

The Dubishar family, residents of Herndon and congregants of St. Timothy's Episcopal Church in Herndon, brought their pets, dog Reeses and cat Blueberry Muffin, to the Oct. 4 animal blessing.

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PHOTO BY RYAN DUNN/THE CONNECTION

OBITUARY

Former Herndon Resident Alice Woodruff, 89, Dies

Alice Woodruff, 89, of South Bethany, Del., died on Sept. 30, 2014. She leaves to cherish her memory her husband of 66 years, Harry Charles Woodruff ("Woody") and her children, H. Charles Woodruff II and Cynthia Woodruff, four grandchildren, Christopher, Joel, Jamie and Allison Woodruff and four great-grandchildren, and many extended family members and friends.

Alice was born to the late William and Ada Tanner on March 15, 1925, in North Granville, N.Y. She was the youngest of five children and is predeceased by her siblings, Hazel Chapin, Grace Tanner, Alan Tanner and Wilma Jones.

In 1946 Alice graduated from Memorial Hospital School of Nursing in Albany, N.Y. Her wartime nursing rotations took her to New York City where she participated in the Victory in Europe celebration.

Following Woody's wartime United States Navy Air Corps service, the couple was married on Aug. 20, 1948 in the chapel of All Saints Church in North Granville. Alice worked as an operating room nurse in Albany and later transferred to the Glens Falls Hospital and then the Granville Hospital to be closer to their farm in Pawlet, Vt. They had two children while on the farm: Harry Charles Woodruff II ("Chuck") and Cynthia Woodruff ("Cindy"). In 1958 they left the farm to live in Ayer, Mass. and then



Alice Woodruff

Herndon, where Woody was an opening day air traffic controller at Dulles International Airport.

In Virginia, Alice was active in many community groups and in the Trinity

Presbyterian Church. She had fond memories of their Irish immigrant neighbors, Lily and Bill Scott. She continued her love of nursing in private care duty. With overflowing kindness, she made a home that attracted friends and family of all ages. Her children's friends were a part of the family, too. She followed in her mothers' footsteps as a baker and quilter. Family members still cherish the baby quilts she sewed for their newborns. In 1969 her first grandson, Christopher, was born.

Upon Woody's retirement in 1979, the couple moved to South Bethany, Del. where they built their own four bedroom house. They lived in this house for 35 years.

Alice was a loyal participant in the Ocean View Presbyterian Church where she joined

the women's sewing circle and held many leadership roles. While in Delaware she welcomed her second grandson, Joel, and her two granddaughters, Jamie and Allison, into the family.

Even today the sign outside of their Brandywine Drive home reads "Alice's Home Cooking" for Alice knew everyone's favorite dessert from donuts to cookies to pies. For Alice feeding people was only one small way of expressing her love for others. All who knew her felt her unconditional love. Never one to judge, she simply loved. She was often called an "angel" and lived her Christian beliefs in daily life.

Her love for Woody was evident every day in all she did for him and his family and friends. Never a birthday or anniversary escaped her notice and always included special cards or calls. She always had time to talk or listen and was a surrogate mom to many folks.

She offered a sympathetic ear when times were difficult and heartfelt celebration of achievements in good times. Alice's faith was steadfast and she found comfort and strength in prayer.

Her final resting place will be in the Mettowee Valley cemetery in Pawlet, Vt.

Donations to the Ocean View Presbyterian Church or the American Cancer Society would be welcomed in lieu of flowers.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available.

Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources.

Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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Great Falls Basketball is a non-profit educational organization

NEWS

Herndon Elementary's New Sponsorship Program

PTA asks businesses for money to buy necessities for students.

BY REENA SINGH
THE CONNECTION

Herndon Elementary is leaning on local businesses so they can lean on parents less. The school Parent Teacher Association started its new corporate sponsorship program at the beginning of the school year to help raise money for school needs that do not fit in the budget.

"We are a Title 1 school, which means more than 50 percent of our children are on the free lunch program," said PTA President Amanda Geary. "Our volunteer base has shrunk and fundraisers are challenging."

She said the program is the best way to relieve parents who may not be able to support PTA fundraisers monetarily.

"The silent auction is great, but not everyone can afford a \$100 gift basket," she said.

This year, the PTA has gotten \$1,050 in donations from local entities like the Town of Herndon, WhimPop, Mellow Mushroom,



Herndon Elementary fourth grade students Gia Nguyen, Christian Abarca, Tea Geary and Nandana Rajesh with PTA President Amanda Geary in the school hallway. The PTA's new sponsorship program puts less pressure on parents to donate money to the school.

PHOTO BY REENA SINGH/THE CONNECTION

MOM's Organic Market, Waku Chicken and The Potter's Fire.

She said she was surprised who agreed to donate money when she made calls at the beginning of the year to companies of all sizes — from massive corporations to the smaller, local businesses.

"The people who have contributed are all from small, local businesses," said Geary. "I'm really surprised."

In return for their sponsorship, the company receives free marketing through the PTA.

"In exchange, we are posting about them on Facebook, offering them tables at school events, creating signs to thank them in the homecoming parade and around school and basically singing their praises wherever we go," she said.

Many of the companies that are donating

money, however, are not doing it for the marketing.

"We love being part of Herndon community and appreciate the opportunity to give back," said Herndon and Washington D.C. Mellow Mushroom co-owner Pooja Mehta. "Education and school programming is important to me."

She said she spent five years as a non-profit attorney at the D.C. organization, Children's Law Center, and also donates money to aid the awareness and research of health issues and homelessness in the area.

Mike Faul, the local studio owner and Chief Potter of The Potter's Fire, said he donated money for a simple reason, the school asked.

"We have the core value at The Potter's Fire to give back to the community," said Faul.

After talking to the PTA members about the needs of the students at the school — some whose needs were as basic as pencils and paper for school — Faul signed up for the program.

"We also donate merchandise," he said. "We have six big pieces we make every six months."

Some of those pieces are donated to local schools to use for silent auctions.

"It's a great thing to be able to give back to your community," he said.

Herndon Hosts HernDOG Bark Bash **Inaugural dog event held at Bready Park.**

BY RYAN DUNN
THE CONNECTION

Herndon Parks and Recreation hosted its inaugural dog event at Bready Park on Sunday, Oct. 5. "I always thought Herndon should have a dog event," said Dave Zakrzewski, a town of Herndon employee who helped coordinate the day's activities. "The planning was just getting commitments from other people." The event featured owner and dog team contests, adoptions, an off leash area and a variety of dog themed vendors.

"I think it is great," said Kelly Keaton, "Just getting the community together to advocate community wellness." Keaton and Zakrzewski brought their dog Toad to the event. "It is a great resource to pet owners," said Abby Kimble, Herndon Park and Recreation Marketing Specialist. "I think the attendance is wonderful. It is a free event and a great opportunity for dogs and owners. It is nice to see some families out and about." Herndon Community Center will evaluate the results of the event to determine if it will be held again next year.

Some businesses and organizations committed to the event this year included the Animals' House, All Friends Pet Care, Dogtopia of Herndon, Canine Carousel, Herndon Animal Medical Center and Whole Pet Central. Also attend-



In addition to a variety of vendors, the Oct. 5 HernDOG Bark Bash at Bready Park included an off leash area. The event was free and open to the public.

PHOTOS BY RYAN DUNN/THE CONNECTION



Kelly Keaton and Dave Zakrzewski pose for a photo with their dog Toad. Zakrzewski is a town of Herndon employee who helped coordinate the Oct. 5 HernDOG Bark Bash activities.

ing were representatives of A Forever Home, a non-profit dog rescue group that operates in the Northern Virginia/Washington D.C. area. "It is a nice event," said Thomas Horton, a volunteer with A Forever Home. "It can only help our cause because we have so many dogs who need a home." A Forever Home holds adoption events on Sundays at the Chantilly Petco at Lee Jackson Memorial Highway.

Another group attending the Herndon event was Ambassador Pit Bull Alliance. "We are a foster-based group that does a lot of education on breed discrimination," said Phuong Ngo who was representing the group. Ngo attended the event with her two dogs Kaida and Kabuki. "Pit bulls are the

underdogs of the dog world," said Ngo. "We are just trying to break some stereotypes." Ambassador Pit Bull Alliance is dedicated to educating the public about responsible dog ownership, proper care and training.

SOME OF THE EVENTS included owner and dog team contests. Herndon residents Mary and Joe Seeger participated in one of these contests with their dogs Oreo and Comet. "We figured this would be something fun to try," said Joe Seeger.

Reston resident John Stultz and his son attended the event to take a look at the different types of dogs. "We are kind of testing the waters to see what kind of dog would be a good fit for us," said Stultz.

An attraction of the event was the off leash area made into a temporary dog park. A section of the baseball field was opened and dog owners had the opportunity to let their canines romp about without leashes. Members of the community organization RestonDogs, Inc. helped monitor operations at the off leash area.

"This is a great event," said Herndon resident Kirk Myers who let his dog Fletcher run about the off leash area. Myers learned about the event when he saw a sign at the Reston dog park at Baron Cameron Avenue. "I would most definitely attend this next year, I hope they do it again."



Both St. Joseph's Church Vicars Alberto Bueno and Tom Bourque walked amongst the congregants to give blessing and sprinkle pets with holy water on Oct. 4.



PHOTOS BY RYAN DUNN/THE CONNECTION

St. Timothy's Episcopal Church in Herndon held an afternoon blessing of animals. Founded in 1868, St. Timothy's has hosted blessing of animals for decades.

Blessing Of Animals Held in Herndon

Ceremonies at St. Joseph's and St. Timothy's in honor of St. Francis of Assisi.

BY RYAN DUNN
THE CONNECTION

“We attend every year, it is a special event,” said Herndon resident Mary Vrabel. Vrabel was with her two pet dogs, Shadow and Sasha, at St. Joseph's Church in Herndon for the annual pet blessing on Oct. 4.

The custom is conducted in remembrance of St. Francis of Assisi's love for all creatures. Conducting the ceremony this year were church vicars Alberto Bueno and Tom Bourque.

Approximately 50 parishioners from Herndon to Ashburn attended the outdoors blessing of the pets on the lawn of Joseph's Church.

“We invite our parishioners to bring their pets to be blessed,” said Bueno.

After a reading from the book of Genesis, both priests walked among the congregants to give blessing and sprinkle pets with holy water. Most pets received the sacramental spritz with dignity. “I love the fact that our dog is blessed by a priest,” said Herndon resident Patty Roewer, who attended the event with her husband and her dog Juno. “It is an event that brings the community together.”

“This is our fourth year attending,” said Joanne Cornman who along with her husband, brought several pet cats.

“It is a celebration of St. Francis and his love of all animals,” said Vicar Tom Bourque.

In addition to cats and dogs, some other pets included birds, hamsters, and a few rabbits. St. Joseph Church is a Franciscan Friar staffed parish located at 750 Peachtree St., Herndon.

ST. TIMOTHY'S EPISCOPAL CHURCH in Herndon held an afternoon blessing of animals on Sunday, Oct. 5. Founded in

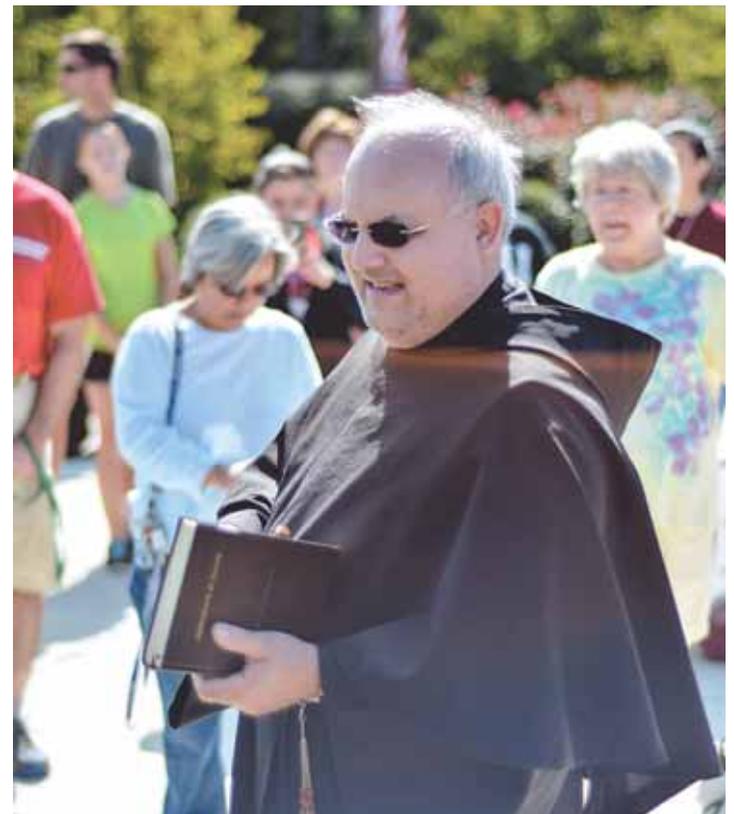


St. Timothy's congregant Bunny Wilkins brought her six shih tzu dogs to the Oct. 4 animal blessing. Wilkins has been a member of the St. Timothy's congregation for more than 40 years.

1868, St. Timothy's has hosted blessing of animals for decades.

“We have been doing this for years,” said Rev. Brad Rundlett, who owns a Labrador Retriever and is Rector at St. Timothy's. “It is kind of a social gathering.”

Thirty congregants attended the outdoor animal blessing on the grounds of St. Timothy's at 432 Van Buren St. The event began with a prayer, followed by a reading from the Book of Genesis and a blessing of each animal by Rundlett. “We have a zoo,” joked Bunny Wilkins, a congregant who



St. Joseph's Church Vicar Alberto Bueno led an outdoors blessing of the pets on the lawn of Joseph's Church with Vicar Tom Bourque in Herndon on Saturday, Oct. 4, the Feast of St. Francis.

brought her six shih tzu dogs to the event. Wilkins has been a member of the St. Timothy's congregation for more than 40 years.

“We usually attend the blessing ceremony,” said Kathy Dubishar, a resident of Herndon. In addition to their pet dog Reeses, the family brought their cat Blueberry Muffin. “He is about 18 years old and needs all the blessings he can get,” said Dubishar. St. Timothy's congregant Paige Williamson brought her pug dog Coco to the blessing event. “He likes going out, and

it is a good outing for him,” said Williamson. “Some people in my neighborhood are afraid of dogs, but when you get to know them they can be good companions. The only thing dangerous about Coco is his breath.” St. Francis is known as the patron saint of animals and the environment, and is one of the two patron saints of Italy. On March 13, 2013, upon his election as Pope, Cardinal Jorge Mario Bergoglio of Argentina chose Saint Francis as his papal name in honor of Saint Francis of Assisi, becoming Pope Francis.

Temporary Fire Station Nearly Ready

Current Herndon fire station is oldest in the county.

BY REENA SINGH
THE CONNECTION

Firefighters at the Spring Street station will be moving to a temporary station in early November. The temporary station will be home base for the crew as the location, currently the oldest operating station in the county, is leveled.

“The first phase is supposed to be done at the end of this month, and the staff will move at the end of the month,” said county project manager Deepak Bhinge.

The new station will be available by spring 2016.

Some town council members have spoken up about the move at past meetings, questioning why the entire building needed to be destroyed to make a new building.



PHOTO BY REENA SINGH/THE CONNECTION

Herndon Fire Apparatus technician Brian Bonkoski shows off the station's fire truck. The station will be replaced with a state-of-the-art station by 2016.

“I was very disappointed when Fairfax County decided to renovate the existing fire station in Herndon instead of building a new facility at 397 Herndon Parkway,” said town council member Dave Kirby at a July meeting. “This site would have allowed for a full standard and modern facility with

front and a rear bay access and it would accommodate larger vehicles.”

Station Captain Patrick Kelly said that there are stories about the building that date back to 1950 when the building was constructed.

“Everybody that worked here

has a lot of affection for the place because it's old, and old stations have character,” he said. “It's not that we want to leave. In order to become a modern fire station, we have to address some issues.”

He said the building was constructed before being American Disabilities Act compliant was nec-

essary. The current building has a steep flight of stairs, but the new station will have an elevator built in.

There are more women working in the station now than ever, he said, and women's facilities have to be updated to show this.

The current station also barely houses the new fire truck. The truck is only several inches shorter than the opening in the front.

Kelly said the new station will be built wider to create more room inside. Items from the current station, such as a glass door remembering firefighters who lost their lives during 9/11 and the old fire pole will be salvaged and displayed as soon as the new station is complete.

The public will have one last chance to see the historic station on Saturday at the Annual Fire Protection Open House from 10 a.m. to 4 p.m., said Kelly. Fire prevention materials and station tours will be available to the public.

“Come check out the fire trucks and the station,” he said. “It will be the last [open house] at this station.”

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

Publishing

A+ Camps & Schools.....10/15/14
Election Preview I.....10/22/14
Election Preview II.....10/29/14

NOVEMBER

Election Day is Tuesday, November 4.

Wellbeing.....11/5/14
HomeLifeStyle.....11/12/14
Holiday Entertainment & Gift Guide I.....11/19/14
A+.....11/25/14

Thanksgiving is November 27.

DECEMBER

Wellbeing.....12/3/14
HomeLifeStyle: Home for the Holidays.....12/10/14
Hanukkah begins December 16.
Holiday Entertainment & Gift Guide II.....12/16/14
A+ Camps & Schools.....12/16/14
CHILDREN'S CONNECTION.....12/24/14

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OPINION

Ebola? Whooping Cough? Enterovirus?

Wash your hands, get your flu shot.

There is plenty to be fearful about. Local outbreaks of whooping cough, due to some parents opting out of vaccines; whooping cough can be deadly for infants. Enterovirus, an upper respiratory illness mostly affecting children, which can become very serious very quickly for some children. The spectre of ebola killing thousands of people in West Africa, and also possibly arriving via any international airport.

But there are a few things you can do to protect yourself and those around you from likely the biggest infectious health threat in your neighborhood, influenza.

The flu will kill thousands of people in the United States this flu season, ranging from October to May. Over 30 years, the average number of deaths was more than 20,000 annually according to the CDC, although the number ranged from 3,000 to 48,000.

Flu vaccination is cheap, easy and effective. Getting vaccinated was associated with a 71

percent reduction in flu-related hospitalizations among adults of all ages and a 77 percent reduction among adults 50 years of age and older during the 2011-2012 flu season.

Get a flu shot. Make sure everyone in your family gets a flu shot. Most people with health insurance can get the vaccination without paying anything for it. Getting vaccinated doesn't just protect you, it also protects the people around you who might be more vulnerable, including young children, people over 65, pregnant women, people with other health conditions like being in cancer treatment or with chronic upper respiratory problems.

EDITORIAL

Quoting the CDC:

"Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older. "Flu season" in the United

More on Flu and Flu Vaccines

Centers for Disease Control
<http://www.cdc.gov/flu/protect/keyfacts.htm>
Fairfax County
<http://www.fairfaxcounty.gov/hd/flu/>
Arlington
<http://health.arlingtonva.us/flu/Alexandria>
Alexandria
<http://alexandriava.gov/Flu>
Montgomery County
<http://www.montgomerycountymd.gov/resident/flu.html>

States can begin as early as October and last as late as May.

"During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community."

<http://www.cdc.gov/flu/protect/keyfacts.htm>

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

Home Values on the Rise

BY KERRIE B. WILSON
CHIEF EXECUTIVE OFFICER CORNERSTONE

Why do you live where you live today? Is it convenience to work or good schools? Access to attractions? Does the housing cost fit your budget?

For most people, finding the perfect home often comes down to a family's values and priorities for the stage of life they are in, choosing what's most important if you can't get everything in one home.

Yet, for many families and individuals in Fairfax County, there are only hard choices and tradeoffs that no person would willingly accept for their family. To afford a 2-bedroom apartment in our area at fair market rate of \$1,469 requires an annual household income of \$56,480. For a minimum wage worker that equates to 132 hours of work per week. In Fairfax County, nearly 1/5 of households earn less than would be required to pay that rent without some temporary or ongoing support. Do you move out miles and add hours and cost to getting to your job? Do you sacrifice housing safety or time with your children to work two or more jobs to pay the bills? The stress on those with limited incomes or ability to earn a "housing wage" hurts everyone in community.

Recognizing this, the Fairfax

County Board of Supervisors prioritized "livable, caring and affordable communities" that reflect the options families value. Despite the headline goal, we have not kept pace with housing production and preservation needed to support affordable living opportunities. Huge increases in construction and land costs have outstripped growth in household income, compounded by the reduction in government subsidies now available to bridge those gaps.

At Cornerstones, we understand the consequences for those who fall into this affordability gap and we are working on many levels to address the challenge.

Consider, the Brown family who entered the Embury Rucker shelter with their children this summer. Shaken by the reality of shelter living, they are willing to make changes. It won't be an easy road. Mr. Brown is unemployed and never completed high school. Mrs. Brown is an administrative assistant in a Reston-based business earning \$36,000. They have two elementary age children who have made friends and feel at home at a local elementary school. The Browns' total household income means they earn too much for some benefits, but not enough to



Kerrie Wilson

support their family. A short-term solution is a transitional housing program that emphasizes educational attainment and job training for people willing to work hard to increase earning potential in exchange for time-limited rent support.

Will the Browns' make it? They have a lot going for them, but will still join thousands of other families in Fairfax County who are on waiting lists for housing vouchers or other affordable rental subsidies essential to surviving this chapter in their life.

Long-term, the only sustainable solution requires a community investment. Cornerstones has worked in our community for more than 40 years to preserve affordable housing and give families like the Browns realistic housing options.

This month—after a long journey aided by our supporters and partners like Bozzuto, Wells Fargo, Fairfax County, Virginia Development Housing Authority, Freddie Mac and the Greater Reston Chamber of Commerce Best of Reston partnership—Cornerstones will purchase and assume sole ownership responsibilities for The Apartments at North Point in Reston's desirable North Point community. Walkable to shopping, on the bus

line, and just miles from the Silver Line metro, these attractive, accessible garden style apartments are available at below market rents—expanding the choice of living and working in a community rich with opportunities for service, great schools, and access to open space and recreational opportunities.

Who are these neighbors? North Point residents include teachers, government employees, retired individuals and students, and formerly homeless families like the Browns. Annual household income for our tenants range from \$15,000 to \$70,000 per year.

The permanent subsidy required for Cornerstones to guarantee affordability can be as much as \$25,000 per unit per year, depending on the situation of the individual tenant. As tenant income grows, so too will the amount paid towards rent and the equity we reinvest to keep homes affordable for all.

While the 100 units we own and manage are part of the solution, Fairfax County is still far short of the overall number of homes needed to support a healthy, thriving community; a minimum of 1,650 units are still needed just to meet the goals established under the 10-Year Plan to Prevent and End Homelessness.

We are often asked to enumerate the benefits of our work. E-

SEE WILSON. PAGE 11

Oak Hill & Herndon CONNECTION

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CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

THROUGH SATURDAY/OCT. 11

"Signs of Summer." Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art and photography. www.leagueofrestonartists.org

THROUGH FRIDAY/OCT. 31

Side-by-Side in Europe: Two Artists, Two Views, One Subject by Jerry Lewis & Mohsen Alashmoni. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Two artists, one from Reston and the other from Egypt, will approach the same subject from viewpoints influenced by different religions, culture and nationalities. 703-476-4500.

Fine Art Mosaics Exhibit: Anita Bucsay Damron. Monday-Friday: 8 a.m. - 5 p.m. Saturday: 8 a.m. - noon. Reston Corner One, 120001 Sunrise Valley Drive, Reston, main floor lobby. Beautiful glass mosaics are inspired by the tapestries of Gurut and Rajasthani India, and created with Italian glass, Czech and Austrian crystals, 24k gold and more. www.AnitaDamron.com

THROUGH MONDAY/NOV. 3

Annual ArtReston Regional Fine Art Exhibit. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. An exhibit of two-dimensional paintings and mixed

media art from members of the League of Reston Artists. www.leagueofrestonartists.com

THROUGH SUNDAY/NOV. 2

Expressions Portrait Exhibit. ArtSpace Herndon, 750 Center St., Herndon. Professional and amateur artists aged 18 or older residing in Virginia, Maryland, the District of Columbia, Delaware, and West Virginia are invited to submit entries to the competition. Finalists from the competition will be featured in the 6th annual Expressions Portrait Exhibit at ArtSpace Herndon. Winners of the competition will be announced during the awards and artists reception. The Awards and Artists Reception will be on Saturday, Oct. 11 from 7 to 9 p.m. 703-956-6590. www.artspaceherndon.org

THURSDAY/OCT. 9

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Evelyn Mo, 15-year old piano prodigy. Free. 703-476-4500.

Reading Buddies. 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bring your own book or choose a book from the library. Call or sign up online for a 15 minute session. Ages 6-9.

SATURDAY-SUNDAY/OCT. 11-12

Oktoberfest Reston. Reston Town Center, 11900 Market St., Reston. Enjoy food, wine, beer, live entertainment, a carnival and the Anthem Great Pumpkin 5K at Northern Virginia's largest fall

festival. Visit www.oktoberfestreston.com.
Herndon Fine Arts Festival. Saturday: 10 a.m. - 6 p.m. Sunday: 11 a.m. - 5 p.m. Downtown Herndon, 777 Lynn St., Herndon. Experience paintings, jewelry, sculpture, photography, ceramics, glass, mixed-media, woodworking - and more.

SATURDAY/OCT. 11

Mushroom Hike. 10:30 a.m. - Noon Walker Nature Center, 11450 Glade Drive, Reston. Adults join local mushroom expert Mark Richman to explore forest flora and fauna, edible mushrooms and their fakes. Make reservations by Oct. 8. Fee: \$5/person RA members, \$7/person non-members. naturecenter@reston.org. 703-476-9689 and press 5.

Ronnie Dove Concert and Benefit. 5-10 p.m. Herndon Moose Lodge, 779 Center St., Herndon. Doors will open 30 minutes early. \$40 includes buffet dinner. Benefits Herndon Moose Lodge High School scholarship program.

Frying Pan Farm at Reston Regional Library. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Come meet a farm animal, learn all about the fall harvest and make a cool craft. Cosponsored by the Friends of the Reston Regional Library. Ages 6-11.

SUNDAY/OCT. 12

The Great War and the Shaping of the 20th Century: a Film History of World War I. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A six part series led by Dr. Harry Butowsky, research historian and professor of

history at George Mason University. The series will examine the troubling truths and profound issues of World War I. Adults and teens.

MONDAY/OCT. 13 - NOV. 17

Changes by Degrees: Addressing the Climate Challenge. 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults, participate in a six-week, facilitated discussion course co-sponsored by Sustainable Reston. Examine the global climate change and learn to see the big picture of energy. Fee is due when materials are picked up: \$30 RA members, \$40 non-members. naturecenter@reston.org. 703-476-9689 and press 5.

THURSDAY/OCT. 13

Noisy Woodpeckers. 1:30-2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Calling all interested 3 to 5 year olds. Discover your common bond with the woodpecker. Find out how they use their head, tongue and feet. Hike in search of woodpeckers and make a woodpecker puppet to take home. Reservations are required by Oct. 13. Fee: \$7/child RA members, \$9/child Non-members. naturecenter@reston.org. 703-476-9689 and press 5.

ArtsWeek Herndon Kids Day. 10 a.m., 11 a.m., 12 & 3:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. Kids Day 2014 includes free dance class for 5-6 year olds (10 a.m.) and 7-9 year olds (11 a.m.), African Drumming sessions at noon and Robbie Schaefer's highly interactive concert at 3:30 p.m. Free and open to the public. For more information call 703-956-6590 or

visit www.artspaceherndon.org.

TUESDAY/OCT. 14

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for stories, songs and finger-plays. Age 2 with adult.
Read to the Dog. 7-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose a book from the library. Call or sign up online.

WEDNESDAY/OCT. 15

An Article of Hope. 7 p.m. ArtSpace Herndon, 750 Center St., Herndon. The film "An Article of Hope," executive produced by Tom Hanks, will be shown at ArtSpace. Local filmmaker Dan Cohen, director and producer of the film will answer questions afterwards. The Washington West Film Festival is held in venues west of the D.C. metro area, including Reston and Merrifield.

Ballet Class. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Marisa Bain Dance teaches basic motor skills, coordination, balance and rhythm. Cosponsored by Friends of Reston Regional Library. No younger or older siblings allowed. Ages 3-4 with adult.

THURSDAY/OCT. 16

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Phoenix Woodwind Quintet. Free. 703-476-4500.

HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

herndon@connectionnewspapers.com

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For more information, call 703-778-9410.

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Herndon running back Lamik Bumbrey rushed for 236 yards and three touchdowns against McLean on Oct. 2.



Herndon quarterback Ryan McLaughlin completed 17 of 20 passes for 272 yards against McLean on Oct. 2.

Bumbrey, McLaughlin Lead Herndon Football to Winning Record

Hornets are 3-2 after producing 5 wins in previous 4 seasons.

BY JON ROETMAN
THE CONNECTION

Herndon senior running back Lamik Bumbrey stood on the McLean High School football field following Thursday's game and said his goal is to make the playoffs.

While many players on many teams set their sights on qualifying for the postseason, such aspirations in recent years would have seemed far-fetched coming from a member of the Herndon football program.

From 2010 to 2013, Herndon produced a 5-35 record, winning just one game in three of the last four seasons. In 2014, however, the Hornets, led by new head coach Jeremiah Davis, have breathed life into a struggling program.

Herndon defeated McLean 51-35 on Oct. 2, improving its record to 3-2. The Hornets are averaging 39 points per game and have scored at least 46 points on three occasions.

HERNDON, in search of its first playoff berth since 2008, showed its offensive potency against the Highlanders, amassing 560 total yards, including 243 on the ground. The Hornets led by as many as 23 points in the second half, when a 28-yard touchdown run by Bumbrey gave Herndon a 38-15 advantage with 2:50 remaining in the third quarter.

"It feels great," said Bumbrey, a third-year varsity player who experienced back-to-back 1-9 seasons as a sophomore and junior. "I just want to go to the playoffs. ... It's my main goal."

Before Bumbrey shared his desire to play in the postseason, No. 28 spent four quarters making Herndon look like a playoff contender. Bumbrey, listed at 5 feet 11, 195



First-year head coach Jeremiah Davis has led the Herndon football team to a 3-2 record.

pounds, carried 37 times for 236 yards and three touchdowns. He also returned kick-offs for the Hornets.

"He's special," Davis said about Bumbrey. "[He] doesn't say a word, doesn't say a peep. [He] just puts his head forward. [He's a] what-can-I-do-next-for-the-team kind of guy."

Bumbrey's 2-yard touchdown run with 10:01 left in the second quarter gave Herndon a 10-3 lead it wouldn't relinquish. His 21-yard touchdown run increased the Hornets' advantage to 17-3 with 4:26 remaining in the first half.

"It's nice having him in the backfield with me," Herndon quarterback Ryan McLaughlin said. "We've been together since freshman year and have pretty good chemistry. We know each other pretty well on the field."

McLaughlin also had big night for Herndon. The 6-foot, 210-pound senior completed 17 of 20 passes for 272 yards, with one touchdown and one interception. He also scored three rushing touchdowns.

After McLean scored its first touchdown of the evening, McLaughlin answered two plays later with a 58-yard touchdown pass to Devon Goldsby, giving Herndon a 24-9 lead late in the second quarter.

"He made some nice touch throws, got behind the defense, and that's what you ask from your quarterback," Davis said. "[He] ran it in on the goal line tough."

Bumbrey and McLaughlin each said the Hornets have worked hard to get to this point, and each acknowledged a job well-done by Davis, who spent the previous two seasons as head coach of the West Potomac Wolverines.

"He's a great coach," Bumbrey said. "He brings a new attitude to this program."

"Coach has been extremely beneficial to the program and means a whole lot to each guy on the team," McLaughlin said. "We're just really happy to have him."

What is involved in turning a program around?

"It's a change in attitude, but it's a change in program attitude," Davis said. "We asked the players to do a little more."

THURSDAY'S GAME against McLean was another test for Herndon. After the Hornets opened a big lead, McLean twice pulled within nine points in the fourth quarter, but Herndon battled to stay in front. After four lopsided contests (Herndon was 2-2 in those games), the Hornets experienced some pressure. McLean (3-2), on the other hand, was

"We want to be very competitive in our out-of-district schedule and put ourselves in a position ... [to] compete in district, and that's going to take some time. Some other schools are ahead of us in weight training and attitude and history and all that stuff, but what's old is old and this is the new stuff going on."

— Herndon football coach Jeremiah Davis

used to close games, as each of its first four contests was decided by six points or less.

"Tonight was our first game where it went back and forth," Davis said. "We had to fight through some things — this was an adversity game. ... We needed that. This is a character game."

Goldsby finished with five receptions for 139 yards and a touchdown. Erick Emelio caught five passes for 100 yards.

Herndon will host Edison at 1:30 p.m. on Saturday, Oct. 11, before opening Concorde District play with a road game against Chantilly on Oct. 17.

"We want to be very competitive in our out-of-district schedule and put ourselves in a position ... [to] compete in district, and that's going to take some time," Davis said. "Some other schools are ahead of us in weight training and attitude and history and all that stuff, but what's old is old and this is the new stuff going on."

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



PHOTOS BY RYAN DUNN/THE CONNECTION

Herndon resident Barbara Carter brought a small vase her father-in-law had brought back after his military tour in Korea to be appraised.

Steve Gouterman of NovaGold, LLC was able to help appraise a number of different items at Herndon Senior Center on Oct. 1. Herndon Senior Center is located at 873 Grace Street, Herndon.

Herndon Senior Center Hosts Antique Show

Antiques and collectibles appraised at October event at Herndon Senior Center.

BY RYAN DUNN
THE CONNECTION

The Herndon Senior Center, located at 873 Grace St., held an Jewelry and Antique Road Show on Wednesday, Oct. 1. The event was free and open to the public. To bring an item for appraisal, participants had to register and give a name and the type of item they would bring. All registered items were appraised during or after the program at no charge.

"It seems that the wealth of information shared was educational and fascinating for many of our attendees," said Director of the Herndon Senior Center Ruth Junkin. "The most frequent comment after the event was, 'I didn't know that!'"

"It was very helpful," said Lawrence Jeffrey, a resident of the Herndon Harbor House. Jeffrey brought a shoeshine box which he purchased in Atlanta, Ga. for appraisal.

Herndon Harbor House is an affordable retirement living community for seniors with moderate incomes. Designed for the active lifestyles of residents, each building features spacious common areas for entertaining and socializing. Reston resident Reinhard Ilgner brought a wooden chair and other items. "I thought it was very well organized," said Ilgner. "It was a morning well spent."

Todd Peenstra of Peenstra Appraisals and Steve Gouterman of NovaGold, LLC appraised a variety of items during the antique show. "It was the first time I attended something like this," said Herndon resident Barbara Carter. Carter brought a small vase her father-in-law had brought back after his military tour in Korea.

DURING THE EVENT, Peenstra explained the difference between Art Nouveau and Art Deco styles, and also spoke about his appreciation for Tiffany style glass. "You've got to be careful because there is a lot of fake Tiffany out there," warned Peenstra.

"Everybody hopes they have a treasure, but if they

don't we try to let them down gently," said Peenstra. Both Peenstra and Gouterman have collaborated frequently over the past several years at community center and senior center events. "We had a 22 karat gold bracelet from Iran, it was almost 3 ounces of gold," said Gouterman. Gouterman's business NovaGold, LLC specializes in private transactions for buying and selling diamonds, fine estate jewelry, coins and precious metals.

Due to fluctuations in the market, the value of some antiques and collectibles varies, and the antique doll market has seen tough times. What was trendy and popular 20 years ago, may not be today. Conversely, something worth very little 20 years ago can be valuable on today's market.

Peenstra took the opportunity to admire a Tiffany glass vase brought in by Herndon resident Ruth Blackwell, and explained how some colors sell at higher values than others. Peenstra also explained the difference between cut and pressed glass.

THE SPECIALISTS gave a brief review of items including watches and coins. With U.S. coins 1964 and older, many of them had 90 percent silver, which translates as increased market value. A 1964 Silver John F. Kennedy half-dollar coin could trade in for as much as \$8.

"You need to know what you have," said Peenstra. "We all acquire pieces and as people die some people keep things. The question is what do you want to do with it?"

This was the first time Peenstra and Gouterman had conducted an appraisal event at Herndon Senior Center. With the success that they had, both were invited to conduct another appraisal event at the senior center again next year.

On Saturday, Oct. 4 the Herndon Senior Center was open to the public for a Holiday Fair. Crafted witches, turkeys, snowmen, and more were on display to promote the upcoming holidays, from 2 p.m. to 7 p.m.

All proceeds from the event went to the non-profit Herndon Senior Center Council, Inc. to provide holiday programs and nutritional assistance to senior adults in the winter. There was no admission fee for these events.

For more information on the Herndon Senior Center, visit herndonseniorcenter.org.

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Week Of, Weak On, Week Off

By KENNETH B. LOURIE



This column completes the three-week arc which describes what I have endured mostly successfully for approximately five years now: chemotherapy every three weeks – with one year off for good behavior (not really good behavior; the year off was to switch to a twice-daily pill, Tarceva, to be taken at home, since the previous treatment was no longer stemming the tide). It's been my experience that these anti-cancer drugs don't exactly work forever. Realistically speaking, if they work at all – on/in you, you take them until they don't work anymore; then you hope there's another drug somewhere: in the pharmacy, in the office, in the pipeline, that the cancer won't recognize and ignore, to give you hope that as a patient, you haven't run out of treatment options. And so far, as you regular readers know, my body's tolerance (let's call it "good behavior") has been above and beyond; his "third miracle," my oncologist says.

Two weeks ago, I wrote about the week-week immediately following chemotherapy. Last week, I wrote about the week-of/week preceding the actual infusion, waiting for the lab results and dealing with the associated anxiety pertaining to all of it. This week, I'd like to jump ahead to two weeks post-chemotherapy, the week after I feel worst and the week before I feel anxious again worrying about new results and then anticipating the Friday infusion and the subsequent post-chemotherapy discomfort to follow. This of course is my favorite week, my week feeling most normal, my week when cancer is not top of mind, more so middle of mind. But I'll take it in the middle, that's a significant enough displacement so I don't mind it there. (This may be a bit of mind over matter/any port in a storm, but when you're in the cross-hairs, any break in the usual action, any respite from the incessant emotional, mental and physical demands of living with cancer is well worth the time it takes to get there. I never bemoan its arrival if delayed; I cherish the relief it brings whenever and however it makes its presence felt.)

Obviously, even during this third week/week off, my disease is hardly forgotten or a thing of the past. Most definitely it's still a thing of the present. Moreover, if it were not for my ability to compartmentalize, rationalize, delude and pretend, this off week wouldn't be so helpful. It is part of my process in order to try and secure a future. Although, it is a little challenging sometimes to maintain the illusion when my daily routine is so cancer-centric. But after five-plus years of it, the routine has become almost second nature and not, believe it or not, a constant reminder that I have cancer; more like a means not to a premature end. It's not even anything I think about any more.

Just like the week-of, weak-on and week-off have become. It's what I do. It's who I am. It's how I roll. Nothing to complain about. Something more to write about. If I had my druthers, I'd rather not be writing about life in the cancer lane. But since this seems to be my permanent address, and I'm a homebody at heart, I'll continue to write about what I know best. It used to be sports and chocolate; now it's about living with cancer. Living being the operative word. And you know what, it makes me happy writing about it.

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

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LETTERS

Meeting ID Requirements

To the Editor:

Thank you for your informative editorial about the new Photo ID requirement ("Does the Change in Voter ID Laws Matter?" Connection, October 1-7, 2014) and the opportunity for those who do not have acceptable Photo IDs to obtain free ones for voting purposes from any general registrar's office.

The Fairfax County Office of Elections is not arranging transportation for people to get to the office, though some organizations may be. The county is taking the photo ID equipment out to libraries, government centers, in-person absentee voting sites, and other locations to enable citizens to get the IDs more easily. The schedules of locations

and times are on the Office of Elections website.

People who apply for a Photo ID too late to receive it in the mail can ask for a temporary photo ID. It will be accepted as a valid ID for voting. Registered voters going to the polls on election day who do not have an eligible photo ID can vote a provisional ballot and then go to the Office of Elections by noon on the Friday after election day, obtain a temporary photo ID, and have their provisional ballot counted.

Sidney Johnson
Voter Service Director
League of Women Voters
of the Fairfax Area

Wilson

FROM PAGE 6

Every dollar spent on affordable housing production or subsidy helps revitalize family incomes, business bottom lines and government revenues. Housing recipients benefit from reduced risk of homelessness, safer neighborhoods, improved physical and mental health and raising motivated children who succeed at school and in life. The most significant short-term economic impact from housing development is on employment. Each job supported or created through affordable housing projects generates another one or more at the local level. Every \$1 in rental income generates over \$2 in economic activity for local economies. It all adds up.

Cornerstones is proud to be part of this

equation, working locally to build thriving communities.

At the same time we will engage in today's important values conversations, talking now with the Fairfax County Economic Advisory Commission as it creates a strategic plan that recognizes the role that housing and workforce development play in economic development (<http://www.fairfaxcounty.gov/success/>). We have joined the county's Affordable Housing Advisory Committee in calling for revenue bonds for affordable housing (join the conversation on Twitter #FFXBonds4Home).

Home values are on the rise, in North Point and Fairfax County. Prioritize housing choice for your neighbors; it's a community value we can live with.

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

MONDAY/OCT. 13

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Bob's Tuesday conversational group. Adults.

WEDNESDAY/OCT. 8

League of Women Voters. 7:30 - 9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. Reston discussion of risks and rewards of fracking for natural gas extraction. Free, open to the public, call 703-757-5893.

TUESDAY/OCT. 14

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group.

ESL, Speak and Write for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's weekly class.

THURSDAY/OCT. 9

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Thursday conversation group. Adults.

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's weekly class.

WEDNESDAY/OCT. 15

Red Cross Blood Donation. 9 a.m. - 2:30 p.m. American Real Estate Partners, 2350 Corporate Park Drive, Herndon. To make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

Red Cross Blood Donation. 4 - 8 p.m. St. Thomas A Becket Rcc, 1421 Wiehle Ave., Reston. To make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

FRIDAY/OCT. 10

Let's Talk-ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversation group. Adults.

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Wednesday conversational group. Adults.

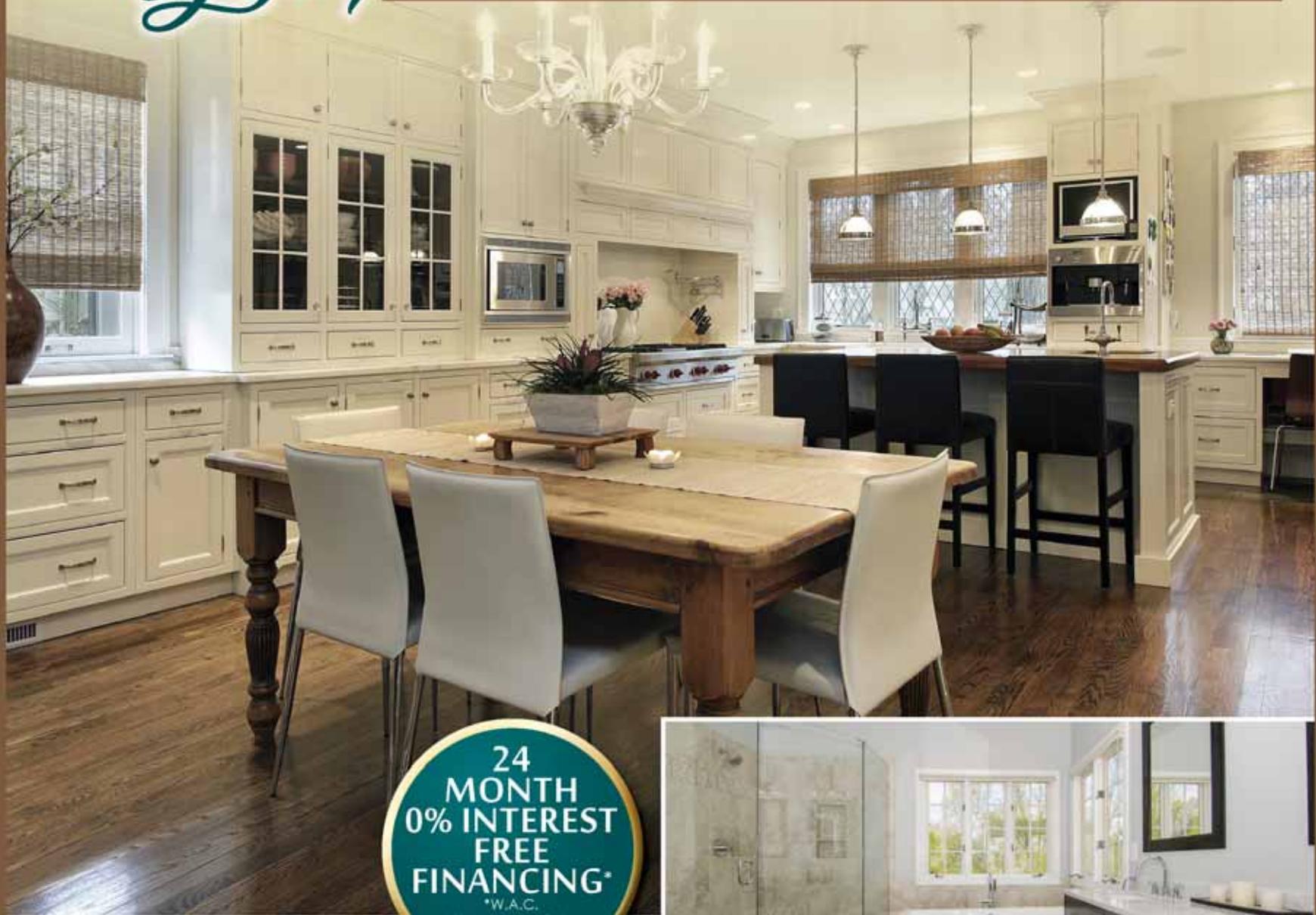
ESL for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Susan's Wednesday conversational group.

SATURDAY/OCT. 11

New Voting Equipment Demonstration. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Staff from the Fairfax County Office of Elections will provide an opportunity to see and try out the brand new voting machines and equipment that will be used in the upcoming elections. Drop in anytime.

ESL for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Marilyn's Wednesday conversational group.

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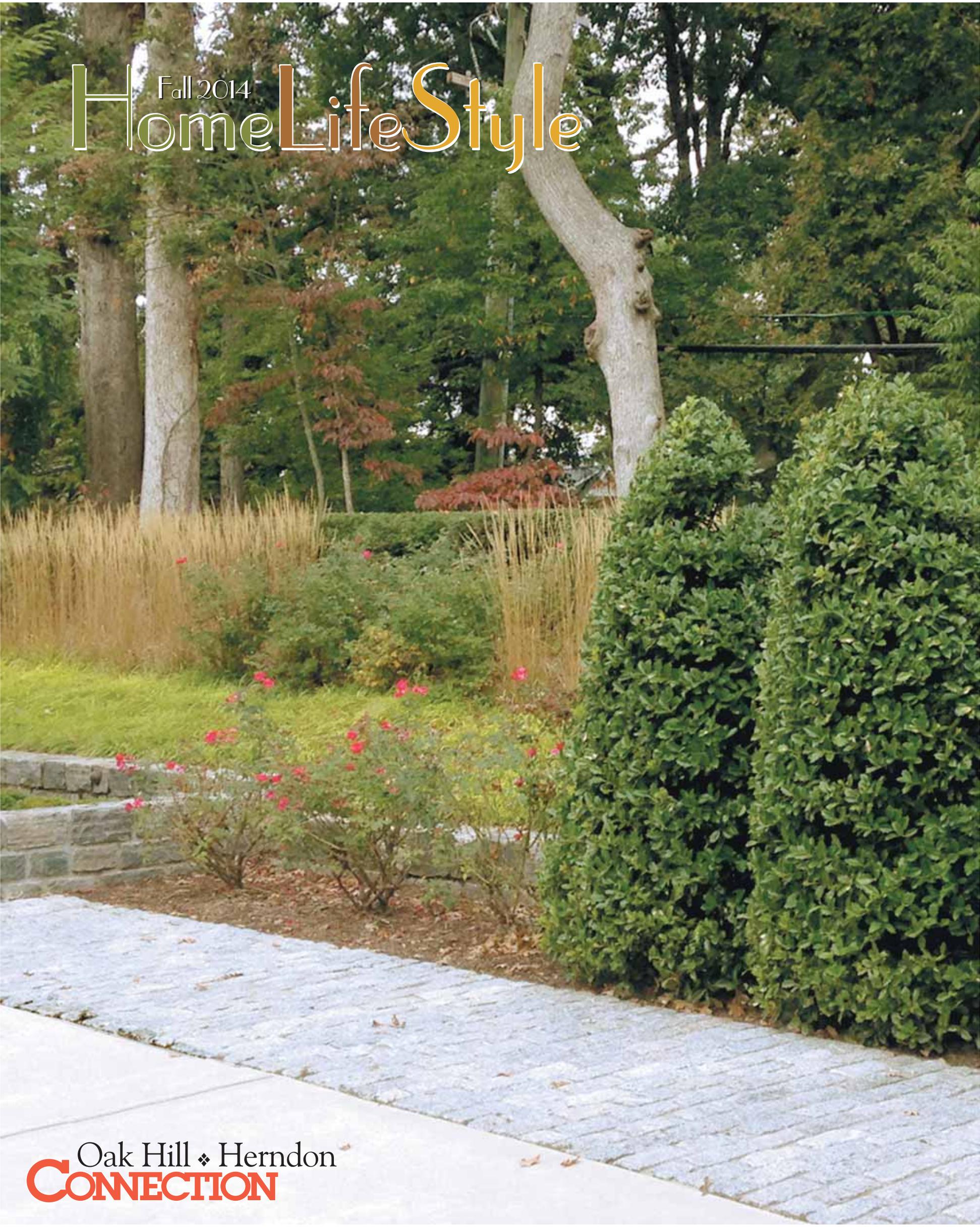
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Neighbors Helping Neighbors

Clifton residents to hold tour of remodeled homes to benefit widow.

Neighbors help each other. That's what communities have always been about. Long-time Clifton resident Bob Gallagher is rallying his friends and peers to help his neighbor Elsa Armendaris.

Armendaris, a mother of seven, needs funds to repair the badly deteriorated driveway to her home, which is also a local day care center. To help out, Gallagher, who is a principal at Sun Design Remodeling, has organized a tour of three newly remodeled Clifton homes, each the handiwork of a different remodeler.

"The homes are all pretty spectacular in

their own right," Gallagher says. "We've found that homeowners really enjoy seeing what their neighbors are doing. But this is also about helping a local person in need; that's the sense of community which Clifton has always exemplified."

In addition to showcasing a home recently renovated by Sun Design Remodeling, the tour will feature recent work by Daniels Design and Remodeling and Kohlmark Group Architects and Builders, all active in Clifton and environs for years.

Tim Reed of Tibbs Paving will be donating the labor, equipment and trucking needed for the driveway re-paving.

A native of El Salvador, Armendaris lost her husband, David, to leukemia six years ago and, as the sole means of her family's support, decided to set up her home as a day care center.

Since it was convenient to nearby Clifton Elementary, parents would leave their children with Armendaris before and after school. But when Clifton Elementary closed in 2010, the day care center lost more than half its students. Not long after that, the winding asphalt driveway leading to the house began to seriously deteriorate.

That's when her friend, Christina Gallagher, whose children had attended the

day care center, offered to ask her husband, Bob, for ideas.

"I just thought there must be a way that a community as old and close-knit as Clifton could help one of its own," said Bob Gallagher, who grew up in Clifton where his father practiced medicine. "My company has learned a lot from doing our own home tours, so a coalition of remodelers already active in Clifton seems like a logical way to reach out to the community."

Remodeler's Charity Home Tour, Nov. 15, 10 a.m.-4 p.m. Visit www.RemodelersCharityHomeTour.com or call 703-425-5588 for more.

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The Family That Plays Together ... Needs New Space

Innovative Great Falls solution with art studio meets needs of three generations.

BY JOHN BYRD

“A home is a machine for living in,” architectural pioneer Eduard LeCorbusier said in the 1930s, by which he meant good residential design should meet current lifestyle requirements, yet retain enough flexibility to readily transition into a place that supports newly arising needs.

Design consultant Mindy Mitchell, concurs on some basic principles.

“You want a solution that fully responds to everyday needs,” Mitchell says. “But it’s also useful to consider how you might be re-using key spaces from time to time, or even a decade from now.”

This may be especially true in a “creative” household, Mitchell adds, where the goal is fostering an environment that organically responds to all sorts of overlapping projects.

Case in point: the recently re-invented lower level plan to the Great Falls home of Lesley and Tim Hackman, two long-term residents now actively involved in the community’s burgeoning art scene.

Looking around the sunny family play space, which will be featured in the upcoming remodeling home tour Oct. 17-19, it’s a little hard to imagine that last year the Hackmans were scarcely using the suite at all.

Recently retired, Tim was free from professional obligations. The couple’s two



PHOTO COURTESY OF MITRO HOOD

In the newly designed family entertainment area, a wall-sized console with a flat screen television stretches out in front of an L-shaped “viewing” couch. A fully stocked beverage center is on the opposite wall convenient to an outside patio.

daughters were out of the house, raising families of their own. Like most empty-nesters, the Hackmans were idly wondering how to better use a spacious home designed for past needs.

“We had been talking about upgrading some rooms, but weren’t using the lower level for much more than laundry and storage,” Lesley recalls. “All the light in the entire suite originated from windows and doors on the rear [side of the house], so the interior rooms were too dark. Still, we hadn’t gotten too far into an actual plan.”

Then an unexpected turn brought latent remodeling considerations to the fore: last spring the entire lower level was flooded by three inches of water when a sump pump failed; it was a situation that could not be ignored.

“One way or another, we knew we were

going to have to do something about it,” Lesley said.

A professional organizer as well as a space planner, Mitchell has been working with Sun Design Remodeling for close to a decade.

“I’m generally the point person and *de facto* project manager,” Mitchell said. “My job is to help owners get a clear idea of what they’re looking for so that the design process is focused and on-track from start to finish.”

This is especially critical, Mitchell notes, when the makeover needs to satisfy a diverse agenda.

Lesley wanted functional studio space for her quilting and photography, but she had also decided to babysit two of her grandchildren three days a week, a commitment that would require work stations for arts

Details

Visit the Hackmans’ remodeled lower level during the Great Falls Studio Tour, Friday-Sunday, Oct. 17-19, 1-5 p.m. daily. Visit greatfallsstudios.com/tour.php or www.SunDesignInc.com or call 703-425-5588.

and crafts projects as well as kitchenette suitable for the occasional cooking lesson.

They wanted a media center large enough for the extended family (both daughters live in the metro area), and places to prepare and share a meal with easy access to an adjacent outdoor patio and backyard barbecue.

On an entirely different note, the lower level still had to perform its duties as the family laundry room. And it should also provide quarters for the occasional sleep-over guest.

“It’s when an agenda becomes more specific that space planning really needs to be thoughtful and precise,” Mitchell says. “In this case, we sought ideas that would give every lifestyle component its own integrity while also allowing for modular adjustments where needed.”

The existing full bath is enlarged and upgraded into something suitable for overnight guests while one wall of the studio now accommodates a handsome custom cabinet that conceals a comfortable Murphy bed.

The redesigned “all purpose room” (laundry/kitchenette/dining table) now features a full-sized refrigerator, microwave and dishwasher. The washer and dryer are entirely out-of view behind paneled doors.

The great room on the lower level’s south-

SEE THE FAMILY, PAGE 4

Planting for Fall Planning your autumn garden and yard.

BY MARILYN CAMPBELL
THE CONNECTION

As the first few weeks of fall unfold, carrying with them the promise of rich and vibrant colors, many local residents are starting to plan their fall gardens, both ornamental and edible. Pruning and overall garden cleanup will make way for fall plants. In fact, this is the perfect time to clear away summer foliage and plant, horticulture gurus said.

“Because the ground is still warm and air is cool, there is less transplant shock for plants when you take them out of the con-

tainer to plant them,” said Kelly Grimes of Good Earth Garden Market in Potomac, Md. “Now is a great time to put in a landscape.”

The first step is preparing the ground. “You have to amend the soil; that is mixing in compost and soil so the plants’ roots can grab a hold of the soil with compost,” said Grimes. “That really helps any planting.”

Katia Goffin of Katia Goffin Gardens in McLean, Va., likens planning a garden to putting together a puzzle. “Everything has to [look] like it belongs,” she said. “It’s about designing your bed line so it enhances your property, versus ‘I stuck this in my garden and doesn’t it look good?’”

Take a few minutes and actually plan out your garden because no matter what you decide to plant for fall, an aesthetically appealing garden starts with an effective strategy. “It is getting a good plan together,” Goffin said. “It is a question of scale and putting it together right. You have to look at your plot of land and decide where you want plants to go and how you want it to look.”

FOR DECORATIVE GARDENS and yards, mums and pansies are among fall’s

SEE PLANTING, PAGE 7

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The Family That Plays Together ...

FROM PAGE 3

western corner is set up for family entertainment. There's a beverage center with a wine refrigerator in one corner. On the opposite side of the room, a wall-sized console with a flat screen television stretches out in front of an L-shaped "viewing" couch.

The new family room now segues down an adjoining hall into Lesley's new studio (formerly the unused guest room) which is also accessed from the "all purpose room" through a pair of frosted glass doors designed to maximize available light from the rear elevation.

"As a functional measure, we designed a series of shelves to hold on-going projects, Mitchell said. "But they're all neatly tucked inside custom cabinetry, which means the studio can easily transition into a comfortable and private guest room when necessary."

UPSTAIRS, the program called for fully upgrading the master bath and an adjacent hall bath. The master bath features a walk-in shower with a glass surround and granite surfaced whirlpool bath that affords a restful view of the backyard tree tops.

Lesley Hackman says the makeover has proven to be a perfect solution in this newly active phase of her life.

"I can spend the morning or afternoon working on art projects and helping the grandchildren. Then take a hot bath. It's a great environment," she said. "I'm really glad we created it."

John Byrd has been writing about residential architecture, building and remodeling for 30 years.

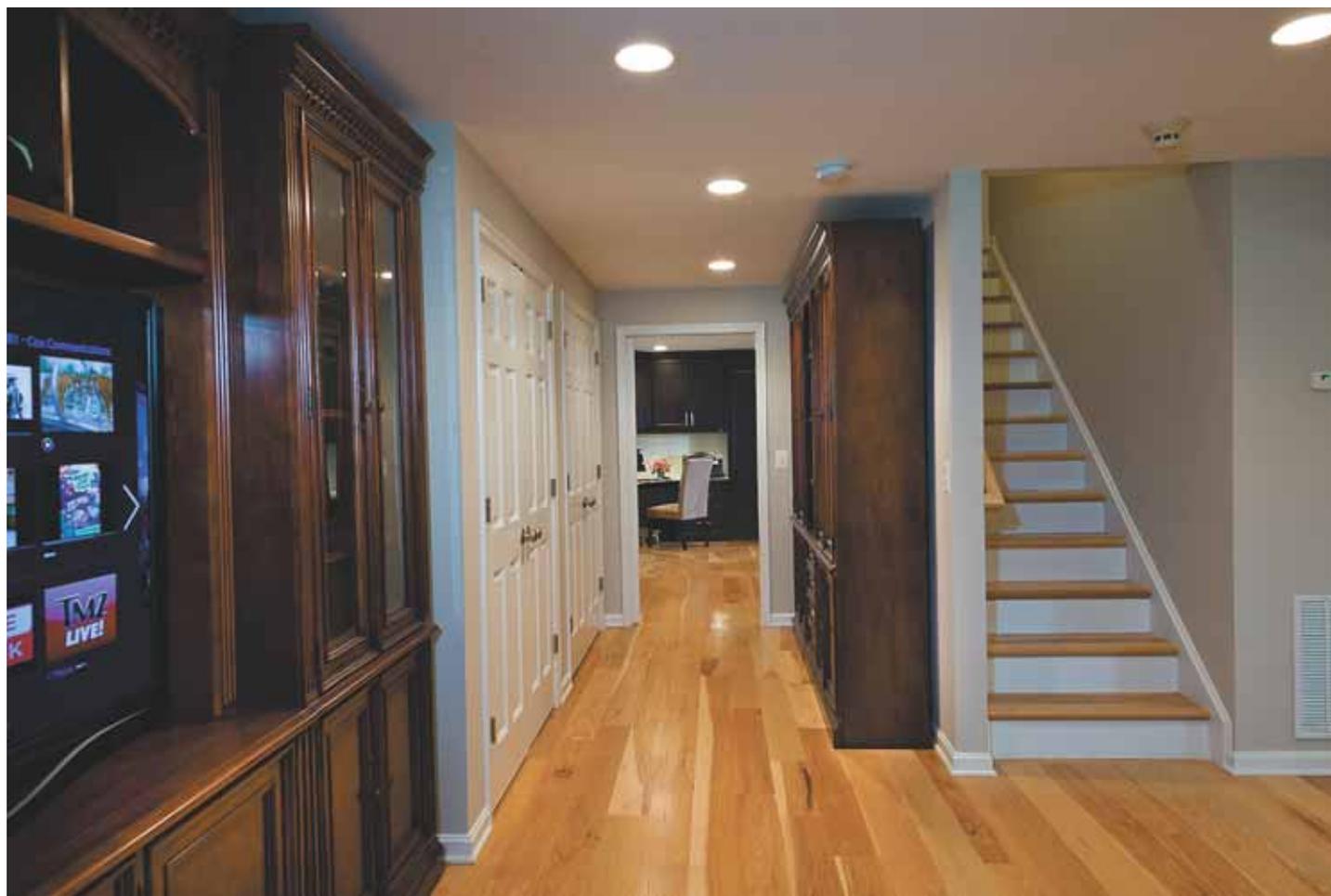


PHOTO COURTESY OF MITRO HOOD

The stairway from the upper level opens directly into the media center. Lesley's studio is down the hall. Sun Design's Mindy Mitchell, who is also a professional organizer, was instrumental in designing a space with ample storage that's easy to maintain.



PHOTO COURTESY OF MITRO HOOD

The redesigned "all purpose room" now features a full-sized refrigerator, microwave and dishwasher. Among other functions, Lesley Hackman uses the space to instruct her grandchildren in cooking.



PHOTO COURTESY OF MITRO HOOD

Lesley uses her studio for quilting, photography and other art projects. Mindy Mitchell designed a cabinet system that keeps works-in-progress out of view except when the creative process is actively underway.



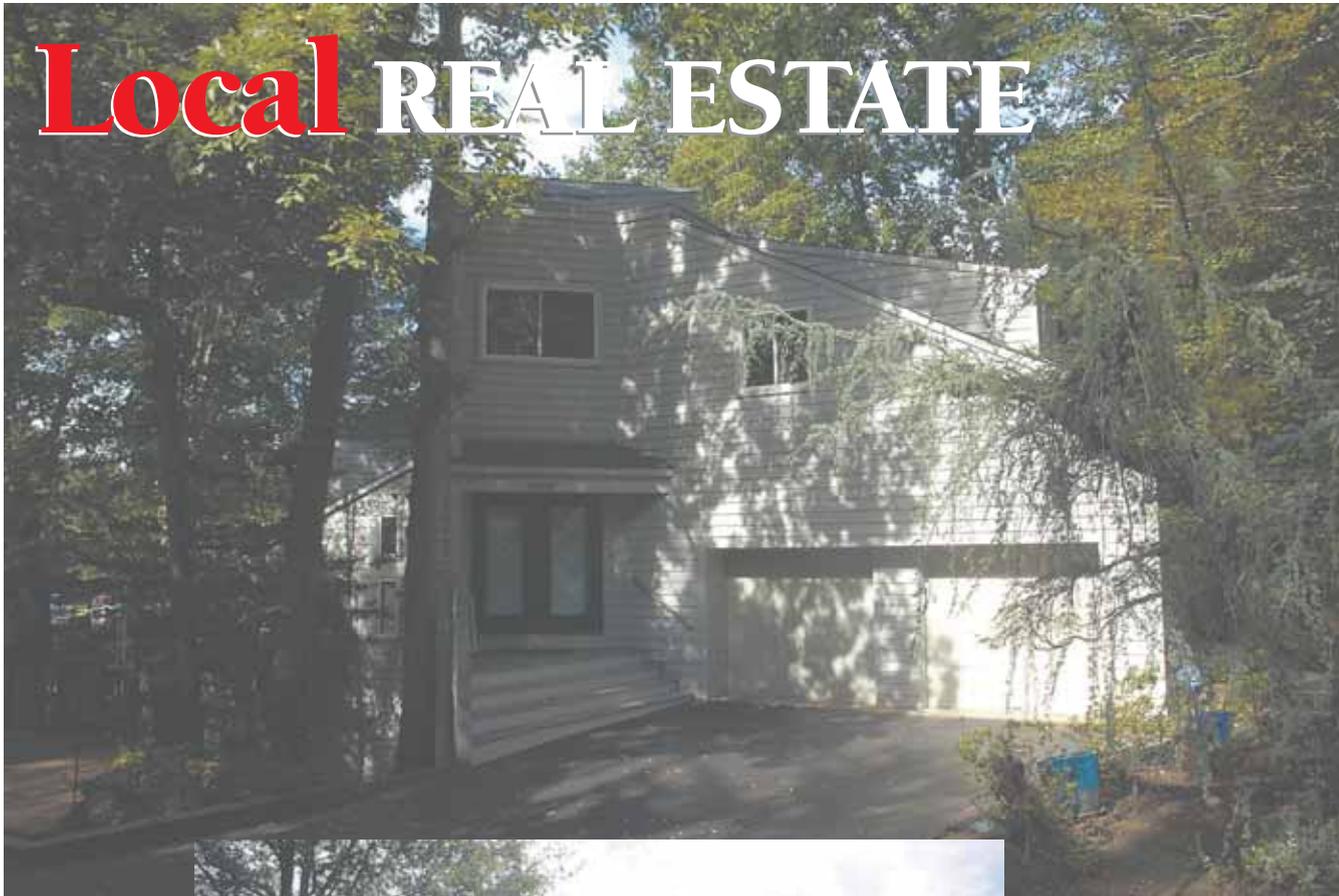
PHOTO COURTESY OF MITRO HOOD

The suite's comfortable Murphy bed is concealed inside a custom cabinet. The room works as a guest accommodation when required.

Local REAL ESTATE

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2 11307 STONES THROW DR	4	4	1	RESTON	\$1,110,000	Detached	0.58	20194	ESTATES AT WYNDHAM HILLS	08/12/14
3 11593 CEDAR CHASE RD	5	4	1	HERNDON	\$1,080,000	Detached	0.48	20170	CEDAR CHASE	08/08/14
4 1250 NEW BEDFORD LN	5	4	1	RESTON	\$1,069,000	Detached	0.33	20194	NEW BEDFORD	08/18/14
5 12050 CREEKBEND DR	6	4	1	RESTON	\$1,020,000	Detached	0.49	20194	RESTON	08/18/14
6 11303 BRIGHT POND LN	5	4	1	RESTON	\$975,000	Detached	0.47	20194	RESTON	08/29/14
7 3506 COMMODORE CT	4	4	1	OAK HILL	\$965,000	Detached	0.83	20171	CAMBERLEY EAST	08/29/14
8 3288 WILLOW GLEN DR	4	3	0	HERNDON	\$910,000	Detached	0.23	20171	STILL OAKS	08/15/14
9 11325 WOODBROOK LN	5	3	1	RESTON	\$901,000	Detached	0.25	20194	RESTON	08/01/14

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Fireplaces Can Warm Outdoor Rooms

Tips for making your outdoor spaces comfy through the fall.

BY MARILYN CAMPBELL
THE CONNECTION

As the air turns crisp and we settle into fall, the time is ideal for creating a cozy setting, whether it's elegant or rustic or modern. Many people have adapted part of their landscape as an outdoor room.

"Outdoor porches whether screened or just covered with a roof are great fall spaces," said Susan Matus, a Potomac, Md.-based architect. "One can cozy them up with pillows and throws and outdoor lights, such as decorative twinkle lights or candles can create great ambiance."

Local designers reveal their favorite accessories and ideas for outdoor rooms and screened porches to help welcome the new season with style.

An outdoor fireplace commands attention and can offer a warm place for reading, napping or chatting with friends, and makes it comfortable to sit outside on a chilly evening.

"I just built a stunning fireplace in a screened-in porch that transformed the space into a three-season room just in time for fall," said Robert Kalmin of Skill Construction and Design, LLC in Fairfax, Va. "Indoor-outdoor rugs and seating in fall colors make the space great for entertaining."

When it comes to outdoor fireplaces, however, there are a few caveats: "If it is a screened in porch, be careful of your ventilation. Whether you have a gas or wood-burning fireplace you have to have noncombustible material for the mantle and it needs to back discharge for smoke," said Kalmin. He says such fireplaces can be added to an



PHOTO COURTESY OF SKILL CONSTRUCTION AND DESIGN, LLC

Whether it's in an outdoor room or a screened-in porch, a fireplace commands attention and can offer a warm place for reading, napping or chatting with friends.

existing space in one-to-two weeks.

Accessories in warm, vibrant colors can help transform an outdoor room from summer to fall. "Adding some cozy throw blankets to outdoor sofas allows you to stay outside on chilly nights," said Kerra Michele Huerta of Apartment Envy. "Also, as it gets darker and cooler earlier in the day, candles are a perfect accessory, adding both warmth and light."

Scented candles can add an aroma of fall. "There are fabulous new pumpkin scented candles by Nast Fragrance of New York that are wonderful," said John Brown of J. Brown & Co. in Old Town Alexandria, Va.

In fact, lighting can transform a screened porch or outdoor room. "To a screened

porch, you can add a ceiling fan with a down light and an up-light," said Kalmin. "The higher light can give you general lighting and the lower lights can create ambient lighting, and can be moved in different directions for setting a mood. There is also a mono-rail track system lighting, where you can install different types of lights depending on the mood you want to create."

"Indoor-outdoor rugs and seating in fall colors make the space great for entertaining."

— Robert Kalmin of Skill Construction and Design

Whether real or faux, fall produce can also add a seasonal touch to an outdoor room or screened porch, particularly on the mantle or around the hearth. "You can add faux pumpkins, gourds and berries," said Brown. "Squirrels don't like the taste of those."

Don't forget serve wear, particularly when entertaining. "There are trays to carry coffee, tea, dessert in fall colors with fall leaves and birds with pumpkins," said Brown.

Matus suggests a finishing touch for outdoor spaces. "Another option is to hang drapery to create not only a more interior feeling but also drapery can be used to shield from the wind as a thermal barrier," she said.



PHOTO COURTESY OF J. BROWN & CO

Pumpkins, gourds and other fall produce can also add a seasonal touch to an outdoor room or screened porch.



PHOTO COURTESY OF SKILL CONSTRUCTION AND DESIGN, LLC

Lighting can transform a screened porch or outdoor room.

Planting for Fall

FROM PAGE 3

best flowering plants. “Mums need full sunlight to open and come in obvious, bold fall colors,” said Grimes. “Pansies will take part sun, are a great color and will continue to bloom through spring.”

Yarrow, asters, sedums, Lenten roses, and coral bells are among the fall plants that Jonathan Storvick, natural resource manager at the Office of Sustainability at George Mason University in Fairfax, Va., recommends.

“Fall is a great time to plant larger-sized perennials and container shrubs,” said Storvick. “It also happens to be the time of year when nurseries are trying to get rid of a lot of their stock, so you can find some great deals.”

For example, said Joel Cook of Merrifield Garden Center, in Fairfax, Merrifield and Gainesville, Va., “Burning bushes have beau-

tiful fall colors like orange and fire red. As far as trees, maples like Japanese maples, sugar maple or black gum maple have beautiful colors.”

Another eye-catching option is the yellow twig dogwood. Its “bright yellow branches and twig color ... are also fantastic for winter,” said Mark White of GardenWise in Arlington, Va. “This shrub develops in great clumps and is a wonderful contrast against any red twig. Oval-shaped green leaves turn to orange-red in fall, followed by white fruit tinged with green.”

Grasses, added Katia Goffin, are ideal for fall and can be mixed with other foliage. “You can put evergreens in your yard and add some grasses. There are tons [of grasses] that are flowering and look [good] with evergreens.”

ORNAMENTAL VEGETABLES also work well in fall and beyond. “There is decora-

“Because the ground is still warm and air is cool, there is less transplant shock for plants when you take them out of the container to plant them. Now is a great time to put in a landscape.”

— Kelly Grimes of Good Earth Garden Market in Potomac, Md.



PHOTO COURTESY OF KATIA GOFFIN GARDENS

The fading colors of hydrangea blooms add subtle color.

tive cabbage and kale, which will grow anywhere and are deer resistant, which is a big factor these days,” said Grimes. “As the temperatures get cooler, they get more color and last in winter.”

Then there are the edible vegetables. Good options are spinach, Swiss chard, arugula, mustard greens and red lettuces, said Storvick, who also suggested “root crops [like] carrots, radishes, parsnips and beets. You can also plant garlic and leeks now for spring harvesting.”

There are a few common mistakes that homeowners make, however: “Planting plants that deer eat and not thinking about the critters that come though your yard is something I see a lot,” said Grimes.

Giving a garden too much water is an-

other frequent mistake, according to Storvick. “Overwatering, especially when the weather starts to get colder, [and] leaving new plants unprotected ... are probably some of the most common mistakes I’ve encountered. Mulching around the base of plants helps protect them from cold and wind, as well as keeping in moisture.”

Also, take care when pruning spring-blooming shrubs and trees, he cautioned: “While a lot of plants prefer winter pruning, a lot of our great spring-blooming shrubs, like azaleas, for example, will only produce flowers on the previous season’s growth, so by pruning in the winter, you eliminate all of the flower buds. For these plants, it’s best to prune them immediately after they’re done blooming for the season.”



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