

Attracts Hundreds

NEWS, PAGE 9

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.



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PHOTO BY DEB COBB/THE CONNECTION

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.

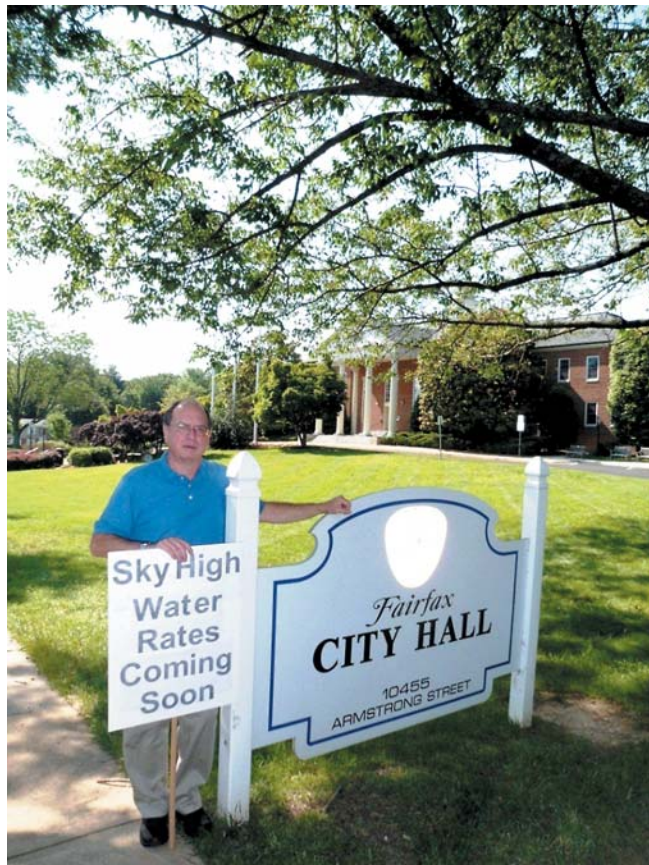
On December 6, supervisors enacted an ordinance that gave the county broad powers to determine how residents get their water and how much they pay for it.

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 5

Connolly Announces Grant for Vienna Sidewalks

The U.S. Department of Transportation's Federal Highway Administration has awarded an \$800,000 grant to install sidewalks to provide better access from residential neighborhoods to the downtown area of the Town of Vienna, Congressman Gerry Connolly said.

Connolly made the request for the federal transportation funding in a December 2011 letter to Federal Highway Administrator Victor Mendez at the urging of Town of Vienna Mayor Jane Seeman.

The federal funding, under DOT's Transportation, Community, and System Preservation Program, will be used to construct sidewalks in the first blocks of side streets off Maple Avenue (Rt. 123), Connolly said.

The project aims to provide safe pedestrian and bicycling routes from residential neighborhoods to shops, restaurants and other businesses in the town's commercial corridor. Along with safe passage, the grant's goal is to reduce auto use and related pollution, Connolly said. The project will close missing links in the town's pedestrian and bicycle infrastructure.

St. Mark ESL Program Seeks Volunteers

St. Mark English as a Second Language (ESL) program is seeking new volunteers now for the 2012-13 academic year. Spend 2-3 hours a week helping adult learners master the English language, prepare to become US citizens, and acclimate to American culture. There are seven different English proficiency levels plus a citizenship preparation class. All classes meet at St. Mark, 9972 Vale Road in Vienna. Volunteers generally serve one evening a week. For additional information or to volunteer, please contact st.mark.esl@gmail.com.

Seeking Participants for Sustainability Tour

The Community Enhancement Commission is seeking homeowners and businesses interested in showcasing their properties in this year's Sustainability Home and Garden Tour on Sunday, Sept. 16, from 12 to 4 p.m. The tour will highlight Vienna residences and businesses that have incorporated sustainable choices into their homes, businesses and/or gardens.

Some modifications featured on last year's tour included incorporating native plant species in gardens to support local wildlife, use of geothermal HVAC systems and installation of permeable driveways that reduce run-off, among others.

If you would like to participate in this year's tour, contact Cathy Salgado at csalgado@viennava.gov or (703) 255-6360. For more information, visit www.viennava.gov/index.aspx?nid=955.

Halloween Parade Applications Available

Entry applications for the 66th annual Vienna Halloween Parade are now available. Application forms and information is available on the Town's website at www.viennava.gov or at the Vienna Community Center, 120 Cherry Street SE. Applications and applicable documents are due by Friday, Sept. 28.

The parade will step off at 7 p.m. Wednesday, Oct. 24, on Maple Avenue. The theme of this year's parade is "Celebrating Holidays Around the World," and Santa Claus will be in town to serve as the parade's Grand Marshal. Parade participants are encouraged to represent holidays from around the globe.

Parade sponsorships are available. Contact the Vienna-Tysons Regional Chamber of Commerce for information on sponsorship opportunities at 703-281-1333. For more information, 'like' the Vienna Halloween Parade on Facebook at www.facebook.com/ViennaHalloweenParade or visit www.viennahalloweenparade.org.



USDA Under-Secretary for Marketing and Regulatory Programs Ed Avalos and Vienna Farmers' Market co-market master Sarah Jane Brady at the Friendly Farm tent. The farm will be bringing its own pasture-raised pork to market on Aug. 11.



USDA Under-Secretary for Marketing and Regulatory Programs Ed Avalos and Security Detail Officer Tu Farhan at the Vienna Farmers' Market on Aug. 4.

PHOTOS BY DONNA MANZ/THE CONNECTION

National Week Starts in Vienna

USDA launches National Farmers' Market Week from Vienna's Church Street farmers' market.

BY DONNA MANZ
THE CONNECTION

USDA Under-Secretary for Marketing and Regulatory Programs Ed Avalos launched National Farmers' Market Week from Vienna's Church Street farmers' market on Aug. 4. He toured the market and spoke to vendors, sampling products and trying not to bake while wearing a long-sleeved shirt and sports jacket. He achieved pretty much all he set out to do except for the baking in the sun part.

"This is a great market," said Avalos. "Coming in, I saw the tents and a balloon man who had children waiting in line for him.

"It makes you feel good when you walk in and everyone is smiling."

Avalos sat down with the Connection to talk about the administration's goals to ensure that rural America lives the American dream.

Farmers' markets are part of America's culture, said Avalos, appointed to his position by President Obama in 2009. Avalos's department chose Vienna's market and contacted Sarah Jane Brady, market-master, representing the Optimist Club of Greater Vienna who operates the market from May through October. The Vienna market is one of the top four Virginia farmers' markets in American Heartland polls and is run by a community nonprofit organization.

A priority of the Obama administration is to support rural America and stimulate rural economies. "Farmers' markets play a very important role in that mission," Avalos said. "We want to create opportunities to keep agricultural land in production and be able to sell what farmers grow directly to consumers.

"The other side is that farmers' markets provide opportunities to local communities to meet with local farmers who produce what they sell.

"It's a win-win for the rural communities and local

communities."

Avalos notes that farmers' markets are also social events, something he observed while at the Vienna market. "Once you become a 'regular,' you meet up with a network of friends and neighbors, even the farmers selling their products."

In 2011, over 7,800 farmers' markets dotted the landscape nationwide. Contrast that number to that of 20 years ago when there were only about 1,500 farmers' markets across the country. Farmers' markets continue to grow.

Virginia is ranked ninth in the nation, with 227 farmers' markets today. Avalos said that number is expected to grow in the coming years.

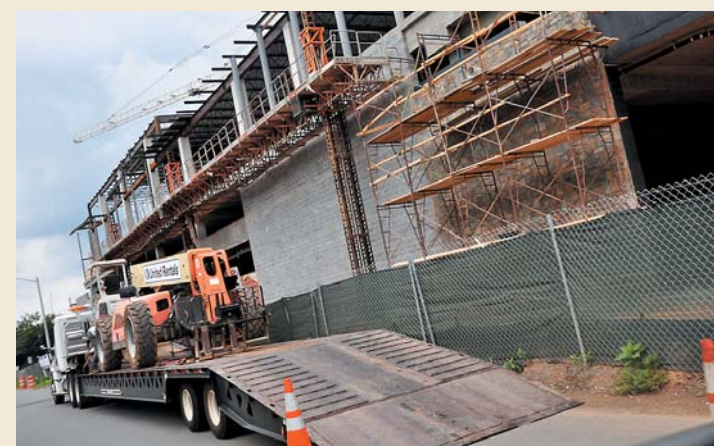
The Vienna farmers' market, operated by the Optimist Club of Greater Vienna, has applied to USDA to accept payments through the Supplemental Nutrition Assistance Program [SNAP]. Many farmers' markets throughout the country participate in the program and accept SNAP debit cards. To off-set the frequently higher prices at fresh markets, most of those participating offer bonus "cashback" or other incentives to be used at the participating market. Vienna Farmers' Market co-market master Sarah Jane Brady is pursuing SNAP participation.

Avalos is no Johnny-come-lately to agriculture. He grew up in New Mexico on his family's farm, and spent 30 years with the New Mexico Department of Agriculture, focusing on agriculture and livestock. He says he feels "comfortable" coming to farmers' markets. He respects people who work the land and raise livestock, acknowledging that there frequently is a disconnect between what we eat and our knowledge of where our food comes from.

One of the things that Avalos noticed in Virginia farmers' markets is an increasing share of diverse members. About one-quarter to one-third are Hispanic, Avalos said.

"This tells me that agriculture is starting to experience a change in demographics," said Avalos. "Some of these farmers' parents came over as migrant workers. Now, they—the children—are the farmers and they're achieving the American Dream."

For more details on the Vienna Farmers' Market, see <http://viennafarmersmarket.com/>. To learn more about farmers' markets and the nutrition assistance program, go to <http://www.fns.usda.gov/snap/ebt/fm.htm>.



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

MCA Seeks More Information on Tysons

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

BY ALEX MCVEIGH
THE CONNECTION

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

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

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

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

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

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

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

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

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

NEWS

Walking The Dog

Much more than walking.

By MICHAEL MCMORROW
THE CONNECTION



"Bourbon" and "Stormy" await a walk.

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

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

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

The qualities Guaragna sees in a truly professional dog walker were learned from Galvin. They include real affection for animals, dependability, loyalty, and

an understanding that each engagement has two "clients," the dog and the owner.

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

Typically, a week will involve approximately 100 home visits. Most involve no more than a stroll around the neighborhood, some off-leash play and bit of human companionship to break up the dog's loneliness during the day. On occasion, something special is planned; for example, appointments with the veterinarian or for grooming. This is the routine 7 days a week and 50 weeks a year, with the other two weeks set aside for a Galvin family vacation. Tending the dogs during vacation period is carefully arranged with the owners in advance. Some choose

SEE DOGS, PAGE 7

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Water Bills Challenged

FROM PAGE 2

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

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.

don't think it's about 'civic pride.' Access to clean 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."



Chief Robert A. Carlisle, PFC Kristin Ruddy and Former Councilwoman Maud Robinson.

Vienna Optimist Club Honors PFC Kristin Ruddy

On Aug. 1, the Vienna Optimist Club held their annual banquet to honor the 2012 Charles A. Robinson Respect for Law Enforcement Award recipients at the Marco Polo Restaurant in Vienna. PFC Kristin Ruddy was chosen as the Town of Vienna Police Department's Optimist Club award winner. This award is given annually to one Vienna Police officer and one Fairfax County Police officer after having been nominated by their respective commanders. The award is named after long time Vienna Mayor Charles "Charlie" A. Robinson and is presented by his wife, Maud.

PFC Ruddy has been a member of the Vienna Police Department since 2007 and is currently assigned to the Patrol Section.

In his nomination of PFC Ruddy, Lt. David Peltó wrote: "She (PFC Ruddy) has a 'throwback' mentality to the days gone by, when officers worked with little sleep, and sacrificed personal time to be at work, without complaint, simply because they loved to do this job."

PFC Ruddy is a Rape Aggression

and Defense Instructor (R.A.D.) training women in personal safety strategies and techniques. The quality of PFC Ruddy's instruction has

resulted in the development of many strong and confident students who have graduated her classes. She also serves the department by being a Field Training Instructor who takes

the time and energy, outside of her normal duties, to train new officers for their responsibilities after they have graduated from the police academy. Despite her short tenure with the Police Department, PFC Ruddy has a positive approach to her duties which enables her to reason and resolve situations involving people of all ages, personalities and motivations.

PFC Ruddy is a positive role model to new officers and is a credit to the Vienna Police Department.

PFC Ruddy's father is a sergeant with the Connecticut State Police and her sister is a dispatcher with the Vienna Police Department.

SCHOOL NOTES

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

Vienna residents **Esteban Bachelet** (Writing Portfolio), **Lindsay Brents** (Poetry), **Tiffany Duong** (Poetry), **Emma Hastings** (Short Story, Journalism, Science Fiction/Fantasy, Flash Fiction), **Kristina Hu** (Short Story, Flash Fiction, Personal Essay/Memoir, Writing Portfolio, Humor), **Celia Islam** (Flash Fiction) and **Bridget Jamison** (Writing Portfolio) have won regional recognition in the 2012 Scholastic Writing Awards.

Vienna residents **Nicholas A. Beede**, **Lesley A. Harkins**, **Regan J. Herman**, **Moira S. Poje**, **Theresa R. Prentice**, **Sunjay Sethi** and **Aydar Z. Shaildayev** have been named to the fall 2011 dean's list at Boston University of Boston, Mass.

Alison Luckett of Vienna has received a Silver Award from the Girl Scouts, the highest award a G.S. Cadette can earn. Her Silver Take-Action project involved organizing and teaching a workshop on Greenhouse Gases for el-

ementary students. The Kilmer Middle School 8th grader is the daughter of Al and Clara Luckett.

Navy Seaman Apprentice **Novine Josep M. Mayuga** recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Mayuga completed classroom and practical instruction on naval customs, first aid, firefighting, water safety and survival and shipboard and aircraft safety. An emphasis was also placed on physical fitness. The 2011 graduate of James Madison High School is the son of Vivian M. and Norlito L. Mayuga of Vienna.

Robert B. Mason Jr. of Oak Hill has won an Honorary Merit Scholarship from the National Merit Scholarship Corporation, signifying that the Scholar's educational plans or other awards preclude receipt of a monetary scholarship. The student's name is recognized in the distinguished performance in the competition.

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.

EDITORIALS

"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

Be Part of Insiders Guides

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

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

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The deadline for Insider's Tips is Friday, Aug. 17.

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LETTERS TO THE EDITOR

Lifting People Up

To the Editor:

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

❖ Can she afford health care insurance?

❖ Does she have health care insurance?

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

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

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

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

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

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

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

prefer to lift people up instead of beating them down.

John Dukovich
McLean

Comstock Politicizes Wounded Warrior Event

To the Editor:

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

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

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

J. Jay Volkert
Vienna

Write

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

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Tending the Dogs

FROM PAGE 4

to care for the animals on their own. Others are given recommendations for a temporary dog walker.

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

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

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

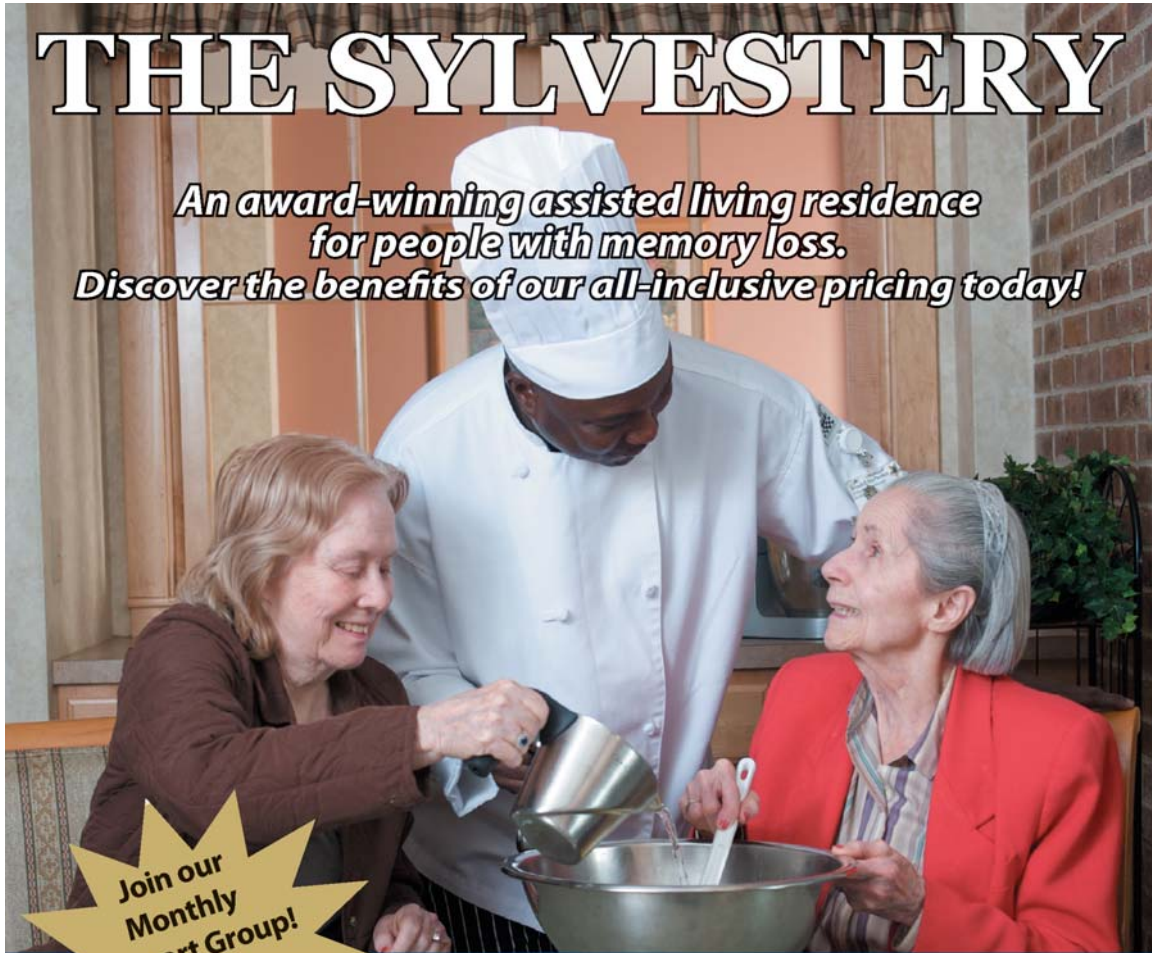
There is very little to criticize about owners, according to Galvin. "They made a conscious decision to own a dog. People will have thought through the problems beforehand and know what to expect." Once arrived, the animal becomes less an animal and more a member of the family. As such, everyone in the household invests monetary and emotional capital and would do just about anything for their dog, says Galvin.

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

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

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Pictured (L-R): Dory and Dany Abi-Najm Photo by: Eikon Photo




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NEWS



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

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.



PHOTOS BY DEB COBB/
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PHOTO BY BRYAN BURRIS

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



PHOTO BY JUSTIN KRIEL

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

Enlarging a Living Space — Without Adding On

BY JOHN BYRD

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

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

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

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

Gail Kouril is quick to add that the

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

SEE DISCOVERING, PAGE 15



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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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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



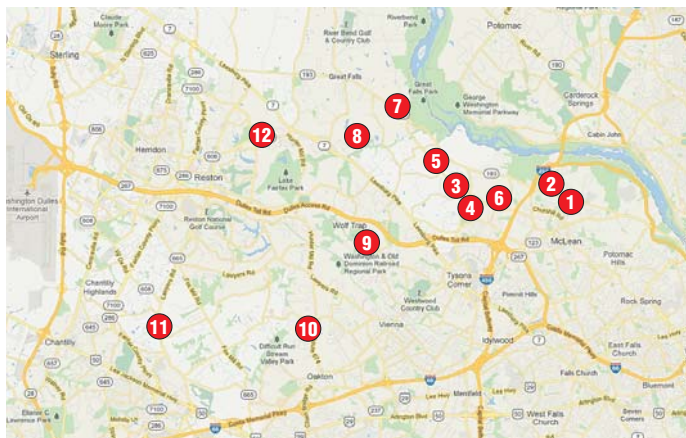
12 11085 Pelham Manor Place, Reston — \$1,140,000



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

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Gourmet's Delight

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

By JOHN BYRD

More

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

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

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

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

that support lifestyle interests."

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

"People are converting houses into homes," Duroske said. "Lifestyle interests are major factor driving local remodeling."

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

Yes, the owners have a taste for collectible racecars, gourmet cooking, exceptional wine and fine cigars. These are refined pursuits

they've cultivated over many years.

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

"Integrating all the parts of a diverse wish list is always a fascinating creative challenge," Duroske said, describing changes to the Springfield residence that resulted in a substantially enlarged gourmet kitchen, a 300 sq. ft. dining deck, and even a lower-level cigar and wine tasting salon.

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

In this case, such considerations were particularly pressing since



PHOTO BY BRYAN BURRIS

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

Sun Design was taking over architectural plans that had turned out to be both over-budget, and out of compliance with county setback requirements.

THE PROJECT'S SCOPE was the bigger challenge, though, and

it included a completely re-designed rear-elevation and new construction upgrades on two levels.

Three owner requirements prevailed:

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

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

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

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

SOLUTION: Architecturally, Sun Design's solution presents a neat convergence of a sensible space enlargement strategy with structural necessity. After removing most of the existing rear kitchen wall, the plan calls for a 16' x 47' deck (spanning from mid-house to the corner of the garage) which also accommodates a 200 sq. ft.

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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."

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

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3705 Krysis Ct.....\$649,900...Sun 1-4..Min & Jimmy O'Burns.....Long & Foster.....703-437-6110

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6532 Sharps Dr.....Contact Agent...Sun 1-4.....Scott Koval.....Samson Props.....703-625-3446

Chantilly

42344 Astors Beachwood.....\$850,000...Sun 1-4.....Chris Pezzana.....Weichert.....703-447-1662

Clifton

12406 Shari Hunt Grove.....\$1,050,000...Sun 1-4.....Carol Hermandorfer.....Long & Foster.....703-503-1812

12129 Beaver Creek Rd.....\$899,000...Sun 1-4.....Diane Lenahan.....Wolf Run.....703-283-7328

13421 Cavalier Woods Dr.....\$619,900...Sun 12-3.....Vickie Carroll.....Century 21.....703-818-0111

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11501 Liltling Ln.....\$875,000...Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365

7401 Wayfarer Dr.....\$779,990...Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365

11215 September Ln.....\$642,500...Sun 2-4.....Pat Fales.....RE/MAX.....703-503-4365

Great Falls

909 Falls Manor Ct.....\$1,575,000...Sun 1-4.....David Donaldson.....Keller Williams..1-480-251-2508

662 Nalls Farm Way.....\$1,550,000...Sun 1-4.....Glynis Canto.....Keller Williams.....703-395-2355

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10303 Appalachian Cir. #208..\$227,900..Sat 11-5.....Christopher Boris.....Byron Group.....703-850-8561

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46676 Paragon Terr.....\$329,900...Sun 1-4.....Maghu Anand..Coldwell Banker.....301-983-0200

Stone Ridge

24783 Prairie Grass.....\$569,900...Sun 1-4.....Chris Pezzana.....Weichert.....703-447-1662

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9802 Brightlea Dr.....\$499,900...Sun 1-4.....Ed Duggan.....Century 21.....703-989-7735

To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or donpark@connectionnewspapers.com All listings are due by Monday at 3 P.M.

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.

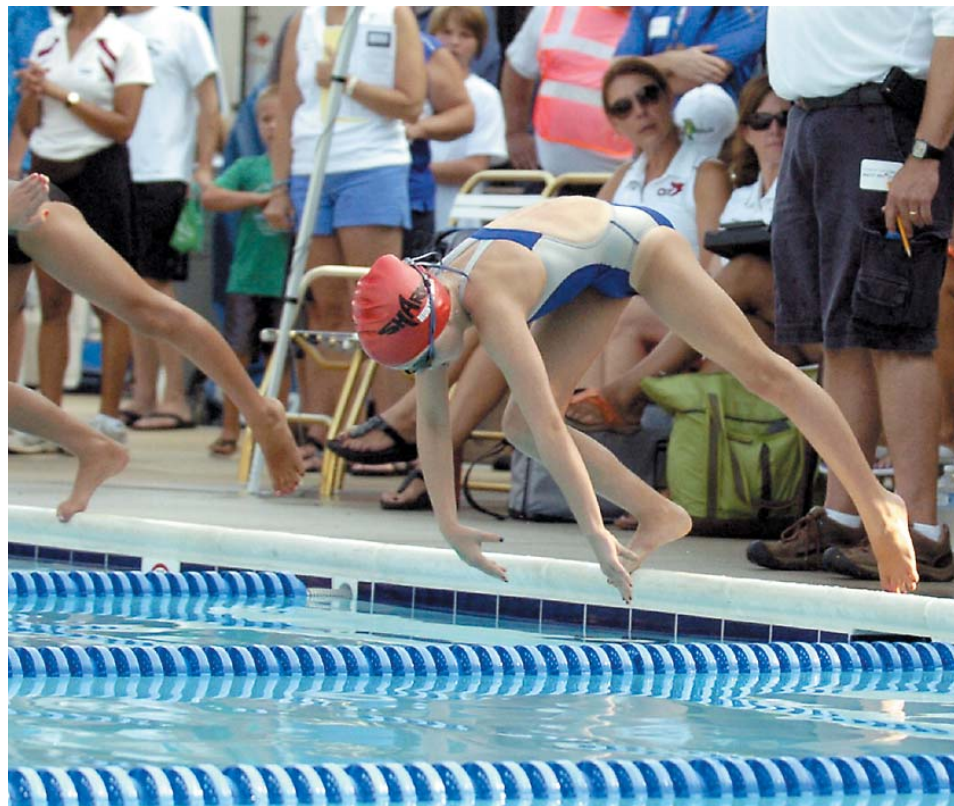
"I try not to think about it," Schwartz said of being an event's top seed. "I guess it kind of gets me a little bit excited because I think, 'I have to make sure I get first place since I'm seeded first.'"

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

Discovering Unused Square Footage

FROM PAGE 10

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 breaching 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.

More

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

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

“The designer helped us to make informed choices,” Gail said.



Master Bath before

PHOTOS BY JUSTIN KRIEL



Master Bath after

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

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The cast of "Moonlit Musical," a Moonlit Wings Productions original, premiered on Aug. 3 at Thoreau Middle School in Vienna. The two-week touring theatre camp, sponsored by Fairfax County Park Authority, produces a musical production at the end of each camp session.



PHOTO COURTESY OF MOONLIT WINGS PRODUCTIONS



PHOTO COURTESY OF MURPHY FAMILY
Eight-year-old Max Murphy of Vienna plays Little Lulu in Moonlit Wings' production of an original play, "Moonlit Musical."

Moonlight Shines in Vienna

"Moonlit Musical," children's theatrical production, premieres in Vienna.

BY DONNA MANZ
THE CONNECTION

What child has never imagined herself to be on-stage, bowing to adoring fans? If you are a child living in Fairfax County, you have a good shot at stardom. Local theatre opportunities from grade-schoolers to high-schoolers crop up throughout the year. Vienna hit the jackpot.

Moonlit Wings Productions [MWP] contracts with the Fairfax County Park Authority to operate two drama camps throughout the summer. The in-house program, Camp Drama, is based at Providence Recreation Center in Falls Church. The touring company – Broadway Biz – moves around Fairfax County every two weeks. On July 23, Broadway Biz came to Thoreau Middle School where 24 young thespians, age 7 – 14, practiced and rehearsed from 9 a.m. to 4 p.m. every weekday. On Aug. 3, "Moonlit Musical" premiered in Vienna at Thoreau.

"We make art fun, accessible, and universal," said MWP Artistic Director & Founder Walid Chaya. "They learn to perform and they build self-confidence."

"MOONLIT MUSICAL," an original children's musical, is a journey of personal discovery as seen through a young Lebanese girl who turns 13 on the night of a full moon. Lulu's story is told Dickens' Christmas Carol style, where the audience meets the child Lulu, the present Lulu and the future Lulu.

In a serendipitous coincidence, the Vienna performance, scheduled for Aug. 3, is played out during ... you guessed it ... a full moon phase, which, meteorologically-speaking, appeared on Aug. 2.

"Personally, I find moonlight theatrical, mysterious," said Chaya, who, himself, is Lebanese. Chaya wrote the semi-autobiographical book and lyrics. MWP musical director Andrew Bell composed the music.

MWP was co-founded by Chaya and dance teacher Jannie Le Nguyen, a Cuppett's dance teacher in Vienna.

"We really complement each other's work," said Nguyen. "I absolutely love teaching. I love to be able to inspire kids to learn the things I love, in hopes they will love it just as much as I do."

Rather than pay for "royalty" scripts, MWP sent out a call to aspiring playwrights about the country. MWP is field-testing their shows, evaluating the scripts in return for free use.

Tickets were abandoned in favor of admission donations. Guests were asked to bring gently-used clothing and shoes that were to be forwarded to a United Nations relief fund. At each performance of Camp Drama and Broadway Biz, contributions on behalf of regional and global needy, are accepted.

MWP's County-sponsored theatre camps will produce eight shows during its season, four of which culminate the end of Broadway Biz, and four finish Camp Drama programs. Each production is different from other ones. That's a lot of work.

From its first production, Disney's "High School Musical," to its current camps, Chaya estimates MWP will have trained 1,000 kids in Fairfax County.

To celebrate its fifth year of theatrical production, MWP is hosting a Red Carpet Picnic on behalf of the annual U.N. International Youth Day, celebrated on Aug. 12.

THE RED CARPET PICNIC features "food, fun, and live performances, a ceremony to honor theatre and the future leaders in our community, and photos and fun at the Red Carpet, just like in Hollywood," Chaya said.

The banquet features special performances and honors MWP artists and actors. The banquet, scheduled for Sunday, Aug. 12, is open to the public. It will be held at Providence Recreation Center at 7525 Marc Drive, Falls Church.

Tickets at the door are for \$10 for youth, \$15 for adult. All proceeds go to educational

theatre for the youth in Northern Virginia.

Eight-year-old Stella Lee is here from Korea on a month-long vacation. A family friend suggested the drama camp to Stella's mother.

"I learned that the most important thing is don't be shy to perform in front of everyone," Stella said, who admitted she was a "bit" shy when she first started Broadway Biz in Vienna. "Now, I'm not really shy."

Broadway Biz features familiar Vienna names.

Daria Zahalsky, a rising eighth-grader at Kilmer Middle School, has participated in previous acting camps and tried Moonlit Wings this year. She said she liked working with original scripts. "It was fun learning about new music he made up," Daria said. "It was fun. I feel a little more confident now."

Her most important piece of advice for fledgling actors: "Everyone can do it if you're willing to work on it," Daria said. "If you're lazy, this isn't a good area."

Carly Miks, interning as assistant choreographer, went through Vienna schools, graduating from James Madison High School in 2011. She is a sophomore at Virginia Commonwealth majoring in dance.

"It's really good work experience," Miks said, who also worked at Camp Drama and at Cuppett Performing Arts Center, "I love working with kids."

In every two-week theatre camp, the young cast rehearses and fully stages a musical production, as well as participating in a variety of artistic activities, from movie making to technical theatre production.

Each production is partnered with a special community outreach event from canned food drives to school supplies.

"We strive to not only be players of the stage, but also of the community at large," Chaya said.

"The kids are so excited and thrilled that someone is writing about them," Chaya said. "They feel like super-stars."

To learn more about Moonlit Wings Productions, go to www.moonlitwings.org.

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

WEDNESDAY/AUG. 8

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

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

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

THURSDAY/AUG. 9

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

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

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

FRIDAY/AUG. 10

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

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

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

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

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

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

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

SATURDAY/AUG. 11

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

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

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

West Coast Swing Dances. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second

SEE ENTERTAINMENT, PAGE 17

ENTERTAINMENT

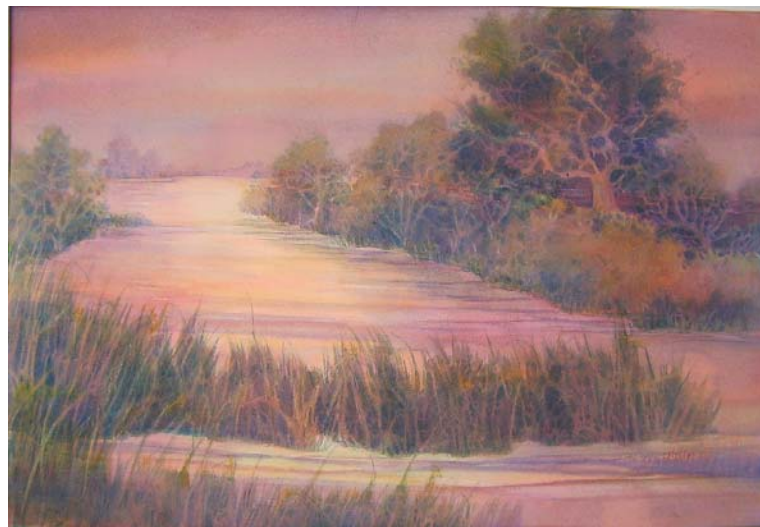
FROM PAGE 16

and third Saturday every month. 703-759-2685 or www.colvinrun.org.

Plant Clinic hosted by the Master Gardeners. 10 a.m. Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church. Experts available to answer your gardening questions. 703-790-8088.

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

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



“Moody River,” watercolor by Carol Milton. Featured artist Carol Milton’s landscapes are scenes that change dramatically depending on weather conditions, time of day, season. 10 a.m. - 4 p.m., Tues. – Sat. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave., W, Vienna. www.ViennaArtsSociety.org

SUNDAY/AUG. 12

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

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

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

MONDAY/AUG. 13

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

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

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

TUESDAY/AUG. 14

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

Guitar Legend Albert Lee + Jeff Alan Ross. 7 p.m. Jammin’ Java, 227 Maple Avenue E., Vienna.

tickets@jamminjava.com.

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

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

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

WEDNESDAY/AUG. 15

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

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

I Spy Bugs. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Look for insects all

around. Age 3-5 with adult. 703-356-0770.

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

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

THURSDAY/AUG. 16

Barry Manilow. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Tickets: \$35-\$95. www.wolftrap.org.

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

Book Discussion. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. “Rose” by Martin Cruz Smith. 703-242-4020.

Book Discussion Group. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call library for book title. 703-757-8560.

Home Life Style

Gourmet’s Delight

FROM PAGE 12

kitchen extension.

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

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

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

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

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

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

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

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

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

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

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Join us in Fairfax on Thursday, August 9 @ 3pm,
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21 Announcements **21 Announcements**

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

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Fairfax Water

FAIRFAX COUNTY WATER AUTHORITY
Notice of Public Hearing

**Resolution Authorizing Acquisition of Property Necessary
for Public Purposes by Eminent Domain or Other Means**
September 6, 2012 at 6:30 p.m.

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

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

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

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

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.

Derive to Survive



By KENNETH B. LOURIE

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

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

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

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

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

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