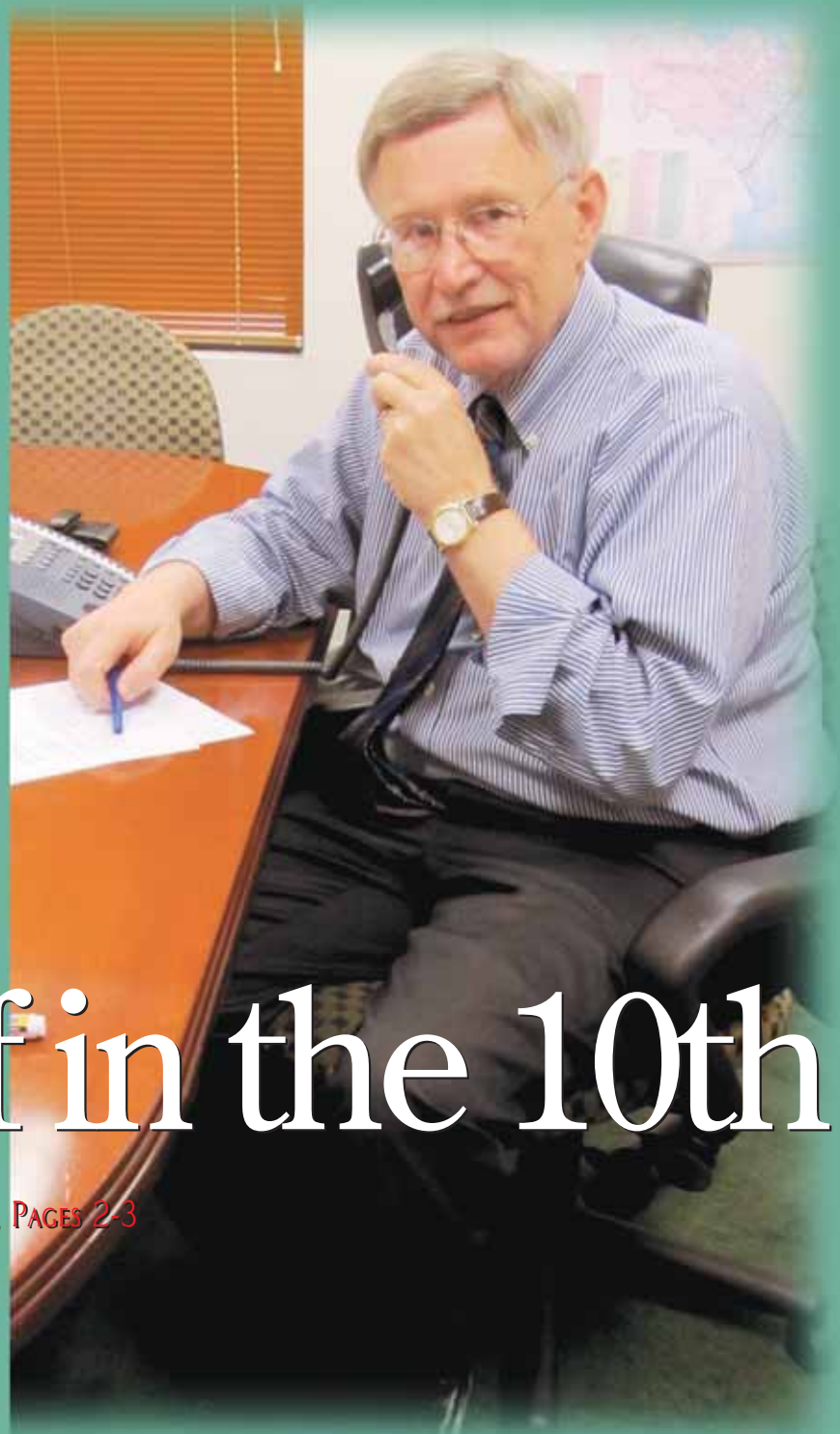


# Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

State Del. Barbara Comstock (R-34) and Fairfax County District Supervisor John Foust (D-Dranesville) are competing for retiring U.S. Rep. Frank Wolf's 10th Congressional District seat.



## Facing Off in the 10th

NEWS, PAGES 2-3



### CureSearch Walk At Fairfax Corner

NEWS, PAGE 4

### Centreville Day This Saturday

NEWS, PAGE 5



# Comstock's Comfort Zone

**GOP candidate Barbara Comstock believes a woman's place is in the House ... of Representatives.**

BY VICTORIA ROSS  
THE CONNECTION

It's just weeks before Election Day, and the contest to replace retiring Republican U.S. Rep. Frank Wolf in Virginia's 10th Congressional district has become one of the most watched, most expensive and most contentious races in the country.

But on this crisp fall October morning, Republican candidate Barbara Comstock is in her comfort zone.

She is campaigning door-to-door with Wolf, whom she counts as a longtime friend and mentor, in McLean, her hometown for the past 30 years, which she has represented in the Virginia House of Delegates since 2010.

"I'm feeling great about the race," said Comstock, her voice a little hoarse from non-stop campaign events. "I thoroughly enjoy meeting people from every walk of life. I've been particularly touched by the reaction I get from young women. They notice a woman is out here campaigning."

Comstock is making a point.

She is aware of the criticism leveled by Democrats who assert that she is part of the GOP's "War on Women," noting Comstock's vote in favor of the controversial "transvaginal ultrasound" bill in the Virginia legislature.

And while Comstock makes no apologies for her strong conservative presence in Richmond, she said she finds it ironic that anyone would label her "anti-woman."

"Really, when I hear that, I think about the fact that I grew up ... surrounded by strong women," Comstock said. "I think of my grandfather, who had four girls. He was a real feminist. I remember him telling us 'Don't let any man keep you down. You can do anything if you work hard enough.' He lived through the Depression, and was a very proud man. He was never able to go to college, but he was the smartest man I knew."

## Bio

Virginia Del. Barbara Comstock (R-34) grew up in Springfield, Mass. She earned her B.A. in political science from Middlebury College in 1981 and her law degree from Georgetown University Law Center in 1986. She is an attorney and founding partner of Corallo Comstock.

At the beginning of the 2014 legislative session, Comstock served on the following committees:

- ❖ Commerce and Labor
- ❖ Science and Technology, Chair
- ❖ Transportation

**Prior offices:** McLean Community Center Governing Board - 1993-1996

**Personal:** She lives in McLean with her husband, Chip. They have three children, Dan Comstock, Peter Comstock and Caity Roller.



PHOTOS CONTRIBUTED

**Del. Barbara Comstock (R-34) campaigns with husband Chip and daughter Caity Roller in McLean last month.**

Comstock said she was inspired to establish a Young Women's Leadership Program in January 2013 after reading Sheryl Sandberg's 2013 book "Lean In: Women, Work, and the Will to Lead." In the book, Sandberg, the chief operating officer of Facebook, advises women to seek mentors in the workplace and be more assertive with respect to their careers.

**AFTER READING THE BOOK,** Comstock said, "I wanted to start a program that provides young women, middle and high school girls, to meet and connect with professional women from a variety of sectors."

Since the leadership program began, approximately 60 girls throughout McLean, Great Falls, Vienna and Loudoun County have participated, meeting professional women such as Donna Brazile, CNN political commentator and Democratic strategist; Erin Egan, chief privacy officer for

Facebook, and Bobbie Kilberg, president and CEO of the Northern Virginia Technology Council.

The program was "incredible and unforgettable" said Danielle Hayden, a junior at Potomac Falls High School in Sterling. "This program reassured me that there is opportunity everywhere you go in many fields, whether it is government service, running a small business or working for a government agency like NASA."

Comstock grew up in Springfield, Mass., but remembers the influence of her first visit to Virginia, a third grade family trip to Colonial Williamsburg.

She remembers sitting in the historic Capitol building — in the town where Jefferson studied law with George Wythe — and thinking for the first time that she could be a lawyer too.

"I think that was the first time I wanted to be a lawyer ... I was struck by how these ordinary people did such extraordinary things."

The trip was typical of the influence of her mother, Sally Burns, a long-serving teacher and school administrator. "We would read biographies and then go visit the places we read about," she said. "I developed a real sense of history."

Comstock says her mother has been the most influential person in her life. "My mom is definitely my best friend, that's been one of the great parts of my life."

Burns introduced her daughter to politics as well as history, but from the opposite side of the aisle from where Comstock currently sits. "My mom was a Ted Kennedy girl — back when Rose Kennedy was doing teas" for campaign events, said Comstock.

Now Burns supports her Republican offspring. "My mom has been very active since

SEE COMSTOCK, PAGE 9



**Republican candidate Barbara Comstock surveys a construction site in Loudoun County with longtime U.S. Rep. Frank Wolf (R-10) last spring. Wolf's retirement announcement paved the way for Comstock's congressional run.**

## Q&A WITH BARBARA COMSTOCK

**Q: What are some of your favorite restaurants in your district?**

**A:** "We love The Old Brogue in Great Falls. It's like Cheers, where everybody knows your name. Also The Tavern in Great Falls and J. Gilberts in McLean."

**Q: What personal qualities do you have that make you the best candidate for this position?**

**A:** "All of my bosses would tell you this. I work very hard. As a woman in law and politics, sometimes I've had to work twice as hard as my male counterparts. Also, I am a problem-solver. When we were out campaigning, Congressman Wolf would introduce me to voters as a problem-solver, someone who can get things done."

**Q: What are you most proud of?**

**A:** "Obviously my three children. They are all doing well, and it's really fun to see your children succeed. Dan is a 2005 graduate of University of Virginia; Peter is a 2007 graduate of Virginia Tech, and Caity graduated from Villanova University in 2010 and George Mason in 2012. Peter is now helping me with my campaign; Caity is a scientist who performs DNA analysis on rape kits. She was married last spring, so she is Caity Roller now, and I'm excited to say she is now expecting her first child and our second grandchild."

**Q: What would you tell young women who are considering a career in politics?**

**A:** "Jump in! Believe in yourself, give it your all and 'lean in.' You can make a difference."

**Q: What are your top priorities if you become the next 10th district representative in the U.S. House?**

- A:**
1. Pass legislation increasing the child tax credit from \$1,000 to \$2,000.
  2. Work to repeal and replace ObamaCare which already has caused millions of hardworking Americans to lose their health insurance and have their wellbeing and financial health threatened.
  3. Pass meaningful tax relief for families and small businesses to encourage job creation in Northern Virginia.
  4. Protect our national security and protect our defense and national security infrastructure as well as the salaries and retirement of our dedicated military

**Q: What do you consider your major accomplishments as a Virginia legislator?**

- A:**
- ❖ Virginia's laws cracking down on Human Trafficking
  - ❖ Virginia's Competitive Bidding Law Saving Hundreds of Millions
  - ❖ Virginia's First Lyme Disease Legislation
  - ❖ Virginia's Law to allow for Offshore Exploration of Energy
  - ❖ Virginia's Research and Development Tax Credit to promote Tech Jobs
  - ❖ Virginia's Tax Incentives to Promote Data Centers and Tech Jobs

**Q: What is something people might be surprised to learn about you?**

**A:** "My mother was a 'Ted Kennedy Girl.' My family campaigned for Kennedy. We were Democrats."

**Q: What is the last book you read? "The Mobile Wave" by MicroStrategy CEO**

**A:** "Michael Saylor."

**Q: Who is your hero? Why?**

**A:** "My Mom. She was and is still a teacher who taught me and my sisters to be lifelong learners, to challenge ourselves with new opportunities, and to always give back and improve our community, while keeping grounded in family and faith."

**Q: What do you do to relax? Do you have any particular hobbies, pastimes?**

**A:** "Traveling, skiing, touring Virginia's historical sites and wineries."

**Q: What, if anything, do you DVR on TV?**

**A:** "Homeland"

**Q: The first five songs on your playlist?**

**A:** Tina Turner, "Simply the Best," Martina McBride, "This One's For the Girls," Aretha Franklin's "Respect," anything Frank Sinatra, The Eagles, or Rod Stewart."

**Q: When out-of-town friends visit, where do you like to take them to show off your district?**

**A:** Wolf Trap Center for the Performing Arts



## ELECTION 2014

# Bridging Political Divide

Democrats hope Foust's reputation as a "bridge-builder" connects with voters.

BY VICTORIA ROSS  
THE CONNECTION

**S**traightening his tie, John Foust is preparing for yet another "meet-and-greet" event at the Clifton home of Democratic supporters Terry Matlaga and Kevin Bell.

It's a sunny Saturday afternoon in September, a good thing since the event is being held outside.

Foust smiles when his wife, Marilyn Jerome Foust, who frequently accompanies her husband to these events, reaches up to pat down his hair.

"You look wonderful," she tells him.

It's just seven weeks away from Election Day, in what's considered one of the hottest Congressional races in the country, and Foust's mood is upbeat.

People who know him well say Foust genuinely enjoys meeting new people and listening to their concerns, a skill that served him well during his seven years as a Fairfax County supervisor.

"He always has time for you. John is a true public servant who demonstrates solid working-class values," said Grace Han Wolf, a member of the Herndon Town Council, who has worked with Foust on a number of boards and commissions in the past decade.

"There's not an arrogant bone in his body."

"John is a real bridge-builder, not a bomb-thrower. I've known him for years, and I've seen him working to find common ground on community issues. Congress needs more people like that," said Gary Serota of



PHOTOS BY VICTORIA ROSS/THE CONNECTION

**Fairfax County Supervisor John Foust (D-Dranesville) poses with his campaign staff outside his McLean office on Thursday, Sept. 11. Foust is running for the 10th District Congressional seat held by Republican Frank Wolf for 34 years. From left are Maggie Seal, Devan Kerley, John Foust, Patricia Yacob, John Soules and Samee Ahmad.**

McLean, a longtime friend and neighbor.

**ALTHOUGH THE TWO** were neighbors in McLean, they didn't really meet until they both chaperoned a Langley High School trip to Kenya in 2002.

"We got to know each other well, because we spent hours touring Kenya in these vans that travel for miles over bumpy roads. When you're with someone for 10 days, you get to know them pretty well," Serota said. "John has a consistency of character and he's got great integrity. When John says 'I'm going to do something, he does something.'"

"John is fearless," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors, who introduced Foust during Saturday's campaign event. "He is one of my most valuable colleagues on the board. He has the tenacity to get things done ... He worked day and night to help get the business community back on its feet."

It's that same tenacity that drives Foust, 63, in his ambition to be the first Democratic representative of Virginia's 10th district in more than three decades.

According to the Rothenberg/Roll Call Political Report, the 10th district seat held

firmly for 34 years by retiring U.S. Rep. Frank R. Wolf's could be the rare bright spot for Democrats this midterm election.

While some GOP strategists say Foust might be "punching above his weight class" in the congressional race, other strategists maintain the 10th district — once deeply Republican — is now considered "Leans Republican."

Foust is vying for the seat against fellow McLean resident Barbara Comstock, a GOP member of the Virginia House of Delegates.

In recent weeks, both campaigns have amped up the tone and tenor of the negative political rhetoric. They have also accelerated the number of campaign whistle stops, debates and town hall forums in an effort to get turnout during the midterm election.

**THE SCHEDULE** is grueling, and it only gets worse until Election Day.

"You know, whenever I'm tempted to complain about something in this race, I think about my father," Foust said during a

recent interview in his McLean campaign office.

"My dad was 50 when he lost everything he worked for, and I mean everything — house, possessions, everything — it all just washed away in a flood in my hometown in 1977," said Foust, who grew up as the oldest of five boys in Johnstown, Pa.

The flood to which Foust refers is considered one of the deadliest flash floods in the history of the United States. More than six dams burst, sending 128 million gallons of water through Johnstown. The flooding killed 85 people and rendered thousands homeless, including the Foust family, whose home was completely destroyed.

"I saw my father the morning after the flood," Foust said. "What I vividly remember is that he didn't complain. I kind of clapped him on the back, in a gesture to comfort him ... But the only thing he said was 'I just can't believe I lost that film of you kids.'"

Foust said his father, a laborer on the railroad, was talking about pictures he took at his sons' football games. "My parents grew

### Q&A WITH JOHN FOUST

**Q: What do you consider your top three accomplishments as Dranesville Supervisor?**

**A:** -Fiscal management through the Great Recession  
-Dulles Rail project  
-Delivering numerous pedestrian and bicycle projects in the district

**Q: If you are elected, what are your top three priorities as a new member of Congress?**

**A:** ♦ Focus Congress on solving problems and not on partisan games  
♦ Increase jobs and opportunity in our district  
♦ Increase support for early childhood, K-12 and higher education

**Q: What are the top three reasons why voters should cast their ballots for you on Nov. 4.**

**A:** ♦ My track record as a hard-working, problem-solving elected official who helped balance seven budgets while continuing to invest in our community's priorities  
♦ My support for job-creators like education, infrastructure, and research and development  
♦ My support for women being able to make their own healthcare choices without interference by the government

**Q: What is the last book you read?**

**A:** "That Used to be Us: How America Fell Behind in the World It Invented and How We Can Come Back" (Thomas Freidman, Michael Mandelbaum)

**Q: Who is your hero and why?**

**A:** My father is my hero on how to live my life; Dr. Martin Luther King is my political hero because of his commitment to equality and his courage.

**Q: What do you do to relax?**

**A:** I enjoy hiking, reading, and going out to dinner with my wife.

**Q: What are the first five songs on your playlist?**

**A:** ♦ "Yesterday," by The Beatles  
♦ "Bridge Over Troubled Water" by Simon and Garfunkel  
♦ "Crazy" by Patsy Cline  
♦ "Wind Beneath My Wings," Bette Midler  
♦ "Luckenbach Texas," by Waylon Jennings

**Q: When out-of-town friends visit, where do you like to take them to show off Fairfax County?**

**A:** Riverbend Park

— VICTORIA ROSS

## Bio

**Candidate:** John W. Foust

**Political Party:** Democrat

**Current position:** Member of the Fairfax County Board of Supervisors since 2007. Represents the Dranesville district, which includes McLean, Great Falls, Herndon and portions of Vienna and Falls Church.

**Born:** Sept. 5, 1951 in Johnstown, Pa.

**Residence:** McLean

**Occupation:** Attorney

**Spouse:** Dr. Marilyn Jerome Foust

**Children:** Matthew, Patrick

**Education:** B.A. Economics, University of Pittsburgh; MBA, Law degree, George Washington University Law School

**Community Organizations:** Former President of McLean Citizens Association and District Chairman of Boy Scouts. Current Member Board of Supervisors, Chairman of Audit and Economic Advisory Committees and Vice-chairman of Budget Committee.

SEE BRIDGING, PAGE 9



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## NEWS

# CureSearch Walk At Fairfax Corner

## Event benefits CureSearch for Children's Cancer.

Tara Sankner is a friendly, softball-playing fourth-grader at Lees Corner Elementary. She also has an astrocytoma, a treatable but inoperable form of brain cancer.

So she and her family are participating in the upcoming CureSearch Walk at the Fairfax Corner shopping center, off Monument Drive in Fair Oaks. It's slated for Sunday, Oct. 19; registration and check-in are at 9 a.m., followed by the opening ceremony and walk at 10 a.m.

The event benefits CureSearch for Children's Cancer, and the money raised by Tara's team, "Pray for Tara," supports the organization's mission to fund and support targeted and innovative

children's-cancer research.

The day will include prizes, music, food and fun-filled activities for the entire family. But most of all, Tara's parents, Tammy and Craig Sankner, hope this walk will also make people realize the great need for more children's cancer-research funding.

"I extend an invitation for everyone to participate," said Tammy Sankner. "If you're not able to come and walk, please consider donating to our team. We need your help to be successful, and we'd love to have a lot of support."

People may join Tara's team, register as an individual, or just make a donation to CureSearch for Children's Cancer on her behalf. To do so, go to [www.curesearchwalk.org](http://www.curesearchwalk.org), then select the Northern Virginia walk on Oct. 19 and click "Find a Participant" and search for Tara Sankner.



Tara Sankner

— BONNIE HOBBS

## ROUNDUPS

### Farmers Market On Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for Oct. 9 and Oct. 16.

### Fire Station Open Houses

In honor of National Fire Prevention Week, area fire stations are holding open houses this Saturday, Oct. 11, from 10 a.m.-4 p.m. These include Station 17 at 5856 Old Centreville Road, Centreville; Station 38 at 6001 ODay Drive (off Stone Road), Centreville; Station 15 at 14005 Vernon St., Chantilly and Station 21 at 12300 Lee Jackson Memorial Highway, Fair Oaks.

This year's theme is "Working Smoke Alarms Save Lives. Test Yours Every Month!" Firefighters and paramedics will have displays and activities emphasizing fire and life safety, including preventing fires and fire injuries, especially in the home, plus hands-only CPR demonstrations.

### Help Local Hungry Children

On Saturday, Oct. 18, volunteers from Centreville Elementary and Mount Olive Baptist Church will gather at the school to package more than 1,000 meals. They'll be used for Centreville Elementary's Backpack Food Program for students in need. The public is invited and welcome to join in; come to the school cafeteria anytime between 7:30 a.m. and noon.

### K-9 Krawl 5K is Oct. 18

The Fairfax County Police Department's annual K-9 Krawl 5K is set for Saturday, Oct. 18, at the county

Government Center's parking lot C. Check-in begins at 8:30 a.m., followed by a K-9 demonstration at 8:45 a.m. and the 5K walk at 9 a.m.

This event was created to bring awareness to the connection between animal cruelty and the link to domestic violence, and people are welcome to walk with their dogs. Register at <https://www.surveymonkey.com/s/FCPD2014K9KRAWL>

### VIN-Etching for Vehicles

VIN-Etched windows help police detect and identify stolen vehicles, and this service is available to residents on Saturday, Oct. 18, from noon-4 p.m. It'll take place in the parking lot of Target at 14391 Chantilly Crossing Lane in Chantilly. People may also chat with local police officers and learn new information about auto-theft prevention. Vehicles will be etched in order of arrival, but this event will be cancelled if there's inclement weather.

### Democratic Women To Meet

The Democratic Women of Clifton and Northern Virginia will meet Sunday, Oct. 19, at the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. Members will meet from 3-3:30 p.m.; then from 3:30-5 p.m., the public is invited to hear Fairfax County Sheriff Stacey Kincaid and her staff speak about personal safety. Their program will be titled, "Situational Awareness: Don't Be a Victim."

### Learn about Public Safety

Public safety is the topic for the next meeting of the Sully District Council of Citizens Associations and its Land-Use Committee. It's set for Wednesday, Oct. 22, at 7 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Call Jeff Parnes, evenings, at 703-904-0131.

SEE ROUNDUPS, PAGE 7

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Come One, Come All

Centreville Day offers parade, music, food, costumed pets, vendors and swordsmen.

BY BONNIE HOBBS  
THE CONNECTION

**C**ome one, come all to the 22<sup>nd</sup> annual Centreville Day celebration. It's set for this Saturday, Oct. 11, from 10 a.m.-5 p.m., in Historic Centreville Park, 5714 Mount Gilead Road (off Braddock Road, across Route 29 from the IHOP).

Opening ceremonies are at 10 a.m. on the Centreville Stage in front of St. John's. (The Zombie Slouch 5K has been canceled). Supervisor Michael R. Frey (R-Sully) will welcome everyone and the Centreville Citizen of the Year and Business of the Year will be honored.

A pet costume show for prizes will follow at 10:45 a.m.; register pets at [www.CentrevilleVA.org](http://www.CentrevilleVA.org). Next on tap will be the American Legion Parade which will pass the reviewing stand outside St. John's around noon.

It'll travel through the heart of the Historic District along Mount Gilead and Braddock roads, and prizes will be awarded. To join in, contact Steve Hunter at [geoshunter@gmail.com](mailto:geoshunter@gmail.com).

The Chantilly High Air Force JROTC will be the parade's honor guard. Other participants include Centreville Volunteer Fire Station 17, Centreville Dance Academy, Westfield High theater students, SYA Wildcat Cheerleaders, Scouts and local politicians.

The entertainment on the Centreville stage includes singing, dancing, cheering, theater improv and martial arts. DeeJay Myra Flemister will also play music. Here's the schedule:

11 a.m. - Westfield and Centreville High theater students relate Centreville's history  
11:30 a.m. - VADeates (Beatles' songs)  
Noon - American Legion Parade  
12:30 p.m. - Parade awards  
12:45 p.m. - Centreville Dance  
1:15 p.m. - Centreville Cheer  
1:45 p.m. - The Liabilities  
2:15 p.m. - Westfield Improv Team  
2:45 p.m. Harmony Road  
3 p.m. - Stephon Morton's Kung Fu  
3:30 p.m. - St John's Choir, in the church  
4 p.m. - Outliers Rock Band  
G & C Tire & Auto will provide wristbands for free children's rides. The fun includes a climbing wall for older children and a large, inflatable "Cars" slide for younger ones. They may also enjoy the trackless train for free, courtesy of Kiddie Academy.

There'll be a Trick or Treat Trail through the Historic District and marketplace, and Miss Charlotte and others in Alpha Delta Kappa will be in the children's area with their Faces of Centreville contest, plus games such as tug of war and sack races. Various vendors and churches will also host games.

On the lawn of the Mount Gilead house, Beverly Pelcher will reprise her portrayal of Cornelia Peake MacDonald and present a woman's view of the Civil War. And the "Doctor of Pneumatics," Dean Howarth, will teach people about science via history.

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**The Chantilly Academy's Air Force JROTC will be the parade's honor guard.**

Also on hand will be Civil War reenactors from the 17<sup>th</sup> Virginia, Fairfax Rifles. The Swordmaster of the 18<sup>th</sup> Century, Charlie Anderson, will display his cannon and offer fencing lessons, and James Andrews will portray a pirate.

The food court lineup includes funnel cakes, hot dogs, hamburgers and barbecue, chicken sandwiches, noodle dishes, street tacos, popcorn and homemade ice cream.

In the community marketplace will be crafters, businesses, churches and nonprofits. Handmade crafts include jewelry, children's clothing and fabric art, beer lassos for beer and wine bottles, games and nail wraps and polish.

Centreville Day attendees may ride on the Fairfax County Park Authority's mini history train and discover the treasures of Centreville's Historic District. The guided ride will travel between "stations" at Mount Gilead, the Old Stone Church and the Stuart-Mosby Museum.

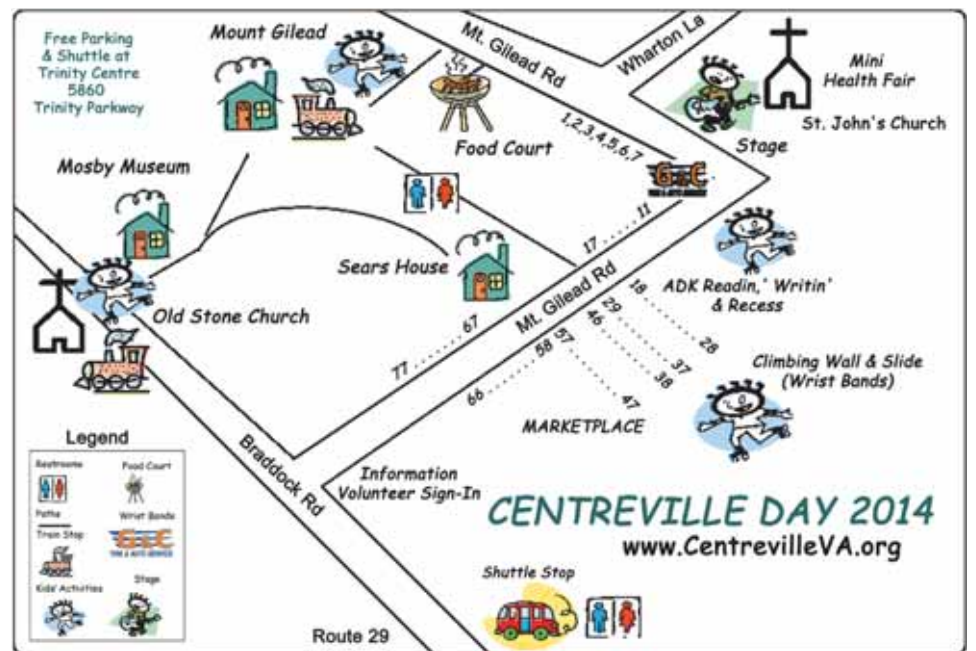
A van tour of Civil War Centreville for ages 12 and up will start from Ellanor C. Lawrence Park at 1 p.m. It features the Stuart-Mosby Museum, Mount Gilead and Centreville's Civil War fortifications. Register for the van tour at [www.fairfaxcounty.gov/parks/ecl](http://www.fairfaxcounty.gov/parks/ecl).

For those preferring a walking tour, Ghost Tours at 2 and 4 p.m. will meet at the Spindle Sears House at 5714 Mount Gilead Road.

These not-so-scary tours examine the stories of ghosts, murder and lost love. Check the Centreville Day website or stop by the information booth for further details.

On the Mount Gilead lawn, Sully Historic Site volunteers will lead hands-on activities such as candle-dipping, cornhusk-doll making and playing 19<sup>th</sup>-century games. On Braddock Road, the Old Stone Church and the Stuart-Mosby Cavalry Museum will be open for tours. Enjoy a Ploughman's lunch or purchase baked treats at the church.

A mini health fair will offer free flu shots, blood-pressure checks, blood-glucose tests (diabetes), plus vision screenings and clinic



**The official Centreville Day map.**

referrals. It'll be in front of St. John's and people may also meet local health-care providers there.

Centreville Day's organized by the Friends of Historic Centreville in partnership with the Park Authority and the Centreville Day

Planning Committee. Admission's free, and free remote parking will be at the Trinity Centre, 5860 Trinity Parkway. Shuttle buses provided by Centreville Baptist Church will take people to and from the festivities in the Historic District.

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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,

## 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/>

about 90 percent of deaths occur in people 65 years and older. "Flu season" in the United 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](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

Email announcements to [chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## BULLETIN BOARD

### WHITE HOUSE ORNAMENT SALE

The Western Fairfax County Woman's Club is selling **2014 White House Christmas ornaments** in honor of the 29th President Warren G. Harding. This two piece train ornament is a reminder of Harding's use of trains during his campaign and White House years. Ornaments cost \$20 and proceeds benefit charity. Order by calling 703-378-6841 or 703-378-6216.

### ELECTRONICS RECYCLING

Residents can now "e-cycle" at the I-66 transfer station. It is free but residents may be asked to show proof of residency. Personal waste only. The I-66 station is located at 4618 West Ox Road, Fairfax and open from 8 a.m.-4 p.m. from Monday-Saturday and from 9 a.m.-4 p.m. on Sundays. Visit [www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm](http://www.fairfaxcounty.gov/dpwes/recycling/electric-sunday.htm) for more.

### TUESDAY/OCT. 14

#### NOVA Registration Closes.

Registration for Northern Virginia Community College's second 8-week term closes. Classes begin Oct. 15. Visit [www.nvcc.edu](http://www.nvcc.edu) or visit campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge. Call 703-323-3000 for more.

**Ladies' Book Club.** 7:30 p.m. at Temple Beth Torah, 4212-C Technology Court, Chantilly. Enjoy a "pot-luck" style book club. Discuss "This is Where I Leave You" by Jonathan Tropper. Visit [www.bethtorah.net](http://www.bethtorah.net) or 703-217-8938.

### THURSDAY/OCT. 16

#### Anniversary Celebration.

6 p.m. Liberty Republican Women's Club's 4th anniversary celebration with Dr. Ileana Johnson-Paugh, Romanian Conservative, speaker and author. Call 703-378-4190 for more.

### FRIDAY/OCT. 17

**Fellowship Dinner.** 7 p.m. at the Westfields Marriott in Chantilly. Western Fairfax Christian Ministries will be holding their 7th annual fellowship dinner. The keynote speaker will be comedian Gordon Douglas. Visit [www.wfcmva.org](http://www.wfcmva.org) for more.

### SATURDAY-SUNDAY/OCT. 18-19

**4th Annual TriMathlon.** At Mathnasium, 5959 Centreville Crest Lane, Centreville. Math competition for children in 2nd, 3rd, 4th and 5th grade. Free to participate and for each student that participates Mathnasium will donate \$10 to a local PTA. Visit [www.mathnasiumtrimathlon.com](http://www.mathnasiumtrimathlon.com) for more.

### SATURDAY/OCT. 18

**Backpack Food Program Party.** 7:30 a.m.-noon. at Centreville

Elementary School, 14330 Green Trails Blvd. Join with Mount Olive Baptist Church to prepare over 1,000 packaged meals for students in need. Call 703-502-3573 for more.

### SUNDAY/OCT. 19

**Author Conversation.** 2 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike. Rebecca Alexander, author of "Not Fade Away: A Memoir of Senses Lost and Found," will sign copies of her first novel. Call 703-537-3000 or visit [boxoffice@jccnv.org](mailto:boxoffice@jccnv.org) for more.

**Democratic Women Meeting.** 3-5 p.m. at the Clifton Town Meeting Hall, 12641 Chapel Road. This program will educate the public on situational awareness. Call 973-470-5800 for more.

### MONDAY/OCT. 20

**Centreville Garden Club.** 7 p.m. at Centreville Presbyterian Church, 15450 Lee Highway. Naturalist Theresa DeFluri will speak at this event on low cost mulching alternatives. Call 703-266-9233 or email [centrevillegardenclub@gmail.com](mailto:centrevillegardenclub@gmail.com) for more.

### WEDNESDAY/OCT. 22

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Fairfax. Free. Visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) for meeting materials, archives and more. Call 703-324-8662.

### SATURDAY/OCT. 24

**Yard Sale.** 8 a.m.-4 p.m. at Deepwood Veterinary Clinic, 7300 Ordway Road. All Yard Sale proceeds go directly to medical care of abandoned and abused animals in need. Call 703-631-9133 for more.

## LETTER TO THE EDITOR

## Results-Oriented Candidate

To the Editor:

Democrat John Foust continues to run a campaign that is misleading voters across the 10th District. His most recent ad states that Barbara Comstock opposes all abortions even in the cases of rape and incest. But John Foust was caught red-handed, because the non-partisan Factcheck.org rated the ad "False." Factcheck.org stated: "An ad in Virginia falsely accuses GOP House candidate Barbara Comstock of seeking to make abortions illegal 'even in cases of rape or incest.' She isn't." And when

they were asked to provide documentation for the citation — the Foust campaign couldn't.

Foust's attempt to mislead and deceive his way to Congress fits right in with the status quo of too many candidates this election season. And all across the country we are seeing these sad, desperate attacks fall flat, because Americans want leaders who will actually solve problems, not treat elections as some sort of game.

This is not the first instance where the campaign was misleading voters.

Foust falsely said that Comstock never had a "real job," and took credit for cutting waste he had little to do with. Just a sad pattern of desperate deception. That's what happens when you have a campaign with nothing to run on — you resort to ugly attacks. On Nov. 4, Voters should once again reject these attacks and opt for a candidate who has outlined a positive message of getting results — Barbara Comstock.

**Wayne A. Abernathy**  
Fairfax

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## ROUNDUPS

FROM PAGE 4

The following people have been invited: Fairfax County Sheriff's department, 1<sup>st</sup> Lt. Jason Matthew Travis; Fair Oaks District Police Station, MPO Wayne Twombly; Sully District Police Station, Assistant Commander, Lt. Bob Blakley, and PFC Tara Gerhard, Crime Prevention Specialist; and Virginia State Police, Fairfax Field Office, Sgt. Robert Alessi and Area Commander Neil C. Johnson.

The land-use committee will also consider applications for home child care and a 150-foot monopole for cell-phone signals on a NOVEC substation near Bull Run Post Office Road in Centreville.

## Two Charged with DWI

To search for drunk drivers, Fairfax County police conducted a DWI checkpoint last Saturday, Oct. 4, at West Ox Road and Penderbrook Drive in Fair Oaks. Some 763 vehicles passed through; two drivers were charged with DWI and one summons was issued.

## Help with Food Drive

Many youth and adult volunteers are needed to help with the Sully District area Boy Scout Food Drive. Shifts are available for set up and tear down, sorting and transporting food on Friday-Saturday, Nov. 7-8. Youth may work with a team of friends and earn community-service hours. Contact Volunteer Manager Annette Bosley at abosley@wfcma.org.

## Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Oct. 23, from 5 p.m. to dusk, at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. (The inspection may be cancelled in the event of inclement weather). Call 703-814-7000, ext. 5140, to confirm dates and times.

## BULLETIN BOARD

### DONATIONS

The **student Auto Sales Program** operating from Centreville High School works in conjunction with the CVHS automotive technology classes to bring in donated automobiles, boats and motorcycles for students to work on. Some refurbished vehicles are sold, with 75 percent of the proceeds going back to the auto tech program. The program is in need of cars, trucks or motorcycles, which are fully tax deductible, for student training. Contact Lyman Rose at 703-802-5588 or by e-mail lyman.rose@fcps.edu for more.

### ONGOING

#### Adoption Event Volunteers.

Volunteers are needed to hold dogs at adoption events on Saturdays from noon-3 p.m. at Petsmart Chantilly, 13866 Metrotech Drive, Chantilly. Volunteers must be 18 or over. Also searching for foster homes for dogs and cats. Event held by Homeless Animals Rescue Team. Visit [www.hart90.org](http://www.hart90.org).

#### Technology Tutoring.

Volunteers offer one-on-one help with computers, basic Microsoft Office applications and navigating the internet. Call to make an appointment at either the Centreville Regional Library, 14200 St. Germain Drive, 703-830-2223 or the Chantilly Regional Library, 4000 Stringfellow Road, 703-502-3883.

#### Research Help.

Reserve a 30-minute

session with a professional librarian for personalized research help. By reservation only. Call the Chantilly Regional Library, 4000 Stringfellow Road, 703-502-3883.

#### English Conversation Practice.

One-on-one practice with an ESL volunteer. By reservation only. Register in person only, but for details call the Chantilly Regional Library, 4000 Stringfellow Road, 703-502-3883.

#### Temple Beth Torah

offers the Northern Virginia Jewish community services that provide spiritual, educational, support and social opportunities including religious school for member children age 3 through Bar/Bat Mitzvah and confirmation. Our congregation welcomes all members of the community to attend any of our services or events. For more information, a newsletter, or a membership package call Jennifer Harding 703-217-8938 or visit [www.BethTorah.net](http://www.BethTorah.net).

#### The John Witt Chapter of the Colonial Dames

of the 17th Century is accepting new members. Colonial Dames is a patriotic, genealogical and heraldic society for women of lineal descendants of an ancestor who lived and served prior to 1701 in one of the original colonies in the geographical area of the present United States. The chapter meets four times a year usually in January, May, September and November. For more information contact jsmithtot@aol.com.

## NEWS



PHOTOS BY BONNIE HOBBS/THE CONNECTION

**From left are Assistant Station Commander, Lt. Bob Blakley; Day Squad B Shift members Sgt. Pat O'Hara, PFC Danny Lambert and 2<sup>nd</sup> Lt. Matt Doyle; plus Capt. Ed O'Carroll.**

## Lambert Named Sully's Officer of Month

BY BONNIE HOBBS  
THE CONNECTION

**P**FC Danny Lambert is the Sully District Station's Officer of the Month for September. He was recognized at the last meeting of the station's Citizens Advisory Committee (CAC).

In his nomination of Lambert, his supervisor, Sgt. Patrick O'Hara, detailed why Lambert was deserving of this honor. "Throughout his career, and especially in July, PFC Lambert demonstrated high levels of commitment in teamwork" to accomplish the tasks associated with his job.

O'Hara said Lambert's also taken a lead role in community-oriented policing in the Sully District. "[He] exemplifies a true team leader for his squad," wrote O'Hara. "His commitment has had a direct and very positive impact on the neighborhoods, making them a safer place to live and work."

Noting that Lambert is called upon by fellow officers for his knowledge, understanding and help, O'Hara said, "He always lends a hand and provides sound guidance when fellow officers are in need. Regardless if Lambert's busy with his own work, he'll stop to assist anyone in need."

Furthermore, wrote O'Hara, "Police work doesn't [follow] a set schedule and Lambert recognizes this. He'll often assist fellow officers until the mission is successfully concluded, regardless of time. He never asks for anything in return for his services, which is admirable."

"Lambert's professionalism is unmatched," continued O'Hara. "While he excels in criminal and traffic policing, he also cares for the citizens and the community in which he serves. Recently, he was recognized by Woodburn Mental Health Professionals, as well as Fairfax County Child Protective Services, for his dedication to the citizens of Fairfax County."

On July 16, Lambert led the Sully District Station's effort to put on a bicycle rodeo, in conjunction with the Boy Scouts. It's an annual event for the station and he routinely participates. It took place at Chantilly National Golf and Country Club and allowed children and their parents to learn bicycle safety, have their bicycles and equipment inspected



**PFC Danny Lambert (left) receives his certificate from the station commander, Capt. Ed O'Carroll.**

by officers and ride through obstacle courses under Sully officers' supervision and guidance.

"Lambert spent countless hours of his own time planning and preparing for the event and meeting with community members [so it would] be successful," wrote O'Hara. "Hundreds of citizens participated in the rodeo and Lambert's dedication to this event was extraordinary."

All in all, said O'Hara, "Lambert is a conscientious, trusted and reliable employee. He uses minimal leave and, when needed, makes sure appropriate staffing is in place. He produces an above-average number of arrests, citations and incident reports. His communication and work ethic is unparalleled. Lambert cares about the Sully District, the officers who work in it and the residents who live here."

At the CAC's Sept. 10 meeting, he received a framed certificate from Capt. Ed O'Carroll, the station commander. "I was here as a new sergeant when the station opened in 2003 and PFC Lambert was here then, too," said O'Carroll. "We worked on evening shift."

"He's a dedicated police officer and is a valuable asset to the station," continued O'Carroll. "He's currently on day shift, still works as a bike officer and is also an instructor for particular skills." Then, turning to Lambert and shaking his hand, O'Carroll thanked him for "a job well done."

CHANTILLY CONNECTION ♦ OCTOBER 9-15, 2014 ♦ 7



# Iturbe's Score Avoids Overtime, Defeats Robinson

## Rams' Arnsmeyer comes up short against former coach.

BY JON ROETMAN  
THE CONNECTION

Chantilly field hockey coach Ralph Chapman felt the Chargers outplayed Robinson during the teams' 2013 regular-season meeting, but the Rams pulled out a victory in strokes.

On Tuesday, Oct. 7, it was Robinson that came out on the short end of the stick.

Chantilly forward Victoria Iturbe scored the game winner with 37 seconds remaining as the Chargers pulled out a 1-0 victory on senior night at Chantilly High School.

The Chargers earned a penalty corner late in regulation, and after forward Bryndie Ballam dribbled through the Robinson defense, Iturbe found the back of the cage, keeping Chantilly alive for one of the top seeds in the Conference 5 tournament.

"It's definitely a relief because if you don't score in [regulation] time, you go to overtime and overtime is really tricky because it's only [7-on-7]," Iturbe said, "so it's just a lot of relief to just be able to get the game over with fast."

Chapman said his team came out flat, due in part to the distractions of senior night and homecoming week.

"Finally we played with a little bit of intensity," Chapman. "It was not one of our better games. I'm not taking anything away from Robinson. They played hard. They played a good game. They were in the right positions, they anticipated, they did everything my kids didn't do. My kids are capable

of playing [better]."

Robinson head coach Lindsay Arnsmeyer, a former Chantilly player and assistant coach under Chapman, said her team played well before surrendering the game's lone goal in the final minute.

"I think they played very strong," Arnsmeyer said. "I think they caught us watching toward the end, so that's why they capitalized at the end."

How frustrating is it to lose a game in that fashion?

"Very frustrating," Arnsmeyer said. "There were 37 seconds left in the game."

Chapman had fun with his former pupil after the game.

"I said, 'Lindsay, this is payback from last year,'" Chapman said. "She started laughing."

The victory improved Chantilly's record to 10-2, including 2-1 in Conference 5. The Chargers have games against Centreville and Herndon remaining, with a chance to earn a top-two seed in the conference tournament.

"I'm proud of my girls," Chapman said. "I'm a little upset that they didn't play their best, but they found a way to win when they didn't play their best. Hopefully, we'll go back to playing our best."

— Chantilly field hockey coach Ralph Chapman

Robinson dropped to 11-3, including 1-3 in the conference. The Rams defeated Centreville, and lost to Westfield, Herndon and Chantilly. Robinson will travel to face Oakton at 7:30 p.m. on Wednesday, Oct. 15.

"I think the competition is definitely stiffer in our conference, but I think [during the] Westfield and Herndon [games], we started off very slow," Arnsmeyer said. "Today, we played very strong. I think [we] moved the ball very well [and] I think [we] dominated for I would say 80 percent of the game until the end."



Jessica Reeves, middle, and the Chantilly field hockey team defeated Robinson 1-0 on Tuesday.



Robinson's Addie Walsh, right, and Chantilly's Bryndie Ballam battle for the ball during Tuesday's game at Chantilly High School.

### SPORTS BRIEFS

## Westfield Football To Host Centreville

The Westfield football team will host Centreville at 7:30 p.m. on Friday, Oct. 10 in a rematch of last year's 6A North region championship game.

Both teams won last week and are 4-1. Westfield defeated Stone Bridge, 15-9. Centreville won its fourth straight game, blanking Chantilly, 48-0.

Centreville beat Westfield twice last season — 28-0 in the regular season and

35-14 in the region final — before going on to win the VHSL 6A state championship.

## SYA Winter Sports Registration Open

Registration is now open for Southwestern Youth Association (SYA) winter sports. Winter sports include basketball, travel basketball, wrestling and track & field.

For additional information on each sport, and to register, please visit the website at [www.syasports.org](http://www.syasports.org). Register early to ensure

team placement.

## Centreville Field Hockey Falls to Lake Braddock

The Centreville field hockey team lost to Lake Braddock, 2-0, on Oct. 2, dropping its record to 4-7-2. Centreville goalkeeper Kyle Le Blanc finished with nine saves.

Four days earlier, the Wildcats defeated Oakton, 1-0. Paige Richbourn scored

Centreville's goal, with an assist from Kelcie Greenfelder. Le Blanc had 20 saves.

The Wildcats will host Chantilly at 4 p.m. on Friday, Oct. 10.

## Chantilly Football To Face Oakton

The Chantilly football team will travel to face Oakton at 7:30 p.m. on Friday, Oct. 10. The Chargers dropped to 3-2 after losing to Centreville, 48-0, Oct. 2.



## ELECTION 2014

# Bridging Political Divide

FROM PAGE 3

up in the Depression, and they didn't expect anything to be handed to them. My dad sometimes worked two or three jobs, but one thing he never missed was our football games."

Foust paused at the memory.

"My parents showed me a great path of how to live and, because of their example, I have a good perspective on what's important and what's not."

Foust said he was the first person in his family to go to college, and the fact that he was able to get an education made a huge difference in his life.

"Because of my education, I was able to make contributions to my community. College is becoming less affordable and less accessible now, and I want to change that. We're leaving talent on the table when we make college out of reach for everyone but the super-wealthy. I want that opportunity to be available to everyone ... it's part of the American dream," Foust said.

"To me, my dad's reaction to that flood, to losing everything in one night, just puts everything into perspective for me. Sure, sometimes you get down in this race, but you work your way through it ... If



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Fairfax County Supervisor John Foust (D-Dranesville) takes calls in the McLean headquarters of his campaign office. Foust is running for the 10th District Congressional seat held by Republican Frank Wolf for 34 years.**

my dad can lose everything and not complain, I can do this," Foust said.

# Comstock's Comfort Zone

FROM PAGE 2

my first campaign. My parents live with us, and the fun thing is that our whole family campaigns together."

Comstock's politics are much different than those of the unabashedly-liberal Kennedy.

She worked for two terms as an aide to Wolf, and headed the public-affairs branch of President George W. Bush's Justice Department. The National Review, in its endorsement of Comstock, said, "Comstock's strong conservative presence in Richmond has earned her high marks from, among others, the National Rifle Association, the Family Foundation of Virginia, and the Virginia Chamber of Commerce, which awarded her its 2012 Free Enterprise Award. She has also received the endorsement of pundits such as Mark Levin and Sean Hannity."

Pat Herrity, a Republican member of the Fairfax County Board of Supervisors, said, "Barbara is exactly the type of common-sense conservative leader we need to pull the party and district together and win this."

But despite her conservative credentials, Comstock seeks to emphasize her willingness to reach across the aisle and work with Democrats. She points to her work on human trafficking issues, where her bills toughening criminal penalties and increasing support for victims received near-unanimous support in the Virginia General Assembly.

Kate O'Beirne of McLean, a former Washington editor of the National Review and co-chair of the Catholics for Comstock Coalition, said, "While seeking common ground for the common good, Barbara



PHOTO CONTRIBUTED

**Barbara Comstock said she "thoroughly enjoys" meeting and greeting people throughout Virginia's 10th district. She has been campaigning throughout the sprawling congressional district since she won the GOP's firehouse primary last April 26.**

has remained deeply committed to her strong values. She is a staunch supporter of working to create a culture of life and has led the fight on behalf of victims of human trafficking."

Comstock has the endorsement of the outgoing incumbent, who was out knocking doors with her on the first Saturday in October.

"No one will work harder for the 10th District than Barbara Comstock," Wolf said. "She's honest, ethical and her energy and ability to get results will make her a great congresswoman."

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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 weak-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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#### HUGE Yard/Bake Sale

3rd annual sale to benefit Lost Dog & Cat Rescue, October 11, 8 a.m.-2 p.m. at 2355 Bedfordshire Circle, Reston. LARGE selection. No early birds, please. Student service hours available 1:30-4 p.m., email [cct17@verizon.net](mailto:cct17@verizon.net) or [lostdogjean@gmail.com](mailto:lostdogjean@gmail.com) for details.

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The Vienna/Oakton Connection  
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## PEOPLE



PHOTO BY GREG BROWN

Cub Scout Chris Davids Jr. lines up a putt while his Dad, Chris Davids Sr., watches.

## Scouts Host Golf Tournament

The Sully District Boy Scouts held its 17<sup>th</sup> Annual Golf Classic on Sept. 15 at the Chantilly National Golf and Country Club. More than 60 golfers participated. Funds were raised to help support the Boy Scouts of America program in the area. Sponsors included General Dynamics IT, AOC Solutions, Jersey Mike's, VION, BB&T, Playa Hotels, S2 Analytical Solutions, Seagate Technology, VSE, William A. Hazel, Inc, Pruitt Foundation, and WISC Enterprises. In addition to the golf tournament, a Parent/Child Golf Clinic was held which covered putting, chipping, and driving. After the events, an awards dinner was held. Trophies were presented to VION, the First Place team, and recognition plaques went to the sponsors.



PHOTO BY WILL PALENSCAR

Sully District Chairman Bill Schoonmaker takes a swing at the ball.



PHOTO CONTRIBUTED

### Reading Celebration

In the summer, students at Poplar Tree Elementary School were challenged to read 10 books from different genres. All students who completed the challenge and returned their reading logs were invited to a reading celebration.



# ENTERTAINMENT

Email announcements to [chantilly@connectionnewspapers.com](mailto:chantilly@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**Adopt a Dog.** Sundays, 1-4 p.m. at Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit [aforeverhome.org](http://aforeverhome.org) for more information.

The **Airbus IMAX Theater at National Air and Space Museum Udvar-Hazy Center**, 14390 Air & Space Museum Parkway, is showing movies including "D-Day: Normandy 1944", "Hubble," "Fighter Pilot," "Hidden Universe" and "The Dream is Alive." Visit <http://airandspace.si.edu/udvarhazy> or call 703-572-4118 for the movie schedule or to schedule an IMAX On Demand show for groups of 50 or more.

**Sully Historic Site.** 3650 Historic Sully Way, Chantilly. Enjoy guided tours of the 1794 home of Northern Virginia's first Congressman, Richard Bland Lee. \$7/adult; \$6/student; \$5/senior and child. Hours are 11 a.m.-4 p.m. 703-437-1794.

**Singing.** 7:30 p.m. at Lord of Life Lutheran Church, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires rehearse every Wednesday which includes training by an award-winning director. Visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for more.

**Cox Farms Fall Festival.** Saturday, Sept. 27 - Tuesday, Nov. 4. 10 a.m. - 6 p.m. (closing 5 p.m. in Nov. ) Cox Farms, 15621 Braddock Road, Centreville. Activities and seasonal food. Visit [www.coxfarms.com](http://www.coxfarms.com) for

more.

**Fields of Fear.** 7:30-11 p.m. (last admission at 10 p.m. or earlier if sold out.) Friday and Saturday nights Sept. 26-Nov. 1. Cox Farms, 15621 Braddock Road, Centreville. Haunted Cornightmare trail, Dark Side Hayride: Zombie Zoo, Firegrounds hangout with six-lane slide, bonfires, food and games. Visit [www.fieldsoffear.com](http://www.fieldsoffear.com) for more.

## SATURDAY-SUNDAY/OCT. 11-12

### 76th Annual Potomac Rose

**Society Rose Show.** Saturday, 1-6 p.m. and Sunday, noon-4p.m. See roses and have your questions answered by rosarians. Call 703-968-9600 or visit [merrifieldgardencenter.com](http://merrifieldgardencenter.com) for more.

## SATURDAY/OCT. 11

**Centreville Day.** 10 a.m.-5 p.m. Historic Centreville Park in the Centreville Historic District, 5714 Mt. Gilead Road. Food, crafters and other vendors, parade, entertainment and more. Visit [www.centrevilleva.org](http://www.centrevilleva.org).

**Nova Community Fall Festival.** 10 a.m.-4 p.m. at Manassas Campus of Northern Virginia Community College, 6901 Sudley Road. The festival offers entertainment and activities for all ages, including a car show, arts and crafts, food vendors and community information booths. Visit [www.novafallfestival.com](http://www.novafallfestival.com) or contact 703-530-3077 for more.

**Opening Art Reception.** 8 p.m.-midnight at Epicure Café, 11104 Lee Highway, Fairfax. Spend an evening with artists and view a new art exhibition titled "Fallen" curated by The Bunnyman Bridge Collective. The exhibit will be on display in the cafe until Dec.5. Visit

[www.epicurecafe.org](http://www.epicurecafe.org) for more.

## SUNDAY/OCT. 12

**Get Ready for Clifton Day.** 9 a.m. - 5 p.m. Clifton. Food, live music, horseback rides, craft demonstrations, children's activities and more. Free admission. For directions and more information, visit [www.cliftonday.com](http://www.cliftonday.com)

**Tea Party.** 1:30-3 p.m. at Little Rocky Run Recreation Center, 13900 Stonefield Drive, Clifton. Mia Saunders School of Ballet is hosting the Sugar Plum Fairy Tea Party. This event is appropriate for children ages 3 and up. Ballet dancers will entertain and refreshments will be served. Reservations are required. Tickets \$10. Contact Jo Ellen Staub at [jstaub28@gmail.com](mailto:jstaub28@gmail.com) for more.

**Fields of Fear Bonus Night.** 7:30-11 p.m. (last admission at 10 p.m. or earlier if sold out.) Cox Farms, 15621 Braddock Road, Centreville. Haunted Cornightmare trail, Dark Side Hayride: Zombie Zoo, Firegrounds hangout with six-lane slide, bonfires, food and games. Visit [www.fieldsoffear.com](http://www.fieldsoffear.com) for more.

## FRIDAY-SUNDAY/OCT. 16-19

**Used Book Sale.** Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.- 5 p.m. Sunday, 1-3 p.m. at the Centreville Regional Library, 14200 St. Thousands of books, both fiction and nonfiction, will be sold. Plus, a limited number of CDs and DVDs will be offered at bargain prices. Visit [FriendsOfCentrevilleLibrary.blogspot.com](http://FriendsOfCentrevilleLibrary.blogspot.com) or contact 703-830-2223 for more.

## FRIDAY-SUNDAY/OCT. 17-19

### 19th Annual Craftsmen's Fall

**Classic Art & Craft Festival.** 10 a.m.-6 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Features original designs and work from hundreds of talented artists and craftspeople from across America. Visit [www.gilmoreshows.com/craftsmens\\_classics\\_chantilly\\_fall.shtml](http://www.gilmoreshows.com/craftsmens_classics_chantilly_fall.shtml).

**Freedomwalk Festival.** The US FreedomWalk Festival is a weekend long, non-competitive, social walking challenge bringing participants of all ages and abilities together for fun, fitness, and international friendship. Different trails will be offered each day, and a variety of distances ranging from 3-27 miles (5-43 kilometers) starting at the Holiday Inn Rosslyn, 1900 N Fort Myer Drive. Visit [www.rosslynva.org/do](http://www.rosslynva.org/do) for more.

## SATURDAY/OCT. 18

**Community Yard Sale.** 8 a.m.-2 p.m. at individual residences within the community. Treasure maps will be given out on the corner of Pleasant Valley and Wetherburn Drive the morning of the sale. Call 703-216-6730 for more.

### Fairfax County Police Department

**K-9 Krawl 5K.** Check-in begins at 8:30 a.m., walk begins at 9 a.m. Fairfax County Government Center (parking lot C), 12000 Government Centre Parkway, Fairfax. Join to bring awareness to the connection between animal cruelty and the link to domestic violence. To register please visit <https://www.surveymonkey.com/s/FCPD2014K9KRAWL>

**REV3 Adventure.** 10 a.m. at Fountainhead Regional Park, 10875 Hampton Road. Test stamina and Benefit Centreville High School Athletics. Trail runners, mountain bikers or anyone who enjoys both can

race. Visit [www.rev3adventure.com/race/fall-foliage-trail-series-trail-run-mountain-bike](http://www.rev3adventure.com/race/fall-foliage-trail-series-trail-run-mountain-bike) for more.

### Fall Magic with Trees and Shrubs.

10 a.m. at Merrifield Garden Center, Fair Oaks Meeting Room, 12101 Lee Highway, Fairfax. Bring out the best in the garden. Michael Fahey will introduce a wide variety of trees and shrubs with dazzling leaves. Call 703-968-9600 or visit [merrifieldgardencenter.com](http://merrifieldgardencenter.com) for more.

### A Toast to the Animals.

1:30-5:30 p.m. Award-winning wine, music, silent auction and more. Supporting the Humane Society of Fairfax County. Friendly, leashed dogs welcome. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Tickets: \$40 in advance or \$50 at the door, available online: [hsfc.org/](http://hsfc.org/)

**Historic Hallows Eve.** 4 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallows Eve with storytelling, fortune telling, fall foods and family gatherings. Visit [fairfaxcounty.gov/parks/sully-historic-site](http://fairfaxcounty.gov/parks/sully-historic-site).

## SUNDAY/OCT. 19

**The Circus Life Festival.** 11 a.m.-7 p.m. The Winery at Bull Run, 15950 Lee Highway, Centreville. Grape stomping and bands. Net proceeds benefit Meant to Live Foundation and Cancer Can Rock. Bring lawn chairs and blankets. Visit [www.bullrunwinery.com](http://www.bullrunwinery.com) for more.

## TUESDAY/OCT. 21

**First Rehearsal for the Herndon Regional Wind Ensemble.** 7-9 p.m. Herndon Middle School, 901 Locust St, Herndon. The band is looking for new members and will offer a series of free public concerts throughout the year. Email [herndonregionalwindensemble@gmail.com](mailto:herndonregionalwindensemble@gmail.com).

## SATURDAY/OCT. 25

**Air and Scare.** 2-7 p.m. Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. See the spooky side of air and space at the annual Halloween event. Arrive in costume for safe indoor trick-or-treating, creepy crafts, spooky science experiments and other Halloween-themed activities. Visit <http://airandspace.si.edu/events/air-and-scare/>.

### Aaron Shust and Embassy

**Worship in Concert.** 7 p.m. Centreville Baptist Church, 15100 Lee Highway, Centreville. All of the net proceeds benefit Meant 2 Live Foundation. Visit [www.meant2live.org](http://www.meant2live.org) fore more.

### Clifton Haunted Trail.

7-10 p.m. Chapel Road, Clifton. A terrifying annual event that winds through Clifton's 8 Acre Park. Visit [cliftonhauntedtrail.com](http://cliftonhauntedtrail.com).

### An Evening of Comedy with

**Annabelle Gurwitch.** 8 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Annabelle Gurwitch is a Jewish mother, a passionate environmentalist, a reluctant atheist and the author of the new book "I See You Made an Effort: Compliments, Indignities, and Survival Stories from the Edge of 50." Call 703-537-3000 or visit [www.jccnvarts.org](http://www.jccnvarts.org) for more.

## FRIDAY-SUNDAY/OCT. 24-26

**Library Used Book Sale.** Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.-5 p.m. Sunday, 1-4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. A large selection of books for children and adults, plus DVDs, CDs and audio books will be available for purchase. Visit [fairfaxcounty.gov/library/events](http://fairfaxcounty.gov/library/events).

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## Great Falls Studios Art Tour Set for Oct. 17-19

One of the simple pleasures of the Great Falls Studios art tour is its easy accessibility.

With 50 professional artists situated within an 18-mile radius offering access to their personal working space, all a motivated art tourist needs to do is get the map and head to their destinations of choice between 10 a.m. and 5 p.m. from Friday, Oct. 17 to Sunday, Oct. 19.

Participating artists have arranged an "open house" for the weekend at each stop and relish the opportunity to show off re-

cent work. Disciplines range from traditional painting and photography to layered paper, fiber art, pottery and jewelry making. A diversity of style and vision blossoms in all directions.

Overall, the consortium represents 113 artists; many have been plying their craft for decades; some have received national honors. The tour is free and all are welcome to any of the participating studios. Nichols says that many visitors develop a practical trip plan by following a particular theme.

For more, see [www.greatfallsstudios.com](http://www.greatfallsstudios.com)



Painter Robert Gilbert in his home studio.

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## Neighbors Helping Neighbors

Clifton residents to hold open-house tour of newly remodeled homes for the benefit of local widow.

BY JOHN BYRD

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. Armendaris has also raised several thousand dollars for the project.

**ARMENDARIS' STORY IS ONE** of quiet determination in pursuit of the American Dream.



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.

With its tree-shaded lot and sizable liv-

ing and family rooms, the house provided a perfect setting. Among other features, the two-level structure is off the main road, down a winding driveway. A safe place for kids.

Initially, the center did well. Since it was

### Details

Remodeler's Charity Home Tour, Nov. 15, 10 a.m.-4 p.m. Visit [www.RemodelersCharityHomeTour.com](http://www.RemodelersCharityHomeTour.com) or call 703-425-5588 for more.

PHOTO COURTESY OF HOME FRONTS NEWS

**LEFT: Granite surfaces, marble tile wall covering, a coffered ceiling are among the finishwork details distinguishing the Layfield kitchen by Sun Design Remodeling.**

convenient to nearby Clifton Elementary, parents would leave their children with Armendaris before and after school. Many of the children at the center were friends with her own children.

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.

Armendaris says that she and her children with the help of a friendly neighbor have been patching the drive for years. However, it eventually become obvious that her own fix-up efforts wouldn't be enough.

Soon she began soliciting bids from professional pavers, some of whom were simply working the neighborhood.

"I wasn't sure what I really needed, or who was reliable," she recalls. "But what really slowed the process was the cost."

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."

SEE NEIGHBORS, 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 8

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# Neighbors Helping Neighbors: Clifton Home Tour

## Details

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

FROM PAGE 3

### THE TOUR

The tour has been conceived to provide a close-up look at how Clifton residents live today, and to profile several design trends now being applied to local homes. It also will reflect some of the community's varied demographics — which range from young families to retirees retrofitting their house to age-in-place.

### MAKEOVER IN COLCHESTER HUNT

In Clifton's Colchester Hunt section, Steve and Maureen Landry are putting the finishing touches on a forward-looking retrofit executed by Tom Flach at Kohlmark Architects. The Craftsman-style architecture embraces an open floor plan which the Landrys see as perfect for a host of regular social pursuits such as book clubs and after-church gatherings.

Referring to the house as "his last home," Steve Landry, 65, says he and his wife actually looked for a larger house "further out" before deciding that improving what they had was their best option.

"It was Tom Flach's clever ideas that were the deciding factor," Maureen Landry said. The plan included needs for the immediate future, and also elements that might be needed to age in place over extended time.

For instance, the former 400-square-foot garage has been converted into a well-appointed master suite complete with 14-foot cathedral ceiling, a full bath and an 8-foot wall of windows focused on the garden and two-tiered pond. While the couple's initial plan is to use the new space as a reading room, Maureen Landry said that the suite is a nod to an aging-in-place strategy that

calls for frequently used spaces to be on the same floor.

"We've even got ideas and costs for an elevator, should we need one," she said.

Meanwhile, a new two car garage has been added to the home's front elevation. The eye-catching period facade incorporates "mesa red" windows, a new entrance portico articulated in cedar truss beams and French doors that open directly onto a front-facing patio.

With the former powder room absorbed into the new suite, and interior walls removed, the architect developed the new open floor plan.

The kitchen and dining zone is now formed into a 600-square-foot family kitchen that revolves around a two-tier food preparation island and dining counter. Mounted on a cherry wood base, the island is surfaced in both walnut butcher block and Vermont soapstone.

Adjacent to the kitchen/dining area, delineated by a peninsular fireplace, the 300-square-foot family room/sitting room provides ample space for an enlarged social gathering. The 225-square-foot sunroom, now mainstreamed into the home's HVAC system, is a gathering spot with a panoramic view of the wooded surroundings.

### KITCHEN SUITE IN ELEGANT TRANSITIONAL STYLE

Not too far away in Clifton Heights, Rick and Kelly Layfield are reveling in a new family-friendly kitchen and outlier zones custom-designed for their active daily household needs by Jon Benson, lead designer at Sun Design Remodeling.

"We have three children under age 12," Kelly said, "so we wanted a plan that would

make it easier for everyone to interact, and that also offered sightlines from the kitchen to the backyard where the kids play."

That meant re-working a course of windows on the rear elevation, making it easier to access the outside from several directions and introducing a floor plan more conducive to free-flowing traffic.

The starting point, however, was the offending two-tiered ceiling, a reminder of the fact that the back half of the kitchen has a separate roof unconnected to the structural supports in the first half of the kitchen which are busily engaged in holding up the home's second floor.

"Structurally, the existing plan is perfectly logical," Jon Benson said. "Aesthetically, it was a strange effect ... one that Kelly Layfield wanted to change."

Benson proposed a coffered ceiling. The end product unifies the room visually and reintroduces the classical design elements found in the home's formal front rooms that had been curiously missing in its kitchen.

The ceiling also set the tone for a much more refined and elegant plan featuring several of Benson's original built-ins.

There is a new granite-surfaced island and dining counter. While the kitchen also formerly provided a spot for family breakfasts, Kelly Layfield said it mostly seemed space restricted.

Benson created a larger exit door in the middle-of the kitchen's rear wall, allocating expanded corner space for a L-shaped window bench which will provide built-in seating for the breakfast table as well as handy storage. There is also now a door from the family room to the screened porch.

Benson added a grilling deck next to the screened porch and just outside the new



PHOTOS COURTESY OF HOME FRONTS NEWS

**Remodeler Ted Daniels added 2,000 square feet to his personal residence on Hunting Horse Drive and reconfigured the first floor to include a comfortable family room adjacent to a large gourmet kitchen. Daniels had purchased the cherry wood mantle years before he knew where he would use it.**

kitchen door. Rick Layfield, who is the family's grilling chef finds it a great place to interact with friends and family while pursuing a favored recipe.

### FAMILY HOME ON HUNTING HORSE DRIVE

Those who know their way around Hunting Horse Drive sometimes might wonder what happened to the circa-1970s Colonial style house that used to be perched up on the overlook. Clearly, the sprawling manor house there now is an entirely different home, but how did it get there?

Owner and professional remodeler Ted Daniels says the makeover was the result of an inspired plan to create an environment that would work better for himself, wife Gayle and their two children.

Purchasing the 4,400-square-foot production house in 2000, Daniels initially thought the house adequate for raising a family, and focused on the serious business of renovating other people's homes. Certainly, the five-acre wood lot had everything to offer in the way of a lovely bucolic setting.

But after living in the house for a while, Daniels developed a growing list of possible improvements, which prompted a decision

to add 2,000 square feet to the rear of the house, and gut the entire first and second floors almost down to the studs.

"For starters, I didn't like the way the first floor was configured," Daniels says. "The kitchen and family room were partitioned in a way that inhibited traffic, and the interior was really dated. I wanted a quiet first floor place where the kids could do their homework. Also, there wasn't enough storage." He also wanted better lines-of-sight.

Upstairs, the master bedroom was too small. The sitting room, which offered the best view, also became a kind of clutter-prone foyer between the walk-in closet and the master bath.

"It was as if we were living in someone else's house," Daniels said. "I wanted a plan that would really support a whole spectrum of daily family requirements."

With substantial new square footage now extending out the rear of the existing structure, Daniels generously reconfigured floor plans on the first and second level, concentrating on how his family would use the new space.

The 396-square-foot kitchen segues easily into a rear-facing great room that features floor-to-ceiling windows flanking a

central French door. The many original built-ins include a food preparation island and knee-high walnut cabinets which provide a space divider between two primary activity zones. The inside corner of the kitchen accommodates a family dining nook.

The primary focal point of the family room is a hand-carved cherry wood mantle piece Daniels bought years ago, having no idea when or where he would use it.

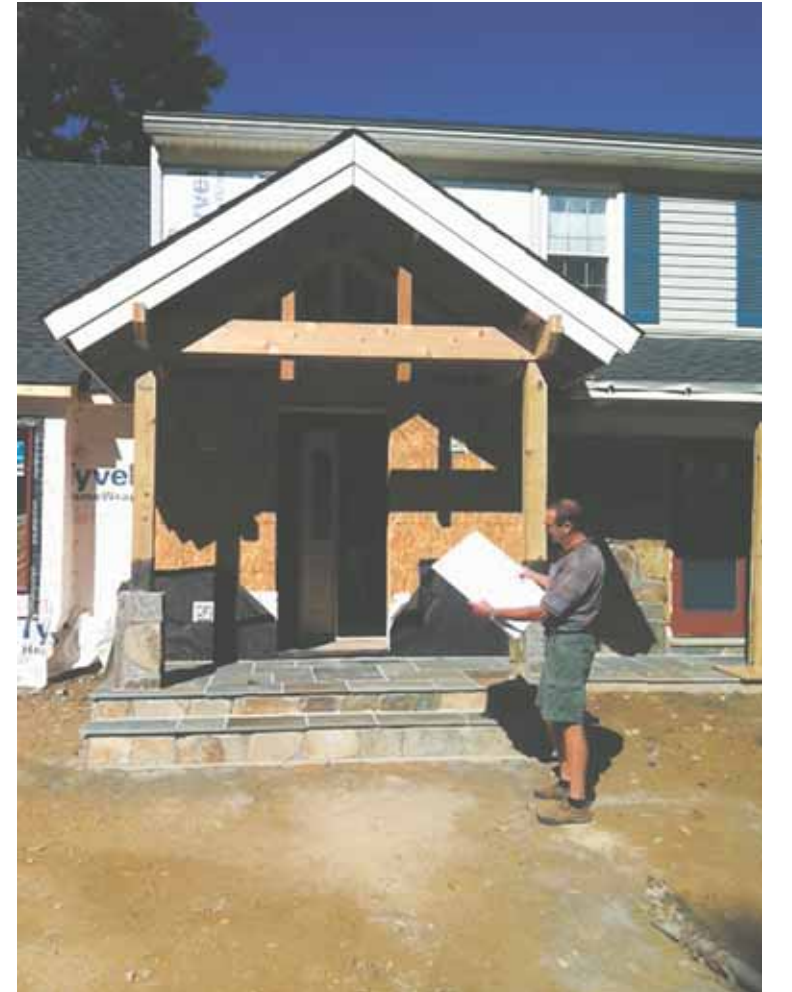
"It's comforting to see an impulse buy become a real focal point," he said.

Upstairs, Daniels built a 715-square-foot master bedroom suite that opens directly to a sprawling balcony with views in three directions.

"This is the spot where we can have some privacy and still keep an eye on the kids," Gayle Daniels said. "It's quite romantic."

The luxury bathroom and large walk-in closet are now sensibly positioned on either side of the suite's entrance foyer. The master bath includes a soaking tub, a spacious walk-in shower and a private closet for Gayle's vanity.

The formal living room and dining room are on the right side of the first floor, segregated by a fully-wired well-appointed room the kids use for homework.



**In Clifton's Colchester Hunt section, architect Tom Flach at Kohlmark Architects checks plans for Steve and Maureen Landry's Craftsman-style renovation, now getting its finishing touches.**



**The fireplace hearth in the Layfield den was completely remade in the plan executed by Sun Design Remodeling.**

**The Layfield kitchen remodeled by Sun Design Remodeling includes granite surfaces, marble tile wall coverings and a coffered ceiling.**





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**7** 9812  
Portside  
Drive,  
Burke —  
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**8** 13749  
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1 11900 CUSTIS ACRES DR	5	..	5	..	0	CLIFTON	\$1,380,000	....	Detached	.....	8.22	20124	.....	TOWERING OAKS	.....	08/01/14	
2 9402 OLD RESERVE WAY	5	..	4	..	1	FAIRFAX	\$1,345,000	....	Detached	.....	0.25	22031	.....	PICKETT'S RESERVE	.....	08/25/14	
3 5152 PLEASANT FOREST DR	5	..	4	..	1	CENTREVILLE	\$1,165,000	....	Detached	.....	1.06	20120	.....	PLEASANT VALLEY	.....	08/28/14	
4 6150 REZA CT	6	..	5	..	2	SPRINGFIELD	\$1,100,000	....	Detached	.....	0.24	22152	.....	CARDINAL ESTATES	.....	08/29/14	
5 6297 CLIFTON RD	4	..	3	..	2	CLIFTON	\$1,050,000	....	Detached	.....	5.00	20124	.....	CLIFTON DOWNS	.....	08/07/14	
6 10107 WATERSIDE DR	5	..	4	..	1	BURKE	\$1,050,000	....	Detached	.....	0.73	22015	.....	EDGEWATER	.....	08/22/14	
7 9812 PORTSIDE DR	4	..	3	..	1	BURKE	\$1,035,000	....	Detached	.....	0.94	22015	.....	EDGEWATER	.....	08/25/14	
8 13749 BALMORAL GREENS AVE	..	4	..	5	..	1	CLIFTON	\$1,030,000	....	Detached	.....	1.20	20124	.....	BALMORAL GREENS	.....	08/29/14
9 4004 WOODBERRY MEADOW DR	..	4	..	4	..	1	FAIRFAX	\$960,000	....	Detached	.....	0.17	22033	.....	KENSINGTON MANOR	..	08/28/14

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# Fireplaces Can Warm Outdoor Rooms

## Tips for making your outdoor spaces comfy through the fall.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s 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 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 chai-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."

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.



**A fireplace commands attention and can offer a warm place for reading, napping or chatting with friends.**

## 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 beautiful 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."

One plant that is often associated with cooler weather is a holly tree, but Eric Shorb of American Plant in Bethesda, Md., offers a caveat. "As we get closer to the end of November and the beginning of December you want to be careful about planting such broadleaf evergreens," he said. "If they haven't had time to develop a sufficient enough root system they can become susceptible to wind burn because the roots will not be able to absorb moisture." He recommends deciduous trees and fine leaf evergreens. "A Leland Cypress or an Arborvitae that don't need as much moisture will survive better as the weather gets colder."

Ornamental vegetables also work well in fall and beyond. "There is decorative 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."

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