

Riley, a female border collie mix, rockets through the tire jump of the agility course at the Fairfax County 4-H Fair Dog Show on Aug. 4. Kira Baugh, of Reston, and Riley won first place for their performance.

4-H Fair Attracts Hundreds

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Obama Campaign
Opens in Reston

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PHOTOS BY DEB COBB/THE CONNECTION

Kira Baugh of Reston competes in an agility course with her dog Riley, a border collie mix, at the Fairfax County 4-H Fair Dog Show on Aug. 4. Dogs guided by their handlers run through a course with many obstacles such as jumps, tunnels and this tire feature. Baugh and Riley won first place for their performance.

4-H Fair Attracts Hundreds

Siblings Connor and Gillien Tweddle of Falls Church display the ribbons they won at the Fairfax County 4-H Fair Dog Show Costume Competition on Aug. 4. Participants were tasked with learning about their dog's breed, making a costume that represented some element of the history of the dog's breed and describing their costumes to a judge. Connor Tweddle's dog Sally is a Labrador retriever, used by many law enforcement agencies for bomb detection (or Explosive Ordinance Detection), and as Connor says, "She's 'da Bomb!'" Gillien Tweddle's dog Winnie is dressed as the popular A. A. Milne bear Winnie the Pooh. The origin of her pit bull mix's breed was used for many hundreds of years to hunt in a form of dog fighting called "bear-baiting" where the dog was pitted against a bull or bear.



Alina Ampeh of Oakton rides her horse Melan in the Junior Western Pole Bending Race, during which she directs the horse to weave through the poles at the Fairfax County 4-H Fair held at Frying Pan Farm Park on Aug. 5. Ampeh and Melan won first place for their ride.



Melissa Stagnaro demonstrates canine freestyle with her dog Kludde at the Fairfax County 4-H Fair held at Frying Pan Farm Park on Aug. 5.



Herndon residents Olivia and Monica look at the hour-old chick hatched by the Kinglsey Commons CLC afterschool program at the Fairfax County 4-H Fair held at Frying Pan Farm Park on Aug. 4.

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 December 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



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."

Senator Chap Petersen (D-34), a longtime City of 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

SEE WATER BILLS, PAGE 4



PHOTO BY ALEX MCVEIGH/THE CONNECTION

Golfers at the Herndon Centennial Golf Course take part in a clinic to raise funds for Cindy's Legacy, which raises money for cancer patients and their families, Friday, Aug. 3.

Cindy's Legacy Hosts Golf Clinic

Herndon Centennial holds fundraiser.

BY ALEX MCVEIGH
THE CONNECTION

The Herndon Centennial Golf Course hosted a clinic to benefit Cindy's Legacy, a local charity dedicated to supporting families of those diagnosed with cancer, which raised more than \$1,000 on Friday, Aug. 3.

Cindy's Legacy was started by Stacy Brooks, daughter of Herndon resident Cindy Martin. Martin was diagnosed with a brain tumor in October 2010 and passed away during treatment on Feb. 23, 2011 at the age of 54. As a hairdresser, Martin could not work and make money during her illness, so friends and family hosted fundraisers to help pay her medical costs.

It was with this in mind that Brooks started Cindy's Legacy in November 2011, and immediately started donating gift cards, administrative support and more to families struck by illness.

"We have a two-fold mission, to provide what financial support we can for those with cancer and their families, as well as providing support for some of the day-to-day activities that families aren't in the position to do, they're focusing on getting their health back."

The golf clinic was their first event, and Brooks said they wanted to start small.

"Originally we were thinking something like a big event or a

golf tournament, but we figured this was a good way to network and get some people involved," she said. "It's fitting that our first event was here in Herndon, where we were founded."

The clinic featured lessons from Herndon course PGA pro Julie Whitehead and other staff members who gave some brief tutorials on driving, putting and chipping, and others headed straight to the course for a few holes of play.

"We hold clinics on a regular basis, and we're happy to support a local charity," Whitehead said. "We saw a pretty good variety of skill levels out there, some had barely ever picked up a club, others were ready to get out on the course right away."

Brooks said the organization has had success on Facebook, where they can advertise their events, as well as publish testimonials and other information about the people they are helping.

"It's been great for us, we're able to link up with people who need support, post information about clients we're serving and their needs," Brooks said. "And it helps our supporters get a look at who we're helping on a day to day basis."

Cindy's Legacy has even been able to help people around the country, recently providing donations of more than \$300 to the family of a ten-year-old girl named Paije from Beaumont, Calif. who was diagnosed with a rare type of bone cancer in her skull.

More information on Cindy's Legacy can be found at www.facebook.com/cindyslegacy, or at www.cindyslegacy.org.

Water Bills Challenged

FROM PAGE 3

only would happen if no justification for rates was provided, or the justification was deemed to be inadequate,” said Anthony Griffin, who recently retired as the long-time 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

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.

potable drinking water will be the next great challenge 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 reston@connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/AUG. 8

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

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.

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

Open Summer Readings. 7:30 p.m. Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. \$10 per session or \$35 for all four sessions prepaid. RSVP and/or purchase tickets at restoncommunityorchestra.org

SATURDAY/AUG. 18

Back-to-School Health Fair. 8:30 a.m.- 1:30 p.m. Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Suite #103, Herndon. Open to children currently residing in Fairfax County for school, sports and annual physicals 703-481-8160

SUNDAY/AUG. 26

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

MONDAY/AUG. 27

Week-long Fishing with Friends Camp. 8:30 a.m.-4:40 p.m. Vienna Community Center, 120

Cherry St. S.E., Vienna. For ages 9-14. Learn beginner and intermediate tricks and tactics for freshwater fishing in nearby ponds and rivers. Virginia Fishing Adventures provides all food, drinks, bait, tackle, rods, reels and lifejackets. \$550-\$600. 703-255-6360 or www.viennava.gov.

TUESDAY/AUG. 28

INOVA Blood Drive. 12-7:30 p.m. Reston Town Center, 11900 Market Street, Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

SUNDAY/SEPT. 23

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

TUESDAY/SEPT. 25

INOVA Blood Drive. 12-7:30 p.m. Reston Town Center, 11900 Market Street, Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

SUNDAY/OCT. 28

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SUNDAY/NOV. 25

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SUNDAY/DEC. 16

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SUNDAY/JAN. 27

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SCHOOL NOTES

Send school notes to reston@connectionnewspapers.com. Deadline is Friday.

Melissa Tran of Reston has been named to the 2012 Who’s Who Among Students in American Universities and Colleges. Tran is majoring in quantitative economics at Providence College, Providence, R.I.

Cailin Clinton of Reston has been named a member of the Marching Virginians at Virginia Tech.

Julia Springfield of Reston has been named a member of Sigma Alpha Lambda, National Leadership and Honors Organization at the University of Virginia. Springfield is a 2010 graduate of South Lakes High School.

Marisa L. Shannon of Reston has been named to the fall 2011 dean’s list at Boston University of Boston, Mass.

The following Reston residents have been named to the fall 2011 dean’s list at Virginia Tech: **Morgan**

E. Biggs (animal and poultry sciences), **Christine C. Comer** (university studies), **Sarah L. Francis** (communications), **Scott E. Fundling** (architecture), **Amanda E. Gurley** (public and urban affairs), **Sara Hoyos** (university studies), **Chanel R. Jost** (humanities, science and environment), **Naomi A. McCrea** (human development), **Vanessa J. Oakes** (biological sciences), **Alexander S. Pettingell** (economics, science), **John F. Roller** (mechanical engineering), **Stephanie L. Seto** (biochemistry), Kristen L. Toth (biological sciences), **Marshall C. Yacoe** (environmental science), **Anna Yayloyan** (economics), **Ian R. Anderson** (general engineering), **Allie E. Aroesty** (university studies) and **Frederick J. Baerenz** (English).

Weina Bao of Reston has won the National Merit Lockheed Martin Academic Scholarship. The Thomas Jefferson H.S. for Science and Technology student plans to study engineering.

COMMENTARY

Women's Health Care Advances

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

While the debate on the federal Affordable Care Act continues, key provisions of the act are becoming effective. Last week preventive care provisions for women took effect. According to a report from the U.S. Department of Health and Human Services (HHS), approximately 47 million women are in health plans that must cover these new preventative services at no charge. The HHS asserts that "women, not insurance companies, can now make health decisions that will keep them healthy, catch potentially serious conditions at an earlier state, and protect them and their families from crushing medical bills."

Contrary to the arguments put forth by the opponents of any federal involvement in health care, the federal government is not making medical decisions for individuals. Rather, people are being empowered with information that will help them make more informed decisions about their health. Previously some insurance companies did not cover these preventive services for women under their health plans while some women had to pay deductibles or co-pays for the services. Under the new rules, coverage of these services becomes effective at the next renewal date, on or after Aug. 1, 2012, for most health plans. Certain nonprofits and religious organizations are not required to provide the coverage.

All the services effective under these provisions empower women to make better decisions about their own health—not the federal or state governments



or the insurance companies. There are eight new services that include well-woman visits, gestational diabetes screening, contraception education and counseling, breast feeding support and counseling, and sexually transmitted diseases counseling and screening. Under sections of the law that had already become effective, women had gained access to

mammograms, cholesterol screenings, and flu shots. Men and children are also able to take advantage of preventative services at no extra charge under the health care law. These services include flu shots and other immunizations, screening for cancers, high blood pressure and cholesterol screenings, and evaluations for depression. Visit the website at www.healthcare.gov/prevention to learn about health care services you may be eligible to receive.

Fortunately, Virginians will be put in charge of their health care decisions without interference from state government. Under other provisions of the Affordable Care Act, including the establishment of health insurance exchanges and the expansion of Medicaid where state government is required to act, Virginia is dragging its feet. Under these preventative care provisions which just became effective, government is set aside and individuals make their own health care decisions based on medical information. That is a major step forward for women's health care.

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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.

You can email your tips and photos to editors@connectionnewspapers.com or upload them via our website at <http://www.connectionnewspapers.com/insiders/>. The deadline for Insider's Tips is Friday, Aug. 17.

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COMMENTARY

Four Running to Represent You in Congress

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

It was a dreary, threatening-to-rain Sunday afternoon, and I was a bit bored. It dawned on me that I really had not thought about the coming election right here in my own, new congressional district. "New" in that Reston was redistricted by the powers that be. Those "powers" were the incumbent Virginia congressmen, who decided among themselves how they would like to

have their respective districts re-drawn so as to ensure re-election, at least until the 2020 census. Their wishes were then largely rubber-stamped by the Virginia Legislature. Rep. Connolly, who won re-election by a hair in 2010, got his 11th District "gerrymandered" to add areas with Democratic voting records, like Reston.



INDEPENDENT
PROGRESSIVE

So, I spent some time studying the candidates in our 11th District. They are, alphabetically: Gerry Connolly (D), incumbent; Joe Galdo (Green); Mark Gibson (I); and, Chris Perkins (R). Here is a thumbnail summary of what I learned, including candidate websites so you, dear reader, can easily begin your own research on your Nov. 6

choices for representation in Washington.

Gerry Connolly, at www.gerryconnolly.com, describes himself as a "pro-business", "centrist" member of the New Democrats Caucus. His website does not have issues or candidate positions' pages. It has campaign news and how to donate or volunteer. Connolly has supported extending Bush tax cuts for wealthy, but now says he is undecided as to whether to support Obama's plan to ex-
SEE FOUR RUNNING, PAGE 13

LETTERS TO THE EDITOR

Taking Exception On Health Care Act

To the Editor:

Delegate Plum makes much of the "morality" of the mockingly entitled Affordable Health Care Act (Connection, July 25-31, 2012). Invoking "morality" is a trusty recourse in the face of otherwise prohibitive draw-

backs. An "act of human decency," it is called, as though this settled all argument. Costs be damned. Does anyone seriously believe, based on the record thus far, that the institution of nebulous "exchanges" will reduce health-care costs overall? Can there be any doubt if there have been over 1,000 waivers from this massive federal intrusion thus far that there will thousands more as "uncompensated care," in Delegate Plum's delicate phrase, theoretic-

cally disappears?

"We have to pass the bill so you can find out what is in it." The bill that was rammed through by arm-twisting, bribery, and elementary chicanery and, as law, remains unread, understood even less, by just about everyone.

"A kinder and more decent society" in this "richest nation on earth" (although with a staggering public debt of \$16 trillion!) is supposed to emerge from the extra \$1.8 trillion in tax increases

over the act's first two decades and the diversion of \$500 billion from Medicare (already underfunded by an annual \$300 billion, incidentally).

But then there are the children. Ah, those 26-year-old children! Folks in many countries are nearly dead from old age at 26, and they buy their own contraceptives!

Harry Locock
Reston

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NEWS

Obama Campaign Opens in Reston

Office will coordinate volunteers for Herndon, Reston area.

BY ALEX McVEIGH
THE CONNECTION

Dozens of volunteers and supporters for the campaign to re-elect Barack Obama opened the new Herndon-Reston office on Reston Parkway, Saturday, Aug. 4. It is one of six offices opened on the president's 51st birthday in the Northern Virginia area.

"In the past we've worked on campaigns out of each other's homes, but this year we thought offices might work better," said Michael Fruitman, a volunteer. "One of our primary focuses will be going out and registering voters, but we'll also be engaging local neighborhoods to get their feelings on the election."

Fruitman said voter registration is a priority for the entire area, and they want to make sure that people keep their addresses and other information updated, particularly in this area where people move around often.

"I think everybody in the community can get behind the voter registrations," he said. "And like 2008, we're taking a grassroots approach, which is always a challenge, but the enthusiasm is there, and that's one of our great strengths."

Kathy Fredgren, a neighborhood team leader for Hunters Woods, worked on the



Volunteers celebrate the opening of the Obama campaign office in Reston on Saturday, Aug. 4.

Fairfax office during Obama's 2008 campaign.

"I felt that I could not not get involved, I'd like to get 100 percent of Restonians out to vote in November," she said. "Even in a good year we only get around 50 or 60 percent, so hopefully we can get something like 90 to 95 percent turnout. I think everyone in the country needs to realize what people around the world have gone through just to be able to cast a ballot."

Fredgren said the local approach this year

is a little different than it was during the last campaign.

"We're focusing much more on the neighborhoods, staying in our own, to make sure we really get to know our voters," she said.

Local officials, including Rep. Gerry Connolly (D-11), State Sen. Mark Herring (D-33), Del. Ken Plum (D-36), Fairfax County Supervisor Cathy Hudgins (D-Hunter Mill) and Herndon Town Councilmember Sheila Olem, attended the opening.



Supervisor Cathy Hudgins (D-Hunter Mill), Del. Ken Plum (D-36), Rep. Gerry Connolly (D-11) and State Sen. Mark Herring (D-33) at the opening of the Obama campaign office in Reston, Saturday, Aug. 4.

"We are at the epicenter of Northern Virginia, which is the epicenter of the Commonwealth of Virginia, which will be the epicenter for this presidential election," Connolly said. "The fact that we're talking about Virginia as a competitive swing state, and we've had a lead for most of the last year, you've got to pinch yourself if you're of a certain age."

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ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/AUG. 8

"This is a Cookbook. For Real Life" Cookbook Club at Williams-Sonoma. 6-8 p.m. Reston Town Center, 11900 Market Street, Reston. \$75, includes book. 571-203-8815. williams-sonoma.com.

Tribute to Margaret's Garden. Post Gallery, ArtSpace 750 Center Street, Herndon. Exhibit will feature local artists celebrating the Fairfax County landmark of "Margaret's Garden." Free and open to the public. 703-956-6590.

THURSDAY/AUG. 9

Tribute to Margaret's Garden. Post Gallery, ArtSpace 750 Center Street, Herndon. Exhibit will feature local artists celebrating the Fairfax County landmark of "Margaret's Garden." Free and open to the public. 703-956-6590.

Before the People Came. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Based on an African fable, the production features a combination of poetry, dance, and delightfully imaginative costumes accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFRAP or www.wolfrap.org/TITW.

FRIDAY/AUG. 10

"Dirty Rotten Scoundrels." 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A musical about two con men plying their "trade" in the French Riviera. \$23. www.eldenstreetplayers.org.

"Resilient." Reston Community Center Lake Anne, The Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. A Collection of paintings by Kevin Michael Earley depicting journeys of spiritual struggle. Exhibit runs through August 30.

SATURDAY/AUG. 11

Reston Concert on the Town Series - EC3 & Friends. 7:30-10 p.m. Reston Town Center, 11900 Market Street, Reston. Salsa, merengue, Afro-Cuban. www.restontowncenter.com.

"Dirty Rotten Scoundrels." 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A musical about two con men plying their "trade" in the French Riviera. \$23. www.eldenstreetplayers.org.

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.wolfrap.org.

Salsa Caliente. 7:30 p.m. Reston Town Center Pavilion, Market St., Reston. EC3 & Friends. Salsa, merengue and Afro-Cuban. www.restontowncenter.com.

Family Fun Entertainment Series: A Program of Magic and Music. 10-10:45 a.m. Reston Town Center, 11900 Market Street, Reston. www.restontowncenter.com.

CINE CLASSICS Movie Series "Vertigo" (1958). 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. bowtiefcinemas.com.



Annie Ermlick and Nathan Tatro in the Elden Street Players production of "Dirty Rotten Scoundrels."

SUNDAY/AUG. 12

"A Farewell to Margaret" Tea. 3 - 6 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Meet some of the artists who painted and photographed in Margaret Thomas' iris garden. www.artspaceherndon.org. "Free."

CINE CLASSICS Movie Series "Vertigo" (1958). 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. bowtiefcinemas.com.

"Dirty Rotten Scoundrels." 7 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A musical about two con men plying their "trade" in the French Riviera. \$23.

Pilates in the Pavilion with Potomac River Running. 9-10 a.m. Reston Town Center, 11900 Market Street, Reston. A core workout to improve strength and flexibility. RSVP potomacriverrunning.com

MONDAY/AUG. 13

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

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center Pavilion, 11900 Market Street. Unique, heart-centered music for kids. Free.

Open Summer Readings. 7:30 p.m. Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. \$10 per session or \$35 for all four sessions prepaid. RSVP and/or purchase tickets at restoncommunityorchestra.org

TUESDAY/AUG. 14

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

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. Exhibit featuring Herndon Town Calendar Photography Competition finalists; ends Sept. 9. www.artspaceherndon.org.



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

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

BY JOHN BYRD

Nineteen years may seem like a long time to wait for an in-terior 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.

"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 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 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 ambiance. 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,

Master Bath before



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.

PHOTOS BY JUSTIN KRIEL

Master Bath after



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."

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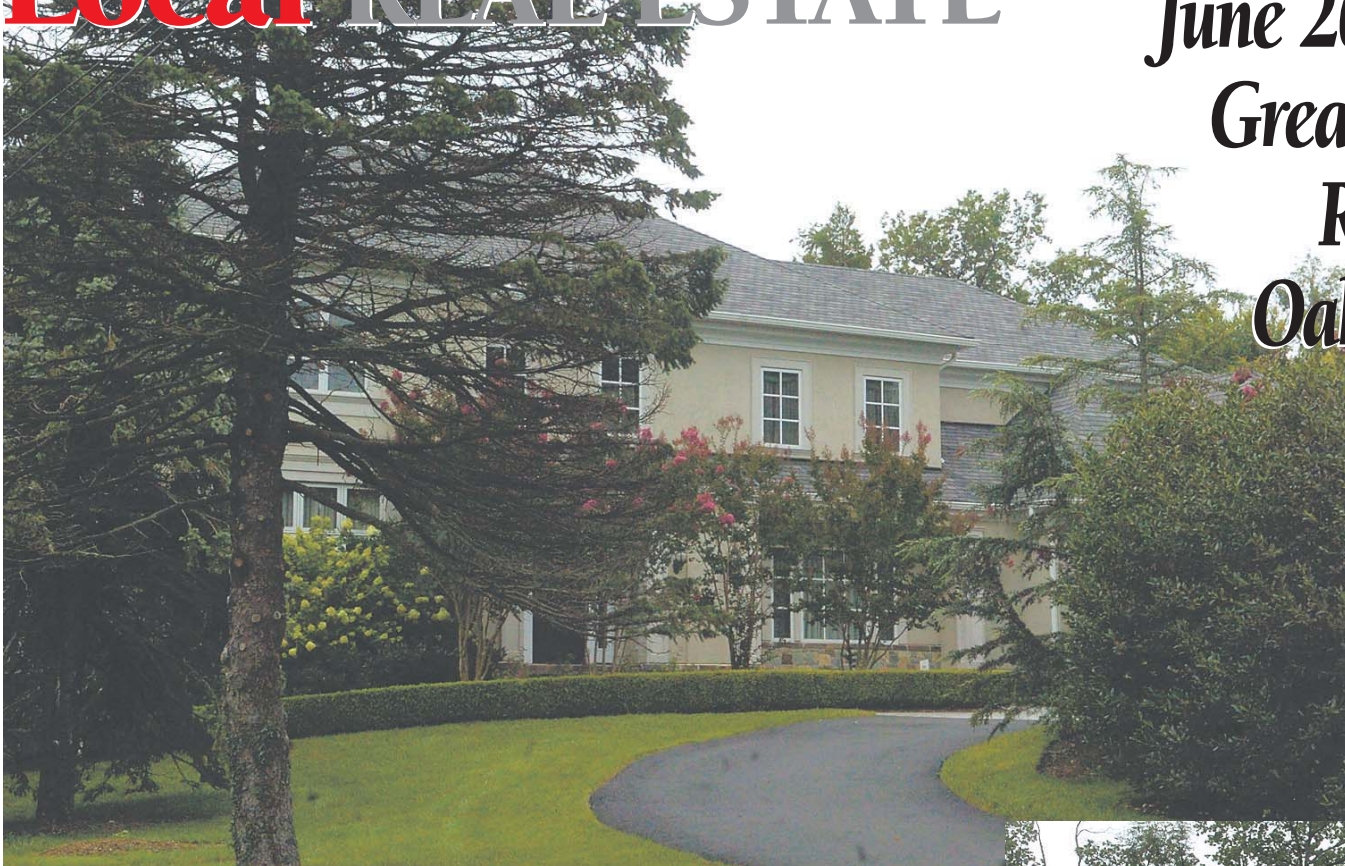
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Local REAL ESTATE

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



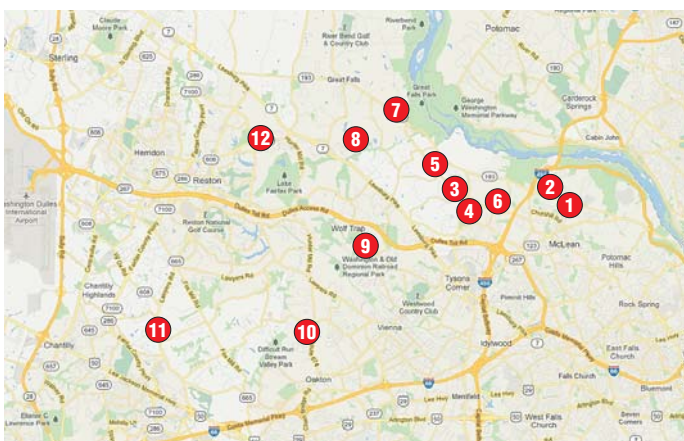
12 11085 Pelham Manor Place,
Reston — \$1,140,000



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



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



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

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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."

Free Remodeling & Design Seminars!

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- 10 Tips for a Stress Free Remodel
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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).

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

OPINION

Four Running to Represent You

FROM PAGE 6

clude cuts for those over \$250,000. He voted for the Affordable Care Act, including Public Option. He voted to withhold \$350 billion of bank bailout. Connolly, seeking a third term, previously served on and chaired the Fairfax County Board of Supervisors.

Joe Galdo, at www.joegaldo.com, has another site short on candidate stances on issues. Galdo is a first-time candidate with a career in Depts. of Defense and Energy. He is a strong advocate for renewable energies, especially solar, which he would introduce in the county schools, e.g., says he is "tired of dysfunctional Congress" caused by both parties. He supports sweeping reform of Capitol Hill processes. He supports the Affordable Care Act. Connolly says he has failed to get funding for rail to Dulles.

Mark Gibson is at www.gibson4congress.blogspot.com. Gibson's website has a clear, new platform, including full tax reform. He would separate government and business entirely; market price all energy and tax pollution; convert Social Security and Medicare to general budget; keep, but amend the Affordable Care Act. He is a hybrid libertarian, progressive & conservative and the COO of a small business. Check him out.

Chris Perkins is at www.perkins2012.com. His website is informative, and has issues and positions laid out, though some lack specificity. He is a retired colonel, US Army Special Forces, and a former congressional liaison; now he is a DoD contract consultant. He would repeal the Affordable Care Act; simplify tax code by "lowering individual rates now distorted by excessive loopholes [not

specified]" and cut corporate tax rate from 35 percent to 25 percent. He would also reform Medicare (non-specific) and Social Security to be pro-growth and make budget cuts in "entitlements" and other non-defense/security areas. He would convert Medicare and supplemental food programs to state block grants. He would also stop penalties on fossil fuels.

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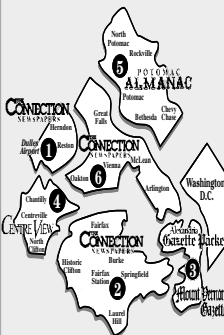
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Fairfax Water

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:

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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.

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10% OFF

EVERY ITEM IN THE STORE!

You must present this coupon with your purchase.
Not valid with any other discounted or promotional offer.

Expires September 4, 2012.

CN

ONLY \$1⁰⁰

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires September 4, 2012

CN

ALEXANDRIA.....703-823-0800
456 S. Pickett St.
(Corner of Edsall & South Pickett)

BURKE.....703-425-4400
5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)

CHANTILLY703-631-3800
14154-C Willard Rd.

FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.

FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)

HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

FAIRFAX.....703-591-6500
10912 Lee Hwy.

MERRIFIELD703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.

NEWINGTON703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

STERLING703-450-6600
(LOUDOUN)703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)

VIENNA703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106
(Metro).....703-631-1125
(Champ Auto Parts) 9088 Euclid Ave.

MANASSAS/Rt. 234703-368-1002
(Metro)703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

These stores are not affiliated with NAPA.



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EVERYTHING AUTOMOTIVE

**Full Line of Foreign & Domestic Parts
Complete Machine Shop Service**