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On the Green

NEWS, PAGE 4

Jonathan Larson, secretary of the Navy Safe Harbor Foundation and chair of the Fundraising Committee, hits a ball out of a sand trap at the Navy Safe Harbor Foundation Golf Tournament, which took place Monday, Aug. 8, at the Springfield Golf and Country Club. The event raised more than \$20,000 for the foundation that assists seriously wounded, ill and injured sailors and coast guardsmen.

HomeLifeStyle

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Sheriff, Supervisor Primaries Ahead

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PHOTO BY DEB COBB/THE CONNECTION

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Primary Race for Braddock Supervisor Quiets Down

Chris Wade, Janet Oleszek are knocking on doors in final days before Aug. 23 primary.

BY VICTORIA ROSS
THE CONNECTION

With less than two weeks before Braddock District voters decide which Democrat will challenge incumbent Supervisor John Cook (R) in the general election, the two candidates left standing are doing what every candidate does in August. They are planting signs, speaking at events and knocking on doors.

Chris Wade, a political newcomer and local businessman, was initially running against Marc Greidinger when Wade kicked off his campaign in April. Greidinger, a civil rights attorney who called himself “the real Democrat,” dropped out of the race in June. For at least a day, Wade was unchallenged.

Then, in a move that surprised many local Democrats, Janet Oleszek, a former Fairfax County School Board member, filed to run. She was backed by Sen. Chap Petersen’s (D-34).

For several weeks, the political maneu-

vering generated a flash of blog hysteria and theories. But that was June, a lifetime ago in election years.

“Right now, I’m knocking on doors, and the campaign is going very well,” Wade said. “I spent 14 hours this weekend door-knocking.” Wade added that he’s gained his footing as a candidate. “I’ve always enjoyed talking to people about their issues and helping them problem-solve. That’s why I’m in this race.”

Oleszek said she takes door-knocking seriously.

“My husband and I are door-knockers. I love door-knocking, because it’s the only way you really get to meet the people and listen to their issues,” Oleszek said. “You need to serve by hearing exactly what voters have to say, whether they like you, don’t like you or know they want to vote for you. If you don’t hear that, you’re not being responsible public advocate,” Oleszek said.

Both candidates said they are focused on meeting the electorate and getting their message out, instead of taking shots at each

other.

Oleszek and her husband, Walter, have lived in the Bonnie Brae community for nearly 40 years, where they raised two sons. Wade and his wife have lived in Fairfax for nearly 10 years.

Wade said he thinks his business experience and fresh perspectives on the issues will give him the edge with voters on Aug. 23. “I am a problem-solver and that’s what matters to people, that they can depend on you to help them,” Wade said.

OLESZEK SAID THAT name recognition and her political experience will make her the choice to beat Cook in the general election. “I am very pleased to hear that my



Chris Wade



Janet Oleszek

name is familiar to people when I knock on their doors. I’ve been on their ballots, they know who I am, and many remember I nearly defeated Cuccinelli in 2007,” she said. In that race, Oleszek challenged incumbent Republican State Sen. Ken Cuccinelli for the 37 District seat. After a recount, she lost by 101 votes out of 37,185 votes.

Braddock District Democratic Primary — Meet the Candidates

The Connection asked both candidates in the Democratic primary for Braddock District supervisor to answer the following question: “Why should voters elect you as their Braddock district supervisor?”

❖ **Chris Wade:** “Sharon Bulova (D-At-large), chairman of the Fairfax County Board of Supervisors, called my campaign ‘A New Day in Braddock.’ My candidacy brings new energy, new ideas and a new perspective to the Braddock District. I possess the diverse skills, hands-on experience and community involvement required to be an effective and engaged supervisor. These are some of the reasons that I have been endorsed by Sharon as well as Supervisors Penny Gross (D-Mason) and Jeff McKay (D-Lee), Sen. Dave Marsden (D-37) and Del. Vivian Watts (D-39).

“Over the past 15 years, I have been a vice president of sales, a business owner, a program manager and a performance improvement consultant. My professional experience encompasses leadership, strategic planning, creating jobs, budgeting, operations and customer service. I have a track record of collaborating and solving complex problems for organizations. These same skills translate very well to solving problems for our citizens.

“Companies like Northrop Grumman and Volkswagen are attracted to Fairfax County because of its strong education system and educated workforce. Through both my work

on the Business and Community Advisory Council (BCAC) to Fairfax County Public Schools, and as an adjunct professor at George Mason University, I am involved in the education system from pre-K all the way through the post-secondary level. I will ensure that we continue to provide a world class education to our children so they can compete in the global economy.

“During these economically challenging times, we need a supervisor who has experience doing more with less. My current job entails working with organizations such as the Red Cross and Sallie Mae to find operational efficiencies and cost savings.

“I will also ensure that we invest in the future growth of our community. I have created jobs in Fairfax County. I have served on the Board of the Fairfax County Chamber of Commerce and have established relationships with the business community. I will work with business, labor and civic organizations to address issues such as affordable workforce housing, smart development and transportation.

“My background and expertise will enable me to complement the work of the current board and implement solutions, which will help protect the quality of life in Fairfax County.

❖ **Janet Oleszek:** “The next four years will be critical for Fairfax County. Thanks to a rough economy, we will have to manage our reduced resources skillfully if we want to keep our community the wonder-

ful place to live and raise our families that it is now. We are also facing some heavy political headwinds. Our excellent school system, our outstanding public services and even our life style, are all under attack by ideology-based politicians whose narrow, negative view of America’s future is in bitter contrast to the positive vision I have, a vision I believe is shared by most of my fellow-residents of Fairfax County. Only if you can visualize something better can you ever hope to make things better, and that is exactly why I became involved in civic affairs, beginning as a volunteer in my home community and local PTA.

“My husband, Walter, and I have lived in the Bonnie Brae community here in Fairfax since 1973, raising two sons, Mark and Eric, both of whom attended Fairfax County Schools and went on to graduate from Virginia’s public universities. I ran for School Board member-at-large in 2003 because I cared deeply about making Fairfax schools the best in the nation, and was elected by the largest margin a Democrat had ever won, because voters understood my commitment.

“During my four years on the School Board, I led and won the fight for all-day kindergarten for all of our schools and balanced a \$2.2 billion budget each year for four years, proving that I can make the necessary tough choices to solve the schools’ problems while still wringing full value from taxpayers’ every dollar. I was legislative chairman for the Fairfax County Council of

PTAs and later served as the statewide chair at a crucial time in the many legislative battles over school priorities and funding. Thanks to this experience, I learned how to get things done in difficult times here and in Richmond.

“As your Supervisor, I promise to:

❖ make sure that our schools remain the best in the nation;

❖ spend our tax dollars wisely, investing in the right priorities for Fairfax;

❖ preserve Fairfax open space, investing in parks and libraries throughout the county; and

❖ work on a regional basis to improve our transportation system, partnering with Richmond to bring more resources home for road maintenance, construction, and public transit options.

“There is no getting around it; Fairfax will need experienced, tough-minded leadership to deal with the hard-nosed realities of the next four years.

“Sen. Chap Petersen (D-34) has endorsed me for supervisor, saying: ‘Janet has been a committed leader for Democratic principles, as a neighbor, volunteer and elected official for many years. She knows our community and will work hard to represent it.’ I am also proud to be endorsed by Del. Kaye Kory (D-38); Del. Scott Surovell (D-44), who was former chairman of the Fairfax County Democratic Committee; School Board Members Tina Hone, Ilryong Moon, Dan Storck, Sandy Evans and former U.S. Rep. Leslie Byrne.

Kammerer, Cooper Face Off in Sheriff's Primary

Primary will decide GOP candidate for county Sheriff.

BY ALEX MCVEIGH
THE CONNECTION

Wes Kammerer and Bill Cooper will face off for the Republican nomination for Fairfax County Sheriff in the Aug. 23 primary. Both men are running for the chance to run against three-term incumbent Sheriff Stan Barry (D).

The Fairfax County Sheriff's Office is responsible for managing the Adult Detention Center, providing courthouse security and serving civil law process. Founded in 1742, it is one of the oldest law enforcement agencies in the country, and with more than 600 employees, it is the largest sheriff's office in Virginia.

Kammerer was born in New York City, and joined the Army at age 17. He served in the Army for several years before joining the New York City Police Department in 1962.

During his 26 years with the NYPD, he served in numerous positions, including on the firearms discharge review, as an investigator in the Office of Internal Affairs and



Wes Kammerer

a detective with the Office of the Chief of NYPD.

He left the NYPD in 1989 and joined the Secret Service in 1990, where he worked for 12 years in a security capacity, including security support for Presidents George H.W. Bush (R) and Bill Clinton (D). He retired from the Secret Service in 2002.



Bill Cooper

Kammerer said he hopes to use his connections with federal agencies to create partnerships.

"I want to unify federal, state and municipal organizations in case of a catastrophe," he said. "I've observed that these agencies can tend to get argumentative about who should be doing what."

He also says one of his goals is to increase crime awareness among the county's senior population.

"I aim to keep senior citizens informed so they don't become victims," he said. "I'd go out myself and speak to our seniors, to make sure they're informed and make sure they have the proper literature to keep themselves educated."

Kammerer said another one of his goals is to educate the community on the function of the Sheriff's Office.

"I'd like to set up programs in our schools to teach kids about the Sheriff's Office and who to go to for help," he said. "Visibility is a key factor, and I don't see it, which is why I'm running. I want to unify with the Fairfax County Police Department to help with this."

He said he also aims to streamline the Sheriff's Office to make sure funds and manpower are allocated in the most efficient way.

"I'll look and see where we can save money, where we can eliminate wasteful programs and duplication," Kammerer said. "And my top priority will be to make sure we're always turning out professionally trained sheriff's deputies."

More information on Kammerer can be

SEE REPUBLICAN, PAGE 5

Martin, Baker Compete To Take on Barker in 39th

Two Republicans vie to challenge incumbent viewed as vulnerable.

BY MICHAEL LEE POPE
THE CONNECTION

Whichever Republican emerges from the August primary this month will be in one of the hottest campaigns of the year. The winner of the Aug. 23 election will face incumbent state Sen. George Barker (D-39), who is perceived as vulnerable by Democrats and Republicans. The newly redrawn boundaries of the district stretch from Clifton to Alexandria, increasing the Democratic voters by 1.7 percent.

"Barker is vulnerable, and [we] have two aggressive and mainstream Republicans who are eager to take him on."

— Republican consultant Mike Lane

"That's an indication that the Democrats see this seat as vulnerable," said Kyle Kondik, political analyst with the Virginia Center for Politics. "If this is a seat where the Democrat loses to the Republican, that would probably be an indication that the leadership of the Senate would change."

Republican voters have a choice of former Justice Department official Miller Baker and education administrator Scott Martin. As is

often the case with primary races, the difference between the candidates has less to do with issues and more about personal background and biography. Both Baker and Martin say they have the experience and the background necessary to be successful in Richmond.

"Barker is vulnerable, and [we] have two aggressive and mainstream Republicans who are eager to take him on," said Republican consultant Mike Lane. "There is a reason to believe that national political scene is going to cast a shadow over the election this year, and that's not looking very good for the Democrats right now."

BAKER describes himself as the frontrunner in the race, a candidate who is leading "by every metric." He said he has knocked on more doors, raised more money and has more yard signs in the district than his opponent. As a former Justice Department official who has successfully argued

cases before the U.S. Supreme Court, Baker said he has the background and experience needed in Richmond. At the top of his agenda is doing away with personal and corporate income taxes as well as diversifying the local economy.

"Federal spending is going to slow down," said Baker, a member of the Federalist Society.

"So we need to attract businesses that have nothing to do with the federal government."

If elected, Baker's first bill would be changing the Senate rules to make sure that the voting record of every state Senator was easily accessible on the General Assembly website — including floor votes, committee votes and subcommittee votes. Currently, some of that information is accessible, but it's only available by looking at each bill individually. And subcommittee votes are often unrecorded. Even if the bill is unsuccessful, Baker pledged to make the information available on his own website.

"I think the General Assembly ought to make it easy for constituents to find out



Miller Baker



Scott Martin

what their senator's record is," he said. "Transparency is essential if this representative government is going to work."

Other bills he said he would introduce in his freshman term address transportation and education. On transportation, Baker said he would revise the allocation of revenues for highway projects so that spending is prioritized based on where the congestion is heaviest — an effort that was unsuccessfully championed earlier this year by Del. James LeMunyon (R-67). On education, he said he would introduce legislation that would prevent universities from

SEE MARTIN, PAGE 5



Christy Swanson of Quinton, Va., tees off at the Navy Safe Harbor Foundation Golf Tournament at the Springfield Golf and Country Club on Aug. 8.

Teeing Off for Charity

Navy Safe Harbor Foundation Golf event comes to Springfield Golf and Country Club.

On Monday, Aug. 8, 74 golfers gathered in Springfield to raise more than \$20,000 for the Navy Safe Harbor Foundation, a charity dedicated to supporting seriously wounded, ill and injured sailors, coast guardsmen and their families. For information about the charity go to www.safeharborfoundation.org.

— DEB COBB



PHOTOS BY DEB COBB/THE CONNECTION

Robert Cook of Alexandria gives teammate Ken Osmun of Chicago a fist bump to celebrate sinking the putt at the Navy Safe Harbor Foundation Golf Tournament at the Springfield Golf and Country Club on Aug. 8.

Lee High Field Hockey Hosts Pre-Season Jamboree

Fifteen teams set to take part in Lancer team fund-raising event.

BY RICH SANDERS
THE CONNECTION

Area high school girls' field hockey teams began practices this week in preparation for the upcoming Northern Region season. In just a couple of weeks, many teams from across the region will converge at Lee High School in Springfield to take part in the Lancers' Under the Lights Tournament, a pre-season two-day jamboree set to take place Friday, Aug. 26 and Saturday, Aug. 27.

Fifteen teams will be on hand for the field hockey fest, including local outfits West Springfield and Hayfield. Games will begin at noon on each day and go on throughout the afternoon and on into the night. The day's final games will begin at 8:45 p.m. All teams will play two games per day for a total of four. Games will take place on one of two fields at Lee.

"It'll be some good competition and such a large number of teams," said Lee second year field hockey coach Lindsay Jones, the director of the Under the Lights event. "I think all our [Lee] girls, when they learned so many teams were coming to our school, have gotten excited about it. It will be re-

ally good hockey and a great weekend. There will be good camaraderie having all the kids [from various teams] there."

Lee has hosted pre-season tournaments several times over the years. Last year, in Jones' first season as the Lancers' head coach, 10 teams participated. This past winter, she sent out invitations to schools throughout Northern Virginia to participate in the upcoming showcase. So many responded in the positive that Jones had to have a cutoff point of 15 teams.

"It's good for teams to get the [early season] playing time and extra games that don't really count," said Jones. "It's the beginning of the season and coaches are working to find positions for girls."

JONES, A FORMER West Springfield High player who went on to play the sport in college for four years at Virginia Commonwealth University, said she always enjoyed participating with her Spartan teammates at the early season Lee tournament when she was a prep school player. Now, although a lot of hard work goes into running the event, she is enjoying it from a director/coach perspective.

"Coaches really want to get in this tour-

name," said Jones, a 2006 graduate of West Springfield High. "It's real important for them to have their teams signed up."

Lee is one of three schools in the region that hosts early season field hockey tournaments. Herndon and Westfield High Schools also do so.

At the Lee tournament, teams will play two 30 minute halves, just as during the regular season. There will be a five minute halftime intermission. To keep the games going at a steady pace, timeouts will not be called.

Teams will be broken down into one of three pool divisions of five teams each. A team's opponents over the two days will be from their respective pools.

Jones tried to set a schedule where teams, for the most part, would not face district opponents at the tournament but would get a chance to compete against teams they would do not normally face during the season.

The following teams will be taking part in the tournament:

Pool A: Lee, Oakton, Washington-Lee, Mount Vernon and Hylton (Woodbridge).

Pool B: West Springfield, Hayfield, West Potomac, Chantilly, and Jefferson.

Pool C: Edison, South Lakes, T.C. Williams, Stuart, and Woodbridge.

Hylton and Woodbridge are the lone non-Northern Region teams participating. Both

are members of the neighboring Northwestern Region.

Friday's first-day action will kick-off with the following noon time games — Lee versus Washington-Lee, and West Springfield versus Hayfield. Admission for fans will be \$5. Funds made at the tournament will go towards the Lee field hockey program.

LEE CONDUCTED its initial practice of the season on Monday, Aug. 8. Jones said 24 girls came out. The Lancers will field both a varsity and JV team this season. The coach said she and her players would actively be trying to recruit more players for the team right on up to the beginning of the new school year.

The Lancers, members of the Patriot District, are coming off a successful 8-6 season a year ago. Key players back this season include seniors Laura Geter, the team's goalie, and Nicole Puddy, who played an attacking defensive position in 2010. Geter will be starting her third season in the net as the Lee goalie.

"She's really talented and keeps us in games against the district powerhouses," said Jones. "She's a real good leader."

Lee's first scrimmage game is scheduled for Tuesday, Aug. 16 versus visiting Stuart. Three days later, on Friday, Aug. 19, the Lancers will travel to Jefferson in Alexandria for their second exhibition game.

Martin, Baker Square Off in 39th

FROM PAGE 3

raising the cost of tuition at a rate that's higher than inflation.

"Everyone in the private sector is tightening their belts," said Baker. "The universities can do it too."

MARTIN casts himself as someone who has been engaged with the community for many years, running an unsuccessful campaign for the Springfield District of the Fairfax County School Board in 2003. Because he is an employee of George Mason University, where he is director and founder of the Computer Game Design Program, Martin would not draw a paycheck as a state senator. Martin said he has been running for a year and a half and describes his opponent's campaign as devoid of issues.

"I just haven't heard my opponent say why he's running," said Martin. "I would have never run for state Senate as a first-time candidate, especially without real ideas and a plan."

If elected, Martin's first bill would be to create more availability in Virginia colleges and universities for Virginia residents. Martin said that he would

like to see the percentage increase to 85 percent or even 90 percent, although he said the details would have to be worked out during the legislative process. As a longtime professor and educational administrator, Martin said that he has seen how broken the admissions process is from the inside.

"This has been a game that has tortured parents for too long," Martin said. "I know the process, and it's not fair."

Other bills he said he would introduce would streamline the state government and reduce taxes. On government restructuring, Martin said he would like to consolidate the State Council of Higher Education for Virginia with the Virginia Department of Education, a move that would create cost savings he would like to see directed to the Virginia Department of Veterans Services. On taxes, Martin would like to reduce business personal property taxes and eliminate business and professional occupancy license taxes.

"There are a lot of town councils that would be very angry at me for abolishing the BPOL taxes," said Martin. "But this is something a lot of small businesses just cannot afford."

Republican Primary Is Aug. 23

FROM PAGE 3

found at www.weskammerforsheriff.org, or on Facebook under "Wes Kammerer for Sheriff of Fairfax County."

Cooper is a native of Pittsburgh, Pa., and he moved to Fairfax County in 1976.

He served in the Army for three years, before joining the Arlington County Sheriff's Office and then the Fairfax County Sheriff's Office in 1988. During his tenure at the Fairfax County Sheriff's Office, he worked in every division, including court security, the Adult Detention Center and the Criminal Justice Academy. He was also a certified law enforcement instructor.

He served on the office's Fugitive Task Force, along with FBI agents and U.S Marshals. He retired as a lieutenant in March.

"As a law enforcement officer, I feel my primary responsibility is to keep Fairfax families safe," Cooper said. "I've always felt a strong commitment to protecting my country, and after I got out of the military, I still felt that commitment to protect citizens."

He also said, if elected, he plans to enforce the more than 4,000 outstanding fugitive warrants in

Fairfax County.

"I'd put together a task force with agencies I've worked with before to put these people behind bars, where they belong," he said. "If the Sheriff's Office and the Fairfax County Police Department combine resources, we should be able to make it a budget neutral initiative."

Cooper said he hopes to combat the growing gang problem in the county, as well as start a program to get deadbeat parents to pay up.

"I'm running on a 'tough on crime' agenda, and I plan to run a tough, strict jail," he said. "I don't believe convicted felons should be sitting around watching TV and eating bonbons."

Cooper said he is also committed to expanding the reach of the Sheriff's Office to keep families safe, saying that with approximately 500 sworn sheriff's deputies, there is a lot they can do."

"Because of budget constraints and manpower issues, local and state law enforcement has to work closer together and share resources," he said. "By doing so, we can keep costs down while rendering better services to this community."

For more information on Cooper go to www.cooperforsheriff.net



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OPINION

Sample Ballots

Voters should receive sample ballots that include new polling place.

It's half past redistricting, do you know where your boundaries are? While we wrote about the misguided approach to drawing lines for some Virginia Senate and House of Delegates seats during the process, the effects of redistricting are brought more into focus here at the Connection as we plan for election coverage in the communities served by our 15 newspapers.

Many districts stretch out like snakes or amoebas with a piece of one community on this side, a swath of another over here. Individual towns are crisscrossed and nicked by multiple districts.

What's more, voters affected by redistricting are notified just by a postcard in the mail, during the summer — although we should be grateful for this step.

Virginia should follow the example of many other states that mail a full sample ballot to each voter before each election. The ballot shows the specific voter's polling place, a replica of the exact ballot the voter will see, allowing the voter to make selections before hand and carry the ballot into the voting booth, and information about absentee voting, rights and responsibilities and more.

EDITORIAL

This is a best practice at any time, but a critical practice the first cycle after redistricting. It's too late for this decade, but could be in place for the 2020 redistricting.

Check your registration, polling place and ballot at www.sbe.virginia.gov, click on "voter information."

A wonderful source for information on the races, including details on campaign finance and the often mind-boggling maps of the new districts, is the Virginia Public Access Project, www.vpap.org/elections/ Primary Election Day is Tuesday, Aug. 23.

❖ Fairfax County Board of Supervisors, Braddock district Democrats, Janet Oleszek and Christopher Wade compete to face incumbent John Cook (R) in November.

❖ Senate District 30, Democrats Adam Ebbin, Libby Garvey and Rob Krupicka are in a three-way race for the nomination to replace retiring state Sen. Patsy Ticer. The winner will face Tim McGee (R) in November. This district, including parts of Arlington, Alexandria and Mount Vernon, trends to Democrats, so the primary could determine the winner.

❖ Senate District 31, Democrats Jaime Areizaga-Soto (D) and Barbara A. Favola (D) face off; winner will face Caren Merrick (R), to replace retiring Sen. Mary Margaret Whipple. If you live in McLean, Great Falls, parts of Herndon or Sterling, you are likely in this newly configured district that used to be almost entirely in Arlington.

❖ Senate District 36, Republicans Jeffrey M. Frederick (R) and Tito Muñoz (R) compete to face state Sen. Toddy Puller (D) in this district that includes Mount Vernon, parts of Lorton and much more of Prince William County than before redistricting.

❖ Senate District 37, Republicans Steve Hunt and Jason Flanary compete to challenge state Sen. Dave Marsden (D).

❖ Senate District 39, Republicans Miller Baker and Scott Martin compete to challenge incumbent state Sen. George Barker (D) in November. This district encompasses parts of Centreville, Clifton, Lorton, Fairfax Station, Springfield and the City of Alexandria.

❖ House of Delegates 49, Democratic primary, Stephanie Clifford (D) v. Alfonso H. Lopez (D). So far there is no Republican or other candidate so the winner of the primary could be uncontested in November in this Arlington district.

❖ For Fairfax County Sheriff, Republicans H. Wes Kammerer and Bill A. Cooper III face off to determine who will face Sheriff Stan Barry (D).

You can vote early in person or vote by absentee ballot by mail if you think you might be away from your house for 10 hours or more on Election Day. That's anyone who works.

Fairfax County Board of Elections, 703-324-4700, www.fairfaxcounty.gov/eb/ Vote "absentee in person" at the Fairfax County Government Center through Aug. 20 Mondays, Tuesdays, Wednesdays, Fridays: 8 a.m.-4:30 p.m.; Thursdays 8 a.m.-7 p.m.; Saturday, Aug. 20, is the last day to vote absentee in person, 9 a.m.-5 p.m.

— MARY KIMM

PEOPLE

Jack Cason's Golden Moment

Greenspring resident wins gold medal at National Senior Games 2011.

BY TAHMINA ACHEKZAI
THE CONNECTION

For some people, retirement means enjoying a serene end to hectic schedules, but for others, like Jack Cason, it's a start to new accomplishments, adventures and a collection of gold medals.

Two months ago, athletes from all over the nation packed up and headed towards Houston, Texas for the National Senior Games. More than 10,000 participants over the age of 50 competed in their individual age groups and sports, from basketball to power walking to horseshoes.

After two long weeks of rigorous competition, the Greenspring retirement community in Springfield welcomed back Jack Cason, who brought with him another first place title for Virginia.

Cason's sport is archery, and he took it up when he saw a sign for an archery tournament driving back to his Florida home from a weekend up north. Cason had been shooting since 1991, but instead of bows and arrows, he'd been going for the black powder — flintlock and percussion rifles.

Cason and his wife, Alice, went all out for the com-



PHOTO COURTESY OF JACK CASON

Jack Cason in Houston at the National Senior Games 2011 with his target.

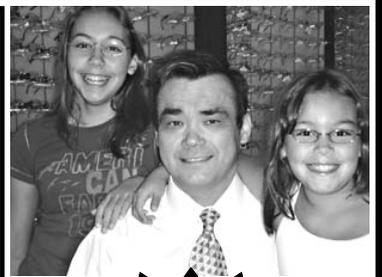
petitions, traveling with an Indian lodge teepee, clad in mountain men costumes and buckskin. He usually had to travel more than 90 miles from his home, so when his curiosity drove him to check out the archery competition at Eglin Air Force Base, his hobbies took a turn.

"I liked what I saw, and I decided it was a lot easier to compete 6 miles from home instead of 93," Cason said.

Getting started wasn't too easy though. Bows don't travel the same way as the ball of a gun. The first games he played didn't post how far off the targets were, so he had to estimate when the arrows' curved paths would end up at the same level as the target,

SEE AIMING, PAGE 11

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Home Life Style

In-law Wing Solution for 3 Generations

BY JOHN BYRD
SPECIAL TO THE CONNECTION

As the US population ages, retirement and estate planning are topics of endless discussion. There's an industry of options catering to retirees needs, of course. Yet families sometimes find their own way, exploring practical avenues.

Consider the case of Dean and Carolyn Baird.

Now in their mid-60s, the Bairds were looking forward to a life unburdened by the problems of maintaining a house, but had ruled out retirement homes.

"I had helped some relatives move into a senior village," Carolyn Baird acknowledges. "I knew it wasn't what Dean and I wanted."

Moreover, as Baird tells it, the Arlington-based couple had recently gotten in the habit of driving 25 miles a day when her daughter and son-in-law, Rebecca and Kevin McDermott, purchased a colonial on a tree-shaded lot in Fairfax Station.

With one grandchild at the toddler stage and another on the way, the Bairds found that they reveled in extended family interaction, a pleasure shared by the McDermotts.

So it wasn't long before a plan emerged, and the Bairds proposed using proceeds from the sale of the Arlington property to finance a spacious "in-law" wing to the McDermott residence.

With little over half an acre, the McDermott property offered ample room for an addition. The question was whether the stately Colonial could be revised a way that would retain its classic proportionality while accommodating the Baird's space and privacy requirements.

"We weren't sure what was possible under the county's rules," Kevin McDermott said. "We envisioned a new wing but I wanted to preserve the look of the existing



The former library was converted to a transitional family room that now accesses the new in-law suite via its 270-square foot kitchenette.

house. So, I was glad we had Dave Guy to guide us through so many unknowns."

Dave Guy, architect with Foster Remodeling Solutions in Lorton, quickly sized up a design solution as follows:

The existing front-facing 14-by-18-foot library converts to a "transitional" family room that opens directly into a 720 square-foot L-shaped addition; the addition extends 18 feet to the rear, then wraps the side elevation in a perfectly rationalized side wing.

To retain symmetry on the front elevation, the new addition is stepped back seven feet from the home's facade, an aesthetic choice which preserves proportionality and offsets any tendencies towards massing.

A window in the rear elevation of the former library is replaced by an 8-by-7-foot all-brick archway that opens into a kitchenette that is 18-by-15. The kitchenette features a large Palladian window with a backyard view, thus restating the family room's visual continuum.

Inside the new wing, functionality and order are emphasized.

While code-adherent, the kitchenette satisfies all the Bairds cooking and refrigeration requirements, without defining itself as a full-service kitchen.

There's a microwave, a pair of compact refrigerators under the food preparation island, and a sizeable floor-to-ceiling pantry recessed behind double doors. A second door leads to a washer and a dryer.

But there's no full-scale cooking range or ovens, no full-sized refrigerator.

"The code is specific on this point," Guy observes. "This is not a second kitchen; it's a convenience — like a wet bar."

Guy also points out that the kitchenette is accessible from a side deck, an easy spot to grab a cold soft drink or a snack.

Still, taken as a whole, the wing satisfies all the Baird's privacy needs while presenting a distinctly personal interior renders it a place apart.

"I provided the designer with a photo of a French country style kitchen I was especially attracted to," Baird says, "and I was really impressed that the Foster people could match it in every detail."

Among other elements, the kitchenette features glass-facing cabinets, ceramic tile backsplashes, and a food preparation island and dining counter finished in a tongue-and-groove base with a Brazilian granite surface

Grandchildren and visiting friends can snack at the dining counter, and there's seating for four at the glass cafe table.

The Palladian-style window above the sink — fabricated to Caroline Baird's exact requirements — includes a course of three casement windows and an enviable view.

The master bedroom suite is, likewise, finely articulated—with distinct zones for sleeping and bathing, wardrobe storage and changing. Carolyn Baird planned the space to accommodate several favored collectibles: a circa 1930s chest of drawers, two four-posters, an antique lowboy with a framed mirror.

"These were pieces that had belonged to my grandmother," Baird said. "Funny what you keep. We gave away a houseful of furniture, yet I have a china cabinet displaying some of my grandmother's ceramics."

The master bath — reflecting Baird's many hours of research in the Foster showroom — is finished in marble mosaic flooring and includes his-and-her vanities and a walk-in shower with soft Arabescato marble wall coverings and a built-in bench.

A few steps beyond, there's 70-square-feet of plushly carpeted walk-in closet.

"We have everything we could want," Baird says. "This is a wonderful new phase of life for the whole family."

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. For information: 703/550-1371 or www.FosterRemodeling.com

Waterfront Mansion on Mason Neck for Sale

Eagles Landing, a Georgian manor on the deep water banks of the Potomac River, 11521 Potomac Road in Lorton, is for sale for \$5.374 million.

The 15,000-square-foot home sits on 11 acres at the tip of the Mason Neck Peninsula, bordering 440 feet of picturesque waterfront and 676 feet of scenic freshwater tidal marsh. Nearly every room offers panoramic views along an ever-changing natural landscape where waterfowl frolic and bald eagles nest.

The home contains five bedrooms and six-and-one-half bathrooms, including

two waterfront master suites featuring double doors, master baths, a sitting room and Juliet balcony. There is a third floor studio with waterfront balcony; library; billiard room; six fireplaces; detached three-car carriage house with private guest quarters and landscaped grounds with lawns gently sloping down to the Potomac.

The home is listed with Susan Gray Chambers with Coldwell Banker Residential Brokerage in Alexandria; call 703-518-6175 or 703-203-9900. www.graychambers.com



ENTERTAINMENT

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

THURSDAY/AUG. 11

Science Rocks with Flumpa and Friends. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Music, science and movement with Wendy and Flumpa, the tree frog. All ages. 703-249-1520.

Science Rocks with Flumpa and Friends. 2:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Music, science and movement with Wendy and Flumpa, the tree frog. All ages. Register at 703-971-0010.

Paul Merklein Draws Great Big Faces. 2:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Fast, fun caricature drawing workshop. Age 12-18. 703-339-4610.

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

Social Media: What You Need to Know. 7 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Lesley Lykins will walk you through Twitter, Facebook and LinkedIn. Adults. 703-451-8055.

FRIDAY/AUG. 12

The United States Navy Band "Commodores." 7:30 p.m. Lake Accotink Park, 7500 Lake Accotink Park Road, Springfield. Jazz concert. Free.

The Magic of Hans Christian Andersen. 10:30 a.m. Lorton

Library, 9520 Richmond Highway, Lorton. Applause Unlimited presents "The Ugly Duckling," "Thumbelisa," and "The Emperor's New Clothes" told with puppets and masks. All ages. Register at 703-339-7385.

"Nunsense." 6 p.m. Lazy Susan Dinner Theatre, 10712 Richmond Highway, Lorton. Dan Goggin's comedy about the antics of a group of nuns. www.lazysusan.com or 703-550-7384.

SATURDAY/AUG. 13

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

Alexandria Scottish Rite Centennial Event. 6 p.m. The Alexandria Scottish Rite Temple, 1430 West Braddock Road, Alexandria. With political satire performed by The Hexagoners. \$20 per person including dinner. 703-998-9044.

Friends of the Library Book Sale. 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Gems and finds for all readers. All ages. 703-339-4610.

Circus in a Suitcase. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. Ringmaster Harold Wood becomes a magician, juggler, clown and more right before your eyes. All ages. 703-451-8055.

NOVA Coalition of Labor Union Women is hosting the first in a series of free workshops on issues important to working women. You and Your Money: Financial Literacy for Women. 10-11:30 a.m., at Pohick Regional Library, 6450 Sydenstricker

Road, Burke. Light refreshments will be served.

"Nunsense." 6 p.m. Lazy Susan Dinner Theatre, 10712 Richmond Highway, Lorton. Dan Goggin's comedy about the antics of a group of nuns. www.lazysusan.com or 703-550-7384.

SUNDAY/AUG. 14

Quantico Marine Jazz Orchestra and Vienna-Falls Chorus. 2 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Free. www.WorkhouseArts.org.

World Champion Wushu Kungfu Show. 3 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With more than 20 of the world's top professional Wushu /Kungfu athletes and masters. Ticket holders may attend the pre-show news conference and meet actor and former Wushu Kungfu National Champion Jet Li, 2-2:45 p.m. 703-978-7905.

"Nunsense." 5 p.m. Lazy Susan Dinner Theatre, 10712 Richmond Highway, Lorton. Dan Goggin's comedy about the antics of a group of nuns. www.lazysusan.com or 703-550-7384.

MONDAY/AUG. 15

Preschool Storytime. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Stories, songs and fingerplays. Age 2-5 with adult. 703-339-4610.

WEDNESDAY/AUG. 17

Creation's End, Seven Kingdoms, Widow, Artizan and more. 6:30 p.m. Jaxx, 6355 Rolling Road, Springfield. \$10 advance, \$12 at the

door. 703-569-5940 or www.jaxxroxx.com.

The United States Navy Band "Country Current." 7:30 p.m. Lee District Park Amphitheater, 6601 Telegraph Road, Franconia. Country music. Free.

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

Beach Party. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. Books, songs and activities set in the sand. Age 3-5 with adult. 703-451-8055.

THURSDAY/AUG. 18

Lionheart, I Declare War, Molotov Solution, Armor for the Broken and more. 5 p.m. Jaxx, 6355 Rolling Road, Springfield. \$12 advance, \$14 at the door. 703-569-5940 or www.jaxxroxx.com.

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English with other adults. 703-249-1520.

Book Discussion Group. 7 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call for title. Adults. 703-971-0010.

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

Lorton Library Book Club. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Those Who Save Us by Jenna Blum. Adults. 703-339-7385.

Springfield Writers' Group. 7 p.m. Richard Byrd Library, 7250

Commerce St., Springfield. Share your work, give and receive feedback in a supportive setting. Adults. 703-451-8055.

FRIDAY/AUG. 19

Space Rock Invasion USA Tour with Nektar, Brainticket, Huw Lloyd Langton (Of Hawkwind) and more. 8 p.m. Jaxx, 6355 Rolling Road, Springfield. Age 21 and up. \$25 advance, \$30 at the door. 703-569-5940 or www.jaxxroxx.com.

Annapolis Bluegrass Coalition. 7:30 p.m. Lake Accotink Park, 7500 Lake Accotink Park Road, Springfield. Bluegrass music concert. Free.

Lunch Bunch. 12 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Bring lunch and join us for stories. Age birth-5 with adult. 703-971-0010.

Lunch Bunnies. 12 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Bring a lunch and enjoy stories and activities. Age 3-5 with adult. 703-339-7385.

"Nunsense." 6 p.m. Lazy Susan Dinner Theatre, 10712 Richmond Highway, Lorton. Dan Goggin's comedy about the antics of a group of nuns. www.lazysusan.com or 703-550-7384.

SATURDAY/AUG. 20

DC Fest with Michael W. Smith and Steven Curtis Chapman. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with by Kutless, Big Daddy Weave, Matthew West, Sidewalk Prophets and Jonny Diaz. Tickets \$15-\$99, available at www.ticketmaster.com and 703-573-SEAT. www.patriotcenter.com.

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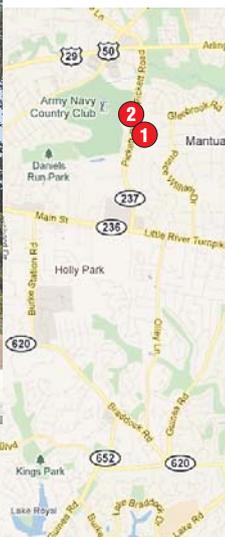
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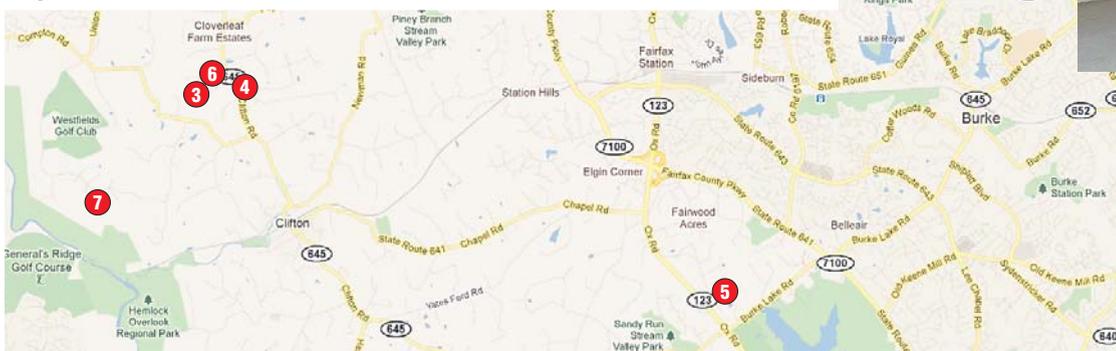
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PEOPLE

Aiming for Senior Olympic Gold

FROM PAGE 7

something that required good eyesight, which Cason lacked.

In 2005, he found some tournaments that informed players of the range they were shooting at, which proved to be more than useful for Cason. That same year, he finished third at the National Senior Games in Pittsburgh, Pa.

He has been an avid archer ever since, going down every Monday to practice and teach a class at Fort Belvoir. Though doesn't start until 10:30 a.m., Cason goes hours before, sometimes showing up as early as 6 a.m. to shoot, trying to have the most practice time and the best weather.

Cason's dedication is obvious. "I train by myself," he said. "I have some very good DVDs that are used for training and I use that for myself to review everything with."

He's never trained with a coach, but Cason occasionally gets pushed to practice by his wife, who supported him at the Houston Games. It was hard to find good practice times, but Alice Cason would make sure her husband was ready, calling after him at every opportune moment. "It's not raining out, you better get out there and practice today," she would say.

By practicing year round, archery gives Jack Cason the mental and physical exercise he needs to stay in shape.

"I always worked after school," Cason said. "I had a job since I was 14-years old, and I never got an

opportunity to play basketball and football. I really had to work back then because I wasn't being supported like most people."

Later on, it seemed as if it was too late to start playing seriously, so he turned back to his childhood memories of playing cowboys and Indians.

Since the bows and arrows he made as a child couldn't actually hit anything, Jack Cason learned from a friend at Fort Belvoir where to get good equipment. Now, he's so meticulous with his equipment that he uses a scale to make sure each arrow's weight is within a specific range.

Cason said some of the best advice he could give a beginning archer is to buy the best equipment they can afford. "You have to have a lot of the better equipment in order to compete for with the best archers," he said.

He owes much of his success as an archer to his ability to concentrate, but it didn't come so easily. "It's not just walk up, pull the arrow and let it go," he said.

He explained how his time at the Eglin Air Force Space he first saw the archery sign at helped him.

"Pretty soon, I got to where I don't even hear those jets coming," he said. Compared to the rumble of F-16s, a few chatty viewers from behind doesn't seem like much of an obstacle.

"It gives me something to look forward to," Jack Cason said. This senior citizen isn't someone to spend his retirement at home reading all day, especially since his eyes can't focus on the words for more than 10 minutes.

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Chase Enjoys 'Low-Key' Competition

Bruin running star competes in NVSL all-star meet.

BY JON ROETMAN
THE CONNECTION

Sophie Chase started running competitively as a freshman at Lake Braddock Secondary School in 2009. In two years, she's established herself as one of the top distance runners in the state, competing in cross country, along with indoor and outdoor track.

Chase's success, including a second-place finish at the 2010 state cross country meet, have landed her much in the way of media attention, expectations and pressure. While Chase said she enjoys competition, one sport that she's been involved in for much longer than running allows her to fulfill a competitive fix without having to deal with pressure.

Chase has been swimming since she was 7, and does so for Lake Braddock in the winter. On Aug. 6, she competed in the Northern Virginia Swim League all-star meet at Waynewood Recreation Association in Alexandria. A member of the Burke Station swim team, Chase placed fourth in the girls 15-18 50-meter breaststroke with a time of 35.08 seconds, and 10th in the 15-18 100-meter individual medley (1:10.72).

"It's really, really great," Chase said of her experience at the all-star meet. "Any opportunity that I get to compete I'll just come out and take it. ... The thing I love about swimming is that it's so low key, so much less pressure for me. It's almost like I can just go out and have fun and not worry about times and placement and whatever I do, I'll be happy with it."

Balancing running and swimming hasn't



PHOTO BY JON ROETMAN/THE CONNECTION

Lake Braddock rising junior Sophie Chase, along with being one of the top distance runners in the state, is a successful swimmer.

been easy for Chase, who said she runs every day and swims three times per week. Add to that a heavier work load at school as she enters her junior year and Chase fights to keep from getting burned out.

"I knew that I wanted to continue swimming because I had been pretty decent at it up until [I started running]," Chase said. "It's been a little difficult trying to keep an adequate balance between running and swimming. I'm fortunate enough to have coaches that I can work with ... because I just love to do both. Giving up one of them, I feel like, would not be beneficial to the other one."

Finding time to rest is important for Chase, who said she occasionally finds time for a social life.

"Most of my social life," she said, "probably involves my teammates, anyway."

In boys freestyle competition, Andrew Bernstein (Chesterbrook, 8U 25M, 16.22), Lachlan Flatin (High Point Pool, 9-10 50M, 31.6), Roman Lowery (Fairfax Station, 11-12, 28.09), Ben Lambert (Hayfield Farm,

13-14, 25.14) and Christopher Fiala (Sully Station, 15-18, 23.65) won their respective events. In girls free, Leaya Ma (Mosby Woods, 8U 25M, 16.07), Faith Lowery (Fairfax Station, 9-10 50M, 31.93), Liz Campbell (Crosspointe, 11-12, 28.65), Laura Branton (Oakton, 13-14, 27.84) and Laura Schwartz (Camelot, 15-18, 27.84) captured titles.

In boys backstroke, Anthony Grimm (Fair Oaks, 8U 25M, 18.17, Zachary Risseuw (Vienna Woods, 9-10 50M, 37.09), Zander Abrams (High Point, 11-12, 31.4), Luke Thorsell (Fox Mill Woods, 13-14, 29.23) and Brandon Fiala (Sully Station, 15-18, 28.23) took first place in their respective events. In girls back, Leaya Ma (Mosby Woods, 8U 25M, 19.29), Sinead Eksteen (Shouse Village, 9-10 50M, 34.98), Amanda Perer (High Point, 11-12, 33.41), Maxine Clifford (Waynewood, 13-14, 31.84) and Reanna Dona (Waynewood, 15-18, 29.18) finished atop the standings.

In boys breaststroke, Bernstein (21.8), Flatin (41.16), Carter Flint (Tuckahoe, 11-12 50M, 36.19), Garrett Walsh (Hamlet, 13-14, 33.5) and Charles Katis (Highlands, 15-18, 29.13) took home titles. In girls breaststroke, Isabella Manzione (Fairfax, 8U 25M, 22.350, Alina Jones (Mantua, 9-10 50M, 42.6), Jacqueline Clabeaux (Greenbriar, 11-12, 36.5), Suzanne Dolan (Overlee, 13-14, 35.3) and Elizabeth Collins (Waynewood, 15-18, 34.64) won their respective events.

In boys butterfly, Anthony Grimm (Fair Oaks, 8U 25M, 16.8), Thomas Outlaw (Chesterbrook, 9-10 50M, 15.58), Lowery (30.2), Lambert (26.75) and Blake Sunde (Little Hunting Park, 15-18, 26.29) were winners. In girls fly, Annie Hood (Mansion House, 8U 25M, 19.01), Morgan Frueh (Mansion House, 9-10 50M, 16.5), Cassidy Bayer (Mount Vernon Park, 11-12, 30.17), Laura Branton (Oakton, 13-14 50M, 28.98) and Dona (Waynewood, 15-18, 29.1) finished atop their respective event standings.

Boys IM winners were: Daniel Gyenis (Fox Mill, 9-10 100M, 1:18.9), Timothy Wu (McLean, 11-12, 1:10.44), Luke Thorsell (Fox Mill Woods, 13-14, 1:04.22) and Brandon Fiala (1:00.43). Girls IM winners were: Eksteen (1:15.26), Bayer (1:10.64), Hannah Baker (Commonwealth, 13-14 100M, 1:08.75) and Schwartz (1:06.38).

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Girls Lacrosse Clinics, presented by the Burke Athletics Youth Club, will take place beginning on Sunday, Sept. 11. The Clinics will continue on Sundays throughout September and October. Weekly Clinic times will be 2-3 p.m. Burke Athletics Youth Club is a non-profit youth organization serving the Burke area community. Visit www.burkeathleticclub.org for more information.

Cory Bowersox, 17, of Burke, earned a silver medal in the 16-18 boys 3-meter event at the USA Diving Junior

National Championships held in Knoxville. Bowersox has now qualified for the 2012 Olympic Trials in Seattle based on his performance at Nationals. The top six divers in the 14-15 and 16-18 age groups on 3-meter and platform events who have not already qualified for the Trials will compete next summer for the Team USA Olympic spots.

Bowersox scored 567.60 on 3-meter to take home the silver medal. He will continue on at Nationals where he will compete on 1-meter and platform. Bowersox will take his medal back home with him to Burke where he trains with Dominion Dive Club.

Adult Softball Teams Needed:

Grab some friends, family, co-workers and neighbors and sign up today to be a part of Fairfax County's No. 1 adult softball program — Fairfax Adult softball (FAS). FAS, voted the best adult softball league in the recent June 2011 issue of Northern Virginia Magazine, is currently accepting applications for adult softball teams for the upcoming fall season. Deadline to register is Sunday, Aug. 7. There are Men's, Women's, Coed, Corporate Coed, and Senior's (age 50-plus) leagues available. To learn more, call 703-815-9007 or e-mail office@fairfaxadultsoftball.com.

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21 Announcements
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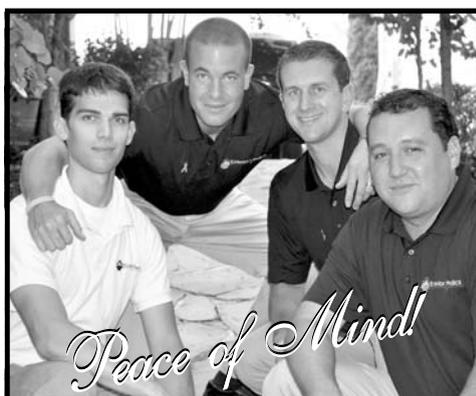
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