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The Trump Question? Asked and Answered

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U.S. Rep. Barbara Comstock (R-10), right, and her Democratic challenger, LuAnn Bennett (D), faced off on Thursday, Oct. 6. The debate, hosted by the Loudoun County Chamber of Commerce, focused mainly on business and economic issues.

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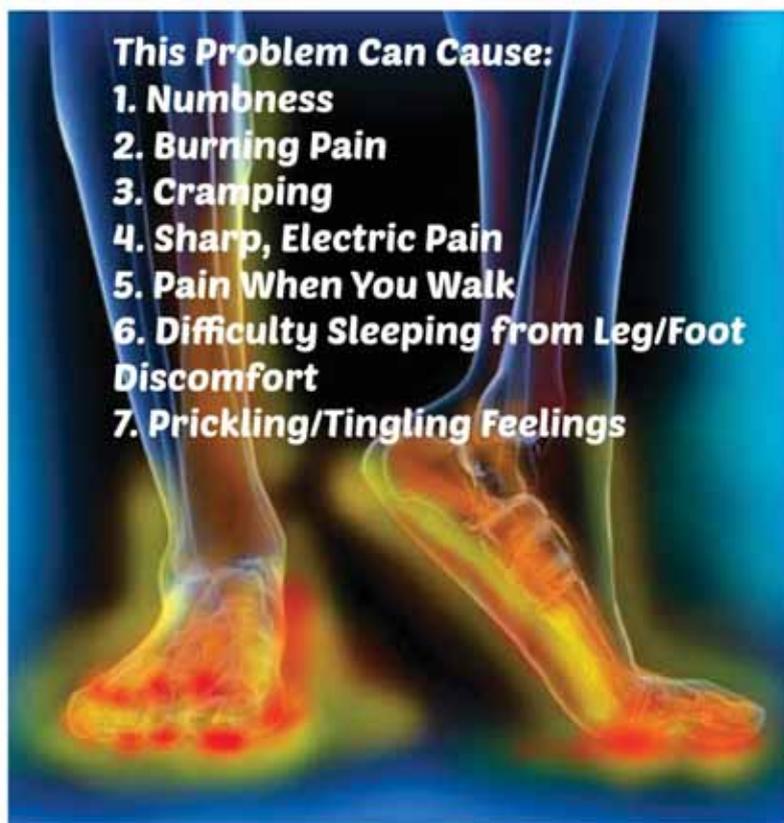


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The Trump Question? Asked and Answered

Comstock and Bennett trade jabs during first debate in heated race for 10th Congressional seat.

BY VICTORIA ROSS
THE CONNECTION

At the first of two 10th Congressional District debates last Thursday, Democratic challenger LuAnn Bennett was not shy about hanging the Trump albatross around the neck of freshman Republican Congresswoman Barbara Comstock.

“Barbara Comstock stands for Donald Trump,” Bennett said in her opening statement. “Trump’s extreme agenda would cripple our economy, jeopardize our security, punish women for making their own health care decisions and, worst of all, the Trump agenda deeply divides our country.”

Comstock never mentioned Trump’s name during the hour-long debate, continuing her efforts throughout the campaign to avoid any firm statements about the controversial GOP nominee. She is seeking re-election in a seat which has long been in Republican hands, but in a district won by Barack Obama in each of the last two presidential elections.

As of Thursday morning’s debate, Comstock had neither endorsed Trump nor publicly repudiated him, saying only that the Republican nominee would have to “earn” her vote.

“She’s dancing on the head of a pin,” Bennett said immediately following Thursday’s debate.

LESS THAN 48 HOURS LATER, Comstock’s equivocation came to an end, after a 2005 tape surfaced in which Trump is heard making lewd comments, in explicit language, bragging about his unwanted advances on other women. “When you’re a star, they let you do it. You can do anything,” Trump said on the tape obtained by The Washington Post.

Bennett was the first of the candidates to respond, stating “Trump’s actions are vile and disgusting.” She again tied Comstock to the GOP presidential nominee, saying (Comstock) “has stayed silent through Trump’s insulting of immigrant families, military families and women.”

That silence did not last long. Comstock issued a statement late Friday night, condemning Trump’s remarks, announcing that she would not vote for Trump, and calling for Trump to step aside as her party’s nominee.

“This is disgusting, vile and disqualifying,” Comstock said in the statement. “In light of these comments, Donald Trump should step aside....I cannot in good conscience vote for



PHOTOS BY VICTORIA ROSS/THE CONNECTION

U.S. Rep. Barbara Comstock (R-10) addresses media and supporters after the first debate between Comstock and Democratic challenger, LuAnn Bennett. The debate was hosted by the Loudoun County Chamber of Commerce on Thursday, Oct. 6.

Donald Trump and I would never vote for Hillary Clinton.”

Comstock apologized for being “late” with her statement, noting that she was attending her son’s rehearsal dinner when the latest Trump story broke.

Neither candidate could have predicted the latest (and ongoing) drama surrounding Donald Trump during their first 10th Congressional Debate, hosted by the Loudoun County Chamber of Commerce. The debate focused mainly on business and economic issues.

The candidates took questions on everything from clean energy and immigration reform to the federal minimum wage and union regulations.

Her voice raspy from back-to-back campaign events, Comstock appeared self-assured and comfortable speaking in front of the pro-business crowd of about 200 people. “You know me,” Comstock said to the audience, who loudly applauded the incumbent several times during the one-hour debate. “You know I will fight for you,” Comstock said.

Despite some loud jeers and laughter from the audience during Bennett’s comments on the Affordable Health Care Act, the political newcomer remained composed and confident throughout the debate.

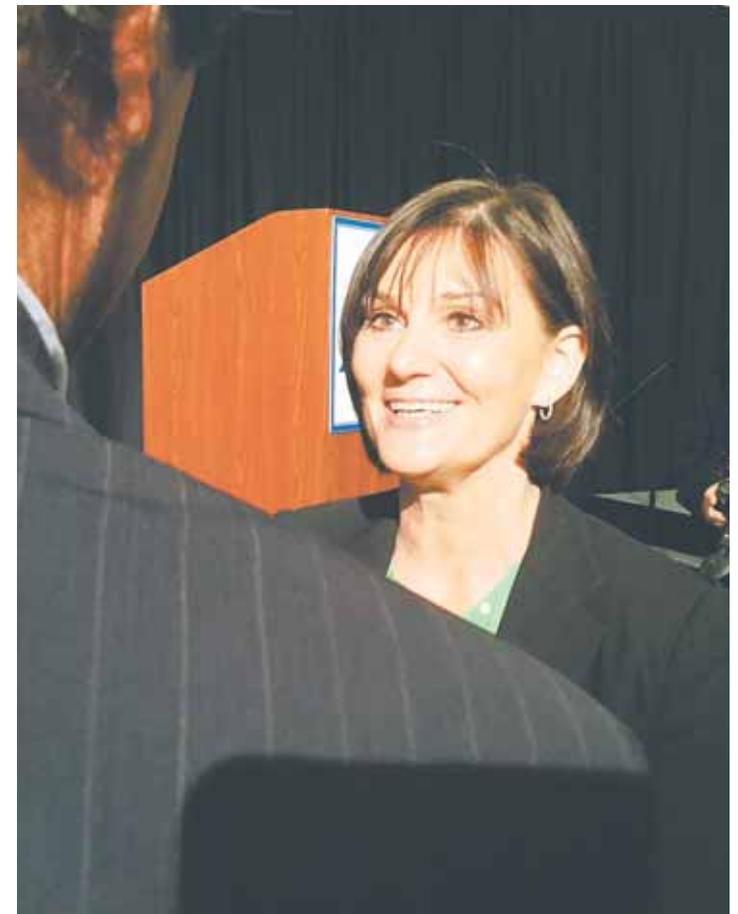
BENNETT OFTEN SPOKE directly to the audience, reminding the crowd of business leaders that she, too, understood the chal-

lenges and complexities of building a successful small business. She spoke about moving to Great Falls with her husband and starting a small real estate business 35 years ago, then running that company as a single mother after her first husband died of leukemia in 1994.

“I want to take my experience as a small business owner and get Congress working again and help build an economy that works for everyone,” she said. “Barbara Comstock went to Congress and fit right in with a dysfunctional and obstructionist government.”

During an exchange about how to improve Metro’s safety and service, Bennett attacked Comstock’s record, sharply criticizing the incumbent for voting against Gov. Bob McDonnell’s landmark transportation bill while Comstock was in the Virginia House of Delegates. The bill included millions in funding for the Metro’s Silver Line extension to Loudoun County.

Comstock shot back: “I am the only one on the stage working closely with Metro to restore safety.” She defended the work of the GOP-controlled House of Representatives; she said she was successful protecting Northern Virginia’s interests with the House leadership, and had persuaded Republicans to restore \$75 million in funding that had been cut from the Metrorail system.



U.S. House of Representatives 10th District candidate LuAnn Bennett (D) speaks to reporters after the first debate between Bennett and U.S. Rep. Barbara Comstock, the Republican incumbent. The debate was hosted by the Loudoun County Chamber of Commerce on Thursday, Oct. 6.

As the only Republican in Northern Virginia’s congressional delegation, Comstock said she was the only person in the race “that will actually be in the majority, and will serve as a chairman” of a congressional subcommittee.

Bennett shot back that “She’s part of a majority that can’t pass a budget.”

While Bennett repeatedly tried to yoke Comstock to Trump and his controversial statements and policies, Comstock took aim at Bennett’s top-of-the-ticket nominee, saying Bennett supported “the trillion dollar tax plan that Hillary Clinton would put forward” a plan that will “kill the small businesses.”

AFTER THE DEBATE, Comstock told reporters that she thought Bennett’s attempts to tie her to Trump were “sad.”

“It’s sad she is focusing on this...I am focusing on being the best Congresswoman for this district.”

Virginia’s 10th Congressional District, which stretches from the wealthy McLean suburbs to the exurbs of Winchester, is thought to “lean slightly” Republican.

The second and final faceoff between the two candidates will take place on Wednesday, Oct. 19 in Tysons at the Northern Virginia Chamber of Commerce offices. The Chamber says that debate “will cover several issues at the intersection of federal policy and business.”

OPINION

Vote No on Ballot Question One

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

Since 1947 the Code of Virginia has provided that any agreement or combination between an employer and a labor union or labor organization whereby (i) nonmembers of the union or organization can be denied employment, (ii) membership in the union or organization is made a condition of employment or continuation of employment by the employer, or (iii) the union or organization acquires an employment monopoly in any such enterprise is against public policy and illegal. On the ballot on Election Day, Nov. 8, is constitutional amendment question one that would put this provision of law into the constitution. There are 26 states including Virginia that have such a provision in their constitution or in their laws. Why would Virginia need to have these provisions in its constitution as well in the Code?

The answer is a political one. The conservative Tea Party members of the legislature are seeking one more opportunity to demonstrate to their base just how anti-labor union they are. While they term this amendment "right to



COMMENTARY

work," its effect on workers is anything but a right. It gives employers more opportunity to deny workers access to a union or professional organization like a teacher's or firefighter's association. It allows some workers to gain the benefits of the work of the union or organization without contributing to it as the members do.

Virginia already has the 43rd lowest rate of unionization among workers in the 50 states at 5.4 percent. The number of unionized workers has been declining over recent decades. While professional associations for doctors, lawyers, CPAs, and chambers of commerce and other groups have been given almost free rein in how they organize, this amendment is aimed to curtail activities and growth among persons who belong to teacher, firefighter, police, and factory worker unions and associations. Current law and the proposed amendment are not uniform in the way different labor organiza-

tions are treated, and I believe these differences contribute to the widening gap in the labor force in pay and benefits.

Amendments to the Virginia Constitution are proposed in the General Assembly where they must pass with a majority of members voting for them. Once passed, they must be considered by a subsequent session of the General Assembly after there has been an election for members. There were no convincing arguments put forth during the debate as to why the amendment was necessary. Everyone watching the process recognized it for the political purposes it served. I voted against this amendment both times it was before the legislature. I plan to vote against it on Election Day on November 8, and I hope you will join me.

A second proposed amendment to the constitution will also be on the ballot. It would authorize the General Assembly to enact a law that would allow localities to exempt from real property taxation the real property of the surviving spouse of any law-enforcement officer, firefighter, search and rescue personnel, or emergency services personnel who is killed in the line of duty. I support this amendment and hope that you will vote for it as well.



PHOTOS BY TOM MANNING/THE CONNECTION

First Lady Michelle Obama waves to the crowd at the Johnson Center, George Mason University on Friday, Sept. 16.

Victoria David's political adventures began on Sept. 15 when First Lady Michelle Obama came to campus to campaign for Hillary Clinton - for the first time.

American Elections: French Perspective

BY VICTORIA DAVID

I am a French student who chose to come to study close to Washington DC for what I thought would be one of the most interesting elections in the history of Uncle Sam's country.

I was wrong. 'Interesting' is way too soft a term to describe what I've been witnessing so far.

My political adventures began on September 15 when First Lady Michelle Obama came to campus to campaign for Hillary Clinton - for the first time. After standing in line for three and a half hours, I was finally able to have a glimpse of "Michelle." It was short but intense. An incredible fervor surrounded the event. French politi-

cians often only gather a little enthusiasm, but she - along with the other speakers - was welcomed as a real star. And that was only the beginning of my political experience in the US.

The political activity progressively grew on campus. First, "register to vote" people gradually multiplied around campus. Trying to stop every single student that comes across them, they are running a race against the clock, trying to register as many people as possible before October 17. As I noticed most people ignored them, I realized the extent of the problem here in the U.S. The American political system is plagued with low turnouts and we are now facing an election where getting

people to go to the polls could make a huge difference. France is also confronted with abstention but automatic voter registration helps us increase turnouts.

I also have the opportunity to continuously take part in the political life of the university. After attending an engaging Democrat meeting, I was able to watch the first Presidential debate with other students before analyzing the first two debates in class. All of this helps me with familiarizing the issues and it allows me to hear student views and opinions. They all seem to be trying to make sense of this election, without much success.

From my European standpoint, I am not really surprised. In the

past few years, a number of European elections have clearly pointed at a rejection of the "system" and at a growth of extremism. It is not only happening in the US. But it is precisely because it is taking place here that it seems so important and frightening for us Europeans. French media are obsessed with US elections, while here the French Presidential campaign that is about to start is of little interest, even though we have our female version of Donald Trump, Marine Le Pen.

Victoria David is a French exchange student at George Mason University. She is also an intern with The Connection Newspapers.

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PHOTOS COURTESY OF FCPD

Deer-vehicle collisions can cause extensive damage/injury.

Fall Driving: Be Alert for Deer

Autumn is approaching and white-tailed deer will be on the move. Fall is the breeding season for deer. Drivers may expect to see increased numbers of the deer on and near roadways as deer search for mates.

Deer movements and behaviors are unpredictable and deer-vehicle collisions are a serious public safety concern according to Fairfax County Police Department Public Affairs Bureau.

According to a September 2016 State Farm report, Virginia has the 13th highest rate in the nation for deer-vehicle collisions. The odds that a Virginia driver will have an insurance claim in 2016 as the result of a deer-vehicle collision is 1 out of 94; a 3.2 percent increase from last year. Over 61,000 Virginia drivers are projected to file insurance claims for comprehensive vehicle damage resulting from a deer-vehicle collision. The national cost per claim average is \$3,995.

Approximately one-half or more of all deer-vehicle collisions generally occur during the months of October, November, and December. Deer are especially active pre-dawn to mid-morning and dusk to early evening. These periods of activity correspond with the time when many Fairfax County residents are commuting to and from work or school. Fairfax County Police urge motorists to drive cautiously during this time and be on the lookout for deer crossing roadways.

The Fairfax County Wildlife Management Specialist and Fairfax County Police urge motorists to be alert, drive with caution and remember these safety tips:

- ❖ Always drive the posted speed limit.
- ❖ Always wear your seat belt when in a vehicle.
- ❖ When driving, particularly at dusk and dawn, slow down and be attentive.
- ❖ Watch for eye shine along roadsides. Deer travel in herds. If you see one, others may be near.
- ❖ Use high beams when traffic permits



Be aware of posted “Deer Crossing” signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.

to spot deer at a greater distance.

- ❖ Be aware of posted “Deer Crossing” signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.

- ❖ If a deer is stopped in the roadway, reduce speed and flash your headlights. Deer can become mesmerized or blinded by bright steady lights.

- ❖ If a deer jumps in your vehicle’s path, continue to reduce speed and grasp steering wheel firmly with both hands.

- ❖ Never swerve to avoid deer on the road. Swerving can cause loss of control of your vehicle and greatly increase the chance of more serious damage or injury.

- ❖ Take foot off brake at time of impact. This action reduces the likelihood of deer crashing through a windshield or windows upon impact.

- ❖ Never depend on hood whistles, car horns, or other devices to scare deer out of your path. Several studies have shown that these methods do not always work.

If a deer is injured or killed, immediately report the collision to the Fairfax County Police Department (non-emergency) at 703-691-2131.

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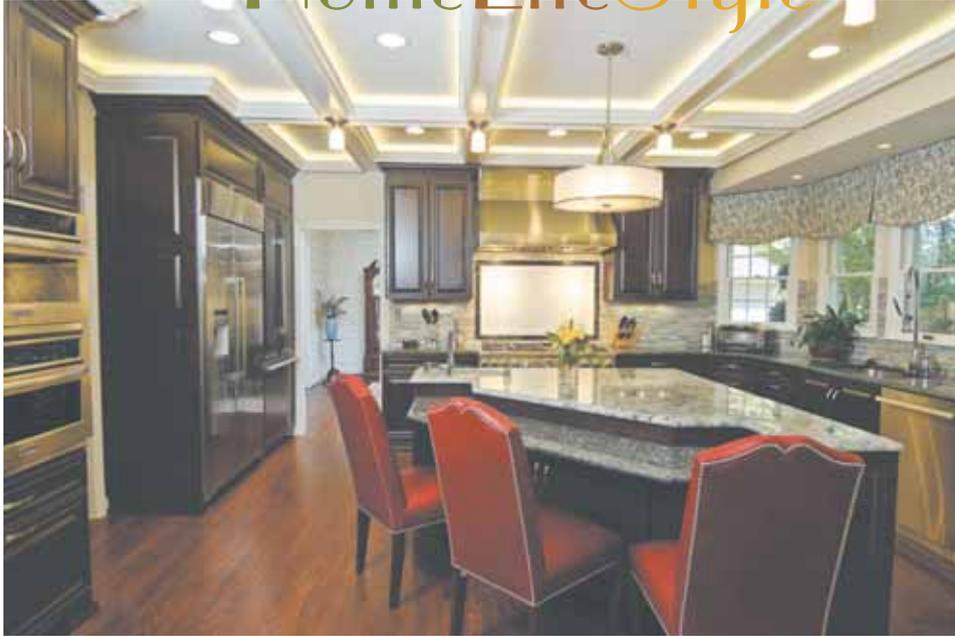
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Reference: 1. Bourne RB, Matani EM. A Comparison Between Direct Anterior Surgery of the Hip (DASH) and Anterolateral (AL) Surgical Approaches to Total Hip Arthroplasty: Post-Operative Outcomes. Poster Presentation #014. AAOS, New Orleans, LA, March 9-13, 2010. Comparison of functional outcomes after Anterior Approach (211 patients) with Anterolateral/Traditional (259 patients).

Anterior Approach cannot be used with ceramic-on-ceramic constructs.

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To make kitchen dining more inviting to guests, seats at the counter are slightly lower than standard height. Owner Dave Mulligan calls this a great spot to sample his holiday dishes. The design solution by Sun Design Remodeling will be open to the public November 5, from noon to 4 p.m.



PHOTOS BY BRYAN BURRIS

The original circa 1980s kitchen was classified as a “traditional” design, but the 30-inch cooktop range, small food prep island and limited cabinet storage were among many features the owners found restrictive.

Oak Hill Remodeled Home Tour Set for Nov. 5

Gourmet kitchen, spa master bath among spotlight features in makeover.

BY JOHN BYRD

A circa 1980’s center hall Colonial enhanced by a gourmet kitchen, a spacious spa bath and a lower-level guest suite will be featured in a “Remodeled Home Tour” sponsored by Sun Design Remodeling on Saturday, Nov. 5.

The house at 3295 Willow Glen Drive in Oak Hill is owned by David and Nancy Mulligan. The residence will open to the public from 12-4 p.m.

Purchased by the Mulligans in the early 1990s, the original four bedroom production house included a 500-sq-foot kitchen and breakfast room, a large family room, and a 1,500-square-foot lower level. Despite qualms with the “builder grade” interior finishes and space-use problems, the couple occupied the house for nearly 20 years before deciding a makeover of several targeted rooms would better accommodate personal interests.

The project’s scope partly reflects the couple’s different priorities.

Nancy Mulligan’s first goal was a large spa bath adjacent to the master bedroom. To this end, Sun Design Remodeling — the firm that had executed a whole house remodel for Mulligan’s brother several years ago — was summoned to explore ideas.

“As we talked about the new master bath,” Dave Mulligan said, “I realized that Nancy and I had many plans for improving the house that we’d just been putting off.”

In the days that followed, Nancy Mulligan — collaborating with Sun Design’s interior design team — completely renovated the master bathroom, then the guest bath, then



A glass enclosed walk-in shower accessible from two sides is tucked under a skylight.

added a full bath to the lower level.

For Dave Mulligan, a passionate amateur chef, the remodeling proposal didn’t become personally engaging until conversation shifted to the kitchen.

“I saw that our kitchen was stuck in the 1980s,” Mulligan said. “It just wasn’t a place where guests can gather in the same way they do in the living room or dining room.”

With its U-shaped counter surfaces, 30-inch cooktop range, limited storage and dim lighting, the existing kitchen was — in Dave Mulligan’s words — “backstage” — a cockpit where the cook toiled away out of view.

As if to stress the point, one leg of the counter top sequestered the cook’s zone from the breakfast table and family room.

“I understood how an open plan is supposed to function,” Dave Mulligan said. “But it’s the details that make it work, and that’s where design expertise really counts”

To this, Sun Design founder Craig Duroske added: “The kitchen’s work zones were pretty well rationalized. The real is-

sue was: how well does the space satisfy the Mulligan’s — functionally and aesthetically.”

To create a more fluid relationship between the kitchen and the front to the house, Duroske and team relocated an obstructive hall closet, widening an archway so that the revised space would be in view from the front foyer.

Sight lines being critical, ceiling-flush HVAC bulkheads were re-routed to make way for tall cabinets trimmed in crown molding.

Other finish work details — Cherrywood cabinet facings, stainless steel appliances, textured marble back splashes — converge to present a textured, yet visually neutral surface.

All of which introduced the option for a still more differentiating effect: a custom-designed coffered ceiling.

“The ceiling is one of the best features,” Dave Mulligan said. “The process of creating it was fascinating.”

On the other hand, there’s much to be said for the custom-designed food preparation island and dining counter.

With its 6’ x 6’ x 8’ triangular surface, the configuration perfectly supports food preparation and clean-up tasks while accommodating place settings for three.

To make the island still more inviting, seats at the counter are slightly lower than standard height, a psychological invitation to join the party reinforced by the soft-leather chairs.

“As I see it, you’re dining at the chef’s table now,” Dave Mulligan said. “A great spot to sample dishes, sip wine ... and enjoy.”

On the more practical side, the new kitchen is equipped with two microwave ovens, two refrigerators, a convection steam oven and a 48-inch gas range with six burners. With the addition of a walk-in pantry, storage capacity has been increased by 50 percent.

Upstairs, the spacious master bathroom is also a distinct departure from tradition.

A glass enclosed walk-in shower accessible from two sides is tucked under a skylight.

Equidistant between custom-designed “his” and “her” vanities, the space is light-filled; tailored to personal convenience, yet useful.

Meanwhile, a Victorian-era tub with bronze feet snugly occupies a bay window that boasts garden views.

A pair of custom-designed linen closets flanking a granite-topped cadenza is both practical and a stand-out interior design element.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm recently opened a second office in McLean. For more information, call 703-425-5588 or visit www.SunDesignInc.com.

John Byrd (byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about home improvement for 30 years.



PHOTOS BY GEOFFREY HODGDON/WENTWORTH, INC.

Adding built-in shelves, like these by Wentworth, Inc., can transform an entertainment space in time for the holidays.

Home Improvements For the Holidays

Local contractors say there is time to spruce up your house and yard.

By MARILYN CAMPBELL
THE CONNECTION

Changing temperatures and falling leaves are a signal the holidays are near. From Thanksgiving through the New Year, homes are filled with guests and schedules are stacked with parties. Getting one's home guest ready by the holidays may be daunting, but it's doable with proper planning and realistic expectations, say local contractors.

Now is the time to begin projects that don't require elaborate planning, building permits or products on back order. "A window and door replacement project could be completed before the holidays if you started the process right away," said Michael Winn, president of Winn Design + Build.

Fall is a perfect time to begin projects that depend on outdoor elements, he noted. "The weather in the fall is generally ideal so it can be a great time to take on those exterior projects," said Winn. "Be ready, be decisive and start now. The fall is a great time to undertake exterior improvements such as new siding, trim, roofing, painting and landscaping."

He added that he recently "renovated a front porch, [adding] new windows, new trim and exterior painting. A fresh coat of paint can do wonders and satiate your remodeling urges until after the holidays when you have the time to tackle something a bit more ambitious."

While there probably isn't time to complete an extensive kitchen remodeling project, Winn says that

SEE HOME, PAGE 11



Adding a new backsplash, counter and lighting in a kitchen such as this one by Wentworth, Inc. can transform a room in time for holiday entertaining.

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Eileen Anatra Recognized as 'Administrator of the Year 2016'

Eileen Anatra, recently named to be Executive Director of Tall Oaks Assisted Living, Coordinated Services Management senior community in Reston, was named "Administrator of the Year" for 2016 by the D.C., Maryland and Delaware Chapter of the Association of Nutrition and Food Service Professionals at their fall meeting in Ocean City, Maryland, Monday, October 3, 2016.

Anatra was nominated by Chef Robert McKeon, Food Service Director at Tall Oaks Assisted Living in Reston, Virginia and an advisor to food services at Seabury at Friendship Terrace in Washington, D.C. where she served as administrator.

As the award was presented to Anatra, Chef

McKeon said, "Eileen Anatra has worked for Coordinated Services Management Company, the management company for Friendship Terrace, for eighteen years, the past five years directing operations at Seabury at Friendship Terrace in Northwest D.C."

McKeon said Anatra was exceptional in working with her staff to make sure the community's residents were well taken care of, citing that as administrator she always shared all regulations, budgets and reports that reflected on departments, with discussions and improvements made in a timely manner while always giving support and encouragement to her staff and management team.

CALENDAR



PHOTO COURTESY OF HERNDON COMMUNITY CENTER

The Town of Herndon invites children and parents to the Spooktacular. Friday Oct. 28 from 6:30-8 p.m. Enjoy ghoulish games, crafts and a children's show at Herndon Community Center. Fee covers all activities, show and a treat bag.

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Exercise for Parkinson's Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free.parkinsonsfoundation.org. ckacenga@sportandhealth.com 703-

Meadow Farms Fall Festival Great Falls

Oct. 3 - Oct. 31 Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. 10618 Leesburg Pike, Vienna. There will be pumpkins, gourds, cornstalks, mums, pansies, star bales, and everything else you need for the fall look. A huge selection of pumpkins. There will also be moon bounces, giant scarecrows, haunted buses and pipes for the kids to go through, weekend concessions and much more. Let your kids have a blast while you pick out your pumpkins and all your fall needs. www.meadowfarms.com

LRA displays "Courage" at the Jo Ann Rose Gallery

Oct. 3 - Oct. 31. Monday through Friday, 9 a.m. - 8 p.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. Experience the artists' courage to break through fears, embrace empathy, and reject conflict through color and brushstroke. Paintings and mixed media work. Presented by the League of Reston Artists. www.leagueofrestonartists.org

Gypsy Takes The Stage at Reston Community Players

The "Mother of all Musicals" opens RCP 50th Anniversary Season. October 21 through November 12. Performance Dates Oct. 21, 22, 28, 29, 30*, Nov. 4, 5, 6*, 11, 12 2016. Shows start at 8 p.m. Please note: Oct. 30 and Nov. 6 are matinees with a 2 p.m. curtain. It's known as one of the most classic American musicals of all time. Broadway productions have starred legends ranging from Ethel Merman, Bernadette Peters, and Patti LuPone. While, the motion picture versions were led by Merman and Bette Midler. Now, Gypsy takes the stage at Reston Community Players. Restonplayers.org

Open Mic Night at Kalypso's.

Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. www.kalypsosportstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 <https://potomacriverrunning.com>.

Herndon Regional Ensemble Practice.

Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com Cost: Free

SATURDAY/ OCT. 13

Teen and Adult art class: Color explorations.

4:15 - 5:45 p.m. Artspace Herndon, 750 Center Street, Herndon. Color explorations - Creating a color wheel with tint, tone, and shade. Working with abstract design, and rendering a landscape image with paint. Cost: \$60. Please reserve your place in class by emailing Denise Dittmar, denise.dittmar@gmail.com. More information at 214-924-8755. www.artspaceherndon.com

SATURDAY/OCT. 15

Protecting Our Seniors

8:30 a.m. - 2 p.m. Antioch Baptist Church 6525B Little Ox Rd. Fairfax Station. The Antioch Baptist Church Elderly Care Conference will address trends in elder abuse and exploitation. The Keynote speaker is Michele Leith, NOVA Community Outreach Coordinator, Offices of the Attorney General. Cost: Free. Contact: Adrienne Austin 703-425-0710 aaustin@antioch-church.org. www.antioch-church.org. Registration is required. Visit the website to register.

Herndon Homecoming Parade

9:30 a.m. - 12 p.m. The parade route extends along Elden Street from Sterling Road to Lynn Street. All are welcome to be a part of the Herndon Homecoming Parade. Individuals, civic groups, school groups and businesses are invited to participate in the annual Herndon Homecoming

SEE CALENDAR, PAGE 9

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CALENDAR

FROM PAGE 8

Parade. The theme is "Music Through the Decades - the 20's to Today". Registration materials are available online at herndon-va.gov/events. Volunteers are needed and this is a great opportunity for middle school and high school students to earn community service hours. Sign-up at <http://bit.ly/2busZvJ>.

Salt Fall Conference 9 - 11:30 a.m. Virginia International University 4401 Village Drive, Conference Room (VD-102), Fairfax. Social Action Linking Together will sponsor the Fall Advocacy Training Conference. Mark Shriver, President of Save the Children Action Network, will be the keynote speaker. Mark is the son of the late Sargent Shriver and Eunice Kennedy Shriver. He is the author of *A Good Man*, an inspirational and deeply personal story about a son discovering the authentic meaning of his father's legacy. Admission: Free. Contact John Horejsi at jhorejsi@cox.net www.S-A-L-T.org

Pumpkin Preparedness Race 8 a.m. Vienna Volunteer Fire Department 400 Center St S, Vienna. Inaugural 5k road race to support first responders across Northern Virginia. Brand new course across quiet Vienna streets. All proceeds benefit the Northern Virginia Emergency Response System. Register at www.preparedness5k.com

Halstead Square Festival 11 - 4 p.m. Halstead Square Dunn Loring Metro 750 Gallows Road Vienna. Celebrate Northern Virginia's culinary and visual arts when Halstead Square Dunn Loring Metro hosts its first Food, Wine & Art Festival to benefit the Workhouse Arts Center. Cost: Free. www.halsteadsquare.com

Elder Care Law An Intro to Powers of Attorney, Guardianship, and Conservatorship 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Presented by attorney Sat Nam Khalsa. Adults. Free. Contact: Therese Martin 703-471-6364 Tbmartin4@verizon.net Register online at fairfaxcounty.gov/library

Memories: Through the Years Pops Concerts Two performances: 4 p.m. & 7 p.m. at Reston Community Center/Hunters Woods, 2310 Colts Neck Road. Come see The Reston Chorale kick off their 50th Season with a bit of Broadway, jazz and some good ol' rock 'n roll. www.RestonChorale.org.

15th Annual Reston Home Tour 10 a.m. - 5 p.m. Reston City Center, Reston. This year's theme, "Embracing change", gives you the chance to visit some of Reston's most unique homes and tour the new BLVD building from 11 a.m. to 4 p.m. The Wine Cabinet will offer a wine tasting from 1 - 5 p.m. while Reston Museum will be open all day. Benefits to the Reston Historic Trust and the Reston Museum. Limited tickets to be purchased online or at the Reston Museum, Chesapeake Chocolates, Appalachian Springs, GRACE, and the Wine Cabinet. Cost: \$30. Visit www.restonmuseum.org or call 703-709-7700 for more information.

SUNDAY/OCT.16

The Crohn's & Colitis Take Steps Walk. Registration opens 3 p.m. Walk begins 4 p.m. Reston Town Center 11900 Market Street Reston, Virginia, 20190. One of Crohn's & Colitis Foundation of America's CCFAs largest events committed to finding cures for digestive diseases. Admission: Free. www.restontowncenter.com

WEDNESDAY/OCT. 19 AT

Navigating Medicare 7 p.m. Confused about Medicare coverage?

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PHOTO CONTRIBUTED

This year's Reston Home Tour will take place on Saturday, Oct. 15 from 10 a.m.-5 p.m.

Reston Home Tour On Saturday, Oct. 15

This year's Reston Home Tour (in its 15th year) will take place on Saturday, Oct. 15 from 10 a.m.-5 p.m. and benefits the Reston Historic Trust and the Reston Museum. This year's theme, Embracing Change, celebrates lives that have changed and homes that reflect their owners.

The tour includes six private residences, as well as a stop, from 11 a.m.-4 p.m., at Reston Station's newest luxury apartments, BLVD, celebrating new-

est Village Center with a trip to the 21st floor and its 360° views. The tour is self-guided, so design enthusiast can begin and end their tour at any location.

The Wine Cabinet in North Pointe Village Center will again be offering a wine tasting from 1-5 p.m., and Reston Museum will be open all day. A stop at the museum offers a look at the history of Reston and its story. You can find additional information on the tour at <http://www.restonmuseum.org>.

Supplemental insurance? How to deal with the costs of a catastrophic illness? Let our Medicare expert answer your questions! Adults 64 up. Reston Regional Library, 11925 Bowman Towne Drive. Adults. Free. Register online at fairfaxcounty.gov/library

FRIDAY/OCT. 21

World premiere screening of the new documentary "The University." A film about Singularity University; an institution tucked away on a hidden NASA base in Silicon Valley. Each summer 80 young geniuses from around the world attend and take on the mission of starting a company that will positively impact a billion people in 10 years. 7:30 p.m. at Bow Tie Reston Town Center 11 & BTX Theater, 11940 Market St. Tickets \$12 - \$15. Washington West Film Festival runs Oct. 19-25. More information at <https://www.filmfest.com>

Sideline at Holy Cross Lutheran Church 8 p.m. Doors open 7 p.m. 1090 Sterling Road Herndon. Sideline formed a year or two ago as a project band with bluegrass pickers from top bands getting together to blend their talents and enjoy each others company. Admission: \$15, children 12 and younger free.

SUNDAY/ OCT. 23

Art House Cafe Music Event 3 - 5 p.m. ArtSpace Herndon 750 Center Street Herndon. Three local composers bring their new pieces to the public for their debut performance. Their pieces touch on

multiple subjects and span several genres. Come enjoy a night of fresh instrumental music. All ages welcome. Not recommended for small children. www.artspaceherndon.com

Saturday/Oct. 29

Howl-O-Ween at Lake Anne, 1-3 p.m. Plaza Activities. Free. Join us on the Plaza dressed in Halloween flair (adults + pets) for a Howling good time! Dogs, cats, and all types of furry friends are welcome to participate. Pet Costume Contest starts at 1:30 p.m.: Pet Parade, Live DJ, Pet Friendly Beer Garden, Window Decorating Contest, Yappy Hour Specials from 1-5 p.m., Treats, Tricks & More From Local Merchants. www.lakeanneplaza.com

WEDNESDAY/OCT. 19-25

Washington West Film Festival. Reston Town Center 11900 Market Street Reston, Virginia, 20190. A cinematic experience presenting independent films. Three in-competition categories: dramatic features, documentary features, and short films. Schedules and tickets: www.filmfest.com

Thursday/Oct. 27

Dollars and Sense 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. A monthly book discussion group that focuses on business leaders and markets. October's title is "Elon Musk" by Ashlee Vance. Adults. Free. No registration required. Call 703-689-2700 for more information.

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SPECIAL CONNECTIONS CALENDAR 2016

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/12/2016.....HomeLifeStyle
10/19/2016.....A+ Camps & Schools
10/26/2016.....Connection Families
10/26/2016 Election Preview
Halloween is October 31

NOVEMBER

11/2/2016.....Wellbeing
11/9/2016.....HomeLifeStyle
11/16/2016.....A+ Camps & Schools
11/16/2016.....Holiday Entertainment & Gift Guide I
11/23/2016.....Connection Families: Celebrations & Gratitude

Thanksgiving is November 24

11/30/2016.....Holiday Gift Ideas

DECEMBER

12/7/2016.....Wellbeing; Holiday Entertainment & Gift Guide II
12/14/2016.....HomeLifeStyle; Home for the Holidays
12/21/2016.....A+ Camps & Schools; Holiday Entertainment & Gift Guide III
12/21/2016.....Connection Families: Safe for the Holidays

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In The Context Of ...



By KENNETH B. LOURIE

Having cancer; not that you need to know how I think but, if you're at all curious as to how a diagnosed as "terminal" stage IV, non-small cell lung cancer patient thinks, even now, nearly eight years out, read on.

As much as I don't want to think about what I'm doing and why — and just live life as it comes/happens, a "13-month to two-year" prognosis (originally received on February 27, 2009; oh yeah, certain dates are seared into your memory), I can't. It's not necessarily a lifestyle change that occurs when you're diagnosed, it's more the psychological and emotional hold and affect the diagnosis causes. It permeates and subconsciously — or so it seems, infiltrates your brain and changes the way you think and feel. It's not that you become unrecognizable to friends and family, but you definitely become a victim of your circumstances. It's as if your brain is rewired somehow and you've reached your outer limits where you've lost more than the control of your television set.

To the point/example of what I'm referring to (finally) which precipitated this semi self indulgence: my car and certain repairs, expenses and warning lights which have illuminated, warranting attention after months of neglect. Specifically the car to which I refer is our "second" car, the one we don't rely on for non-local trips: a model year 2000, Honda Accord sedan inherited from my widowed mother in December 2008 — with only 35,000 miles on the odometer. The classic example of a retired person's car with incredibly little wear and tear and extraordinarily low mileage given its put-in-service date: sometime in the year 2000.

As I said, it's not our primary car, but it does get driven regularly given the potential mileage restraints of our 'primary' car's lease. Currently, the Honda has 94,000 miles on it. It's been a good and reliable car which has needed few repairs — other than those to-be expected, the costs of which have generally fallen within the "usual and customary" range. The car still rides well and overall suits my requirements for a "second" car: it gets me from point "A" to point "B" — and most importantly, back, and it has no monthly car payment. However, there are a couple of inconveniences/concerns which if left alone are not likely deal-breakers but, the expense of fixing them — on a car that is nearly 17 years old, might be.

And the deal which might be broken has to do with yours truly having lung cancer and a somewhat different life expectancy now at age 62 (versus the one I thought I would have when I initially took possession of my parent's car in 2008 — at age 54 and two months, or the one I thought I had a mere two and half months later — just before I was initially diagnosed). Ergo my dilemma is: do I want to spend major money now (for me/us) on repairs whose maximum benefit will not occur until next spring — six months or so, at the earliest, but if tended to now might limit the potential damage/cost later or shall I just wait for divine intervention, so to speak? (The repairs have to do with air conditioning that doesn't cool in the summer, a window — on the passenger side which does not open all year round, and brake lights and the seat-belt restraining system — "SRS," safety issues which this idiot is being warned about.)

Not unsolvable problems, presumably, unless you have a terminal form of cancer. Considering that reality, don't I want to live more in the present and not worry about a future, a future which is hardly guaranteed? Moreover, shouldn't I damn the torpedoes and live full speed ahead and let the chips: lab work, scan results, car repairs, etc., fall where they may; finding some normalcy/solace in pretending/deluding myself into thinking that all is right in my world? To be determined. Still, I know/feel one thing: if I live like I'm dying, I probably will.

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

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MOMS Club Agenda: Taking Charge of your Health

The MOMS Club of Herndon will host a monthly meeting on Thursday, Oct. 20, from 10 a.m. to noon at Trinity Presbyterian Church (651 Dranesville Rd, Herndon). All Herndon, VA (zip codes 20170 and 20171) at-home mothers and their children are encouraged to attend. Jennifer Chu, a board certified women's health specialist from ITR Physical Therapy www.itrphysicaltherapy.com, will discuss ways to strengthen and heal our postpartum bodies.

For more information or to RSVP, contact: Stephanie Talberg, Membership VP at herndon_moms_info@yahoo.com.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

SATURDAY/OCT. 15

Social Action Linking Together (SALT) Fall Advocacy Training Conference, 9 – 11:30 a.m., at the Virginia International University (VIU), Conference Room (VD-102), 4401 Village Drive, Fairfax. Mark Shriver, President of Save the Children Action Network, will be the keynote speaker. Mark is the son of the late Sargent Shriver and Eunice Kennedy Shriver. He is the author of A Good Man, an inspirational and deeply personal story about a son discovering the authentic meaning of his father's legacy.

Additional presentations by Del. Alfonso Lopez, D-49, ("Tools for Effective Advocacy in the State Legislature") and by Michelle Krockler, Executive Director, Northern Virginia Affordable Housing Alliance ("Addressing the Commonwealth's Unmet Housing Needs for Low-Income Households") and State Sen. Barbara Favola (D-31), (Report on the Commission on Youth, TANF Subcommittee) and Debbie Weinstein, Executive Director, Coalition for Human Needs,

"Making TANF Work for Poor Families". This event is free. All are welcome. Come early for the book signing by the keynote speaker and to meet and greet other social justice advocates in the community. For more information: Contact John Horejsi at jhorejsi@cox.net or visit the SALT web site at www.S-A-L-T.org. Upcoming Events page.

MONDAY/OCT. 17

1831 Wiehle Avenue The Applicants propose to rezone the Property from the I-4 district to the Planned Residential Mixed Use District to permit the development of: (i) five mid/high-rise multi-family buildings consisting of 739,618 square feet and 713 residential units, (ii) two multi-family buildings consisting of 203,030 square feet and 127 residential units, (iii) 60 single family attached residential units consisting of 123,162 square feet, (iv) an independent living facility of 155,100 square feet with 130 units, (v) a high-rise office building consisting of 205,917 square feet of office space, and (vi) 260,945 square feet of ground floor retail uses. A planning commission public hearing date is to be determined. Next meeting date: Monday, November 21st, 2016 at 7:30 P.M.

Home Improvements for the Holidays

FROM PAGE 7

smaller projects like adding new countertops, updating plumbing, changing electrical fixtures, painting and refinishing wood floors can be completed before the onslaught of holiday entertaining and breathe new life into a tired bathroom or kitchen.

"A bathroom may be a candidate if it's a 'pull-and-replace' [meaning that] the layout remains the same and the materials you select are stock or have a quick lead time," said Winn. "If you're not already well into the design process, your kitchen or renovation is probably best postponed until after the holidays."

Still, minor cosmetic improvements can give the illusion of a major change. "We recently designed and built a new entryway with built-ins for a client that creates a welcoming first impression for guests as well as needed storage for the owners," said Bruce Wentworth, president of Wentworth, Inc.

A pragmatic approach to a project is an important factor in increasing the likelihood that it will be ready in time for holiday entertaining. "If homeowners start early and have a realistic scope of work, it could be done," said Wentworth. "Quality work is important with home improvements and fast is not always part of that formula."

Architect Kai Tong of Hopkins and Porter Inc. in Potomac, Md., recently finished a project that he says offers a strategy and timeline that, if started now,

would easily result in having an entertainment space by the holidays. His client wanted space for his television and sound equipment, so Tong designed a custom built-in unit for media and display.

"The design was intended to be the visual anchor of the new entertainment space, and to be harmonious with an existing lighted cove ceiling, adjacent columns and other architectural features in the room. The medium-stained cherry wood furthered that harmony," said Tong.

A millwork shop completed the design within six weeks. During that time, audiovisual specialists wired the space while the Hopkins and Porter team completed other renovation work, including preparing the wallpaper and removing existing wall sconces.

Tong said that overall, there was "very minimal on-site disruption."

Securing a contractor to begin a project could be a stumbling block, but not one that is insurmountable. "Most of the better contractors are in-demand and have production backlogs of two to six months," said Winn. "If your project is small and your timing is flexible, you may be able to squeeze [it] into their schedule. Many contractors have 'gaps' in-between their projects, while they're waiting for a permit to be issued or if they finished a project ahead of schedule. They may be able to accommodate your project if the timing is right."

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OBITUARY NOTICE



Helen L. Perdue (Age 78), beloved wife, mother, sister and friend, passed away on Saturday, October 1, at Winchester Medical Center in Winchester, VA.

She was born on April 8, 1938, in Arlington, VA to the late Vinton C. Payne and Ruth E. (Wilkins) Payne. Helen devoted her life to loving and serving others, and was a living example of integrity, honesty, excellence and family. Before retiring in 2004, she worked for the Town of Herndon Police Department, serving as Assistant to the Chief of Police, a position she cherished. Her greatest accomplishment, to which she dedicated the majority of her life, was that of being a wife and mother. Nothing was more important to her than raising their three girls to be educated, strong, responsible and independent women, and loving wives, mothers and sisters.

Helen is preceded in death by her cherished husband of 58 years, Roy Perdue, Jr., and brother, Ed Payne. She is survived by her three daughters, Terri Herr and husband, Bill, of Manassas, VA, Donna Sorrentino and husband Mike, of Chantilly, VA; and Lori March of Wake Forest, NC; seven grandchildren, Mark Harris, Ryan Herr, Meghan Herr, Shane Herr, Brady Herr, Skylar March and Dakota March; sister Earlene Holston (Jack), sister-in-law Sandy Payne, and brother John Payne; cousin Barbara Ann Novelli and numerous nieces, nephews and cousins.

A Memorial Service will be held Saturday, October 15, 2016 at 1:00 PM at Pierce Funeral Home, 9609 Center Street, Manassas, VA. The family will receive friends from 12:30 – 1:00 PM. Inurnment will take place at a later date. Condolences may be sent to: www.piercefh.com.

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Barbara's parents live with her at her home in McLean.

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- › Passed an amendment that stopped a planned increase in Medicare Part B premiums.
- › Voted for a bill to ensure the Social Security Administration protects seniors from identity theft.
- › Co-Sponsored the 21st Centuries Cures Act – which provides funding to the National Institutes of Health (NIH) for research to find cures for Alzheimer's disease, cancer and diabetes.
- › Passed the Reauthorization of the Older Americans Act, which provides assistance to states and area agencies on aging and model programs.

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