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PHOTO BY CAROLINE BURR/THE CONNECTION

# Meet Best Friends of Fairfax

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# Kincaid Wins Democratic Nomination for Sheriff

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Amelia Marosek of Fairfax takes both her dogs on a quick walk in the summer heat.





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## Making Sure Children Don't Go Hungry

**Our Daily Bread provides meals for children during summer break.**

BY VICTORIA ROSS  
THE CONNECTION NEWSPAPERS

For most children, summer means the end of homework and tests, and the beginning of cookouts and carefree summer vacations. For thousands of children from low-income families, summer can also mean going hungry.

Free and reduced food programs—which provide children access to nutritious breakfasts, lunches and snacks—end along with the school year, leaving many students at risk for hunger over the summer months.

“Summer is a very difficult time for parents who are depending on the school’s free or reduced lunches,” said Lisa Whetzel, executive director of Our Daily Bread, a Fairfax County volunteer-based nonprofit. “As a community, it’s important to make sure that children have access to the healthy food they need during the summer months.”

To help meet that need, Our Daily Bread launched a new program this summer to provide healthy meals and household supplies to 42 families whose children attend three local elementary schools—Marshall Road, Cunningham Park and Louise Archer.

According to Fairfax County Public Schools, 47,874 students—more than 26 percent of the school system’s total student population—received free and reduced lunches during the 2012-2013 school year.

Whetzel said the program is an extension of ODB’s Food4Thought program, which began in 2011 in partnership with concerned parents at Marshall Road Elementary School. Volunteers created packages of non-perishable food and drinks to send home each weekend with 19 children in the school who participated in the federal food subsidy program. Volunteers collected donations within the school and supplemented it with food from Our Daily Bread’s Vienna Pantry.

“This new partnership with Marshall Road is successful because there is a champion within the



**Volunteers and staff of Our Daily Bread, a volunteer-based nonprofit that helps low-income residents in Fairfax County, collect food at its Vienna pantry.**

school,” Whetzel said. “If there is not a willing social worker and PTA, it cannot work. We applaud Jean Wyman and the PTA for seeing the need in their school and reaching out to ODB to make this work.”

**“As a community, it’s important to make sure that children have access to the healthy food they need during the summer months.”**

— Lisa Whetzel, executive director of Our Daily Bread

“What makes the summer program unique is that it addresses a problem that schools participating in the weekend program have been trying to figure out,” said Christina Garris, food manager with ODB. “The social worker, Jean, and their strong PTA is the reason they felt they could attempt trying the summer program.”

Our Daily Bread is also working with Daniels Run Elementary School in Fairfax City, and hopes to expand Food4Thought and its summer extension program to more local schools as they gain more funding, community support and resources.

“We welcome working with as many schools as request our assistance. We can help them get started by explaining the process,” she said.

For more information on Our Daily Bread’s programs, go to [www.odbfairfax.org](http://www.odbfairfax.org). To donate to the Vienna food pantry, contact Christina Garris at 703-273-8829.



**Louise Archer Elementary School in Vienna is one of the schools benefiting from Our Daily Bread’s summer food program, an extension of the nonprofits Food4Thought weekend program.**

## John Coolidge Graves Dies

John Coolidge Graves, a Fairfax resident of East Templeton, Mass., died Tuesday, July 16. Graves was the son of Dellard Charles Graves and Ellen Elizabeth Graves from East Templeton; beloved husband of the late Rudell Louise Graves; father of John C. Graves, and James C. Graves and his wife Kelly; and grandfather of Chris Graves and Cole Graves.

He is also survived by a cousin Tom and his wife Sally. John was a former member of the Fairfax Host Lions Club. The family will receive friends at the Everly Funeral Home, 10565 Main Street in Fairfax on Thursday, July 25 from 5 p.m. until time of his Celebration Service at 7 p.m.

Inurnment will be at a later date.



**John Coolidge Graves**

In lieu of flowers, memorial contributions may be made to a charity of the donor’s choice.

### WEEK IN FAIRFAX

#### Crime Solvers 5K Fundraiser

In partnership with Capital Area Runners, Fairfax County Crime Solvers is hosting its first 5K run fundraiser and needs the community’s support. Residents are encouraged to sign up now to participate in this family-friendly event; everyone is welcome.

It’s slated for Sunday, Aug. 4, at 8 a.m., on Grand Commons Avenue at the Fairfax Corner Shopping Center, off Monument Drive in Fair Oaks. Register at [www.capitalarearunners.com/crimesolvers5k](http://www.capitalarearunners.com/crimesolvers5k).

A nonprofit, Fairfax County Crime Solvers provides an anonymous phone tip line, plus texting and e-mail capabilities to the public, to report criminal information. Tipsters’ identities are protected under state law. This program is not run by the police department, but by business leaders and residents seeking to make this county a safe place to live and visit.

It pays cash rewards of \$100 to \$1,000 to anonymous tipsters when their information leads to an arrest and indictment. And the reward money comes through fundraisers such as this 5K. Learn more about Crime Solvers at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org).

#### FCPD Helicopter Unit Honored

Members of the Fairfax County Police Department’s Helicopter Unit were awarded the annual Gus Crawford Air Crew of the Year Award on Saturday, July 20. The award was given for the rescue of two missing boys in Spotsylvania.

On Jan. 25, two brothers, 10 and 5, went outside to play in the newly fallen snow with their dog. When a parent went to check on them 30 minutes later, it was discovered that footprints from the boys led into the dense woods bordering the family’s home. Deputies from the Spotsylvania County Sheriff’s Office began searching for the boys and requested assistance from the Fairfax County Police Helicopter, “Fairfax One.”

Communicating with deputies below, the helicopter performed an extensive search using the infrared camera in the waning light of a winter afternoon with sub-freezing temperatures. With only 10-15 minutes remaining for Fairfax One to remain on the scene, a small heat source was located under a fallen tree next to a creek. Using the high-definition camera, the crew was able to spot the two missing boys huddled together under the tree and directed search-team members to their location.

The three officers who were recognized were Pilot Garrett Wymer, MPO Paul DeHaven and PFC Timothy Schilling. The Gus Crawford Air Crew of the Year Award is given annually by the Airborne Law Enforcement Assn., which was founded in 1968

SEE WEEK IN FAIRFAX, PAGE 13

# Kincaid Wins Democratic Nomination for Sheriff

**Kincaid promises to push for pay parity and reach out to diverse community.**

BY VICTORIA ROSS  
THE CONNECTION

**S**tacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department and self-proclaimed "rookie politician," handily won the Democratic nomination for sheriff during a special election Tuesday night, July 23 at W.T. Woodson High School. The final vote was 605 to 315 votes, according to Democratic officials who counted each ballot by hand.

Kincaid competed against interim Sheriff Mark Sites for the Democratic nomination. Sites was sworn in as sheriff on July 1 after former Sheriff Stan Barry retired, and he will serve until a new sheriff is elected in November.

"I was humbled and honored," Kincaid said Tuesday night after her victory. "Mark Sites ran a spirited campaign, so, yes, I was surprised by the vote count."

A graduate of Frostburg State College, Kincaid began her career with the Fairfax County Sheriff's Office in 1987. She said a summer internship at the sheriff's office "sparked my interest in a career as a deputy sheriff." In 2008, she received the agency's highest honor, the Distinguished Service Award.



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Stacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department, won the Democratic nomination for sheriff during a special election Tuesday night at W.T. Woodson High School.**

**LAST WEDNESDAY**, July 17, Kincaid and Sites participated in a debate hosted by the Fairfax County Young Democrats and moderated by George Burke, chairman of the 11th Congressional District Democratic Committee.

Kincaid said that while she is focused on the three main functions of the sheriff's of-

fice—running the county's jail, performing security at the courthouse and serving civil process—she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said, adding that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

Kincaid said she supported President Barack Obama's position to expand background checks and place a ban on assault weapons and high-capacity magazines.

The sheriff's office has historically processed applications and performed background checks for people who want clearance to buy machine guns and silencers, Sites said.

"If you want to own a gun to keep yourself safe, I'm not sure that you need an arsenal or weapons of that magnitude to do so," Kincaid said.

Kincaid said one of her first acts if she wins the general election in November is to sign the civil service agreement.

"It lets employees know that they will not be terminated for an unjust reason. It protects them from political intervention," she said.

She said she would also make pay parity a priority and make the promotion and hiring process more fair and equitable. "I do not believe our budget is sufficient, and it hasn't been for many years," Kincaid said. The sheriff's budget is currently \$63 million annually.

**KINCAID**, who has served on the governing board of the county's Partnership to Prevent and End Homelessness, was endorsed by the Fairfax County Federation of Teachers, members of the Fairfax County School Board and the public safety unions, including SEIU Virginia 512, Fairfax Deputy Sheriffs Union, and the Fairfax County Professional Fire Fighters and Paramedics-Local 2068.

"I've been impressed by her desire to integrate the office into the community while always looking to save taxpayer dollars," said State Senator Chap Petersen (D-34), who endorsed Kincaid along with Sen. David Marsden (D-37). "She's focused on making the sheriff's office the best around. I'm proud to endorse her for sheriff," said Petersen.

"It's been a challenging profession, but it's also been very rewarding," Kincaid said.

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# CALENDAR

To have community events listed, send to [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416 with questions. The deadline for submissions is the Friday prior to publication; we recommend submitting your event two weeks ahead of time. To see more entertainment events, go to: <http://www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/>.

## THROUGH SUNDAY/JULY 28

**Mystical Arts of Tibet.** Various times, at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. See a live exhibition of an elaborate Peace Mandala sand painting and related music, dance, lectures, multiphonic singing and promotion of healing through performing art. \$0-\$20. <http://www.unityoffairfax.org/auspicious-event>.

## THURSDAY/JULY 25

**Emily Hearn.** 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Emily Hearn, a 21-year-old singer/songwriter currently based out of Athens, Ga. with charming, lighthearted melodies. [www.emilyhearn.com](http://www.emilyhearn.com).

## FRIDAY/JULY 26

**Tom Principato.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Tom has been playing around the globe performing dozens of blues hits and making music enjoyed by fans everywhere. [www.tomprincipato.com](http://www.tomprincipato.com).

## MONDAY-FRIDAY/JULY 29-AUG. 9

**Stage Door Camp.** 9:30 a.m.-3:30 p.m., at Robinson Secondary School, 5035 Sideburn Road, Fairfax. An acting camp for youth; signup in June. [www.RobinsonDrama.org](http://www.RobinsonDrama.org).

## SATURDAY-SUNDAY/JULY 27-28

**2nd Annual Earth 2100 Conference.** George Mason University, Johnson Center, Dewberry Hall South, 4400 University Drive, Fairfax.



**The fashion and accessories shop at Fairfax's Mosaic District hosts a day of giveaways and sales Sunday, Aug. 3, with a styling bar, sweets and drinks to benefit The National Race to End Women's Cancer.**

Participants explore global environmental issues and interact with representatives from the United Nations Environment Programme and four key think tanks. \$50 including two meals and a reception on July 11. [http://www.ourtask.org/earth\\_2100\\_conference](http://www.ourtask.org/earth_2100_conference).

## SUNDAY/JULY 28

**Community Eat-for-Heat Pancake Feast and Water Play.** Jewish Community Center of

Northern Virginia, 8900 Little River Turnpike, Fairfax. This pancake breakfast features food, arts and crafts, playground time, and water play to raise funds to prevent hypothermia. \$6 per adult, \$4 per child, free for children up to 2 years old. 703-323-0880 or [LaurieA@jccnv.org](mailto:LaurieA@jccnv.org) for details.

## THURSDAY/AUG. 1

**Little Red & The Renegades.** 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Little Red is American music, with a heavy emphasis on zydeco and Cajun. [www.littleredandtherenegades.com](http://www.littleredandtherenegades.com).

## SATURDAY/AUG. 3

**Lou Lou Day-Shop to Give Charity Event.** Shop to support the Foundation for Women's Cancer and the Society of Gynecologic Oncology for the National Race to End Women's Cancer. [www.loulouboutiques.com](http://www.loulouboutiques.com) or [twitter.com/LouLouBoutiques](https://twitter.com/LouLouBoutiques).

## THURSDAY/AUG. 8

**The Simon & Garfunkel Songbook.** 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Since 1972, Rex Fowler and Neal Shulman have spent a lifetime making music together as the folk/rock duo Aztec Two-Step. [www.aztectwostep.com](http://www.aztectwostep.com).

## FRIDAY/AUG. 9

**American Idol LIVE! 2013 Tour.** 7:30 p.m., George Mason Patriot Center, 4400 University Dr, Fairfax. A showcase of American Idol's past-season finalists comes to the local Patriot Center.

## THURSDAY/AUG. 15

**Ryan Montbleau Band.** 5-6:30 p.m., Fairfax County Government Center, 12000 Government

Center Parkway, Fairfax. In their 10-year career, this band has built their catalog by introducing new songs to their live set, before committing to a definitive version. [www.ryanmontbleauband.com](http://www.ryanmontbleauband.com).

## FRIDAY/AUG. 16

**IONA.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. High-energy, pan-Celtic weave of the traditional music of Scotland, Ireland, Wales, Cornwall (England), Brittany (France), the Isle of Man and Galicia (Spain), featuring fiddle, vocals, flute, guitar and percussion. [www.ionamusic.com](http://www.ionamusic.com).

## SATURDAY/AUG. 17

**DC Fest With Newsboys.** 3 p.m., George Mason Patriot Center, 4400 University Drive, Fairfax. A range of performers take the local stage in this Christian musical festival.

## SUNDAY/AUG. 18

**27th Annual Pakistan Independence Day Festival.** Noon., at 7700 Bull Run Drive, Centreville. The Pakistan Independence Day Festival includes musical performances, rides and games. [www.pakistanfestivalusa.com/](http://www.pakistanfestivalusa.com/).

## THURSDAY/AUG. 22

**Natty Beaux.** 5-6:30 p.m., at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Natty Beaux is a new combo featuring musicians from Billy Coulter Band, The Junkyard Saints, Alexandria Klezmet and Western Bop. [www.nattybeaux.com/about.html](http://www.nattybeaux.com/about.html).

## FRIDAY/AUG. 23

**Inaugural Golf Tournament.** 2 p.m., Fort Belvoir Golf Club, 2920, 8450 Beulah St., Alexandria. Prizes include a chance to win \$5,000 for a hole in one, year-long BMW lease and several door prizes. 703-470-2137 or [www.fairfaxnaacp.org](http://www.fairfaxnaacp.org).

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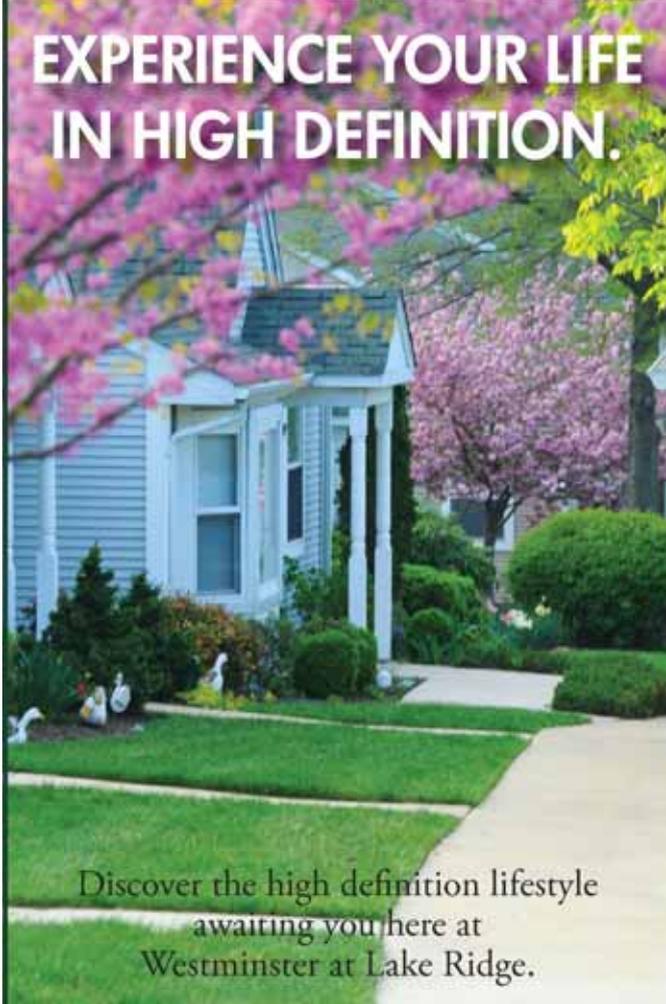
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# Stemming Gun Violence

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



While President Obama in his statement about the Trayvon Martin case reminded us, "we are a nation of laws, and a jury has spoken," he went on to say that "we should ask ourselves if we're doing all we can to stem the tide of gun violence that claims too many lives across this country on a daily basis." Not only are we not doing enough, but we are seeing actions on the part of congressmen and senators and state legislators fearful of the gun lobby that may well result in more gun violence. When handguns used in the commission of crimes were traced to Virginia in such great numbers that the state became known as the "gun-running capital of the east,"

the state legislature put in place a limitation of one handgun purchase per month. This year the General Assembly repealed that law. If 12 pistols were too few a year, one can now buy however many are desired!

According to a USA Today editorial, in 1981 19 states prohibited people from carrying a hidden weapon in public, "but a powerful gun lobby has turned that system upside down." Four states now allow persons to carry hidden firearms without a permit, and in 35 states, including Virginia, officials must issue permits to just about anyone who applies unless they have committed a felony. Hidden guns are now allowed in restaurants and bars and public places.

Most frightening of all are the changes in state law to allow persons to stand their ground and use deadly force in any location one is legally

allowed to be without first attempting to retreat. Florida was the first state to adopt such a law that had been drafted by the National Rifle Association and promoted by the American Legislative Exchange Council to almost two dozen states. The instructions to the jury in the Zimmerman case made it clear that if "he had a right to be where he had a right to be, he had no duty to retreat." Efforts to enact a "stand your ground" law have been made in Virginia and are likely to continue until successful. Not only is there a proliferation of guns, but laws are being rewritten to expand the instances in which they can be used against another.

There were the tragedies at Virginia Tech, Columbine, Newtown and thousands of other instances of gun violence. What will be the tragedy that will cause us to wake up and insist that no constitutional right can be argued that reduces the safety of others and enhances the potential for violence?

## Continuing to Care for Women of Fairfax City

BY LAURA MEYERS, PH.D.  
PRESIDENT AND CEO OF PLANNED PARENTHOOD  
OF METROPOLITAN WASHINGTON



Laura Meyers

Recently, the Fairfax City Council passed an ordinance creating a new zoning classification—"medical care facilities." Under the new ordinance, women's health centers are now classified in the same zoning category as hospitals, surgical centers and urgent care units—meaning women's health centers are now required to receive a "Special Use Permit" in order to operate.

We understand and appreciate the city council's need to implement regulations which best serve their residents. And we respect the council's position that the previous zoning ordinance was no longer useful. However, as applied, we believe that the new zoning ordinance is onerous and medically unnecessary.

The ordinance compounds upon the targeted restriction of abortion providers recently enacted by state legislators by forcing women's health centers to undergo an expensive, drawn out process that relies on arbitrary measures like parking spaces to decide whether or not a health center may open. These new measures do little to improve women's health care and actually restrict women's access to reproductive health care within the City of Fairfax.

Unfortunately, we've already seen one health center in Fairfax City, NOVA Women's Healthcare, close. And, neither the old zoning law nor the new ordinance would allow that health center to open again today meaning that the women of that area are left without vital services. That's why we are committed to promoting women's health in Fairfax City and educating the community as to how this

ordinance is bad for women's health.

Planned Parenthood of Metropolitan Washington D.C. has operated in Northern Virginia for over 70 years, advocating for access to high quality, affordable health care for all women. More than 90 percent of our services are preventive care measures like birth control, life-saving cancer screenings, STI testing, sex education, and safe and legal abortion. We work every day to keep women healthy—proudly serving over 700 patients in Fairfax City. Planned Parenthood health centers provided care to more than 24,000 patients last year in Virginia.

And, we have more than 148,000 grassroots supporters statewide, fighting with us to ensure that women have affordable access to the health services they deserve and are legally entitled to receive. As a leading advocate for women's health care in Northern Virginia, we will continue to be a part of the discussion here in Fairfax City and will continue to serve the women of the community. We urge the city council to craft a new policy that addresses the unique needs of their community which includes continued access to the full range of reproductive care for the women of Fairfax City—right here, where they live.

Whatever the result is of this new zoning ordinance, Planned Parenthood is committed to continuing to provide care—no matter what.

For more information, contact Laura.meyers@ppmw.org.

### LETTERS TO THE EDITOR

#### Wrong Priorities

To the Editor:

We seem to have money for everything these days—bank bailouts, congressional investigations, even potential invasions of Syria. Just not our kids. We slash food stamps and cut early education and our elected officials just whistle past the graveyard. New polling shows Virginians think these priorities are all wrong, and expect our leaders to invest in our kids. We should make those running for office in Virginia this year tell us where they stand on these issues.

**John Horejsi**  
SALT Coordinator  
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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# PET CONNECTION



Nancy Riley holds her 16-year-old black cat Moochie for his close-up.



Bailey takes a break from his daily walk.



Amelia Marosek takes both her dogs on a quick walk in the summer heat.



Kate Marosek tries to get Emmitt to smile for a picture.

PHOTOS BY CAROLINE BURR/THE CONNECTION

## Meet Best Friends of Fairfax Fairfax City residents Talk About Their Cats, Dogs

By CAROLINE BURR  
THE CONNECTION

When asked about her favorite story about her cat, Moochie, Nancy Riley of Fairfax said, "I would love to tell you about how I came to have Moochie. It was 1997, I was coming out of my friend's

house, and I came out the door and heard what sounded like a squirrel chattering at me. I then looked up and saw this really small black cat looking up at me. Being a cat person, I automatically went to pet him and he shied away. A man then came out of his house next to me and I asked if this cat belonged to anybody. He said, 'That's nobody's cat. That's a gutter cat.' A gutter

cat. He let me pet him and as I walked down the sidewalk to my car he was doing figure 8s around my feet. I opened the door to get in my car and he jumped right in. I put him on the ground and was really sorry and said, 'I'm sorry cat but I can't take you home, I have two large cats at home that would eat you.' He jumped right back in my car. I decided because of his determination, I could

take him home. My two other cats didn't end up eating him and our other cat, Alfalfa, became really good buddies with Moochie. He gets his name, Moochie, because he would always steal food from the table and my daughter called him a mooch.'  
Walking Bailey down the street on one of the hottest days of the year, Maria said she was walking this dog for her neighbors.

"There's a lot of wonderful things I can say about walking your pet. It is a great way to bond with him or her. Bailey would love to pose for a picture, she always looks good."

When asked what life is like with her two dogs Jack and Emmitt, Amelia Marosek, student, of Fairfax, said, "My favorite thing about having a pet is when they come in and wake you up in the morning with their tails wagging until you are as excited for the day and ready to go on a walk as they are. I love when they jump up and wake you up in the morning. I miss them when I'm at school because it's nice to have someone

jump up and give you puppy kisses."

"We used to have this wonderful standard poodle named Red. My younger sister was not a good eater and she would feed the dog peas from her highchair all the time when she was about 4 or 5. It was actually really quite cute," said Kate Marosek, social worker, of Fairfax. Talking about dog parks, she said, "Dog parks bring a cohesiveness to their community. You get to meet people that aren't in your neighborhood or from work." She added, "My husband didn't know many people in the neighborhood at first and people started to refer to him by our dog's names."

One day while out tubing with their boat, Alex, Andrew, Bailey and Lauren Roberatory of Fairfax Station were about to take off for a ride when dog Jolly decided he wanted to come too. The happy family is pictured on their joy ride on the Potomac.



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# PET CONNECTION



This is Jill, a former “lost dog” who joined the Howell family and inspired their volunteer work with Lost Dog.



Princess is one of many foster dogs taken in by Marcia Tiersky, president of the Lost Dog and Cat Rescue Foundation, over the past 10 years.



This kitten, fostered by Lost Dog and Cat Rescue Foundation volunteer Beth Stevens, is “a polydactyl,” meaning she has extra toes.



Parker, formerly a “lost dog,” was adopted by Beth Stevens before she became a Lost Dog volunteer.



This dog, called Batman, was a foster in Lisa Marie Czop’s home.

PHOTOS CONTRIBUTED

## Helping Save Lives, One Pet at a Time

### Area residents explain their dedication to the Lost Dog and Cat Rescue Foundation.

BY AMBER HEALY  
THE CONNECTION

Behind every adoption successfully completed by the Arlington-based Lost Dog and Cat Rescue Foundation, there’s a volunteer with a happy heart.

There’s a small volunteer army across Northern Virginia that turns out every weekend to help cats and dogs find homes, but there’s never a shortage of others looking for a safe place to be fed, sheltered and loved. Volunteers are what make the organization run, from walking dogs at adoption events to petting cats to making sure adoptable animals have safe transportation

from rural shelters to this area for medical care.

These volunteers are playing, and will continue to play, a major role in Lost Dog and Cat Rescue Foundation’s participation in the ASPCA/Rachael Ray \$100,000 challenge, an ongoing competition in which the rescue group and others across the country are trying to surpass the number of animal adoptions recorded between June 1 and Aug. 31.

But why do people agree to share their limited free time with animals? What brings them in, and what makes them stay?

Here are a few of their stories:

**A FAMILY EFFORT.** Diane McIntosh and her family have been involved with fostering dogs for the foundation for three years, not to mention the two other rescue groups she helps.

The former federal government employee of 38 years was recruited by her niece, who told her about the organization and its need for temporary homes for dogs.

“Then they needed someone to work the adoption table at an event in Alexandria, and sometimes while I’m working the table, I’ll need to hold a dog or two,” she said.

McIntosh also helps bring dogs from other animal shelters to be examined by a veterinarian for Lost Dog and Cat Rescue Foundation before their photos are uploaded onto the rescue’s website and they are made available for adoption. She



PHOTO BY AMBER HEALY/ THE CONNECTION

Barbara Hutcherson and Marcia Tiersky help dogs out of the transport crates loaded into a van used by the Lost Dog and Cat Rescue Foundation to bring them to the 11 adoption events the rescue group hosts each weekend.

### The Challenge: Joining Together to Save Animals

There are dozens of animal welfare organizations across the country working to secure “forever homes” for dogs and cats of all ages. And while there’s a general camaraderie amongst them, stemming from their common cause, what’s a little friendly competition among peers?

For the past few years, the ASPCA (American Society for the Prevention of Cruelty to Animals) has sponsored a nationwide contest to challenge shelters to see how many more animals they could adopt between June and August beyond the total the year before.

The idea was to “spur innovation, increase public support, empower staff and, most importantly, save more lives,” said Bert Troughton, ASPCA’s vice president and a leader of what has become the ASPCA/Rachael Ray \$100K challenge.

The organizations that adopt the most animals above totals from June to August the year before wins not only in terms of putting cats and dogs in loving, happy homes, but a sizeable chunk of change to save even more.

“We know that the contest can help save more lives in the long-term too, because all of

the added attention and support contestants earn during the contest can be harnessed for continued life-saving,” Troughton said.

ASPCA started the challenge in 2010, and in 2012, TV personality and animal lover Rachael Ray joined up with the organization, as she did again this year, allowing the organization to offer more than \$600,000 in prize grants:

A \$100,000 grand prize grant will be awarded to the organization that reports the largest increase in adoptions over the total from the year before. Other awards include a \$25,000 “community engagement award,” and \$25,000 to the first place finisher in each of five divisions, as well as \$15,000 to the second place finishers. Lost Dog is in eighth place overall and second place in their division as of Monday, July 22.

“It’s a whole lot of work and a whole lot of fun because every single life saved is a victory — regardless of who wins the grant prizes for the biggest increases,” Troughton said.

This year, 49 organizations in 30 states are competing for the grants, he said. To see the challenge details, visit [challenge.aspcapro.org](http://challenge.aspcapro.org).

— AMBER HEALY

is so often called on to help transport animals, she recently purchased a new SUV purely because it can fit nine animal crates at a time.

“If I’m taking dogs and cats, I can fit a few in the front seat too,” McIntosh laughed.

She and her husband have three dogs of their own, including one, Rusty, who would fall under the knowing title of a “foster failure.” Rusty was supposed to be a foster dog, staying with the family in their Springfield home only temporarily, but soon became a permanent resident.

“The entire trip from the shelter, he stayed with his head on my shoulder,” McIntosh recalled. “He was found in a coal mine in West Virginia. We had him two and a half years.”

Her family tends to foster, or adopt, older dogs and currently has a 13-year-old Labrador/Shepherd mix named Glen who “doesn’t have teeth and is getting cataracts. We didn’t have plans for a third dog, but I’m past the puppy stage. He just wants to have a nice place to live,” and McIntosh and

her family are happy to provide him with that.

She continues to volunteer with Lost Dog “because I believe in them,” she said. “Sometimes it’s very crazy and frantic, but it’s an organization near and dear to my heart. It’s one of the best rescue organizations around. I’d do anything for Lost Dog.”

**CALL HIM THE CAT MAN.** Harry Shubin and his wife, Julie, know what it’s like to get sweet-talked into taking on more responsibility.

“Always a cat person,” Shubin, a Fairfax resident, was introduced to Lost Dog through a secretary at work when his family was looking to adopt a kitten after the loss of a cat he’d had for 16 years. He was more interested in adopting an older cat, but his family had other ideas. So they went to an adoption event. Within a little time, he had “managed to convince everyone that we should come home with an adult cat too.”

SEE VOLUNTEERING, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

# Volunteering Saves Lives

FROM PAGE 10

It took a while to find the right cats, and Friday nights became the family's time to go to adoption events, chat with volunteers and spend time with the animals. During an adoption event about six months after they started going regularly, someone asked Shubin if he was interested in adopting.

"Before I could say no, someone opened up and said no, they're just volunteers," he said.

A year later, Shubin, officially a volunteer with cat adoption events at the Tysons Corner PetSmart, was asked to help find a cat volunteer coordinator for the center in the store, where cats sometimes live before they're adopted.

"We had about 30 volunteers at the time," and Shubin said he made it clear — at least to him — that he was not interested in being responsible for keeping track of which volunteers had which cats at which time. But something happened and, before he knew it, Shubin was put in charge of the cat volunteers, a team he now counts at about 400 people.

"I refused twice," he said with a laugh. He's not alone in being drafted to help out. His wife and daughter are both cat adoption counselors, meeting with prospective cat owners before paperwork is signed and formalized.

Other rescue groups might cringe at the thought of allowing an adoption to be made the same day people meet a cat, but Shubin believes that's the best way to go. "We'd rather adopt more cats to 85 percent perfect people than wait for that 99 percent perfect house," he said.

**A RESCUE DOG MADE HER FAMILY COMPLETE.** Since the age of four, Beth Howell has had a dog. She doesn't remember how she found Lost Dog and Cat Rescue Foundation, but for the past eight

years, she's been helping with dog adoptions in Fair Lakes.

However, she's most grateful to the organization for bringing her dog Jill into her family's life.

After losing a dog she'd had for 16 years, her family went to a Lost Dog event with the idea of maybe someday adopting a new puppy. After spending upwards of two hours with the adorable pup, Beth Howell gave Jill a new home.

"She makes us smile all the time," Beth Howell said. Jill is a "blend" of breeds, the family found after having her DNA tested, just for fun. "There are traces of German shepherd, Yorkshire terrier, spaniel and about seven other breeds in there," all in a dog that weighs about 30 pounds.

"I always wanted to contribute in some way, and I love helping animals," Howell said of her inspiration for becoming a volunteer. She helps get dogs ready for some special events, including 5K races that sometimes serve as fundraisers or outreach events for Lost Dog and Cat Rescue Foundation. There have been times when passersby have approached Howell to tell her they adopted their dog from the foundation, and how happy they've become.

**MONEY WON EQUALS LIVES SAVED.** All volunteers interviewed were asked what Lost Dog and Cat Rescue Foundation's winning the \$100,000 challenge would mean to the organization, and the response was unanimous: winning that money would mean more animals could be saved.

*Editor's note: Writer Amber Healy is an occasional cat volunteer with Lost Dog and Cat Rescue Foundation.*



**Mason, a Lost Dog cat, strolls on a leash during an adoption event.**

## Lost Dog: For the Love of Animals

In 2001, there were too many dogs without homes and too few people to help them.

That wasn't acceptable to Pamela McAlwee and Ross Underwood, lifelong animal lovers who wanted to save dogs and cats alike from shelters where their futures were non-existent if they weren't adopted.

McAlwee and Underwood were a few years into running a gourmet take-out pizza deli on Washington Boulevard in the Westover neighborhood of Arlington, when McAlwee went to help a friend find a dog to adopt. While visiting a shelter, she saw six dogs that were about to be put down within a few days. She promptly took all six home that night. She got them spayed or neutered and cleaned up and put a classified ad in a newspaper, and in between orders for pepperoni and cheese and vegetarian pizzas, she worked to find good homes for them all. She did this several times, adopting dogs about to be euthanized and finding homes for them.

That's how the Lost Dog and Cat Rescue Foundation was born, out of the take-out phone number for what's now the original location of the Lost Dog Cafe. McAlwee had worked with other rescue groups before, but she wanted to focus more on finding good homes for the animals instead of waiting for a "perfect" placement. The rescue group started with 25 dogs.

Now there are 150 dogs at a ranch in Sumerduck, Va., owned by Lost Dog, as the rescue organization is known, along with 20 cats and an assortment of other animals, including a horse. Other dogs and cats live with fosters — more than 100 dogs are currently in temporary homes until they're adopted.

### How to Help

To learn more about the ASPCA/Rachael Ray \$100,000 challenge, find a new pet, donate or volunteer with the Lost Dog and Cat Rescue Foundation, go to [www.lostdogrescue.org](http://www.lostdogrescue.org).

"It's amazing what we accomplish with an all-volunteer base," said Barbara Hutcherson, Lost Dog's adoptions coordinator.

Lost Dog is the only organization in Northern Virginia participating in the ASPCA challenge. The rescue had to verify its numbers and qualify in order to

participate, proving the volunteer base and "the commitment to really take this challenge and run with it," Hutcherson said.

If Lost Dog wins one of the grants provided through the challenge, the winnings likely will be used for vet bills. "It's difficult when you're looking at a list of shelter animals and you have to ask if you can afford the big vet bill for one animal" compared to smaller fees for multiple animals, Hutcherson said. "We want to take them all. It's uncomfortable, but we want to do every single thing we can."

Funding for the rescue comes from adoption fees, donations, and from proceeds from the four Lost Dog Cafe locations across Northern Virginia and the Stray Cat Cafe, next to the original Lost Dog Cafe in Westover.

— AMBER HEALY

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# SPORTS

## Setting Records Straight

**F**airfax Station resident Brandon Fabian (age group 13-14) broke four Colonial Swim League (CSL) Yard records this summer, swimming for the Barrington Blue Fins Swim Team.

On June 22, Brandon swam the 50-yard Backstroke with a time of 26.73 seconds beating a record set in July 2008. On July 13, Brandon surpassed two CSL records that stood for 34 years. He swam the 50-yard Butterfly with a time of 24.87 seconds, beating the record that was set in June 1979. He broke this record twice this summer, with this being his best time. Also on July 13, Brandon swam the 50-yard Freestyle with a time of 22.95, beating the record also set in June 1979. This season, Brandon also bested the 100-yard Individual Medley record set in July 2011, with a time of 56.60 seconds.



Brandon Fabian in a backstroke race.

Brandon Fabian is a rising sophomore at South County High School. On Saturday, July 27, Brandon will be swimming Freestyle, Butterfly and Individual Medley in the CSL Blue Divisional Meet.

PHOTOS BY JENNIFER K. WALL SMETER



The Northern Virginia Nereids synchronized swim team after they participated in the finals at Age Group National Synchronized Swimming Championship in Riverside, Calif.: Connie Polnow (Lake Braddock Secondary School), Monica Olivo (Lake Braddock Secondary School), Margot Baden (Woodson High School), Jackie Hafner (Robinson Secondary School), and Mikaela Voegele.

## Nereids Synchronized Swimmers 9th in Nation

**T**he Northern Virginia Nereids synchronized swimming team just returned from the Age Group National Synchronized Swimming Championship in Riverside, Calif. The Nereids' team, Connie Polnow of Lake Braddock Secondary School, Monica Olivo of Lake Braddock Secondary School, Margot Baden of Woodson High School, Jackie Hafner of Robinson Secondary School, and Mikaela Voegele, qualified for the finals event and finished as the 9th place team in the country. Angel Oh and Alex Marini

also joined the Nereids in the duet category. The Nereids had strong showings in all of their routines.

The Northern Virginia Nereids are based in Annandale and practice at Wakefield Recreational Center. Team members range from ages 8-16 and compete in various skill divisions. The team will have "Try Synchro" days in the fall for anyone interested in trying out the sport—all are welcome to join. For more information, go to [www.nvnsynchro.com](http://www.nvnsynchro.com) or email [president@nvnsynchro.com](mailto:president@nvnsynchro.com).



PHOTO BY MICHAEL K. BOHN/THE CONNECTION

Thomas Lim of Moorpark, Calif., teed off on the 12th hole at Laurel Hill Golf Club on the first day of the U.S. Amateur Public Links Championship on July 15. Laurel Hill was built on the grounds of the former District of Columbia prison, and one of the old guard towers is in the background.

## College Athlete Takes Championship in Lorton

BY MICHAEL K. BOHN  
THE CONNECTION

guess, for any golfer, any junior golfer, any amateur golfer."

**A** U.S. national golf title was on the line last week, and outside of golf's inner circles, virtually no one knew about it. Jordan Niebrugge from Mequon, Wisc. won the U.S. Amateur Public Links Championship at Laurel Hill Golf Club in Lorton. Niebrugge defeated Michael Kim 1-up in the 36-hole final match on Saturday, July 20.

Three thousand players attempted to qualify for the championship at 71 sectional tournaments in June. Of those, 156 made up the starting field last week, and 36 holes of medal play produced the 64 golfers who began match play. After five rounds of matches, only Niebrugge and Kim remained.

The two players reached the 36th hole, the par-5, 599-yard 18th, with Niebrugge leading 1-up. Kim played first and went for the green in two, but splashed his hybrid approach. That allowed Niebrugge to play for a conservative par and the championship.

Niebrugge is a rising sophomore at Oklahoma State University. Kim, from Del Mar, Calif. and a rising junior at University of California-Berkeley, was the low amateur in last month's U.S. Open.

While the championship trophy is nice, another perk normally earned by the Public Links winner has a bit more spice—an invitation to the Masters next spring. When asked after the final match about playing Augusta National, Niebrugge said, "I mean, to play in it, I mean, it's just a dream come true, I

The Public Links tournament is the fourth oldest national championship sponsored by the U.S. Golf Association, one that began in 1922. The USGA began staging the "Publinx" in order to offset its discrimination against non-private club amateurs that began in 1895 and lasted until 1979. Public course players couldn't enter the U.S. Amateur during that period, so the USGA created another championship for them.

Yet despite its history, the Publinx, will disappear in a year. In an unexpected move, USGA officials announced last February that they will discontinue the championship, as well as the Women's version, after the 2014 championships.

USGA vice president Tom O'Toole said in February that since the Amateur has been open to all comers for the past 34 years, the Publinx "no longer served that original purpose or mission."

But there are other forces at work. Applications to play in the men's championship have decreased in the last 15 years, partly because of increasingly stricter USGA handicap limits; entrants must have a 4.4 or better now. There aren't many 3- and 4-handicap players at Pine County Golf Course and Water Slide Park. However, there are plenty of college golfers with that kind of game.

The last 17 Publinx champions, including Niebrugge, have been college, or college-age players. The championship created for the working man is now dominated by "student athletes."

**WEEK IN FAIRFAX**

FROM PAGE 3

and has 3,500 members worldwide. The rescue video from Fairfax One may be viewed at <http://youtu.be/iBwd2qFCM-Q>.

**Fairfax Police Citizens Academy**

People wanting to participate in the fourth Citizens Police Academy offered by the City of Fairfax Police Department must submit applications no later than Thursday, Aug. 15. This session will run from Thursday, Sept. 5, through Thursday, Nov. 14. Classes are from 6:30-9 p.m.

The Citizens Police Academy offers a unique opportunity to learn about the role of police and their many functions, services and capabilities. Initiated in 2007 by Col. Richard Rappoport, chief of police, the goal is to produce informed citizens and avoid conflicts caused by a lack of understanding.

Applicants must be a city resident or work in the City of Fairfax, be at least 18 and a U.S. citizen and must pass a police background check. Download an application form at <http://www.fairfaxva.gov/Police/CitizenPoliceAcademy.asp>. For more information, contact Sergeant Kyle Penman at 703-273-2889.

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## 21 Announcements

### Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality that will allow the release of treated wastewater into a water body in Fairfax County, Virginia.

Public comment period: June 13, 2013 to August 26, 2013

Permit name: Virginia Pollutant Discharge Elimination System Permit – Wastewater issued by DEQ, under the authority of the State Water Control Board

APPLICANT Name, address and permit number: Colchester Utilities, Incorporated P. O. Box 379, Dunkirk, Maryland 20754, VA0029416

Name and address of facility: Colchester Utilities, Inc. WWTP 10609 Greene Drive, Lorton, VA 22079

Project description: Colchester Utilities, Inc. has applied for a reissuance of a permit for the private Colchester Utilities, Inc. WWTP. The applicant proposes to treat sewage wastewaters from residential areas at a rate of 0.080 million gallons per day into a water body. The sludge will be disposed by hauling it to Noman M. Cole, Jr. Pollution Control Plant (VA0025364) for incineration. The facility proposes to release the treated sewage wastewaters into Massey Creek in Fairfax County in the Potomac River watershed. A watershed is the land area drained by a river and its incoming streams. The permit will limit the following pollutants to amounts that protect water quality: pH, cBOD5, TSS, Ammonia as N, Dissolved Oxygen, E. coli, Chlorine, and Total Phosphorus.

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing by hand-delivery, e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requester, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the permit.

Contact for public comments, document requests and additional information: The public may review the draft permit and application at the DEQ-Northern Regional Office by appointment, or may request electronic copies of the draft permit and fact sheet.

Name: Joan C. Crowther

Address: DEQ-Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193

Phone: (703) 583-3925 E-mail: joan.crowther@deq.virginia.gov Fax: (703) 583-3821

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