

The stormwater pond near Nike Park in Great Falls. Fairfax County is planning additional stormwater improvements in conjunction with the installation of an artificial turf field.

Nike Field to Handle 100-year Storm

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Keeping the Pressure On

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The Smoking Trail

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Home Life Style

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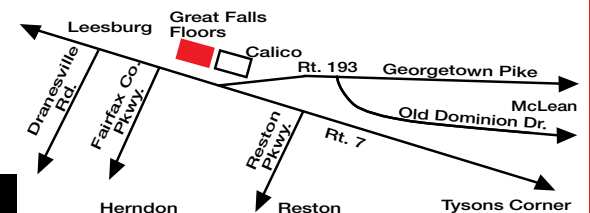
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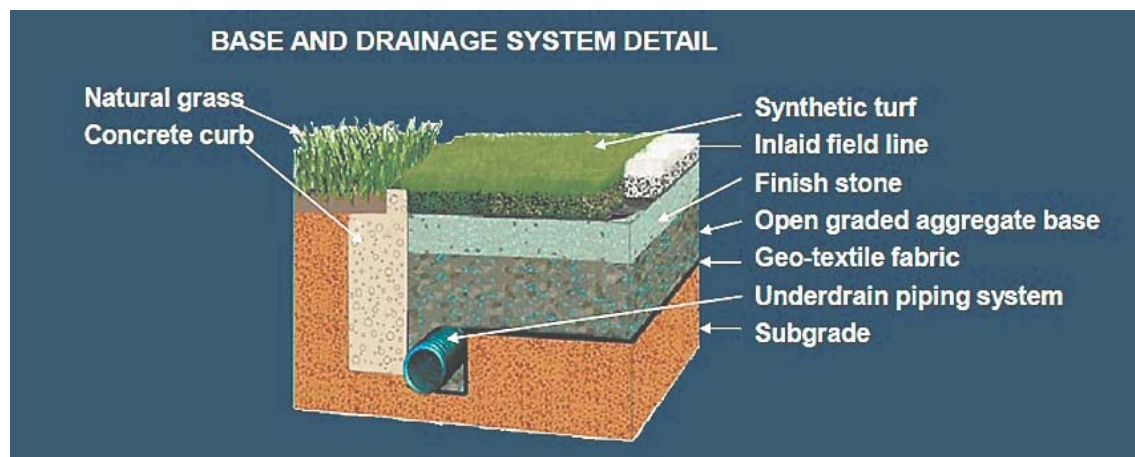
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A cross-section of the turf field planned for Nike Field #4, which will also aid in storm water management.

Nike Field to Handle 100-year Storm Drainage in conjunction with turf field expected to hold 100-year storm.

BY ALEX McVEIGH
THE CONNECTION

In addition to adding synthetic turf to Nike Field #4, the Fairfax County Department of Environmental Services will add stormwater improvements to the area, which aim to help assuage local storm water drainage issues.

The improvements include stone galleries located underneath the field which the county hopes will retain the volume of a 100-year storm. There will be four parallel galleries underneath the field, as well one perpendicular to the others located on the south side.

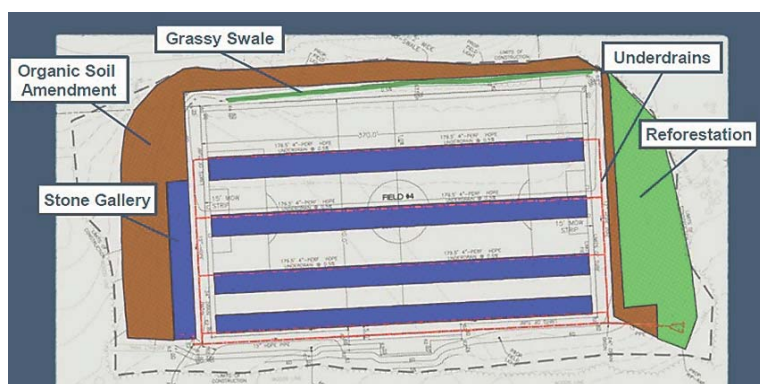
"While the turf will benefit the members of the local athletic organizations, I think the stormwater management project will benefit everyone," said Harriet Dawson of Great Falls, who lives up Utterback Store Road. "Hopefully this will give us a blueprint about how we might be able to solve flooding issues all over the community."

A grassy swale, which is a v-shaped slope that will run along the western sideline, which will treat .4 acres of storm water, as well as remove nitrogen and phosphorus.

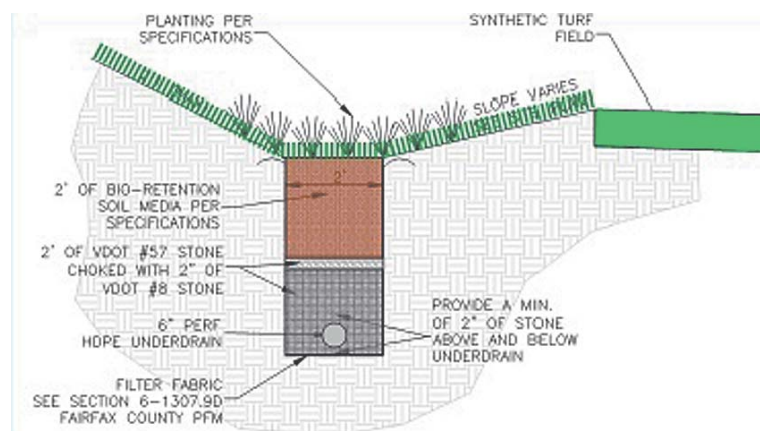
"This is the only project that I'm aware of, public or private, that is aiming to hold a 100-year storm," said Craig Carinci, the county's director of the Stormwater Planning Division. "We're working with the park authority to put in some additional bio-retention facilities near some of the ball fields."

Bio-retention ponds contain grasses, shrubs and other plants that will help show the flow of water, as well as clean compounds like phosphorous from the runoff. County staff estimate that the field itself could remove up to 1.2 pounds of phosphorous per year.

THE GREAT FALLS Glen neighborhood, located adjacent to Nike Fields, has had flooding problems for years, and Carinci said the improvements might not necessarily help them.



Various storm water management improvements planned for Nike Field #4.



A grassy swale, which will be installed next to Nike Field #4, will help with storm water drainage in the area.

"Everything on the fields that are off the big parking lot are actually draining into the large retention pond, not into the nearby community," Carinci said. "But that's about one-third, about two thirds go through the nearby subdivision, and there's not much we can do about that, unless community members want to do stuff on their individual lots."

There is a drainpipe that runs through the neighborhood that has been the cause of some issues.

"When we had that storm last October, the pipe was full of debris and was not functioning as it should have," Carinci said.

Bill Schell of the Stormwater and Maintenance Division, said the neighborhood was built on the stream valley, and that its design makes it more difficult to prevent flooding.

The Smoking Trail

New cigarette trafficking law aids enforcement.

BY MONTIE MARTIN
THE CONNECTION

Virginia has long been known as a tobacco-friendly state. Tobacco was one of the first major commercial products for New World European settlers, and the state remains one of the largest producers today. Virginia is also home to some of the cheapest cigarettes in the country.

The disparity between Virginia cigarette taxes and neighboring states to the north provides a financial incentive for what the Bureau of Alcohol, Tobacco, Firearms and Explosives calls cigarette diversion, or more commonly known as cigarette trafficking.

Cigarette trafficking is easy money, and there is a lot of it. The ATF estimates black market cigarette sales reach \$5 billion annually, the bulk of which flows through the Northern Virginia region. Traffickers purchase cigarettes in Virginia, where the average cost of a carton is \$45, and sell them in high tax states like New Jersey, New York and Connecticut where cartons can run as high as \$110.

As of July 1, however, the consequence of getting caught in the act of cigarette smuggling has become more expensive. Under a new state law, first-time cigarette traffickers found with 25 or more cartons of cigarettes face a \$5,000 fine, \$10,000 second and subsequent at \$50,000.

The law allows enforcement agencies like the ATF, the Northern Virginia Cigarette Tax Board and local police to take immediate

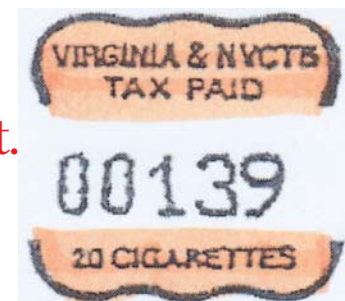


PHOTO COURTESY OF NVCTB

Cigarettes sold in Northern Virginia, with the exception of Arlington, fall under the jurisdiction of the Northern Virginia Cigarette Tax Board. A tax stamp is affixed to the bottom of every pack of cigarettes, with a roll number that NVCTB enforcement agents can check to determine if proper tax has been paid within a specific locality. In Northern Virginia, local taxes can range from a low of 15 cents in Warrenton to a high of 85 cents in Fairfax City.

action when they spot purchasers in the act. Previous enforcement protocol maintained that a trafficker had to be caught crossing state lines, a time-consuming process as officers at times tailed traffickers for hours to make an arrest.

"We knew the scope of the problem Virginia was having, but we really had no teeth to act," said Paul Carey, chief enforcement officer with the NVCTB, a tobacco enforcement agency that monitors 17 jurisdictions in Northern Virginia.

The law is aimed squarely at what enforcement officers call the "smurfs" of cigarette trafficking. These individuals work with a ringleader and buy small quantities of cigarettes at a time

SEE ENFORCEMENT, PAGE 6

Virginia Local Cigarette Taxes

The Virginia state tax on cigarettes is \$3 per carton, or 30 cents per pack, making Virginia cigarettes some of the cheapest in the country. Jurisdictions in Virginia also affix a local tax, with rates that can vary widely. The following prices are for local districts as of July 2012.

JURISDICTION	RATE		
Alexandria	.80	Hillsboro	.05
Arlington County	.30	Leesburg	.75
Clifton	.30	Lovettsville	.40
Dumfries	.60	Manassas City	.65
Fairfax City	.85	Manassas Park	.50
Fairfax County	.30	Middleburg	.55
Falls Church	.75	Purcellville	.65
Haymarket	.50	Round Hill	.15
Herndon	.75	Vienna	.75
		Warrenton	.15

Keeping the Pressure On

Tired of paying both City of Fairfax and Falls Church water bills, one Fairfax County man becomes a vocal water activist.

BY VICTORIA ROSS
THE CONNECTION

Every three months, Fairfax County resident Kirk F. Randall reluctantly writes a check to the City of Fairfax for his water bill, and fumes about it.

A lifelong County resident whose home borders the City of Fairfax, Randall is one of the 21,000 county residents who pay 71 percent more for water because he gets his water from the City of Fairfax rather than Fairfax Water, the County-utility.

He also pays the water bills for his family home in McLean, where his 85-year-old father still lives. That water comes from the City of Falls Church, which charges customers such as Randall 44 percent more than other county residents pay.

"Not only have I had no choice but to buy more expensive water for more than 26 years, but I don't get to vote on the city's decision because I'm a county resident. It's absurd," Randall said. In May, he paid a quarterly total of nearly \$200 for both water bills. If he were a Fairfax Water customer, he would have paid \$60.19.

Randall's frustration echoes that of many county residents who have complained to the Fairfax County Board of Supervisors about high water bills and being "taxed" without concomitant "representation."

Currently more than 153,000 residents—approximately 14 percent—receive their water from municipal utilities in Falls Church, the City of Fairfax and the towns of Herndon and Vienna rather than Fairfax Water. Those residents pay as much as 82 percent more for their drinking water.

The battle over who controls water service in Fairfax County percolated for years before erupting into a full-blown war last December when county supervisors – responding to complaints from residents – drew a line in the sand.

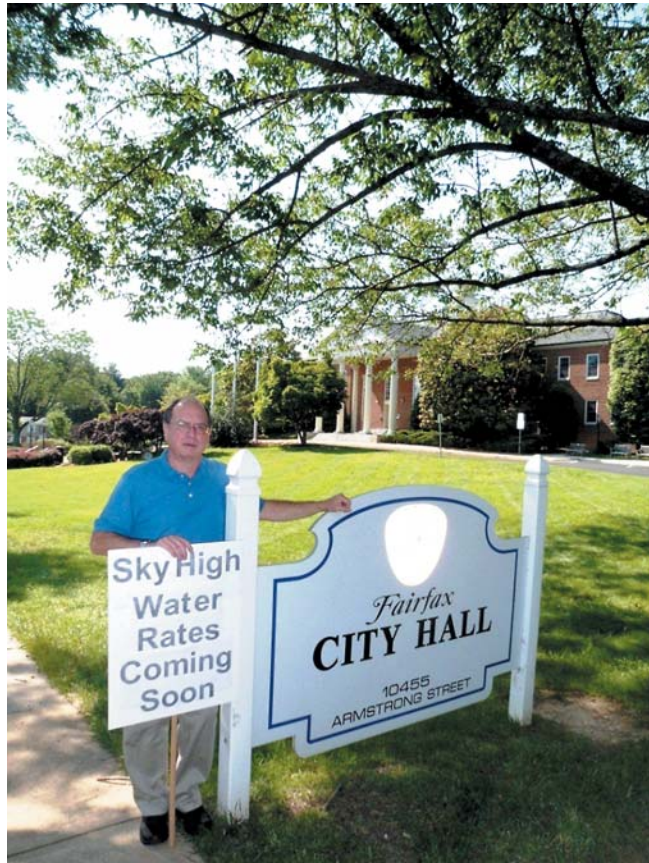
On Dec. 6, supervisors enacted an ordinance that gave the county broad powers to determine how residents get their water and how much they pay for it.

COUNTY OFFICIALS said the new law—which was slated to go into effect July 1—was an attempt to ensure that all county residents pay a "fair and reasonable" rate for their water.

"Someone who lives in Fairfax County, but is served by a separate jurisdiction's water provider, should have the assurance that the rate they pay can be justified," said Board Chairman Sharon Bulova (D-At-large), "It's as simple as that."

But city and town leaders argued there was nothing "simple" about the county's move. They saw the ordinance as a blatant power grab, and promptly sued the county.

"The attempt by Fairfax County in 2011 to regulate rates for water systems it doesn't own, and didn't build, is simply unconstitutional," said Virginia State Senator Chap Petersen (D-34), a longtime City of



Kirk F. Randall, a Fairfax County resident who is tired of paying higher prices to the City of Fairfax and Falls Church for his water, stands outside Fairfax City Hall on Armstrong Street carrying the sign "Sky High Water Rates Coming Soon."

Fairfax resident and former council member, whose constituents include Fairfax City, Town of Vienna, and Fairfax County residents. He maintains that current state law already requires water to be provided as a "cost-based" service.

"In other words, the price of our water is based on the cost of service. That price, about \$1 a day, is one of the cheapest rates in the United States, no matter where you live in Northern Virginia," said Petersen, who considered introducing legislation in the General Assembly to nullify the county ordinance last December.

The ensuing "Water Wars" have embroiled four local governments, powerful politicians, high-level bureaucrats, high-priced legal teams, the U.S Army Corps of Engineers, and a billion-dollar utility company, who are spending a significant amount of time and money battling each other in a series of lawsuits, legislative showdowns and PR campaigns.

There was a temporary cease-fire on June 14 when county officials agreed to a 90-day suspension of the ordinance, and the cities of Fairfax and Falls Church agreed to put their litigation on hold, as all sides discuss various options to reduce the rates the affected county residents pay for their water.

"Many assumed the County would be mandating rates equal to the Water Authority's rates, but that only would happen if no justification for rates was

SEE WATER BILLS, PAGE 15



Fairfax County released its latest recommendations for Tysons Corner redevelopment, and the McLean Citizens Association feels that they do not give enough information.

MCA Seeks More Information on Tysons

County's 'Strawman' plan missing key funding details, group says.

BY ALEX MCVEIGH
THE CONNECTION

The McLean Citizens Association has expressed displeasure with the Fairfax County Planning Commission Tysons Corner's set of recommendations for Tysons Corner redevelopment. The recommendations, called "Strawman," were released June 13, received public comment June 21 and were re-released July 18.

Strawman is "based upon the goal of developing a comprehensive solution for funding the set of infrastructure improvement identified in the plan to support the 113 million square feet of development anticipated to occur by 2050; the need for a funding plan that allows for flexibility in funding options and sources, as well as for adjustments to be made upon pace of development and the need to provide a reliable funding mechanism that implements the visionary plan."

While the plan calls for all sources of funding to be used in a "efficient and effective manner," and that "residents, landowners and businesses and developers" work together to secure funds, the MCA is concerned with a lack of specifics.

"Our view is that we need to understand more clearly what the obligation to the taxpayer is going to be," said Sally Horn, MCA president, "and we haven't yet seen a response that addresses those concerns."

The lack of specifics about how much money will be coming from state and federal sources has the MCA concerned that should those sources fall through, the taxpayers will be stuck footing the bill. The report estimates that, in 2012 dollars, operating costs are estimated at \$932 million. Horn said the MCA would like to see best case, worst case and realistic case scenarios about taxpayer costs.

"The recent track record has been that funding hasn't been available from federal and state sources, so worst case, we could be looking at \$932 million," she said. "If federal and state funds aren't available, we'd like to see information available about how we're going to make up that gap. Will it come out of the general fund? Bonds? And how will that translate to the average taxpayer as far as the tax rate, or in programs that will be cut back?"

The MCA's position is that county taxpayers should only pay about 25 percent of the costs, equivalent to the percentage used for the development of the Route 28 corridor.

The third version of Strawman should be released in the next week. Horn says she hopes the MCA's concerns have been addressed.

The MCA will host a forum with the Planning Commission Tysons Corner and other county staff Oct. 2, where they will make presentations about the latest in Tysons Corner Redevelopment.



"Bourbon" and "Stormy" await a walk.

Walking The Dog

Much more than walking.

BY MICHAEL MCMORROW
THE CONNECTION

To many, "walking the dog" recalls a trick with a yo-yo learned long ago. These days, when it is common for both spouses to work outside the home, the term often is mentioned in the same breath as "daycare."

For the past decade, Thom Galvin has been a dog walker. He loves dogs and the work fits into other scheduled activities. "I certainly am not in it for the money," he said with a smile. This is confirmed in two ways. He operates a one-man shop. Several former employees have moved on to start their own dog walking outfits in the area; however, there is no sense of competition because they know Galvin only cares for 10 or 12 animals at a time in order to provide the highly personalized service he prizes.

Marie Guaragna, who worked for Galvin, now walks dogs in Arlington, McLean and Annandale under the name Bailey's Buddies. She also limits the number of animals on her customer list. One reason is the desire to offer the same personalized service learned from her friend and mentor. Another reason is her emphasis on training. "You can't let the dog walk you," she said, "and working owners often do not have the time required to teach the animal proper behaviors."

The qualities Guaragna sees in a truly professional dog walker were learned from Galvin. They include real affection for animals, dependability, loyalty, and an understanding that each engagement has two "clients," the dog and the owner.

Galvin's business name is Falls Church Dog Walking, Inc. only because that is where he opened shop. Today, his clients also are found in Arlington, McLean, Oakton and Vienna.

Typically, a week will involve

approximately 100 home visits. Most involve no more than a stroll around the neighborhood, some off-leash play and bit of human companionship to break up the dog's loneliness during the day. On occasion, something special is planned; for example, appointments with the veterinarian or for grooming. This is the routine seven days a week and 50 weeks a year, with the other two weeks set aside for a Galvin family vacation. Tending the dogs during vacation period is carefully arranged with the owners in advance. Some choose to care for the animals on their own. Others are given recommendations for a temporary dog walker.

Galvin likes all dogs, but when pressed he admits leaning toward the big breeds. He explains that "larger animals are gentler. Like some youngsters who grow faster than their mates in grade school, big dogs seem to sense their size and strength and naturally adjust behaviors around other dogs, as well as people."

Signs of a good dog walker, according to Galvin, are: "Confidence, calm and control."

He then explains why. Animals sense when somebody knows what he or she is doing. If the human is hesitant, the dog hesitates. Confidence gives purpose to the dog. Dogs react very quickly to the fundamental "fight or flight" impulse. During a walk, the handler must remain calm when the unexpected occurs, such as a strange dog barking or a squirrel cutting across the path. Control involves settling down the canine, capturing its attention and providing direction before moving on.

There is very little to criticize about owners, according to Galvin. "They made a conscious decision to own a dog. People will have thought through the problems beforehand and know what to expect." Once arrived, the animal

SEE DOGS, PAGE 7

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NEWS

New Cigarette Trafficking Law

FROM PAGE 3

from different distributors. By purchasing only a few cartons at a time, cigarette sales do not spike which would otherwise alert law enforcement.

Cigarette trafficking is a dangerous activity due to its criminal nature. "What we are looking at is the violent crime involved with cigarette diversion, criminals will trade narcotics and guns for cigarettes," said Mike Campbell, a spokesman for the ATF. "People are willing to kill others if they become too much of a competitor."

Democrats and Republicans came together over the issue, and the law was passed unanimously in both the Virginia House of Delegates and the State Senate. "The intent was to bring state law in line with federal law," said state Sen. Adam Ebbin, who voted for the legislation. "I don't want to limit prosecution of a crime because we can't use a state charge."

"The law was designed to give state and county law enforcement officers the ability to stop [cigarette traffickers]," said Del. David Albo, R Springfield, who sponsored the measure in the house. "The problem was created once New York raised cigarette taxes so high that running cigarettes was more profitable than running drugs."

According to Keenan Caldwell, Virginia state director of the American Cancer Society, the purpose of cigarette taxes is to price youth out of the market, and to fund smoking cessation programs. A one-penny rise in the price of cigarettes through state taxes equates to an additional \$5 million to the state coffers. In 2004 the state tax on cigarettes was raised from 2.4 cents to 20 cents per pack, and the subsequent year was raised again by a further ten cents.

"We have a proactive approach to raising cigarette taxes in Virginia, it really serves as a deterrent for children and kids to stop smoking. We'll raise the price to whatever level we can get them," said Caldwell. "We understand and recognize cigarette smuggling takes place in Virginia, anything that can be done that curtails the use of the product would be good."

The legislation was actively supported by the Rich-



PHOTO COURTESY OF NVCTB

Northern Virginia Cigarette Tax Board enforcement officers confiscate cartons of Virginia cigarettes destined for high tax states like New Jersey, New York and Connecticut. Cigarette traffickers can make tens of thousands of dollars in a single trip.

mond-based tobacco company Philip Morris, and parent company Altria. "We were very much involved, we testified at the General Assembly, and talked with members in the senate and house," said David Sutton, a spokesman for Altria. "This type of activity is outside the legitimate distribution system. Illicit distribution does not check for age, and underage sales are not good for us."

Money matters for cigarette companies, and Altria is especially concerned smokers will use black market cigarettes of low quality. "The consumer has no way to know how the product was handled, it would not be in nearly the same shape if it was stored in a sun-baked car," said Sutton. "If the consumer lights up and is very disappointed with the poor quality he will turn to another brand."

The company pushed lawmakers to consider cigarette smuggling as a felony, rather than the misdemeanor charge that made it into the law.

In addition to an intense lobbying campaign to pass anti-cigarette trafficking legislation, Philip Morris and Altria have engaged law enforcement agencies with high-end informational videos that detail the tactics of cigarette smugglers. The prevalence of counterfeit tax stamps, as well as counterfeit cigarettes, is also a concern for Altria.

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Tending the Dogs

FROM PAGE 5

becomes less an animal and more a member of the family. As such, everyone in the household invests monetary and emotional capital and would do just about anything for their dog, says Galvin.

However, one set of dog owners must be guided to proper dog care. Those who fetch an animal from shelter or humane society often learn of the physical and mental torments suffered by the animal. The reaction is "Let Fido do as he wants because he has suffered so much." Galvin says this approach "does a disservice to the dog." Dogs are not good at remembering bad times. Their proper behavior should be molded by "confidence, calm and control." This is best for the animal, and, in the long run, best for the owner, Galvin says.

While normally routine, dog walking has its moments.

It is rare for a dog to pull down the handler but "Murphy" the English bulldog from Arlington did just that. A sudden jerk on the leash and Galvin found himself sitting in a dumpster laughing, with "Murphy" looking on quizzically. Neither was injured, if Galvin's pride is put aside.

Another time, a little white dog named "Cody" lived in Oakton. Dog and handler glided along the sidewalk. Suddenly, "Cody" stepped into fresh (but unmarked) concrete. Dead stop. Dead silence. The problem became cleaning the dog. Having anticipated accidents, Galvin immediately contacted a facility skilled in caring for the animal in the circumstances. He also knows who to call if the dog has seriously "messed up" the house before the walk even begins.

One day Galvin was walking a German shepherd named "Scooby" in Vienna and a border collie charged from a yard. Thinking the attack was dog-on-dog, Galvin dropped the leash, which is standard practice so an animal under attack can defend itself. When it was clear that he was the target, "Scooby" stepped in to protect Galvin and the attacker quickly returned to the yard. Neither animal was hurt.

"Westy" was a West Highland Terrier living in McLean. Galvin recalled it was Derby Day and delayed for a few moments to watch the race. Galloping horses appeared on the television and the dog took off, racing around the room. At first, Galvin was at a loss for such unusual behavior. The reason quickly dawned: "Westy" was chasing the horses. With the race ended, the dog stopped and flopped on the carpet, Galvin stopped laughing and they had an uneventful walk.

Sometimes, a situation is very serious. One client was far away on business. For a long time, Galvin had cared for an aged and infirm dog. This day, the animal was in grave distress. With agreement from the owner, Galvin took the dog to the veterinarian where it was "put to sleep." The doctor invited him to hold the dog as the drug took effect. The result was best for the animal. The owner escaped emotional pain from taking his family pet to be euthanized. The one most affected was the dog walker, who had formed his usual attachment to the animal. Galvin insists that he "felt the life of the dog leaving the body that I was holding in my arms." For a dog walker, some days are worse than others.

Asked what makes a successful walk, Galvin replies simply "When the dog has as good a time as I do."

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OPINION

Mindless Slashing

Automatic cuts set to kick in January would harm Northern Virginia more than any other region.

While reducing the federal deficit is critical to the nation's economic health in the long run, the knee jerk, slash and burn method based only on cuts that is coming at us like a freight train will do immense damage to the economy nationally. But no place would feel the pain more intensely than Northern Virginia. Last week, hundreds of technology workers gathered in Arlington, waving stop-sign shaped pickets that said "stop sequestration." Self-serving? Perhaps, but the mindless and catastrophically timed cuts would hurt everyone in Northern Virginia.

"The risk posed by these cuts taking effect is not a gamble that Virginians can take," said U.S. Rep. Gerry Connolly, who addressed the group along with Gov. Bob McDonnell, U.S. Reps. Jim Moran and Frank Wolf, Northrop Grumman CEO Wes Bush, SAIC CEO John Jumper, Northern Virginia Technology Council Chair Brad Antle, Aerospace Industries Association CEO Marion Blakey and Fairfax Chamber of Commerce CEO Jim Corcoran and others.

"A third of our economy here in Northern Virginia and in the National Capital Region is dependent directly on federal investment and spending, Connolly said, calling for compro-

mise in Congress.

The Budget Control Act of 2011 sets the stage for automatic spending reductions over the next ten years beginning Jan. 2, 2013 resulting in Pentagon spending cuts of \$800 billion, \$700 billion in cuts from other agencies with a \$200 billion reduction, mostly from Medicare, in mandatory programs. This is according to Steve Fuller and the GMU Center for Regional Analysis.

According to the analysis, Virginia would be second after California in job losses to the states in the next two years, with a potential loss of

more than 200,000 jobs (136,191 defense-related jobs lost and 71,380 non-defense jobs).

It's important to note that the vast majority of these job losses would be in Northern Virginia, and the looming problem is one reason Fairfax County is asking all departments to prepare for a possible five percent reduction in each of the next two years.

There are hundreds, possibly thousands, of ways to begin to fix the deficit; this is not one.

You can read the George Mason analysis at http://www.aia-aerospace.org/assets/Fuller_II_Final_Report.pdf

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIALS

Be Part of Insiders Guides

Our Insider's Guides will publish the third week of August. What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What tips do you have for someone getting to know your community? Great places and activities? Events that should not be missed? Organizations that do a great job? Places to volunteer? Share it

with us and we'll share it with our readers. We'd love to have your photos to go along with your suggestions.

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LETTERS TO THE EDITOR

Lifting People Up

To the Editor:

In response to the letter from Gina Ryan of Great Falls ("Rejecting a Fairy Tale, Connection, July 25-31, 2012), I would like her to answer a few questions:

❖ Can she afford health care insurance?

❖ Does she have health care insurance?

❖ Does she have young adult children who have health care and can afford it?

If the answers to any of the above questions are yes, then how dare she. How dare she, from her comfortable position in Great Falls, deny health care to tens of millions of Americans.

Ms. Ryan provided some costs from the Congressional Budget Office (CBO). Here is what is fresh off of the CBO calculator: If the GOP repeals the health care law, it will "cause a net increase in federal budget deficits of \$109 billion over the 2013-2022 period." (Source: <http://www.cbo.gov/publication/43471>)

Is it a tax? Chief Justice John Roberts says it is, but that was his backhanded way of supporting it without supporting it. Roberts

knew that if he voted against the law, he would have been pigeonholed as a partisan hack. So, he found a loophole that made him appear nonpartisan, but allowed him to set the law up for partisan attack. He's a smart guy.

I have health care insurance. I had what was called a "preventative" plan, which I thought meant it covered preventative care. Last year I went for a routine physical. After the doctor ordered some additional tests, my routine physical ended up costing me \$500 out of pocket. Luckily, I could pay for that. I have since switched insurance plans, but I am lucky that I have that option and can afford it. There are millions of Americans who would not get a physical if it was going to cost them \$500 on top of their health care insurance. There are millions who cannot afford insurance to begin with. Obamacare helps them to get insurance (it is not socialized medicine – it is insurance).

Until one actually understands how expensive health care insurance is and that many Americans cannot afford it, I would ask them to back off the rhetoric that weakens our nation. We are only as strong as our weakest link. I would

prefer to lift people up instead of beating them down.

John Dukovich
McLean

Comstock Politicizes Wounded Warrior Event

To the Editor:

As a Vietnam Era Veteran and one who has worked as a volunteer with veterans returning from deployments, I read with interest your Wednesday, Aug. 1 coverage of the Yellow Ribbon Fund picnic for wounded military personnel and their families. This was truly a wonderful event to show wounded warriors and their families that we honor their service and sacrifices made for our country. It was a time to welcome these heroes back into our community and increase awareness of their needs so we can all do more to support their integration into civilian life.

This was not a time for partisan campaigning. That is why I was surprised to see the picture in your

paper including Delegate Barbara Comstock wearing a Romney for President T-shirt. This was not the appropriate message to convey to the veterans and family members at the event. I have attended a number of events where Delegate Comstock focuses on delivering an ideological message on her policy preferences and neglects to listen to her constituents. In the future, I hope Ms. Comstock will focus less on partisanship and more on policies that support our military and their families.

J. Jay Volkert
Vienna

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Alexandria VA 22314
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By e-mail:
greatfalls@connectionnewspapers.com

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PHOTO BY BRYAN BURRIS

Sun Design Remodeling removed a rear bearing wall in a circa 1955 ranch, co-opting a seldom-used rear porch into an expanded new kitchen. The dining counter is a de facto space divider and a convenient serving station.



PHOTO BY JUSTIN KRIEL

The new kitchen presents a warmly textured ambiance. Maple built-ins, floor-to-ceiling glass-facing cabinets and marble surfaces are set off by newly-refinished hardwood flooring

Enlarging a Living Space — Without Adding On

BY JOHN BYRD

Nineteen years may seem like a long time to wait for an interior custom-suited to your lifestyle, but Gail and Doug Kouril are satisfied that everything has come together perfectly, and at just the right time in their lives.

The Kourils increased usable space of their circa-1950s ranch, while staying within walls of original structure.

"We moved into this house in 1992," Gail Kouril said, referring to their circa-1955 ranch house quietly situated on a tree-shaded Arlington cul-de-sac. "Our main pre-

occupation, though, was raising and educating three sons — who have now finished college and moved on."

Gail Kouril is quick to add that the

couple's decision to makeover the entire house wasn't simply "empty nest" syndrome, but finds it timely that they were

SEE DISCOVERING, PAGE 13

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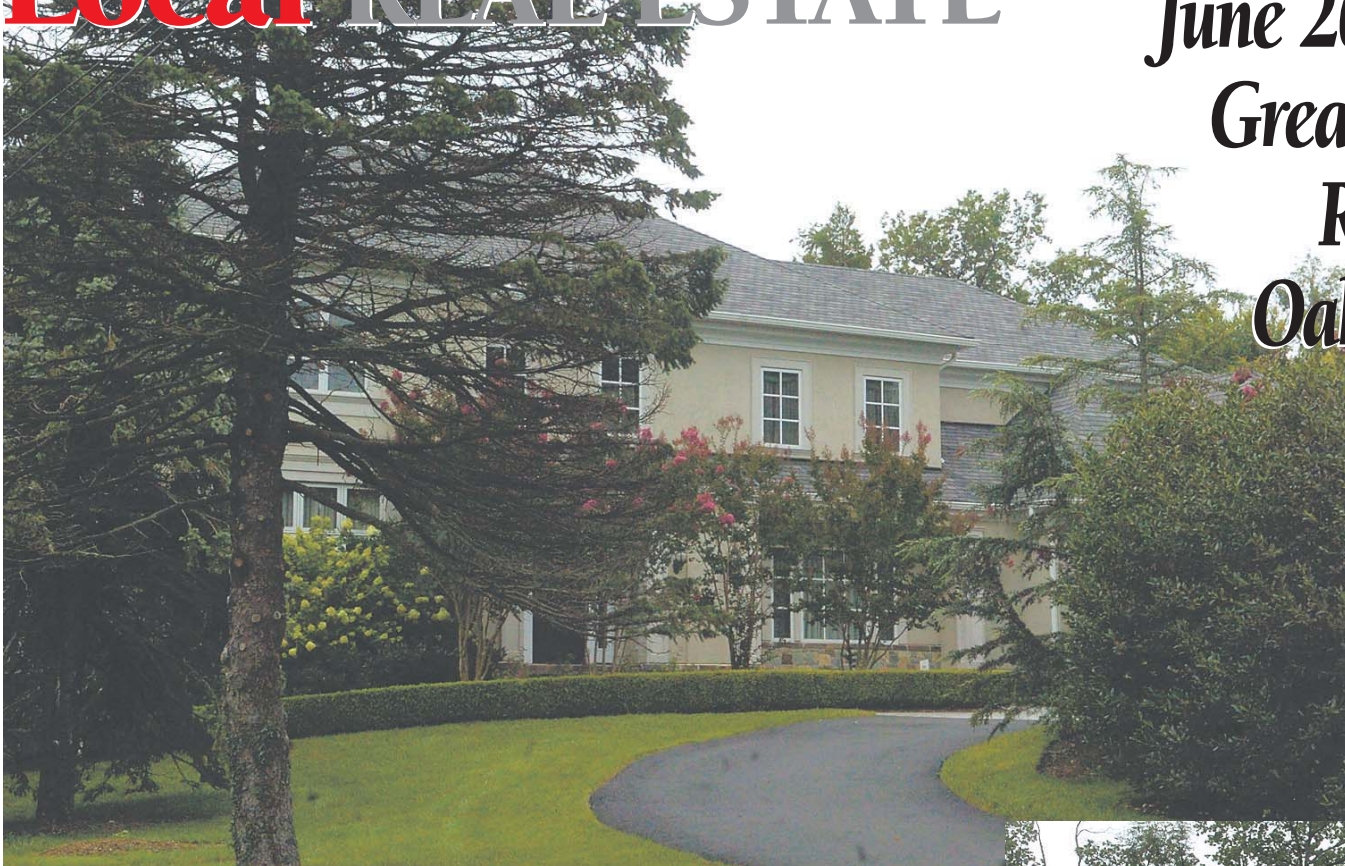


Neighbors
REMODELERS

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

June 2012 Top Sales in Great Falls, McLean, Reston, Oak Hill, Oakton and Vienna



1 935 Douglass Drive,
McLean — \$3,250,000

9 9603 Thistle Ridge Lane,
Vienna — \$1,566,500

7 760
Strawfield
Lane,
Great Falls —
\$1,806,000



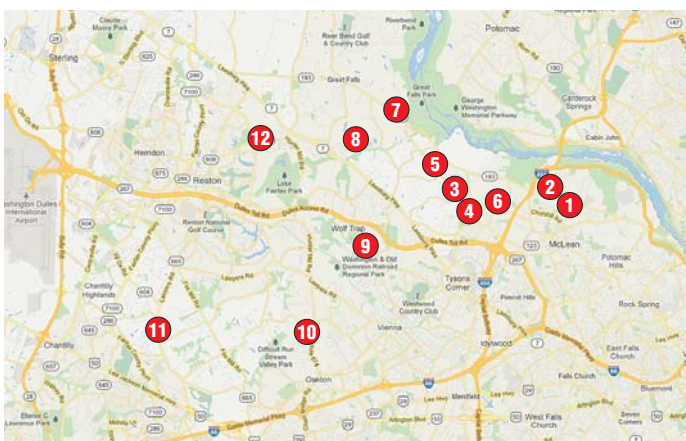
12 11085 Pelham Manor Place,
Reston — \$1,140,000



11 12605 Oxon Road, Oak Hill — \$1,307,000



10 2621 Sledding Hill Road,
Oakton — \$1,480,000



© Google Map data

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 935 DOUGLASS DR	6	7	3	22101	MCLEAN	\$3,250,000	Detached	1.00	22101	LANGLEY FOREST	06/28/12
2 6800 BENJAMIN ST	5	5	2	22101	MCLEAN	\$3,200,000	Detached	0.96	22101	LANGLEY FOREST	06/29/12
3 8315 OLD DOMINION DR	7	7	4	22102	MCLEAN	\$3,100,000	Detached	4.05	22102	PROSPECT HILL	06/21/12
4 8120 SPRING HILL FARM DR	4	4	2	22102	MCLEAN	\$3,000,000	Detached	0.83	22102	SPRING HILL FARM	06/14/12
5 8607 TEBBS LN	6	6	1	22102	MCLEAN	\$2,700,000	Detached	4.70	22102	GEORGETOWN PIKE	06/15/12
6 7786 SOLITUDE CT	5	4	1	22102	MCLEAN	\$2,100,000	Detached	1.31	22102	THE RESERVE	06/25/12
7 760 STRAWFIELD LN	5	6	3	22066	GREAT FALLS	\$1,806,000	Detached	1.76	22066	RIVERBEND	06/25/12
8 9807 MILL RUN DR	5	4	2	22066	GREAT FALLS	\$1,806,000	Detached	1.03	22066	MILL RUN ACRES	06/28/12
9 9603 THISTLE RIDGE LN	5	4	1	22182	VIENNA	\$1,566,500	Detached	0.88	22182	THISTLE RIDGE	06/15/12
10 2621 SLEDDING HILL RD	5	4	1	22124	OAKTON	\$1,480,000	Detached	0.84	22124	OAKTON RETREAT	06/01/12
11 12605 OXON RD	5	6	1	20171	OAK HILL	\$1,307,000	Detached	0.83	20171	ORCHARD GLEN	06/15/12
12 11085 PELHAM MANOR PL	5	5	2	20194	RESTON	\$1,140,000	Detached	0.24	20194	HUNTERS END	06/01/12

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Gourmet's Delight

Two-level indoor/outdoor solution extends the season and satisfies lifestyle pursuits.

BY JOHN BYRD

Northern Virginians love the region's forgiving climate. Yes, the temperature drops below freezing, but with a little focused heat source, a fall day on the deck is quite sublime. Likewise, those short spans of subtropical sirocco become pleasingly exotic with the aid of a Casablanca fan, a pitcher of cold tea and a woodland view.

And extending the season outside is always a pleasure — a bit like being treated to an unexpected vacation.

"We're clearly seeing a demand for finely elaborated indoor/outdoor solutions," said Craig Durosko, founder and principal of Sun Design Remodeling in Burke. "When people have been in their homes for a while they naturally begin exploring remodeling ideas that support lifestyle interests."

Durosko should know. He's been a trendsetter in the reinvention of local home spaces for more than 20 years, winning dozens of coveted design awards.

"People are converting houses into

More

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm will be opening a McLean office this fall. Call 703-425-5588 or visit www.SunDesignInc.com.

homes," Durosko said. "Lifestyle interests are major factor driving local remodeling."

Case in point: the owners of a 25-year-old split-level in Springfield.

Yes, the owners have a taste for collectible racecars, gourmet cooking, exceptional wine and fine cigars. These are refined pursuits they've cultivated over many years.

Actualizing rarified tastes into an action plan that causes walls to move is another matter. It's claiming the house as your own. And if such a proposal is to be seriously entertained, it had better be thoughtfully conceived, well-integrated and considerate of every person in the household.

"Integrating all the parts of a diverse wish list is always a fascinating creative challenge," Durosko said, describing changes to the Springfield residence that resulted in a



PHOTO BY BRYAN BURRIS

The custom-designed island combines an induction cooktop, an oven and a three-stool dining counter. Diagonal patterns of cork flooring undergird the cook's work station.

substantially enlarged gourmet kitchen, a 300 sq. ft. dining deck, and even a lower-level cigar and wine tasting salon.

"Our role is to help the owner articulate and shape their personal vision, finding out what's feasible — and what's budgetable."

In this case, such considerations were particularly pressing since Sun Design was taking over architectural plans that had turned out to be both over-budget, and out of compliance with county setback requirements.

THE PROJECT'S SCOPE was the bigger challenge, though, and it included a completely re-designed rear-elevation and new

construction upgrades on two levels.

Three owner requirements prevailed:

❖ First, at 211 sq feet, the existing kitchen was cramped, outdated and dark. The owners wanted a gourmet facility — with a cooktop island, in-kitchen dining and a warmly, textured interior focused on sweeping back yard view.

❖ Secondly, since the house backs up to a lovely wooded surround, a dining deck directly accessible from an extended and upgraded kitchen was the obvious call. The plan would accommodate a table setting for six, but also provide a means to keep the party comfortable even when temperatures somewhat rise, or somewhat fall.

❖ Finally, the husband in particular was looking for a dedicated out-of-the-way space to comfortably sample (and store) an exceptional portfolio of wines and cigars.

Caveat: the whole should also be perfectly integrated into a developable landscaping scheme, which would be afforded easy access from the deck.

SOLUTION: Architecturally, Sun Design's solution presents a neat convergence of a sensible space enlargement strategy with structural necessity. After removing most of the existing rear kitchen wall, the plan calls

SEE DELIGHT, PAGE 15

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Home Life Style

Remodeling and Renovating

Local designers design a home that is compatible with one's lifestyle.

BY MARILYN CAMPBELL
THE CONNECTION

Lifestyle and social considerations are as important as design and aesthetic decisions when remodeling or renovating a home, say some local designers. From bathrooms with a water closet to second floor laundry areas and kitchens that flow freely into the family room, homeowners should determine how the space will be used before beginning a remodeling project.

"I try to figure out how the family lives," said George Hodges-Fulton of BOWA. "If I know who is doing what where and when I can design around it. If something drives you up a wall and you're ready to go see Dr. Phil with your spouse, let's just design around it."

Hodges-Fulton restructured the dated kitchen of a McLean home to add more space for an active family that includes three teenage boys. An addition extending from the rear wall of the kitchen expanded the footprint of the home. The plan included a butler's pantry, family dining area, sitting room and screened porch. The addition of windows allowed natural light to stream into the space.

"The specific reason that the addition was put on was to provide the husband with a place to read the Sunday paper and still be engaged with the family," said Hodges-Fulton. "He travels quite a bit, but the idea would be that the family would have a Sunday morning gathering space. The addition definitely changed the dynamic and improved family time."

Guy Semmes of Hopkins and Porter Construction in Potomac, Md. transformed the cramped, dark interior of a Damascus, Md., home into a haven of light and nature. Floor to ceiling windows make up the entire rear wall of the addition, which also unified the kitchen, family room and living room, creating an open, flowing space with a panoramic view of the tree-filled backyard.

"We wanted to take advantage of all the southern light from the backyard and to make the home feel more expansive," said Semmes. "We integrated the outdoors with the interior spaces. It made everything flow so much nicer."

HUSBAND AND WIFE DESIGN team Suzanne and Robert Kalmin of RJK Construction in Fairfax created a space in the bathroom of a Reston home to make laundry less laborious. "The homeowner had an active family," said Suzanne Kalmin. "She had to do laundry for three kids and two adults. The washer and dryer were in the basement. She wanted a laundry area that didn't require her to run up and down the stairs constantly."

The Kalmins remodeled the large second floor master bathroom to include a space for the washer and dryer. "All of the bedrooms are on the top level,



PHOTO COURTESY OF BOWA

George Hodges-Fulton of BOWA remodeled the kitchen of this McLean home to include a butler's pantry and a family dining area. He added a sitting room, screened porch and additional windows, allowing an abundance of natural light to stream into the space.



PHOTO BY SUZANNE KALMIN

Designers at RJK Construction created storage and entertaining space in this Vienna kitchen. This kitchen features black pearl granite countertops and stainless steel appliances.

so it made more sense," said Robert Kalmin. "Instead of walking up and down the stairs she could just go straight across the hall. She could do laundry at night while relaxing in her bedroom."

Potomac, Md.-based designer Susan Matus of Case Design/Remodeling transformed an outdated Bethesda home, creating a space that would feel inviting to the homeowners' daughter, son-in-law and three grandchildren. The design included a ground level office and family room, and a renovated basement with room for a pool table and bar. Even the walls were stripped of the existing wood paneling.

"The family room walks out to the backyard where there is a very beautiful pool," said Matus. "Before the renovation, the family room did not have a clear exit out to the pool area. We added French doors that open to the patio."

When renovating a kitchen, an Alexandria homeowner wanted the warm look of a slate floor, but not the high-maintenance that comes with a natural stone surface in a high-traffic area. Designers Allie Mann and Jim Wrenn of Case Design/Remodeling suggested a porcelain slate with high variation to provide the look and feel of slate without the tiresome upkeep.

From free-flowing rooms to low-maintenance spaces, designers say that are able to incorporate most homeowner requests into a remodel or renovation. "Every homeowner has their own style," said Robert Kalmin. "When it comes to construction, we're able to accomplish everyone's style."

OPEN HOUSES SATURDAY/SUNDAY, AUGUST 11 & 12

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All listings are due by Monday at 3 P.M.

Discovering Unused Square Footage

FROM PAGE 9

introduced to a top design/build remodeling firm at exactly that point when moving forward on long forestalled plans made sense economically and personally.

“The house is in a neighborhood that has really appreciated,” Gail Kouril said. “So we attended a workshop sponsored by Sun Design Remodeling, and were surprised at how quickly the outlines of a working plan came together.”

FOR STARTERS, the solution called for converting a first floor 2,000-square-foot primary living area into a more spacious, bright and better rationalized interior without ever broaching the envelop of the original structure.

Among key problems with the existing house: the master bathroom was tiny; the kitchen cramped and dated. There was no place to have a meal save the dining room. The rear porch was of minimal use. Traffic patterns were constricted. The interior was too dark. There wasn’t even an organized place to store beach chairs and Christmas decorations.

Moreover, the ever-promising lower level — which featured windows at-grade and a rear walk-out — was only half finished, and the accessing stairway was too steep and out-of-code.

“We were pretty aware of the shortcomings,” Doug Kouril said. “We just weren’t sure what was feasible within our budget.”

So it was a revelation when planners at Sun Design proposed a spatial reconfiguration — which made the home’s existing footprint seem vastly enlarged, without adding an inch of new enclosed square footage.

“It’s now a kitchen-centric plan,” said Roger Lataille, the remodeling firm’s design consultant. “We rotated the kitchen into the north corner of the house, switching places with the dining room, then converted part of the seldom-used back porch into a breakfast room with a two-stool dining counter facing into the kitchen.”

Results: the kitchen now easily serves the living room, the new dining room and a back patio

More

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm will be opening a McLean office this fall. Call 703-425-5588 or visit www.SunDesignInc.com.

where the family spends a lot of warm weather time.

Better yet, with several interior walls deleted (including a section of rear elevation bearing wall), the new layout yields a significant increase in natural light.

Convenient serving stations are integrated into well-equipped food preparation zones. As Doug Kouril, the household’s preferred chef, explains: “when you’re cooking and entertaining É this plan that makes it really easy to multi-task.”

Aesthetically, the new kitchen presents a warmly textured ambience. Maple built-ins, floor-to-ceiling glass-facing cabinets and marble surfaces are set off by newly-refinished hardwood flooring. A stovetop backsplash comprised of Santa Cecilia granite and glass-accented ceramic tile makes a particularly fine interior design statement.

“The designer helped us to make informed choices,” Gail said. “They pre-selected finishwork options in our budget range, and their guidance was spot-on.”

Converting the original electric range to a five-burner gas cooktop has been a creative windfall for Doug who now has both a convection oven and a traditional baking oven at his fingertips.

EXPANDING THE MASTER SUITE was a separate challenge, inspired by Gail Kouril’s interest in retaining all four bedrooms while adding a large master bath and two walk-in closets.

“The designer immediately identified the bedroom adjacent to the existing master suite as the appropriate spot for the master bath,” Gail Kouril says. “In fact, the arrangement actually creates an extra bedroom window and space for sizeable his and her closets.”

The 12’ x 11’ master bath features a glass-encased walk-in shower; each partner now has a basin of their own; and Gail gains

a generously-sized vanity and bench.

Eliminating the former back corner bedroom also deletes an end-of-the-hall foyer, gaining 20 square feet for the re-made hall bath.

So, where’s the fourth bedroom?

In the thoroughly mainstreamed lower level—which now includes a beautifully-appointed guest bath and a home office as well as a newly carpeted and upgraded family room complete with working fireplace.

Doug Kouril said that the lower level, with its ample available light, was always a pleasant gathering place. But Sun Design’s better-rationalized stairway has made this part of the house as functional as any other—one of the reason the makeover has really worked for everyone.

“Developing ways to get existing space to perform better is always one of the strategic initiatives we explore,” said Lataille. “Clients are often amazed at how much unused square footage we find within the envelope of the existing home, and at how quickly the design solution comes together.”



PHOTOS BY JUSTIN KRIEL



The remodeling team converted an adjacent back corner bedroom into an adjoining master bath which features a glass-encased walk-in shower and a generously-sized vanity and bench.

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Assembly of God

Vienna Assembly of God ... 703-938-7736
Washington Christian Church...703-938-7720
Cristo Es Mi Refugio...703-938-7727

Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

Baptist

Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462
Bethel Primitive Baptist Church
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Cartersville Baptist Church ... 703-255-7075
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Vajrayogini Buddhist Center... 202-331-2122

Church of the Brethren

Oakton Church of the Brethren ... 703-281-4411

Catholic

Our Lady of Good Counsel ... 703-938-2828
St. Athanasius Catholic Church ... 703-759-4555
St. Mark's Catholic Church ... 703-281-9100

Charismatic

Christian Assembly ... 703-698-9777

Church of Christ

Berea Church of Christ ... 703-893-7040

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Antioch Christian Church ... 703-938-6753

Episcopal

Church of the Holy Comforter ... 703-938-6521

Church of the Holy Cross ... 703-698-6991
St. Francis Episcopal ... 703-759-2082

Jehovah's Witness

Jehovah's Witnesses ... 703-759-1579

Lutheran

Emmanuel Lutheran Church...703-938-2119
Christ The King Lutheran Church...703-759-6068
St. Athanasius Lutheran Church... 703-455-4003

Methodist

Andrew Chapel United Methodist ... 703-759-3509
Church of the Good Shepherd ... 703-281-3987
The Vine Methodist Church ... 703-573-5336
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Great Falls United Methodist... 703-759-3705
Oakton United Methodist ... 703-938-1233
Vale United Methodist ... 703-620-2594
Smith Chapel United Methodist ... 571-434-9680
Wesley United Methodist ... 703-938-8700

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Celebration Center for Spiritual Living
... 703-560-2030
Christian Assembly Church ... 703-698-9777

Presbyterian

Grace Orthodox Presbyterian Church ...
703-560-6336
Korean Central Presbyterian ... 703-698-5577
Vienna Presbyterian ... 703-938-9050

Quaker

Langley Hills Friends...703-442-8394

Seventh-Day Adventist

Northern Virginia Christian Fellowship ...
703-242-9001
Vienna Seventh Day Adventists ...
703-938-8383

Unitarian Universalist

Congregation of Fairfax ... 703-281-4230

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to greatfalls@connectionnewspapers.com. Deadline is Friday.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the sum-

mer – both of which will include children’s sermons. 703-356-3346.

St. Dunstan’s Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**From left:
Katie
Culligan,
Sherry
Benedek, Ben
Lurye and
Shea-Mikal
Green
(right).**



PHOTOS BY
DAVID SIEGEL/
THE CONNECTION

Expect Unexpected in 'She Said, He Said'

**An innovative
look at musical
favorites.**

BY DAVID SIEGEL
THE CONNECTION

In a humorous musical production that bends the rules with "what if" playfulness, Falls Church's Katie Culligan joins forces with another Falls Church resident, pianist Walter (Bobby) McCoy, to give audiences a cabaret evening of "She said, He said: A Cabaret of Musical Theatre Oddities" at the Creative Cauldron on Falls Church.

The show is part of the Creative Cauldron's "FOURTHWall" summer cabaret collection. It is a series where the entertainers are close to the audience as they perform in a friendly, welcoming space.

The "She said, He said" musical entertainment is built around reversing the usual roles of who sings what to whom. "We decided to develop and perform this particular theme of reverse gender roles due to the fun and creativity we could have with it," said Culligan. "Just because the role is written for one gender doesn't mean we don't have a love for the role and songs the character sings. This is our avenue to embrace and individually interpret each role."

"So often as singers, we are cast to sing to a particular type," continued Culligan. But in this 90-minute song-full evening the audience will receive a new way of seeing and hearing songs that they know well, according to Culligan.



Katie Culligan

Where and When

Creative Cauldron, 410 South Maple Avenue, Falls Church 22046. "She Said, He Said: A Cabaret of Musical Theatre Oddities." Performance: Saturday, Aug. 11, 8 p.m. Tickets: \$18-\$20. Phone: 571-239-5288 or log on: www.creativecauldron.org.

"The audience can expect, quite literally, the unexpected," said Culligan. There will be all different types and styles of music from Broadway show tunes such as Stephen Sondheim's "Not Getting Married Today," to "Nobody Needs to Know" from the award winning musical "The Last Five

Years," to an unexpected send-up twist on a Gilbert and Sullivan favorite, to even country blues and more. There will be solos, duets and group numbers, some with "a capella" arrangements.

Along with Culligan, a 2003 graduate of Langley High School and McCoy a recent graduate of Marshall High School, there will be area musical theater veterans Sherry Benedek, Ben Lurye and Benedek worked together singing with the professional Washington Savoyards while Green has performed in musical comedy at the professional Cumberland Theatre.

McCoy recently finished conducting "Legally Blonde: The Musical" for the McLean Community Players. He has also worked with choral groups at Cooper Middle School in McLean and Kilmer Middle School in Vienna.

The production allows the performers "to make creative and wild choices," Culligan said. "We look forward to seeing audience members step out of the comfort zone of typical musical theatre expectations."

WEDNESDAY/AUG. 8

Wine Tasting. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Sample Sommelier Vincent Feraud's selected wines. 703-506-4300.

Gipsy Kings. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

Fantasy Creatures. 7 p.m. Tysons-Pimmit Library, 7584 Leesburg Pike Falls Church. Paint and personalize a unicorn, fairy or dragon. 703-790-8088.

THURSDAY/AUG. 9

IL DIVO. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$50-\$55 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org.

Sushi. 5:30-8:30 p.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Watch as expert chef creates sushi and enjoy drinks. 703-506-4300.

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A combination of poetry and dance accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

FRIDAY/AUG. 10

Steve Miller Band. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$45 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org.

"Footloose," the Musical. 7:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-6360.

Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or www.colvinrun.org.

Justin Roberts. Wolf Trap Children's Theatre-in-the-Woods, 1645 Trap Road, Vienna. \$8 - \$10. Children under two are free. 703-319-2300.

The Christopher Linman Jazz Ensemble. 8:30 p.m.- 12 a.m. Wine Bar & Lounge at Entyse, Ritz Carlton 1700 Tyson's Boulevard, McLean. Enjoy food, wine and jazz. 703-506-4300.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages. 703-757-8560

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Ages 5-18. 703-938-0405.

SATURDAY/AUG. 11

"Footloose," the Musical. 7:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-6360.

Wolf Trap Opera Company: The Rake's Progress. 7 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. www.wolftrap.org.

Steve Miller Band. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$45 in-house, \$30 lawn. (703) 255-1868 or www.wolftrap.org.

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or www.colvinrun.org.

Plant Clinic hosted by the Master Gardeners. 10 a.m. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls

Church. Experts available to answer your gardening questions. 703-790-8088.

Master Gardeners Plant Clinic. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Experts available to answer your gardening questions. 703-242-4020.

Around the World. 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Oh Susannah! presents songs from the US, Mexico, Jamaica, Ghana, South Africa and others. 703-938-0405.

SUNDAY/AUG. 12

ABBA - The Concert. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. \$38 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

"Footloose," the Musical. 1 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. 703-255-6360.

Annual Photo Show Awards Reception. 2-4 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. 703-319-3971 www.ViennaArtsSociety.org

MONDAY/AUG. 13

Joe Walsh. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$30 lawn. www.wolftrap.com.

Spin, Pop, Boom. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Mad Science presents genies in a bottle, boom box in a tube and more. 703-757-8560.

Things that Go Boom. 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Sound effects, colorful chemistry and good vibrations with Mad Science. Age 6-12. 703-356-0770.

TUESDAY/AUG. 14

Lyle Lovett. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. www.wolftrap.com.

Guitar Legend Albert Lee + Jeff Alan Ross. 7 p.m. Jammin' Java, 227 Maple Avenue E., Vienna. tickets@jamminjava.com.

Raptor Conservancy of Virginia. 2:30 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. See birds of prey and learn about their place in the wild. Age 6-12. 703-938-0405.

Boys Book Club. 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Boys 9-12. Call library for book title. 703-757-8560.

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Book title for this month is "Confederates in the Attic" by Tony Horwitz. 703-356-0770.

WEDNESDAY/AUG. 15

John Prine and Emmylou Harris. 7:30 p.m. Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

This Century + Austin Gibbs + Bandits & Beggars. 7:30 p.m. Jammin' Java, 227 Maple Avenue E., Vienna. tickets@jamminjava.com.

I Spy Bugs. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Look for insects all around. Age 3-5 with adult. 703-356-0770.

Book Discussion Group. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call library for book title. 703-757-8560.

Toddlin' Twos. 10:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Join us for stories and songs. Age 2 with adult. 703-938-0405.

Water Bills Challenged

FROM PAGE 4

provided, or the justification was deemed to be inadequate,” said Anthony Griffin, who recently retired as the longtime county executive. Before joining the county, Griffin served as the city manager for Falls Church, and Chairman Bulova recently appointed him to the Fairfax Water Board of Directors. Griffin said he was “hopeful” that during the stay “there will be conversations that will produce win-win solutions for the parties involved, and particularly for the customers of the various water systems.”

IN THE MIDST of the posturing and political power-brokering stands Randall, 61, who worked for more than three decades as a utility economist with the federal government.

He said he never intended to become an expert on water, but when he realized how much more he and his neighbors were paying, he got mad. And then he decided he wasn’t going to take it anymore.

“Like most of the other 153,000 affected county residents, for years I got my quarterly bill and paid each bill, totally unaware of how much extra I was paying. In 2009, I figured it was about time somebody spoke up for these captive customers,” he said.

To that end, Randall has testified before city councils, written opinion pieces in local newspapers, and lobbied numerous state, federal, county, and city officials.

He has amassed thousands of pages of documents relating to water issues, and can cite chapter and verse when it comes to the history of the highly decentralized world of water operations, where dozens of public agencies are involved in the purchase, sale, distribution and delivery of water to residents. Randall has become known as a “solid” advocate in the water wars, respected for his persistence and fact-based presentations rather than his attention-grabbing antics.

“Transparency is the key,” he said. “These towns and cities need regulatory oversight-just as do other monopoly utilities such as Washington Gas or Dominion Power – to hold them accountable for every penny they charge their captive customers.”

However, many Fairfax City residents affirmed they want to keep their water system independent from Fairfax Water.

DURING A RECENT PUBLIC HEARING on the topic, city resident Curtis Chandler called the city’s water system an “asset” and “competitive advantage.” “Keeping the system and making the investment to keep it up to date is entrepreneurial,” Chandler said at the hearing.

Catherine Read, a city resident who narrowly lost her recent bid for a city council seat, agrees that the city’s water system is a valuable asset. She said in every forum she attended on the subject, the majority of citizens who turned out to express an opinion were in favor of the city keeping it.

Randall calls this “home-grown civic pride” that makes no economic sense, but Read disagrees. “I don’t think it’s about ‘civic pride.’ Access to clean potable drinking water will be the next great chal-

Jurisdiction/Agency	Current Basic Water Service Charge ⁽¹⁾	Proposed Basic Water Service Charge ⁽²⁾
Virginia-American Water Company (Prince William County)	\$149.69	\$187.08
City of Manassas Park	159.96	184.50
District of Columbia	135.90	144.06
City of Rockville, Maryland	133.47	143.67
Town of Leesburg (Outside)	134.16	139.20
Washington Suburban Sanitary Commission (Montgomery and Prince George's Counties, Maryland)	128.84	131.96
Town of Vienna (Outside Town Limits)	109.28	122.00
Town of Vienna (Inside Town Limits)	100.16	122.00
City of Fairfax ⁽³⁾	103.00	110.75
Virginia-American Water Company (City of Alexandria)	100.72	108.64
Town of Leesburg (Inside)	97.20	100.80
City of Bowie, Maryland	89.40	96.84
Arlington County	95.52	95.52
Prince William County Service Authority	88.95	93.15
City of Falls Church ⁽³⁾	86.55	86.55
City of Manassas	81.75	81.75
Town of Herndon	77.10	77.10
Loudoun Water	76.98	76.98
Fairfax Water	60.19	60.19

(1) Basic Water Service Charge includes the account service charge plus water used at the current commodity rate.
(2) Proposed rates effective in calendar year 2012.
(3) Excludes utility tax.

lenge of governments all over the world,” Read said. “Why would we simply turn that asset over to someone else and lose control over both how it’s managed and what it will cost? What benefit does the city derive beyond short term savings on not having to invest millions in the needed maintenance and upgrades?”

Randall argues the city’s recent decision to maintain its Loudoun County system doesn’t begin to address system reliability, as evidenced by the nearly month-long outage in May when the city was forced to purchase 100 percent of its water from Fairfax Water.

The city currently has no long-term backup for its Loudoun County treatment and transmission facilities. Each time the city declares a system emergency – which has occurred about every five weeks in recent years – it relies on the largesse of Fairfax Water to provide it with water priced below Fairfax Water’s cost, which disadvantages the water utility’s customers.

Jeanne Bailey, who is in the unenviable position of being a longtime city resident and the spokesperson for Fairfax Water, said that many city residents don’t fully understand the vulnerability of the city’s system.

She said Fairfax Water has 17 billion gallons of upstream storage ready to go in the event of a drought, but specifically prohibits the city from buying emergency water during a drought because it’s an event that can be “planned-for,” not an emergency.

“Fairfax Water is the city’s only emergency backup, and reliable long-term backup is expensive for us to provide. We’re happy to help, but we have to be fair to our customers as well,” she said. “At some point in time, they are either going to have to spend many tens of millions securing long-term back-up service elsewhere, or buy it at cost from Fairfax Water.”

Randall said he will continue his quest to educate and inform city and county residents about the economic and reliability benefits of partnering with Fairfax Water.

In May, Randall addressed the City Council, saying: “If city officials don’t deal with long-term backup and emergency water needs real soon, one day when there’s an emergency outage, they are going to turn on the faucet and get absolutely nothing.”

BULLETIN BOARD

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/AUG. 8

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. The group meets the second Wednesday of every month. Free. 703-768-4841.

Ongoing Book Sale. Dolley Madison Library, 1244 Oak Ridge Avenue McLean. Continues through Aug. 31. 703-356-0770.

Personalized eBook/eReader Instruction. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Call for an appointment to learn more about your e-reader and downloading e-books. Continues through Aug. 31. 703-790-8088.

Personalized Computer/Internet Training. 7 p.m. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Get help with using Microsoft Word and Excel and introduction to Internet use. 703-790-8088.

THURSDAY/AUG. 9

Greater McLean Chamber of Commerce LeadShare Meeting. 7:30 a.m. Chesterbrook Residences, 2030 Westmoreland St., Falls Church. LeadShare events will be held the 2nd and 4th Thursday of every month. Register at 267-346-1885.

Home Life Style

Gourmet’s Delight

FROM PAGE 11

for a 16’ x 47’ deck (spanning from mid-house to the corner of the garage) which also accommodates a 200 sq. ft. kitchen extension.

The new Trex-surfaced deck is now accessible from both an existing rear door and a new north-facing “cook’s door” a few strides from the outdoor dining table.

The original, visually-restricted kitchen windows have been replaced with a running wall of double hung Mi windows that frame a panoramic portrait of backyard gardens.

The kitchen extension boasts a cathedral ceiling set off by exposed rafters — a change that makes the entire room feel that much more expansive.

A mid-room cooktop island with dining counter provides the chef with welcome convenience in negotiating a whole series of work triangles. The new custom built-in is also a pleasant spot for a cup of coffee or simple quiet time.

Interior finishwork is pristine throughout. Diagonal patterns of cork flooring (under the cook’s feet) converge with a softly beige ceramic tile. Marble

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the internet, Word and Excel. Call for an appointment. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. 703-242-4020.

eBook/eReader Instruction. 8:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. 703-242-4020.

FRIDAY/AUG. 10

English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. 703-938-0405.

SATURDAY/AUG. 11

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

MONDAY/AUG. 13

English Conversation Group. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. 703-242-4020.

counter surfaces abut Chiaro Saraceno mosaic backsplashes accentuated with Durango Rope detailing. Amenities include an induction cooktop, a wine refrigerator, and dedicated space for an espresso coffee maker.

Outside, an eagle-headed pergola spanning a wrought-iron table with seating for six provides an appropriate structural transition from inside to out.

To extend the season a bit, the perogla is wired with both overhead rotating fans and a pair of directional space heaters. There’s also a four-speaker sound system.

From here, the plan literally veers off in two directions. A staircase descends to a landing which exits north towards a flagstone walk bordered by planters, or south to discretely concealed supplemental storage and a new patio lounge.

Pass through a pair of French doors, and you enter a custom-designed cigar and wine tasting salon complete with wine racks and leather club chairs.

A quiet retreat to explore life’s finer pleasures while watching the sun set in the trees. Ah, Wilderness!

NVSL Season Concludes with Individual All-Star Meet

Waynewood's Dona sisters win at home pool.

BY JON ROETMAN
THE CONNECTION

Eight-year-old Hanani Dona jumped up and down in support of her older sister, 17-year-old Reanna, during a medal ceremony at the Northern Virginia Swim League Individual All-Stars meet on Aug. 4. Hanani's involvement in the day's events wasn't limited to cheerleading, however, as the younger sibling received her own recognition.

Reanna won the 15-18 girls' 50-meter butterfly and finished second in the backstroke, and Hanani finished third in the 8U 25-meter butterfly and first in the backstroke at their home pool: Waynewood Recreation Association in Alexandria. Reanna, a 2012 graduate of West Potomac High School and rising freshman at Ohio State University, finished with an NVSL season-best time of 28.55 seconds in the fly. In the backstroke, she was one of two swimmers to break 30 seconds. Her time of 29.66 was bested only by Janet Hu's NVSL record time of 28.21.

Hanani swam 18.81 in the fly and 19.94 in the backstroke.

"I actually made it a point to watch [Hanani]," Reanna said. "... We have such a huge age difference between us, I wasn't sure whether she'd like swimming or not. At her age, I was not making it to all-stars as an eight-and-under. I didn't know what all-stars was. The fact that she knows what's going on is just really great for her."

While the Dona sisters shined in their home pool, Hu rewrote the NVSL record book. A member of the Mosby Woods Raiders (Fairfax) and a rising junior at Oakton High School, Hu broke her own record in the 15-18 50 freestyle with a time of 28.21. Hu set the previous record of 28.52 one week earlier at divisionals, according to the NVSL Web site.

"It's pretty exciting," Hu said, "to know I'm still improving."

Hu also won the 50 free with a time of 26.5. She set the NVSL record in the event one week prior with a time of 26.27.

Laura Schwartz, a member of the Camelot Community Club Knights (Annandale) and rising senior at Falls Church High School, entered the 15-18 girls' 100 IM as the No. 1 seed and didn't disappoint. She finished with an NVSL season-best time of 1:06.5.

"I try not to think about it," Schwartz said of being an event's top seed. "I guess it kind of gets me a little bit excited because I think, 'I have to make sure I get first place since I'm seeded first.'"

Schwartz had to come from behind to capture the win.

"I actually had no idea where I was until I came off the breaststroke turn," she said.



Hayfield Farm's Ben Lambert won the 15-18 boys' 50-meter butterfly at the NVSL Individual All-Stars meet on Aug. 4.



Hunter Mills' Alexandra Dicks won the 8U girls' 25-meter butterfly at the NVSL Individual All-Stars meet on Aug. 4.

"... I breathed to my left and I saw the other girl and I was right at her hip. I was like, 'Oh gosh, I'm seeded first, I need to win this,' so I had to kick it into another gear to out-touch."

While Schwartz fulfilled her duty as a favorite, Ben Lambert's victory in the 15-18 boys' 50 fly was an upset. Lambert, a member of Hayfield Farm Seahawks (Alexandria) and rising sophomore at Hayfield Secondary School, won the event with a time of 26.3 despite being seeded outside of the top three.

"It was all mindset," Lambert said. "My coach from a while ago told me that if you believe you're the best one out there and you swim like it, then you can be and that's what happened today. ... I actually kind of like having people ahead of me because it inspires me to go faster and it gets me more hyped."

Paul O'Hara, a member of the Hollin Meadows Barracudas (Alexandria) and a rising senior at Gonzaga College High School in Washington, D.C., finished first in two events. After finishing in a first-place

tie in the 15-18 boys' 100 IM (1:00.65), O'Hara won outright the 100 freestyle with a time of 23.74.

"I was kind of amped up for the second event," O'Hara said, "because after the tie, it was kind of disappointing."

Zachary Fountain, a 2011 West Springfield High School graduate and rising sophomore at Indiana University of Pennsylvania, tied with O'Hara in the 100 IM and won outright the 100 breaststroke (30.82). Fountain represented the Orange Hunt Sharks (Springfield).

In boys' butterfly action, winners included: Sleepy Hollow's Liam Redman (8U, Falls Church); Highlands Swim's Ben Charles (9-10, McLean); Chesterbrook's Jaya Kambhampaty (11-12, McLean) and McLean's Christopher Murphy (13-14). In girls' butterfly action, winners included: Hunter Mill's Alexandra Dicks (8U, Vienna); Little Rocky Run's Emily Drakopoulos (9-10, Clifton); Greenbriar's Jacqueline Clabeaux (11-12, Fairfax) and Orange Hunt's Robyn Dryer (13-14, Springfield).

In boys' IM competition, winners included: Highlands Swim's Charles (10U); Dunn Loring's John McClorey (11-12, Vienna) and Lee-Graham's Miller Surette (13-14, Falls Church). In girls' IM action, winners included: Wakefield Chapel's Madelyn Donohoe (10U, Annandale); McLean's Isabella Rongione (11-12) and Commonwealth's Hannah Baker (13-14, Fairfax).

In boys' freestyle action, winners included: Fox Mill Woods' Tomasz Kleczek (8U, Reston); Lee-Graham's William Jackson (9-10, Falls Church); Little Rocky Run's Myles Brown (11-12, Clifton) and Village West's Aidan Pastel (13-14, Springfield). In girls' freestyle competition, winners included: Ravensworth Farm's Emily Suris (8U, Springfield); Little Rocky Run's Drakopoulos (9-10); Greenbriar's Clabeaux (11-12) and Commonwealth's Baker (13-14).

In boys' backstroke competition, winners included: Tuckahoe's James Ewing (8U, McLean); Lee-Graham's William Jackson (9-10, Falls Church); Overlee's Jonathan Day (11-12, Arlington); Overlee's Ryan Baker (13-14, Arlington) and Annandale's Kyle Tyrrell (15-18). In girls' backstroke action, winners included: Sully Station SS's Elise Mozeleski (9-10, Chantilly); Hamlet's Grace Gent (11-12, McLean) and Orange Hunt's Dryer (13-14).

In boys' breaststroke competition, winners included: Donaldson Run's Drew Harker (8U, Arlington); Sully Station SS's Brian Patten (9-10, Chantilly); Chesterbrook's Sam Gollob (11-12, McLean) and South Run's Christopher Stankiewicz (13-14, Springfield). In girls' breaststroke action, winners included: Ravensworth's Suris (8U); Hunt Valley's Carrie Morrison (9-10, Springfield); Mount Vernon Park's Holly Jansen (11-12, Alexandria); Little Hunting Park's Sarah Cahill (13-14, Alexandria) and Crosspointe's Brooke Malone (15-18, Fairfax Station).

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21 Announcements

21 Announcements

PUBLIC NOTICE:
PROPOSAL TO MODIFY CORRECTIVE ACTIONS AT AN UNDERGROUND STORAGE TANK (UST) SITE. There has been a release from an underground storage tank system at the Former Pentagon Industrial Complex, 1201 South Fern Street, Arlington, Virginia. The Department of Environmental Quality (DEQ) has requested preparation of a Corrective Action Plan Addendum to address cleanup of petroleum fuel contamination at this site. If you have questions regarding the cleanup, please contact: John P. Diehl, Environmental Consultants and Contractors, Inc., 43045 John Mosby Highway, Chantilly, VA 20152, (703) 327-2900. The Corrective Action Plan Addendum was submitted to the Remediation Division of the Northern Regional Office of the DEQ May 17, 2012. If you would like to review or discuss the proposed Corrective Action Plan with the staff of the DEQ, please feel free to contact Mr. Randy Chapman of the DEQ at (703) 583-3816 after the date of the Corrective Action Plan Addendum submittal. The DEQ Remediation Division will consider written comments regarding the proposed Corrective Action Plan Addendum until July 30, 2012, and may decide to hold a public meeting if there is significant public interest. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case: PC # 96-3200. Department of Environmental Quality, Remediation Division, 13901 Crown Court, Woodbridge, VA 22193.

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Fairfax Water

FAIRFAX COUNTY WATER AUTHORITY Notice of Public Hearing

**Resolution Authorizing Acquisition of Property Necessary
for Public Purposes by Eminent Domain or Other Means**

September 6, 2012 at 6:30 p.m.

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on at **6:30 p.m. on Thursday, September 6, 2012**, to receive public comments on a proposed Resolution authorizing the acquisition of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Lee Jackson Memorial Highway (U.S. Route 50) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 50, more particularly described as Fairfax County Tax Map Parcels 0332-01-0004, 0332-01-0005B2, 0332-01-0005D, 0332-01-0005E, 0341-03-B4, 0341-03-B5, 0341-03-0001, 0343-01-0041A, and 0343-13-0001. Following the public hearing, the Water Authority Board may vote on or after September 6, 2012, to adopt the proposed Resolution.

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at <http://www.fairfaxwater.org>.

The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
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All written comments must be received by close of business on Wednesday, September 5, 2012 to be included in the record of the public hearing.

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Derive to Survive



By KENNETH B. LOURIE

Now that I can taste food again, or rather have food taste like normal again, my attitude is much improved. Unfortunately, one of the side effects of some heavy-duty chemotherapy drugs is poor appetite, brought on – occasionally – by the fact that everything you eat and drink (a bit of an exaggeration, but not much) tastes lousy. And it's been my experience now (nearly three and a half years and still counting) that if I'm not deriving pleasure from what I'm eating and drinking, I am deriving displeasure. Not only am I being deprived of an everyday and much-needed/expected positive reinforcer, I am experiencing a negative of Epicurean proportions. It's a lose-lose. No wonder I've been miserable.

Originally, in March, 2009 when I began my first-line chemotherapy (six cycles/infusions of a chemotherapy cocktail consisting of three drugs for six hours every three weeks), after a few infusions, eating became a challenge. Then it wasn't that food didn't taste good, it was that its taste – good or bad, held no particular sway for me. I was indifferent to it; I just wasn't interested. I was also extremely fatigued from my treatment (red blood cells – in addition to your cancer-carrying white blood cells – are destroyed during treatment; they provide your energy), so even getting off the couch to walk into the kitchen was exhausting. Food was not the answer. In fact, it was more of a question, as in: What am I going to eat? To which my usual reply was: "I don't care." And so I lost weight. I remember one appointment with my oncologist during this time when he threatened, unless I gained weight, to hospitalize me. I was hardly shriveling up to nothing, I thought, but I guess I was beginning to shrivel. An unhealthy situation for a cancer patient needing strength to endure his treatment.

And so weight has come off and gone back on, and so forth and so on for nearly three and a half years. As the chemotherapy drugs with which I have been infused have changed, so too have my eating tendencies, not uncommon for patients undergoing treatment for cancer. (Perhaps you're aware of one of the presumptive benefits of medical marijuana: appetite stimulator, although it was never suggested or prescribed to me.) First and foremost though, the patient has to be able to tolerate the treatment, and being weak – from hunger, complicates the demands on an already compromised immune system (an effect of your white blood cells being destroyed). And if you've been given a terminal stage IV diagnosis – with a less than encouraging prognosis, as I had, having circumstances arise – self-imposed or otherwise, which prevent your oncologist from treating you as aggressively as is prudent, is hardly an encouraging start – or finish, to your day.

But this most recent food-taste experience was unique: I felt like eating. I had energy to eat. I even had foods in mind to eat. Unfortunately, the food was either tasteless/disappointing, or in many cases, it was downright putrid – not even mediocre. There was no more looking forward. There was only looking backward to tastier meals and inward to my frustration, and in so doing I felt lousy about myself and my prospects and it was reflected in my column's content. Now I feel better because I'm eating better. Once again, food tastes like it's supposed to. I know it's good for me; I just hope it's bad for the cancer.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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