.L. Read to the Dog.** 4:30-5:15

p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice reading skills with a trained therapy dog. Register for a 15-minute session at 703-249-1520.

**Fun for Twos and Threes.** 10:30 a.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Stories and activities. Age 2-3 with adult. 703-971-0010.

**Practice Your English.** 10:15 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

## THURSDAY/OCT. 21

**Book Discussion Group.** 6:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Remains of the Day by Kazuo Ishiguro. Adults. 703-971-0010.

**Practice Your English.** 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

**Lorton Book Club.** 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. The Lost Symbol by Dan Brown. Adults. 703-339-7385.

## FRIDAY/OCT. 22

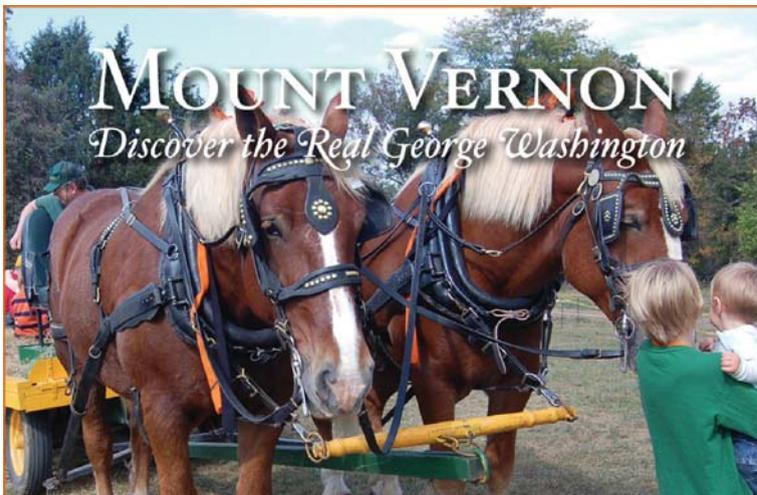
**Suits for Vets Concert.** 8 p.m. at JAXX Nightclub, 6355 Rolling Road, Springfield. John Eddie and his band in a benefit for Suits for Vets, providing business clothing to wounded warriors transitioning from the military into a civilian career. Opening act is the Northern Virginia band, The Road Ducks. \$17 in advance, \$20 at the door. Age 18 or older. To purchase tickets go to www.TicketMaster.com or call 703-987-8890.

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# Stallions Pursue Season-Changing Win

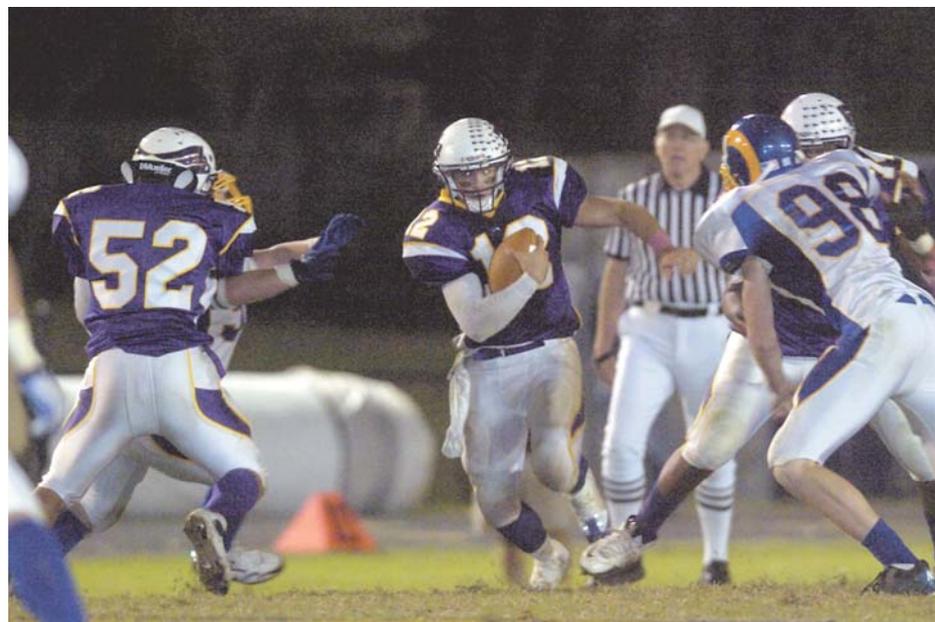
Defending region champion Bruins will visit South County on Friday.

BY RICH SANDERS  
THE CONNECTION

This has been a season of tough losses, some close and some blowouts, for a young South County football squad. But through it all thus far, the Stallions have kept their heads up, kept working hard and focused on their next opponent.

"The amazing part about this team is the kids are resilient," said South County coach Pete Bendorf. "They've come back every Monday [for practice] ready to work."

This week, the task is quite formidable for South County (1-5), which is coming off a 7-6 Patriot District loss at West Springfield Friday night, Oct. 8. The Stallions, this Friday night at home, will take on district rival and defending Division 6 Northern Region champion Lake Braddock. The 5-1 Bruins, whose only loss came two weeks ago in a 10-7 home setback to Robinson on Oct. 1, are bent on winning their remaining four district games before heading into the eight-team regional playoffs where they will look



**Bruins' QB Michael Nebrich (12) can change the course of a game with both his throwing as well as his ability to run with the football. South County is well aware of the senior's big play ability. Blocking for Nebrich is senior lineman Philip Shim (52).**

to successfully defend their championship.

Following the three-point loss to the Rams of Robinson — a team coached by Pete's brother, Mark, — Braddock came back strong last Friday night with a 48-7 triumph at Lee.

Certainly, South County will need quite a showing to defeat the talented Bruins. But make no mistake, the Stallions will not be

intimidated by their heralded opponent.

"When you play a district opponent like Lake Braddock year after year, the kids know who they're playing," said Pete Bendorf. "There is not a sense by the kids of being overwhelmed. [Still] Lake Braddock is an excellent team."

The Bruins' high powered offense is led by senior quarterback Michael Nebrich,

"It's the little things that have cost us, like penalties. We have so much talent."

— South County Senior  
Ronny Vandyke

who, a year after helping Braddock reach the state finals, is having another banner fall campaign.

"Michael Nebrich, in my opinion, is the best quarterback in the Northern Region," said Bendorf. "No. 1, I think he's an outstanding competitor, which is the first thing you want in a quarterback. He's an accurate passer and a very physical runner. You worry about him breaking a long run on a [designed] pass play. The last few years he's won a lot of games with his feet."

Nebrich has one of the best wide receivers in the area in senior Matt Zanellato.

"If we can stop [Zanellato] and contain their quarterback, we have a chance of winning," said South County senior outside linebacker/wide receiver Ronny Vandyke. "Nebrich can throw, everybody knows that, and he is so mobile. He can run out of the pocket and go downfield. He's really a dual threat."

SEE SOUTH COUNTY, PAGE 16

## Mackay — Promise in Defeat

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

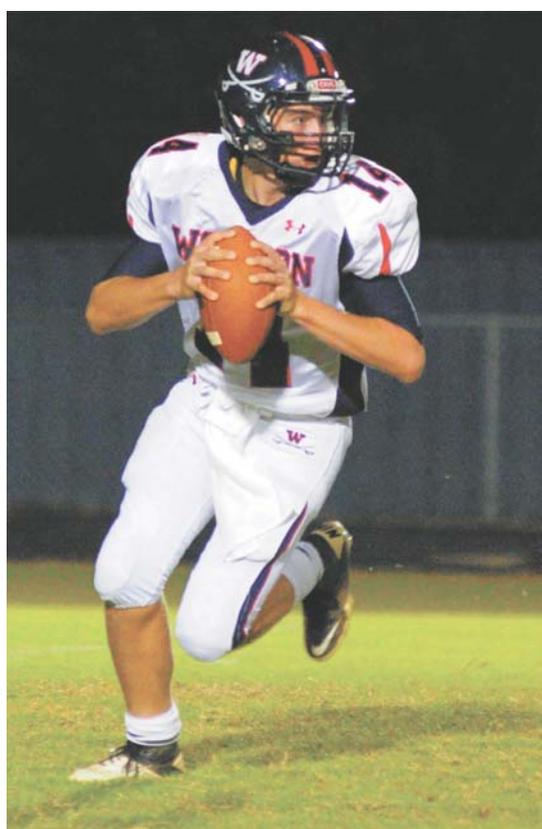
BY JON ROETMAN  
THE CONNECTION

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 382 yards through the air, threw for three touch



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

SEE SOPHOMORE, PAGE 13

## 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



# SPORTS

## Sophomore Shows Promise

FROM PAGE 12

downs 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."

Some folk want their luck buttered.

—Thomas Hardy

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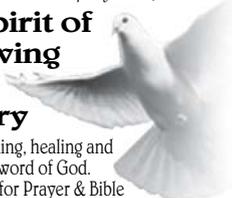
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# OPINION

## 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-

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

### Crying 'Wolf'

To the Editor:

"In this economy, that's the Fimian agenda?" was on one side of a flier that arrived this past Saturday. Littered with junk as our mail usually is on the weekends, I hesitated to even go through it, but at the sight of this and another abortion issue flier I did. The two mailers that caught my attention were both from U.S. Rep. Gerry Connolly (D-11) trying to portray Keith Fimian, falsely if I may add, as primarily concerned with taking away women's access to abortion and labeling him anti-choice.

As a conservative woman and quite familiar with Fimian's outrage at the stratospheric, seemingly unstoppable spending spree in Washington, an outrage shared by Americans all across our nation, I felt extremely disappointed at Mr. Connolly. But my irritation was even more acute at his use of this pretty tired-old tactic, demonstrating his utter disregard for the intelligence of women in the 11th Congressional District, many of them Democrat and Independent

voters. While Mr. Fimian's convictions espouse pro-life and pro-family values, to falsely characterize his pro-life stand as a threat to pro-choice women in the 11th District is absolutely ludicrous and an insult to the intelligence of these constituents. Furthermore, to falsely claim that this issue for (Mr. Fimian) takes precedence over job creation and getting the economy back on track is quite frankly beyond the pale. It is precisely this kind of obvious duplicity that has

### LETTERS

voters all over the nation wincing in disgust at career politicians and aching to replace them with individuals who like Fimian have experience creating jobs and are not part of the corrupt Washington establishment.

I urge women in Northern Virginia to not let Mr. Connolly tell them what to do, what to believe or what to expect from his opposition. I urge them to see for themselves. I urge them to not overlook that Mr. Connolly, who has voted for every single spending bill and measure passed by Congress

within the past 18 months, is now running away from his record claiming he is a fiscal conservative. Mr. Connolly, has no credibility. As a woman, mother, friend, neighbor, professional and entrepreneur, I can tell you that the reason I support Mr. Fimian is his determination to use his business acumen, his job creating experience to bring certainty and spending control in Congress. Don't let Connolly crying wolf with the abortion issue misguide you. I'm sure you will see right through his shameful attempt to hide his abysmal record in bringing about a prosperous economic environment and his unabated support for the spending excesses of Washington. Independent thinkers seek the truth.

Lin-Dai Kendall  
Fairfax Station

### Fimian Fibs

To the Editor:

Republican congressional candidate Keith Fimian recently sent a mailer to my home in which he

claims to be a successful small businessman while grossly distorting facts about Fairfax County budgets. Fimian, who has zero experience in local, state or federal government, also claims in this mailer that U.S. Rep. Gerry Connolly (D-11) "drove Fairfax County's budget \$650 million into the red."

As a former federal government auditor, executive and financial manager with more than 30 years of experience, I can assure you that Keith Fimian is either lying to voters in his mailer or he is ignorant of basic accounting principles that a businessman or a government official should understand. In either case, Fimian's outrageously false claims show him to be unfit for public service in the U.S. Congress.

Congressman Connolly has always been a reliable fiscal steward of public funds. The fact is that Fairfax County had a balanced budget in each of his 14 years on the Board of Supervisors, including his five years as chairman.

SEE LETTERS, PAGE 15

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# LETTERS

FROM PAGE 14

There was absolutely no red ink for Fairfax County's budgets during these years. In fact, Fairfax County was even judged to be Best Managed County in the nation in part for its exceptional financial management.

In these challenging times, we need a proven and experienced government leader. Gerry Connolly is bringing the same leadership excellence to Washington that we have witnessed in Fairfax County. After only one term, Connolly has earned a reputation on Capitol Hill as an expert on issues affecting local and state governments. Join me in voting to re-elect U.S. Rep. Gerry Connolly on Nov. 2.

**Rex Simmons**, Chairman  
Fairfax County Democratic Committee

## Vote To Retire

To the Editor:

U.S. Rep. Gerry Connolly (D-11) has said about health care reform that "reform will, in fact, lower costs [and] improve coverage," and he helped pass legislation that we were promised would include no "stealth taxes." He hasn't been correct on any element yet.

I am one of an estimated 35 million Americans who have flexible savings accounts (FSAs) for health care. However, this summer, I received notice that due to the health care reform law that Connolly voted for, starting next year over-the-counter medications will no longer be covered under an FSA without a doctor's prescription. Additionally, in 2013, the amount that can be set aside in a health FSA will be cut in half, to \$2,500 per year.

Connolly's health care reform now means that for my family to obtain the same benefits from our FSA, we will now need to pay \$10 co-pays for doctor's visits to obtain prescriptions, which is of course only the tip of the iceberg of the actual cost of an office visit. For us to receive the same benefit, we would be imposing an added burden, and cost, on the health care system — belying Connolly's notion that costs will decrease.

Alternatively, we can reduce the amount we set aside into our FSA by the amount we spend on over-the-counter items, as we will have to do in 2013 anyway under Connolly's version of reform. However, this will have the effect of raising our taxable income, in other words, a "stealth tax" that will only increase our taxes and reduce our benefit. Neither option lowers health care costs or improves our coverage; it only gives Connolly and Speaker Nancy Pelosi (D-Calif.) more of my money to spend, spend, spend.

Connolly is proud of his vote to stealthily raise our family's taxes and decreases our benefits. That's not real health care reform, it's certainly not something to be proud of, and it must not be rewarded. I know my neighbors are also offended by his false salesmanship, and we and thousands others will be voting in November to retire Connolly.

**Eric D. Kleppinger**  
Fairfax Station

## 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 U.S. Rep. Gerry Connolly (D-11) this November, giving his support of healthcare reform as their reason. I am sad because we are becoming a nation requiring instant gratification, unwilling to make sacrifices or help our fellow Americans. This I blame partly on our elected officials who long avoided doing the necessary but unpopular thing: dealing with our healthcare crisis.

Currently, there are approximately 50 million uninsured Americans. Our health care costs are spiraling upwards, and we cannot continue with the escalating healthcare expenditures we have come to know. We who can afford healthcare are already paying for those who cannot through higher costs that come in part from the unpaid bills of the uninsured and underinsured that get passed on to us through rising healthcare insurance premiums or get paid by our tax dollars in the form of local government run, free and reduced fee clinics.

It took great courage to tackle the healthcare mess and I commend President Obama (D) for 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. 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. Shame on them.

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BY RICH SANDERS  
THE CONNECTION

**L**ocal 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 Jacob (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 finished 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 Gate 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.

# South County

FROM PAGE 12

South County's offense has struggled all season long with a lack of consistency. Untimely turnovers and penalties have prevented the Stallions from winning a couple of more games.

"We're a lot better than 1-5," said Vandyke. "It's the little things that have cost us, like penalties. We have so much talent."

Close losses to teams such as Annandale, 7-3, and Centreville, 32-28, have been particularly taxing because they were games South County was in position to win but for the miscues.

"It comes down to being able to move the ball well on a consistent level and that's what we've struggled with," said Bendorf.

South County must move the ball and eat up some clock in order to keep the prolific Lake Braddock offense off the field if it has any hopes of winning.

"I think we've made progress the last few weeks," said Bendorf, who has only a handful of senior starters this season. "We could have beaten West Springfield. At times [against the Spartans] we played extremely well. We've been able to move the ball and pick up first downs the last few games. You can't give Lake Braddock an opportunity with the ball."

Moving the ball against the Bruins, who allow just nine points per game, will be no easy task.

"They're stout on defense, big and physical up front," said Bendorf. "They make it difficult to run. They're also pretty athletic in the secondary."

A victory over Lake Braddock would be a feather in the cap for South County. It would also give the Stallions a huge boost and confidence for the team's remaining three games.

"I think this is a huge game for us," said Vandyke. "If we beat them we'll be the talk of the region."

## FAITH

# Interfaith Gathering Focuses on Women

**Conference discusses 'Holy Women of Faith.'**

BY NICOLE MACON  
THE CONNECTION

**O**n a cool Saturday afternoon, about 150 women of all faiths gathered in a basement lecture hall at George Mason University to celebrate "Holy Women of Our Faith," part of a series of interfaith events sponsored by the Ahmadiyya Muslim Student Association (AMSA) and the Women's auxiliary of Ahmadiyya Muslim Community, addressing Baha'i, Buddhist, Christian, and Islamic faiths.

Many of the small number of attendees who were not Ahmadiyya Muslims, such as Tina Cha, a Catholic from Chantilly, came to the free event to "learn more about the Muslim faith." There were opportunities to become educated about Islam before the Oct. 2 event even started — a small reception before the conference had free literature on display about Islam and the Pennsylvania Coalition Against Domestic Violence, who also sponsored the event, and allowed those curious to speak with a member of the Ahmadiyya Muslim community.

Religious representatives from the Baha'i, Buddhist, Christian, and Islamic faiths had equal time to describe the pillars of their faiths and their women of significance.

Rawa Jassem, George Mason University's Baha'i Faith community leader, emphasized her religion's belief in the equal treatment of men and women through Tahira, a highly educated woman who shocked society by appearing unveiled in public, and Bahiyyih Khanum, a "kind and generous" woman who stressed improved educational opportunities for women. Jassem explained that "no other world religion has been as explicit in equality of women" as the Baha'i faith.

Joan King, member and former secretary of Ekoji Buddhist Temple in Burke, represented Ekoji, also known as Zen, Buddhism, described Eshini and Kakushini, the wife and daughter of the founder of Zen Buddhism, independent women whose decision to dedicate their inherited property to their followers allowed their faith to flourish. Eshini also defied traditional Buddhist belief, asserting that she and her daughter would be "allowed to go to the pure land," an attainment only men could achieve.

The Rev. Grace O'Neil, senior minister of St. Alban's Episcopal Church in Annandale, not only spoke of the most famous Christian women, Mary the Virgin and Mary Magdalene, but also highlighted women throughout the ages who were faithful Christians yet also questioned aspects of their faith. Judy Whiton, a Gaithersburg

resident and Presbyterian, was unaware that the Episcopalians revered "women of the 20th century instrumental in women's rights," and as a result "learned more about Christianity."

The final speaker, Sister Saliha Malik, a converted Ahmadiyya Muslim originally from England but now teaching at Brown University in Providence, R.I., had a challenge — to explain aspects of Islam that some view as demeaning to women. Malik explained that, although the Prophet Muhammad had 12 wives in his lifetime, he was monogamous with his first wife, Khadija, and after her death, married women who were mostly widowed.

Muhammad established common law rights for women, such as the right to divorce, to veil oneself with a hijab, to inherit and to own property and maintain wealth, Malik says. Hijab is not considered as degrading, but promotes "chastity, honor, and dignity" in women, said Malik.

Malik goes beyond the rules of Ahmadiyya Muslims by wearing a niqab, a veil that partially covers her face when performing everyday tasks. Malik has never had to defend her niqab, but received much respect when she wears it in most everyday situations.

A campus-wide power outage cut the question and answer session short, but the panelists stayed in semi-darkness to answer a few more questions.

## FAITH NOTES

**Messiah United Methodist Church**, 6215 Rolling Road in Springfield, has announced their October events. Contact the church at 703-569-9862 ext. 208 or [dcarnes@messiahumc.org](mailto:dcarnes@messiahumc.org).

♦ **Hearts & Hands Bazaar**. 9 a.m.-3 p.m. Saturday, Oct. 16. Vendors and crafters, furniture, toys, a silent auction, baked goods, a pumpkin patch and more.

♦ **HarvestFest**. 4-8 p.m. Saturday, Oct. 23. Pumpkin carving, fall-themed crafts, pie eating contests, clowns, a costume parade, Trunk-or-Treat and more.

♦ **Poverty Summit**. 9 a.m.-1 p.m. Saturday, Oct. 30. An open forum addressing poverty and possible solutions. Free, registration required at [www.messiahumc.org/#/serve/pov-erty-summit](http://www.messiahumc.org/#/serve/pov-erty-summit).

**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](mailto:carolynsmith.stleos@gmail.com) or 703-273-5369.

**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](http://www.BurkePresChurch.org).

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**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  
One Man Left Studios, LLC  
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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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<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>	<p><b>HANDYMAN</b></p>

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**Fairfax \$490,000**  
Stylish contemporary w/ universal appeal in popular Bonnie Brae! Boasting 2,500+ sq ft on two levels > 5 BRs and 3 FBs! Fresh paint, updated bathrms, and kitchen w/ granite make this spacious home move-in ready!



**Burke \$549,900**  
Upgrades galore throughout this beautifully maintained 4 BR / 2 FB / 1 HB colonial located on cul de sac! Corian counters, plantation shutters, hardwoods, central vac & many more! Custom screened porch overlooks private backyard!



**Fairfax Station \$599,900**  
5 bedrooms, 3 1/2 baths – hardwood flooring – master bedroom sitting rm – beautiful curved staircase in foyer – butler's pantry – spacious rec room/den/bedroom & full bath on lower level – backs to beautiful treed parkland.



**Lorton \$569,900**  
NEW HOME, TO BE BUILT! Beautiful Cambridge Model by Novella Homes with 4 bedrooms, 2.5 baths on 1/2 acre lot. Still time to choose your options!  
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**Fairfax Station \$795,000**  
**This Home Has it All!!!**  
6+ acres – 5 car garage – pool – fabulous solid brick beauty!!! Featuring 4 bedrooms, 3 1/2 baths, huge family room addition w/wall to wall windows – center island kitchen w/granite counters – finished lower level. Location, Location, Location.  
For a private showing call Sheila Adams 703-503-1895



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**Alexandria \$525,000**  
Great location for commuters! Remodeled and expanded home on large level lot. 5 bedrooms 4 baths, hardwood floors on 2 levels, fireplace, gourmet kitchen w/Viking range and fully finished basement w/ 2nd kitchen. Fully fenced and long driveway for plenty of parking.  
Call Pam Boe, 703-503-1888 for appt.

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**DATES IN 2010:** **TIME:** 7:00-9:00 PM  
**October 27** **LOCATION:** Long & Foster's Northern Virginia Training Center  
**December 1** 3069 Nutley St. Fairfax, VA 22031  
From the Beltway (495), take Rte. 66 West to the Nutley St. South Exit (exit 62) towards Fairfax. Go through the intersection of Lee Highway and Nutley Street. The training center is located in the Pan Am Shopping Center on the left.  
**TO REGISTER:**  
Please contact Mary Ann Plonka at 703-503-1898 or maryann.plonka@longandfoster.com



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**Fairfax \$525,000**  
Stylish 4BR/3BA Rambler in sought-after Kings Park West has it all...updated kitchen w/granite counters, stainless appliances, attractive cabinetry, & MBR suite w/sitting room & dressing area. Newer Deck and 6 person hot tub. Freshly painted throughout with many Decorator touches! Convenient to VRE, metrobus, & top-school tier!

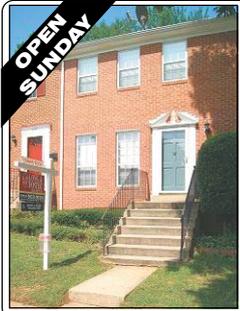
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**Falls Church \$389,000**  
Total Renovation!  
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**Mason Neck \$1,199,950**  
Stunning, custom built waterfront home on the Potomac River w/private dock & 2 boat lifts. Upper & Lower Decks and all Rooms offer breathtaking, panoramic water views. Features large MBR w/ luxury bath, updated kitchen w/formal DR opens to glass sunroom & great rm w/high vaulted ceilings & stone frpl.



**Occoquan Overlook \$1,050,000**  
Elegant 5BR, 5.5BA Colonial on cul-de-sac, backing to woods. Fantastic main lvl w/2-story foyer & dual staircase. Upper level master suite w/ sit rm & luxury bath. Finished walk-out LL w/family rm, game rm & bar, guest bdrm, media rm & full bath. Tiered deck, hot tub & patio!



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**Fairfax \$349,900**  
1.5 acre building lot located just minutes from charming Clifton and while convenient this gently rolling lot is located in a lovely, private wooded setting with a small stream. Ancient black walnut trees dot the property and there are several excellent choices for siting a home.

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