

Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

Winning Stroke

SPORTS, PAGE 10

Robert E. Lee freshman golfer Tyler Spears clears a ball out of the sand. Spears recently won the Liberty District Tournament Championship trophy.

Walking Out Of the Darkness

NEWS, PAGE 4

Face Off in 11th District

NEWS, PAGE 3

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ENTERTAINMENT, PAGE 9 ❖ SPORTS, PAGE 10 ❖ CLASSIFIED, PAGE 15

PHOTO BY MIKE GARTH

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NEWS

Honoring Berube's Career of Service

Karen Berube wins national award for service to HIV/AIDS patients.

BY JUSTIN FANIZZI
THE CONNECTION

Karen Berube has spent her professional life fighting a foe many believed to be unbeatable. It has tested her will over the years. At the end of the day, however, nothing can suppress her passion, and that passion is finally landing her some recognition from those who matter most.

Berube was the 2010 recipient of the Health Resources and Services Administration's (HRSA) Gabe Kruks Memorial HIV/AIDS Service Award for her 16 years of dedicated service to people with HIV/AIDS. The award, named after a Los Angeles street youth policy advocate, was given to Berube Aug. 26 at the HRSA's 2010 Ryan White Grantee Meeting and 13th annual Clinical Conference in Washington, D.C.

"I was so excited to win the award," Berube said. "It was very overwhelming, but it's great to know that people recognize the work that you do."

Berube, a Raleigh, N.C. native, may have been born and raised out of state, but her career began and flourished in the Commonwealth. Berube moved to Northern Virginia 22 years ago with her father and sister and soon thereafter enrolled at George Mason University. She then obtained a master's degree in social work from Virginia Commonwealth University, where her career, and life, would begin to take shape.



Karen Berube

As part of her master's program, Berube was required to secure an internship. She said that at the time, the HIV/AIDS epidemic had just hit the U.S., and due to the disease being relatively new, few doctors and medicines were available to treat it. Seeing a void that needed filling, Berube obtained an internship with Inova Health System's HIV Services and got her first taste of dealing with her lifelong nemesis.

"I was watching people die and die alone, and no one else seemed thrilled to get into that line of work back then, so I wanted to make a difference," Berube said. "There was just such a great need."

Berube hoped to get a job with Inova at the end of the internship, but there were no openings. Instead, she landed a position as Fairfax County's coordinator for its Regional AIDS Care and Treatment Program. Karen returned to Inova 18 months later, however, to the same program, now called the "Juniper Program," where she served as a clinical social worker. After a successful stint in that position, Berube quickly moved up the company ladder, jumping from mental health program manager to clinical program manager, and, in 2007, to director, operating out of Juniper's main Springfield office.

During her time as director, Berube has overseen a period of massive growth for the Juniper Program. The program, which had 70 patients when she started, currently treats 1,300, opening satellite medical centers in Mount Vernon, Dumfries, Arlington and Reston in addition to the program's Springfield headquarters.

"She has worked at almost all levels at Inova Juniper, first as a clinical social worker and then to other program manager levels," said Richard Olague, spokesman for HRSA's Department of Health and Human Services. "She is noted for her ability to make decisions that ensure the sustainability of high quality medical services."

This ability, which has catapulted her up the ranks, is what secured her the award. Berube said that several doctors in Inova Health Sys

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SEE BERUBE, PAGE 5

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 9

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 11

Operation Medicine Cabinet Cleanout Oct. 18-23

BY TOM COOK

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

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

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

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

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

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

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

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

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

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

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

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. 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.

NEWS



DONATED PHOTO

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

Way out of the Darkness

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

BY AMBER HEALY
THE CONNECTION

It's been three years since Peggy DiVincenzo lost her son, Daniel. Oct. 23 will be the first time she's spoken publicly about his suicide.

"I feel I'm ready to now," she said. "I've had time to recover."

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

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

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

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

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

Suicide is the third leading cause of death for 13-

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

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

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

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

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

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

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

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

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

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

SEE AFSP, PAGE 11

Berube

FROM PAGE 2

tem and other members of the area's health care community that several she was nominated for the award, completely unbeknownst to her. HRSA notified her in late July that she had won. Berube then attended the conference in August, where she was given a crystal trophy and gave a speech to her peers.

"It was so surprising," Berube said. "I had no idea anyone had nominated me for anything, I didn't realize how highly my peers thought about me. I just do my job every day and don't think about it because it's a job that I love."

While Berube is now an award-winning director of Northern Virginia's largest provider of HIV/AIDS care, she is not about to rest on her laurels.

"Back when I started, our job was to make [HIV/AIDS patients] have good deaths and not be alone when they die," Berube said. "Now, we're trying to help them have good lives. I'm really lucky to work with these amazing patients."



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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

Sandwiching Censors

To the Editor:

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

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

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

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

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

Marc Greidinger
Springfield

Tea Party Platform

To the Editor:

How can we expect cooperation in Congress when politicians like 11th District Congressional candi-

date Keith Fimian (R) take such extreme positions? He's running on the Tea Party platform this year, pushing for a radical social agenda, which makes bipartisanship impossible.

Fimian not only opposes a woman's right to choose and would outlaw stem cell research, but he belongs to an extreme group committed to banning contraceptives. He supports laws allowing pharmacists to deny contraception to women.

Fimian runs his campaign on these divisive social issues, far out of the mainstream views in the 11th District. He is out of touch with people here and, like most Tea Party candidates, he is running on a platform to thwart any proposal by political opponents. If he ever got to Congress, he would put his personal beliefs on abortion and contraceptives above the issues that matter to the people of Virginia.

My friends and neighbors and I have talked about this many times. We need to focus on job creation and the economy. We need bipartisanship to solve our problems,

and we can't afford extreme ideologies like Keith Fimian.

Janet Carver
Springfield

Recording Debt

To the Editor

I often read letters to the editor and opinion pieces and wonder about their shallow basis. A recent letter took to task the current administration's policies and their effect on the National Debt. The following is based on facts (BOPD, et al) and as much as I would like to include my opinions, I will refrain. The numbers and parties in power speak for themselves.

❖ Gerald Ford (Republican) took office when Richard Nixon resigned. He inherited a National Debt of about \$ 215 billion. It increased \$340 billion during his 29 months in office.

❖ Jimmy Carter (Democrat), inherited a debt of \$653 billion. It increased \$277 billion during his four years in office.

SEE LETTERS, PAGE 12

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NEWS DEPARTMENT:
To discuss ideas and concerns,
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Michael O'Connell
Editor / 703-778-9416

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

Julia O'Donoghue
Education & Politics
703-778-9436
jodonoghue@connectionnewspapers.com

Jon Roetman
Sports Editor
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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic

Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong,
John Heiny, Wayne Shipp,
John Smith

Production Manager:
Jean Card

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver

CONNECTION NEWSPAPERS,
L.L.C.
Peter Labovitz
President/CEO

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

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales
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COLLEGE

The following students from Springfield are among the 646 students who have been named to the dean's list at the University of Mary Washington: **Christine Reardon**, senior; **Allison Campo**, senior; **Valerie Lapointe**, junior; **Jennifer Gorham**, senior; Bradley Efford, senior; **Sarah Harpine**, senior; **Kerry Carfagno**, senior; **Shauna Youtzy**, senior; **Derek Whitaker**, sophomore; **Daniel Arias**, senior; **Edmund Brown**, junior; **Zein Al-Atrache**, junior.

Kristin Herman of Springfield received a bachelor of fine arts as a member of the Class of 2010 from The College of Saint Rose in Albany, NY.

Jeffrey Powell of Springfield was named to the chancellor's honor roll at the University of Mississippi for the spring 2010 semester. A grade-point average of from 3.75 through 4.00 is required of full-time students carrying at least 12 semester hours for listing on the chancellor's honor roll.

Erin E. Mackie of Springfield was named to the spring 2010 dean's list at Gardner-Webb University. Mackie is pursuing a degree in elementary education. The dean's list honors outstanding college students who have achieved a GPA of 3.7 or above.

Elizabeth S. Bognanno of Springfield was named to the spring 2010 honor roll list at Gardner-Webb University. Bognanno is pursuing a degree in nursing. The honor roll list recognizes outstanding college students who achieve a GPA between 3.2 and 3.7 through outstanding academic contribution during a semester.



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CAMPS & SCHOOLS



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



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

Spartan Spirit Comes Home West Springfield High celebrates 2010 Homecoming.



PHOTOS COURTESY OF JOSH MCNAMARA

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



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

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



PHOTO BY GARY BLACK/THE CONNECTION

Mexican Musicians at Austin Grill

Mariachi El Rey (The King) performs at Austin Grill in West Springfield. The band plays on Mondays i

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.

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

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.

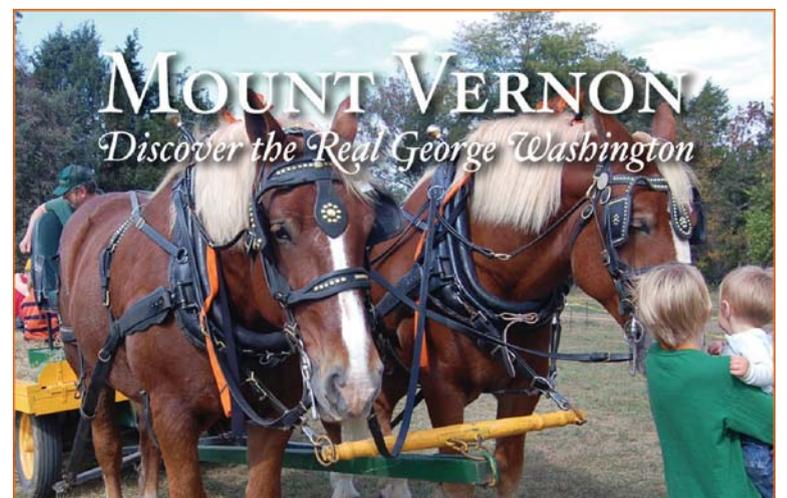
Practice Your English. 10:15 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

Pigeon Madness. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. Stories and activities. Age 2-5 with adult. 703-451-8055.

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.



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Connolly, Fimian Debate Issues

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 envi-

ronment.

"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.

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

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

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

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

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Spears Grabs District Trophy

Lee freshman finds success on golf course.

BY JENNIFER MCCAFFREY
THE CONNECTION

When Tyler Spears' grandparents bought him his first set of golf clubs at the age of 8, they likely thought his childhood dream of becoming a professional golfer was just that, a dream.

Six years later, it's still a faraway reality, but the 14-year-old freshman at Robert E. Lee High School is turning heads on the golf course for his impressive performances.

In late September, Spears, a lefty golfer, became the first individual Liberty District Tournament champion for Lee golf in 13 years. He beat out Lake Braddock senior Kenny Towns, the three-time defending district champion.

"The first day I went out and starting thinking of making it to regionals," said Spears. "The senior I beat had won it the previous three years, so I was the underdog coming in and there was no pressure on me."

Spears' dad, one of his biggest supporters, was out of town for the big match.

"He called me and told me he shot 75 the first day and was tied for fourth place," said Randy Spears.

"I said, 'That's good, the top five go to regionals.' Then his coach John Terrien called me and told me he shot 33 on the front on the second day, and I was thinking, 'OK, just hold it together and then maybe he'll qualify.'"

But Tyler Spears didn't just qualify. He shot a 69, by far his best score in any tournament, and won districts by four strokes.

"There are always moments like that where it's kind of like the beginning of a career," said Randy Spears.

The win sent Tyler Spears to the Virginia Northern Regional Tournament at Twin

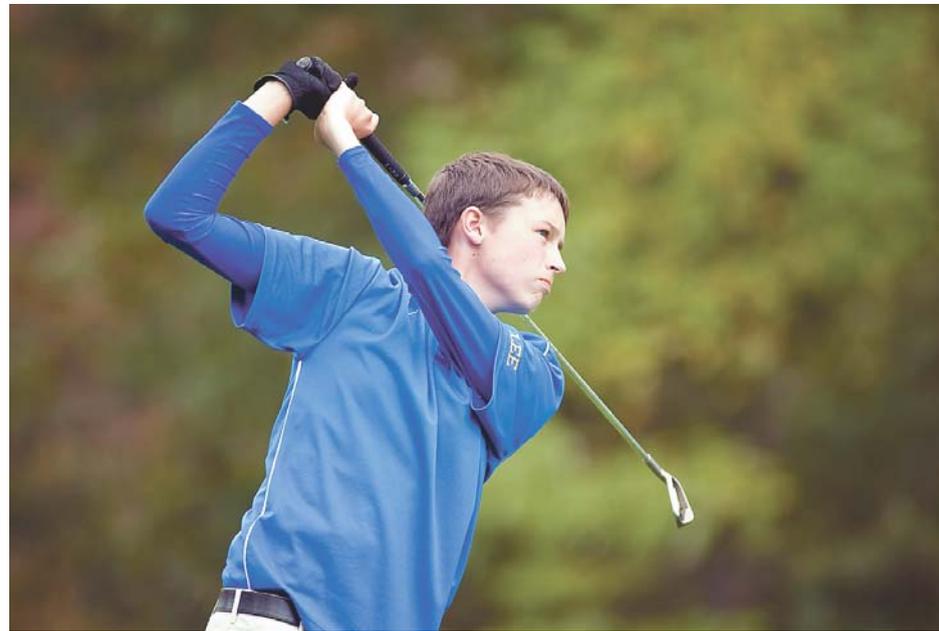


PHOTO BY MIKE CARTH

Robert E. Lee freshman Tyler Spears, 14, has found success on the golf course, including becoming Lee's first individual Liberty District Tournament champion in 13 years.

Lakes in Clifton on Oct. 5 and 6. After a tough first day, Tyler Spears rebounded and finished with a respectable two-day score of 166, not far behind the leader, Chantilly senior Ji Soo Park, who finished with a 1-over-par 145.

These recent accomplishments have given Tyler Spears a glimpse of what it will take to reach his ultimate goal of becoming a PGA professional.

Tyler Spears developed a deep interest in golf at young age following his dad around the course, but really began to play when he was about 10.

He worked diligently over the next three years, giving up his success in Little League baseball, to focus on golf and refine his skills. Yet, it was only about six months ago that he realized he had what it took to bring his game to the next level.

He was at a tournament in Maryland this past spring when he broke 80 for the first time, burying his last hole to finish the day in the 70s.

"He always competed but he never was

in the top 10 and then all of the sudden in the last six to eight months his abilities started getting a lot better," said Randy Spears.

Yet, Tyler Spears knows he will need more than confidence and hard work to excel. He plans on adding muscle to his lanky 6-foot-2-inch, 145-pound frame.

"We're going to get a weight training program going for these players in the off season so they get stronger and start hitting the ball a little farther next year," said coach Terrien of Tyler Spears and his Lee High golf teammates.

In the meantime, Tyler Spears will continue to compete in tournaments until December. He will balance a relentless practice schedule at Springfield Country Club to stay fresh in between tournaments.

"I'll practice my putting one day, and come back the next day and go to the range and practice there, and then after the third day I might go play nine holes and then follow that routine," said Tyler Spears.

As a lefty golfer, he hopes to someday emulate Phil Mickelson, one of the top-ranked PGA golfers in the world. Only time will tell if Tyler Spears can achieve such greatness, but if the past few months are any indication, he is well on his way.

"The first day I went out and starting thinking of making it to regionals."

— Tyler Spears

WEEK IN SPORTS

Hayfield Volleyball On a Roll

The defending National District champion Hayfield volleyball team defeated West Potomac 3-0 on Oct. 7, improving its record to 9-1. After dropping their season opener to West Springfield, 3-0, the Hawks have won nine consecutive matches, the last eight coming via three-set sweep. Hayfield has not lost a set since beating Lake Braddock 3-2 on Aug. 31.

The Hawks were ranked No. 7 in the Oct. 4 edition of the Northern Region Volleyball

Coaches Association top-10 poll. Hayfield is 1-1 against the region's top 10 teams, beating No. 10 Lake Braddock and losing to No. 6 West Springfield.

The Hawks will host Edison on Oct. 14, at 7:15 p.m., before traveling to Arlington for a showdown with No. 9 Yorktown at x on Oct. 18, 7:15 p.m. Hayfield lost to Yorktown during the 2009 regular season, the Hawks' first in the National District, before defeating the Patriots in the district tournament final. This season, the teams are once again considered the top two in the district and the winner will likely wrap up the top seed in the district tournament.

Spartan Football Gets Dramatic Win

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

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

Run to Glory

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 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).

— RICH SANDERS

Two Views on Tax Cuts

FROM PAGE 3

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

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

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

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

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

According to Connolly, the revenue lost by making

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

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

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

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

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

AFSP Walk at Mason

FROM PAGE 4

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

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

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

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

As many recently headlines proclaim, the number

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

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

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

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

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

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

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

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

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

Walk To Remember

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

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

Burke

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

Annandale

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

Fairfax Station

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

Lorton

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

Clifton

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

Fairfax

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

Centreville

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

Chantilly

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

To add your Realtor represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-Mail the info to epeck@connectionnewspapers.com All listings due by Tuesday at 3 pm.

LETTERS

FROM PAGE 6

❖ Ronald Reagan (Republican) emphasized the dangers of our runaway National Debt when campaigning in 1980. Reagan had a Republican Congress throughout both his terms. He inherited a debt of \$930 billion. It increased \$1.753 trillion during his eight years in office.

❖ George H. W. Bush (Republican) had a Republican Congress one half of his four-year term, and a split congress for the remainder. He inherited a National Debt of \$2.684 trillion. The debt increased \$1.224 trillion during his four years in office.

❖ Bill Clinton (Democrat) had a Republican Congress throughout his eight years in office. He inherited a National Debt of \$4.174 trillion. The debt increased \$1.485 trillion during his eight years in office. However, in Clinton's final year in office, the National Debt was reduced by \$267 billion.

❖ George W. Bush (Republican) had a Republican Congress for four of his eight years in office; the other four years he had a split congress. He inherited a National Debt of \$5.728 trillion. The debt increased \$4.067 trillion during his eight years in office.

Barack Obama (Democrat) inherited a National Debt of \$10.625 trillion. The service fees, interest, etc., on that Debt were \$460 billion dollars per year as of the day he took office. Final numbers for his first two years are not in yet, but each year nearly one half a trillion dollars of the budget goes to pay those inherited debt-related expenses.

For those of us who have difficulty relating to a trillion dollars: If I had a trillion dollars, I could give a million dollars to each of a million friends. And if I had a trillion dollars, I probably would have a million "friends."

Marvin Lautzenheiser
Springfield

Real Radical Is Connolly

To the Editor:

In his letter entitled "Reject Fimian" [Connection, Sept. 16-22, 2010], the writer is either willingly misleading or grossly uninformed when he states that congressional candidate Keith Fimian (R) is on record as opposing oral contraceptives. He has said no such thing. His statement of record in regard to that subject is actually this: he believes that in a free coun-

try, pharmacists with religious or ethical objections to contraceptives should not be forced to dispense them. He has no intention whatsoever of even wishing to, let alone trying to, tell women what choices they can and can't make about family planning.

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

Ramona Weaver
Burke

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.

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. 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.

Miriam Meyer
Clifton

HOME SALES

AUGUST 2010
\$289,000 ~ \$145,000

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot	AC	Subdivision
9074 GILTINAN CT	3	2	1		SPRINGFIELD	\$289,000	Townhouse	0.04		GLENWOOD MANOR
6302 DANA AVE	5	2	1		SPRINGFIELD	\$280,000	Detached	0.22		MONTICELLO FOREST
6602 THACKWELL WAY #J	2	2	0		ALEXANDRIA	\$280,000	Garden 1-4 Floors			CARRDINAL PLACE
6217 APACHE ST	3	2	0		SPRINGFIELD	\$277,500	Detached	0.20		SPRINGFIELD ESTATES
7734 TIVERTON DR	3	2	1		SPRINGFIELD	\$275,000	Townhouse			CARDINAL SQUARE
6480 FRANCONIA RD	3	3	1		SPRINGFIELD	\$270,000	Townhouse	0.03		SPRINGFIELD SQUARE
8419 LAZY CREEK CT	2	2	0		SPRINGFIELD	\$270,000	Townhouse	0.05		NEWINGTON FOREST
5511 KATHLEEN PL	3	1	0		SPRINGFIELD	\$266,000	Detached	0.40		NORTH SPRINGFIELD
6014 TRAILSIDE DR	3	2	0		SPRINGFIELD	\$260,000	Detached	0.26		SPRINGFIELD ESTATES
7111 DIJOHN COURT DR	3	2	1		ALEXANDRIA	\$260,000	Townhouse	0.03		D EVEREUX WEST
8523 MILFORD CT #909	3	3	0		SPRINGFIELD	\$259,000	Townhouse			CARDINAL FOREST
7857 GLENISTER DR	3	2	0		SPRINGFIELD	\$256,000	Detached	0.31		WESTVIEW HILLS
6329 HILLARY CT	3	3	1		ALEXANDRIA	\$254,900	Townhouse	0.04		WINDSOR PARK
6216 HILLSIDE RD	3	2	2		SPRINGFIELD	\$251,500	Townhouse	0.05		HILLSIDE LDNG
7230 GORMEL DR	3	2	0		SPRINGFIELD	\$242,000	Detached	0.54		BEVERLY FOREST
7226 HILLMEAD CT E	3	2	2		SPRINGFIELD	\$240,000	Townhouse	0.06		SPRINGFIELD VILLAGE
8489 CANYON OAK DR	2	2	2		SPRINGFIELD	\$225,000	Townhouse	0.03		SPRINGFIELD OAKS
6348 ROCKSHIRE ST	4	2	1		ALEXANDRIA	\$225,000	Townhouse	0.04		WINDSOR PARK
8300 BROOKVALE CT	2	1	1		SPRINGFIELD	\$220,000	Townhouse	0.02		NEWINGTON FOREST
8036 STEEPLE CHASE CT	3	2	1		SPRINGFIELD	\$214,000	Townhouse	0.03		NEWINGTON FOREST
8424 FORRESTER BLVD #581	2	1	0		SPRINGFIELD	\$212,000	Garden 1-4 Floors			CARDINAL FOREST
8660 HICKORY RIDGE CT	3	1	2		SPRINGFIELD	\$210,000	Townhouse	0.03		NEWINGTON FOREST
6212 ABILENE ST	4	2	0		SPRINGFIELD	\$209,000	Detached	0.19		SPRINGFIELD ESTATES
5800M TORINGTON DR #842	2	1	0		SPRINGFIELD	\$207,900	Garden 1-4 Floors			CARDINAL FOREST
7020 ELLINGHAM CIR #21	1	1	1		ALEXANDRIA	\$193,325	Garden 1-4 Floors			ETON SQUARE
8517 WESTOVER CT #762	2	1	1		SPRINGFIELD	\$165,000	Townhouse			CARDINAL FOREST
8509 BARRINGTON CT #Q	2	1	0		SPRINGFIELD	\$145,000	Garden 1-4 Floors			TIVOLI

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21 Announcements

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

26 Antiques

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-Archimedes

25 Sales & Auctions

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703-494-5062
We don't do yard or garage sales. Those sales are prepriced. All merchandise is sold same day. We do professional estate sales. Obtain highest dollar for your estate.
State Licensed & Bonded

21 Announcements

NOTICE TO CREDITORS OF THE DISSOLUTION OF ONE MAN LEFT STUDIOS, LLC

DATE: September 22, 2010

TO ALL CREDITORS OF ONE MAN LEFT STUDIOS, LLC:

You are hereby notified that ONE MAN LEFT STUDIOS, LLC, an Virginia Limited liability company, is dissolved by unanimous vote of its members on September 22, 2010. The Limited liability company has ceased conducting business and intends to collect its assets, pay or make provision for payment of its obligations and liabilities, and distribute its remaining assets to its shareholders on or before February 22, 2011.

All persons having claims against the Limited liability company should submit their claims in writing to the Limited liability company at 8109 Amber Court, Montgomery, AL 36117 on or before January 22, 2010. The Limited liability company will pay, or make provision for payment, of claims for which it is liable, to the extent its assets, on or before February 1, 2011. If any claim is rejected by the Limited liability company on grounds that it has no liability for payment, the person submitting the claim will be so notified on or before February 1, 2011.

Claims should be submitted even if the amount or existence of the liability of the Limited liability company is in doubt or has not been finally determined.

Pursuant to the Virginia Limited Liability Company Act, this notice is being published one time in a newspaper of general circulation in the county in which the Limited liability company's principal office is located (Fairfax County, Virginia) to notify persons who may have claims against the Limited liability company that are not known to the Limited liability company. All claims against the Limited liability company will be barred unless proceedings for the enforcement of the claim are commenced within five years after the publication of this notice.

Alexander Okafor, Managing Member
One Man Left Studios, LLC
8109 Amber Court
Montgomery, AL 36117

21 Announcements

Urgent news for people who had HIP REPLACEMENT
Several hip replacement systems used since 2003 have been recalled or had sales suspended due to an increased need for a second hip replacement. If you had or need a second hip replacement or are having unexpected hip problems, call us now for a free consultation at 1-800-THE-EAGLE (toll-free). No fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.
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25 Sales & Auctions

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21 Announcements

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60 X 120 X 16	\$50,450

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Alexander Okafor, Managing Member
One Man Left Studios, LLC
8109 Amber Court
Montgomery, AL 36117

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 FURNERAL HOME, Springfield, VA.
www.demainefunerals.com

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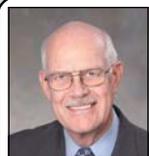
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