



Great Falls CONNECTION

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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PHOTOS BY VICTORIA ROSS/THE CONNECTION

OCTOBER 12-18, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



OUR CONGRESSWOMAN

BARBARA COMSTOCK



A Plan to Protect Seniors



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

The Washington Post
Bipartisan Doc-fix passes the House
3/26/15

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Barbara Comstock

Barbara Comstock will stand up for seniors and protect Medicare.

- › Passed a bipartisan bill to strengthen Medicare so seniors are able to keep their trusted doctors.
- › 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.

ELECTION DAY
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ABSENTEE VOTING INFORMATION:
BarbaraComstockForCongress.com/absentee

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Paid for by Comstock for Congress

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.

of work and children.

"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."



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WEEK IN GREAT FALLS

Halloween Spooktacular in Great Falls

The Halloween Spooktacular will be held at Great Falls Village Green and Great Falls Center on Monday, Oct. 31, 5-7 p.m., with Pet Parade at 4 p.m. (all dogs must vacate the green by 4:50 p.m.)

The Spooktacular was launched more than 25 years ago to provide younger children (12 and under) with a central, convenient place in Great Falls to have fun trick or treating.

❖ Boy Scout Troop 55 will create some spooky fun for everyone in the Haunted House;

❖ The Langley Marching Band joins us in the Wells Fargo parking lot;

❖ Linda Waitkus of Great Dogs of Great Falls is leading the Pet Parade starting at the Gazebo;

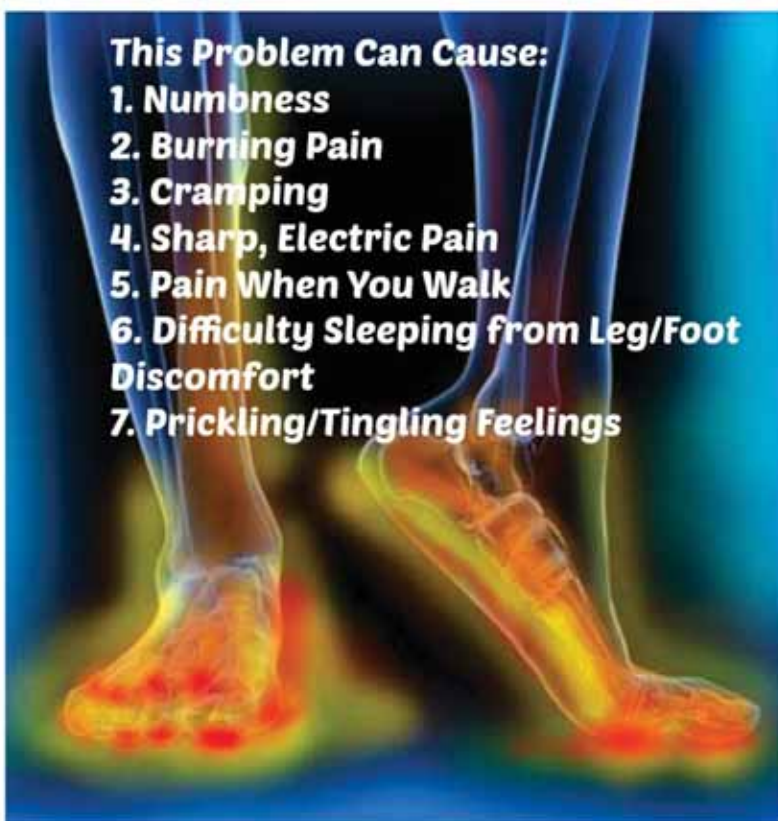
❖ Look out for the Great Falls Volunteer Firefighters in the Safeway parking lot.

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6:15PM

At Loebig Chiropractic & Rehab
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Seats are limited so please call 703-757-5817 to reserve your seat!



Collecting 'Bikes for the World'

On October 1, more than 20 Boy Scouts, adult leaders, and family members from Great Falls' Troop 55, chartered by St. Francis Episcopal Church, worked with non-profit organization "Bikes for The World" from 8 a.m. to 3 p.m. to collect and prepare 51 used bicycles for Central America. The bikes will be shipped to Panama to make quality used bicycles and parts affordable and available to lower income people and select institutions, to enhance their lives and livelihoods through better transport, and to generate skilled employment in bicycle repair and maintenance overseas.



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Vote No on Ballot Question One

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



COMMENTARY

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

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, CPA's, 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.

LETTERS TO THE EDITOR

Cutting Costs Instead of Raising Taxes

To the Editor:

I am writing in response to the MCA's recent decision to support the Meal's Tax referendum and similar measures across Fairfax County.

When Fairfax County school officials and the School Board chose not to implement any cost reductions proposed by the public task force convened by Superintendent Garza they failed to meet their fiduciary

responsibility as stewards of public resources. If they can't find a way to first cut costs and streamline operations before asking for more, then why should taxpayers be forced to do so? Purportedly, the school

system is to receive 70 percent of the meals taxes collected (approx. \$70M annually). Recall it was the goal of the task force to reduce expenses by \$75M. The task force wasted countless time and effort that could have been better spent elsewhere. We'd be fools to vote for this new tax following such a costly charade.

In the resolution, the MCA asked for the Fairfax County Board of Supervisors to find and eliminate inefficiencies instead of raising the real estate tax rate. Are you kidding me (see above)? Should the

referendum pass, I do believe that the Board of Supervisors will temporarily hold the line on real estate tax rate increases.

Remarkably, however, we will see assessments go up immediately. Watch closely. It's simple math and nobody should be fooled by this.

If we citizens keep voting to increase our own taxes, the Board of Supervisors and School Board will have no incentive to actually find ways to more effectively manage expenses. Maybe it's time for a ballot referendum to stop any tax rate and spending increases until the County gets the message to cut costs.

Ethel Pascal
Great Falls

Standing with the Victims of Terrorism

To the Editor:

In a rare moment of broad bipartisan cooperation, Congress came together to pass the Justice Against Sponsors of Terrorism Act. This bill allows victims of terrorist attacks and their families to sue foreign nations, if the foreign government played a role in an act of terrorism. Now families of September 11th victims will finally get their day in court as they will have the opportunity to sue Saudi Arabia and hold those who perpetrated the

attacks accountable. This hits close to home for many of us in this area who lost loved ones and close personal friends or knew those who died on that tragic day.

As you can imagine, I was terribly disheartened to see that President Obama vetoed this bill. However, Republicans and Democrats in Congress once again united last week and voted overwhelmingly override the

President's veto. I was pleased to see our Congresswoman, Barbara Comstock, stand with the victims of terrorism. From seeking justice for family members who have lost loved ones in terrorist attacks to working to prevent future attacks, by keeping GITMO detainees out of the U.S. and supporting defense spending at the necessary levels to keep our country safe, Barbara Comstock has made combating terrorism and our nation's security her top priority. She should be commended for her efforts and deserves a second term.

David Ho
Great Falls

Tyson's Needs Schools Too

To the Editor:

As it is widely known, Spring Hill Elementary is bursting at the seams, and is officially over capacity. We currently have around

1,000 students. Yet, the Tysons Development plan continues to roll out more and more new housing projects. The latest groundbreaking ceremony for The Boro at Tysons will have 700 residential units in Phase One alone.

This is just one example of many new building projects popping up each day. Our school simply cannot handle the influx of students this high density housing will bring. To make matters worse, the new elementary school planned to serve Tysons is not slated to open until 2030. It's astounding that this amount of residential development was approved without plans for a school for all these new residents. Our children at Spring Hill are paying the price with overcrowded conditions at school that is only getting worse, with no end in sight.

This rate of development with zero concern about the impact on area schools is nothing short of reckless and irresponsible. I am sickened by the priorities of our Supervisor placing the developers above our children. I am appalled by our school board representative who is taking no action to right this wrong. We need this addressed now. Today. Not in 2030. This is an egregious disservice to Dranesville residents, and our children at Spring Hill. Our children deserve better than this.

Megan Roberge
Spring Hill PTO
President-Elect

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NEWS DEPARTMENT:
greatfalls@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Salome Howard-Gaibler
Display Advertising
703-415-5394
salome@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
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The Kensington Falls Church Presents the Parkinson's Communications Club

Announcing an Introductory Orientation with
Codrin Lungu, MD and Susan Wranik, MS, MA, CCC-SLP
Saturday, October 22, 2016 • 1:30-3:30pm

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Light refreshments served • RSVP to Karen Akers at 703-570-8671 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) to offer the Parkinson's Communications Club. The Club establishes a wellness and prevention program for individuals with Parkinson's disease and their care partners, with a focus on maintenance of communication skills. It stresses the importance of speaking louder to be heard in social settings.

The Parkinson's Communications Club is led by a licensed speech-language therapist, Susan Wranik, who has been trained in LSVT LOUD therapy (Lee Silverman Voice Treatment,

which improves vocal loudness by stimulating muscles of the voice box and speech mechanism through systematic exercises). The Club, however, is not therapy. Rather, it is a group approach to applying the exercises and skills of LOUD and/or other therapies. The first of weekly sessions begins in November 2016 in Falls Church. The program is available at no cost.*

Please join us for an orientation with Dr. Codrin Lungu, Chief of the Parkinson's Disease Clinic at the National Institutes of Health, and Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. RSVP requested.



Codrin Lungu, MD is a board-certified neurologist who specializes in movement disorders. He is a member of the Parkinson Foundation of The National Capital Area Medical Advisory Board. He is currently involved in collaborative research at the National Institutes of Health (NIH) in several areas related to movement disorders.



Susan Wranik, MS, MA, CCC-SLP is a Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. She provides comprehensive assessment and treatment of speech, swallowing, memory and cognitive issues related to stroke, traumatic brain injury, Parkinson's, dementia and other neurogenic diseases. Home visits. Licensed in DC, MD, VA.


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CONGRESSWOMAN BARBARA COMSTOCK

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As Our Congresswoman, Barbara is Putting Children First:

Barbara understands the sacrifices and commitments made by educators in Virginia's 10th District and across the nation. She supports policies which empower parents and give states and localities more control over their local schools to ensure the best education for our children.

» The House passed Congresswoman Comstock's *Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act*, which will help young women in the STEM fields through programs at NASA.

» Congresswoman Comstock has authored the *Student Loan Relief Act*, which would offer students the ability to refinance their education loans to take advantage of lower interest rates. It would also allow employers to use pre-tax dollars to assist qualified employees in paying off student loan debt.

» Congresswoman Comstock is the Co-Chair of the *STARBASE Caucus*, which offers hands-on STEM education to students in elementary school. She has worked in a bipartisan manner to increase resources for this important program.

» Congresswoman Comstock voted for the bipartisan *Every Student Succeeds Act*. This bill, signed into law, represented a significant step toward improving our education system and empowers educators and parents to do what is best for each individual student.

"I come from a family of educators – my mom was a school teacher and librarian and my husband Chip is a retired Fairfax County assistant principal and teacher. My sister is a guidance counselor at a Fairfax County Public School. The education of our children and grandchildren has always been a top priority of mine. It's a privilege to represent you in Virginia's 10th Congressional District. Together, we can make sure our children receive a world class education."

Barbara Comstock

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PHOTOS BY BRYAN BURRIS

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.

Oak Hill Remodeled Home Tour Set for Nov. 5

Gourmet kitchen, spa master bath among spotlight features

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 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

SEE HOMELIFESTYLE, PAGE 10



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.



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Remodeled Home Opens to the Public

FROM PAGE 9

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 Durosco added: “The kitchen’s work zones were pretty well rationalized. The real issue 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, Durosco and team relocated an obtrusive 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 creat-



PHOTO BY BRYAN BURRIS

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

ing it was fascinating.”

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

With it’s 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.

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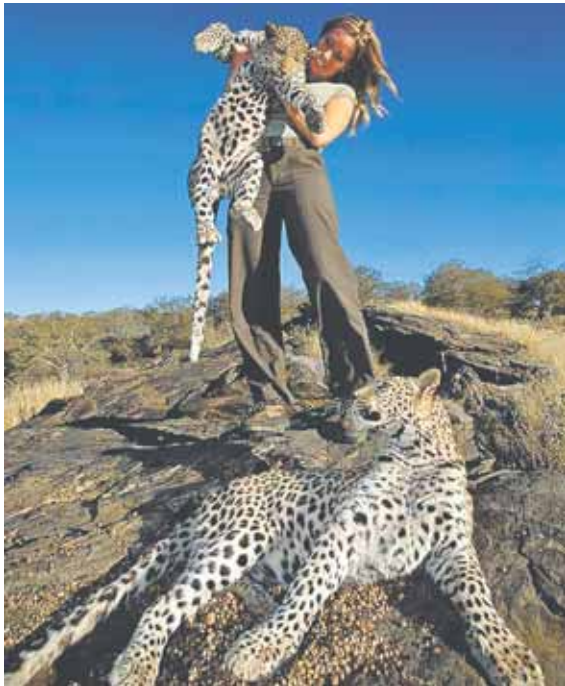
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NEWS



PHOTOS CONTRIBUTED

Mireya Mayor at the expedition in Africa.



Mireya Mayor receives the inaugural IIE Global Changemaker Award in New York City.

Global Change Maker

Mireya Mayor of Great Falls receives Fulbright's Global Changemaker Award.

BY PEYTON JACOBS
THE CONNECTION

Deep within the lush, natural green abyss of Guyana's rainforests stood a young explorer, eating rice and beans with a small group of locals. She had come to study the small South American country's rich biodiversity, the forest crawling with jaguars, brightly-colored tree frogs, spider-monkeys, toucans, and deadly anacondas. Who would guess that just a few days before, she had been waving pom-poms, jumping up and down, yelling "Go Dolphins"?

Great Falls resident Dr. Mireya Mayor has never been typical. Growing up in Miami, she was a relatively sheltered "girly-girl," taking ballet lessons and wearing frilly dresses that her Grandmother made. Her mother, a Cuban immigrant, forbid her from joining the Girl Scouts, proclaiming it to be "far too dangerous." She always had a deep love for animals, though, and an intrinsic hunger to learn and explore.

When finishing her undergraduate degree at the University of Miami, Mayor decided to take an anthropology class. She had been on track to become a lawyer, but when discussing primates one day in class, everything changed. She was overcome by the reality that some of these animals, our closest living relatives, were on the verge of extinction and had gone unstudied. In some cases, not even a single photograph existed to prove their existence. While she had never felt that she was particularly good at math or sciences, she had never left the country, and had never even been camping. Mayor suddenly found herself pursuing a career path that no one expected out of a former NFL Miami Dolphins cheerleader – she wanted to be a scientist.

AFTER SETTING OUT on that first expedition to Guyana, Mayor fell in love with exploring. She has since dedicated her life to these creatures, travelling the world and working with the locals of countries most haven't even heard of to track and study these

rare and endangered primates, as well as larger mammals and even reptiles. Today, she is a world renowned primatologist, anthropologist, conservationist, and the first female wildlife correspondent for the Ultimate Explorer series on National Geographic Channel. On Wednesday, Sept. 28, she was one of seven people to be awarded the distinguished inaugural IIE Global Changemaker Award in celebration of the 70th anniversary of the Fulbright Program.

Mayor has chased giraffes and leopards in Namibia, drank cow's blood in Tanzania, survived a plane crash, and has tracked (and been chased by) 400-pound silverback gorillas in Congo. She is the author of "Pink Boots and a Machete," a book about her life. Mayor continues to work with National Geographic Society and the Amazon Conservation Team to ensure that these animals live to see the next century.

In 2006, Mayor co-discovered a new species of mouse lemur on an expedition in the jungles of Madagascar. It is known as Mittermeier's mouse lemur (*Microbus Mittermeieri*), named in honor of primatologist Russell Mittermeier, president of Conservation International. In 1996, when Mayor began her work, only 30 species of lemurs were known to man. Today, over 90 species have been discovered. "Every scientist dreams of this happening to them, but no one sets out with that intent in mind," Mayor said. "Most great discoveries happen by accident." Following this discovery, Mayor convinced Madagascar's leaders to declare the mouse lemur's habitat a national park, and the president has since committed to triple the number of protected areas on the island.

IN ADDITION to living this slightly wildlife, Mayor is a mother of six children, whom she encourages to be global citizens with caring hearts, to follow their dreams, and to have a greater understanding of the diversity on this planet, which needs to be taken care of and conserved for years to come. "She has certainly worked very hard, a completely self-starting woman, and she has made her own career," said Dr. Linda Taylor, Mayor's undergraduate academic advisor and mentor. "She has really made a difference in the world, and it's amazing that because of her work, our grandchildren will get to see animals that would have otherwise gone extinct."

DAWSON, Rachael Wessell of Ashburn, Brian Varani, owner of Mookie's BBQ of Great Falls and Dylan Kurtz of Great Falls



PHOTO BY
JOAN BRADY

Paws4People Night at Mookie's BBQ

BY JOAN BRADY
THE CONNECTION

When 12-year-old Dylan Kurtz decided he wanted to help paws4people, a non-profit that trains customized Assistance Dogs for children, adolescents, veterans and service members, he says his goal was to raise as much money as possible.

He approached Mookie's BBQ, he says, because it's one of his favorite restaurants.

Brian Varani, who owns Mookie's with his wife, Megan, says that Dylan's spirit of giving was contagious and a great reminder that no matter how busy and hectic life might get, you should always make time to give back.

Brian committed immediately to a Mookie's paws4people day. And on Oct. 5, 10 percent of all gross proceeds from lunch, dinner and take out were donated to the nonprofit, to help defray the costs of training assistance dogs.

Dylan approached other Great Falls locals for raffle donations and he was clearly as persuasive. The Oct. 5 event included a raffle with a robust list of prizes from; LAuberge Chez Francois Jacques Brasserie, Flags of Valor, Great Falls Pilates, Christie-Adam Salon & Spa, Great Falls Cycle Studio and Whippourwill Bakery.

In addition, Brian and Megan Varani donated two tickets for "Curious Incident of the Dog in the Night-Time" at the Kennedy Center and by promoting the tickets through Nextdoor Great Falls, a \$150 donation was added to the fundraiser totals.

Rachael Wessell, of Ashburn, who knows first hand the difference a paws4people service dog can make, was on hand at Mookie's with her service dog, DAWSON. In addition to coming with her family to enjoy mac & cheese and barbeque, she was available to tell other diners about the limitations her cerebral palsy has created and quite literally, the doors DAWSON opens for her every day.

Understandably, Dylan was nervous about how the day would go. After raising a whopping \$2,165 through the Mookie's donation and raffle ticket sales, he says, "I was overwhelmed by the support from the community and excited about the money I raised for paws4people." Varani was equally pleased with the response and looks forward to continuing to partner with the community to make a difference.

And young Dylan isn't done yet. Join him at the Great Falls Cycle Studio, Saturday, Oct. 22 at 10:45 for a 30-minute, indoor charity ride. Your \$20 class fee will go straight to paws4people and includes the class and a swag bag! Sign up by email: info@greatfallscyclestudio and keep up with Dylan on Facebook at Dylan Donates.

If you are interested in reading more about Dylan's giving back journey, you can read his Connection article: How I Spent my Summer Vacation

Joan Brady is a professional photographer; award-winning columnist; co-owner of Spirited Media, Inc., mentor and advocate for current and former foster children; a volunteer with paws4people and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

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CALENDAR

Send announcements to connectionnewspapers.com/Calendar/.
Deadline is Friday at noon for the following week's paper. Photos/
artwork encouraged.

ONGOING

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, and star bales. We will also have moon bounces, giant scarecrows, haunted buses, pipes for kids to go through, and weekend concessions. meadowfarms.com

Colvin Run Mill open 11 - 4 p.m. daily, closed Tuesday. 10017 Colvin Run Rd, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Winter Hours: January & February, 11am-4pm, last tour 3pm. Admission to park is FREE except for some special events.

Lobby Hero 1st Stage Tysons Sept. 8 - Oct. 16 Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 2 p.m. 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. What does it truly mean to be a hero? While struggling with a world of conflicting truths, the characters grapple with their own realities and those of the people around them. www.1ststagetysons.org or 703-854-1856.

Art Walk in the Village: First Fridays beginning Sept. 9, 6 - 9 p.m. through Dec.31 at 756 Walker Road, Great Falls. Admission free and open to the public. greatfallsart.org/

artwalk/

One-To-One English Conversation

Oct. 1 through Oct. 31 101 Patrick Henry Library 101 Maple Ave E, Vienna. Call to Register. 703- 938-0405

THURSDAY/OCT 13

Great Falls Writers Group meets for writing fun and for a stimulating discussion of the craft, 7-8:30 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. 58 Artists in 20 venues in Great Falls, VA. A self-guided driving event. Cost: free. GreatFallsStudios.com.

FRIDAY/ OCT. 14

GFS Art Tour. Through Sunday October 16. 10 a.m.- 5 p.m. Great Falls Community Library, Large Meeting Room 9830 Georgetown Pike, Great Falls. 58 Artists in 20 venues in Great Falls, VA. A self-guided driving event. Cost: free. GreatFallsStudios.com.

SATURDAY/OCT. 15

Protecting Our Seniors 8:30 - 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

SEE CALENDAR, PAGE 15



PHOTO BY DEAN SOULELES.

Tools of the trade: Pat Neuman

Great Falls Studios 2016 Art Tour, Friday-Sunday, Oct. 14-16

The Great Falls Studios 2016 Art Tour, a self-guided driving tour to the creative spaces of artists working in Great Falls, "happens" on Friday, Oct. 14, Saturday, Oct. 15 and Sunday, Oct. 16. 10 a.m. - 5 p.m. each day: 58 artists are participating in 20 home-based or group studios and galleries. Step inside their creative spaces. Most will be demonstrating, some will be offering hands on art experiences. Some visitors may purchase art, all will leave with a story at this fun, family-friendly, free event.

During the weekend volunteers will be available at the "Tour Headquarters" at the Great Falls Community Library to assist in mapping a route. Self starters can download the map and learn more

at www.GreatFallsStudios.com

The tour is presented by Great Falls Studios and sponsored by Sun Design and Broadway Gallery.

There are also two ongoing shows in town:

❖ The Virtual Gallery, a monthly themed show of member art at www.greatfallsstudios.com/copy-of-virtual-gallery, is, for the month of October, featuring the member artists participating in the Great Falls Studios 2016 Art Tour.

❖ During the month of October, in the Large Meeting room at the Great Falls Community Library, 9830 Georgetown Pike, Great Falls, member artists participating in the Art Tour are on display. Enjoy the exhibit during regular library hours.

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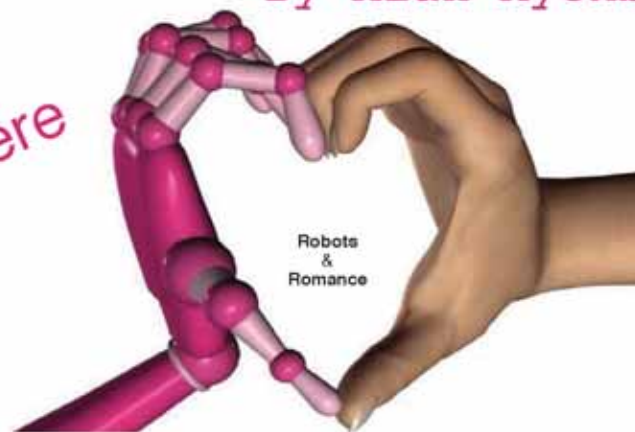
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In The Context Of ...



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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Colvin Run Elementary School
1400 Trap Road, Vienna, VA 22182

Meeting Time: 6:30 p.m. to 8:30 p.m.
Presentation: 7 p.m.

Find out about plans to widen Leesburg Pike (Route 7) from four to six lanes between Reston Avenue and the west end of the bridge over the Dulles Toll Road (a 6.9 mile segment), to increase capacity, decrease congestion, and improve safety, in conformity with the Fairfax County Comprehensive Plan.

The project would also include intersection improvements, as well as a 10-foot shared-use path on both sides of the road to increase mobility for cyclists and pedestrians.

In accordance with the National Environmental Policy Act (NEPA), Section 4(f) of the USDOT Act, 23 CFR 771 and 23 CFR 774, an environmental document in the form of an Environmental Assessment has been prepared and will be available for public review. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information on potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will also be available.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT staff will be available to answer your questions. A brief presentation will begin at 7 p.m.

Review project information at www.ConnectRoute7.org, at the public hearing, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2950, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **December 2, 2016** to Mr. William Dunn, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email ConnectRoute7@VDOT.virginia.gov. Please reference "Nov. 15 Design Public Hearing" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0007-029-128, P102, R202, C502, B610 UPC: 52328
Federal Project: DEMO-5A01(439)

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CALENDAR

FROM PAGE 13

aaustin@antioch-church.org. Or visit www.antioch-church.org. Registration is required. Visit the website to register for the event.

Vienna Volunteer Fire Department Open House 10 - 4 p.m. 400 Center Street South, Vienna. The theme this year is "Don't wait, check the date." Replace smoke alarms every 10 years. A Vienna tradition: Fun and educational family friendly activities. info@vvfd.org 703-938-2678 www.vvfd.org/index.html

"The Man Who Planted Trees" 2 p.m. The Alden 1234 Ingleside Avenue McLean For ages 5+. Hear the wind, feel the rain, smell the lavender and laugh with Dog. In this ecologically inspired tale, a French shepherd sets out to plant a forest and transform a barren wasteland acorn by acorn. \$15/\$10 MCC tax district residents. mcleancenter.org

SATURDAY-SUNDAY/ OCT. 15-16

Claude Moore Colonial Farm 1771 Market Fair. 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. There will be crisp local apples, savory meat pies and hearty breads. 1771.org/marketfair

SUNDAY/ OCT. 16

Vienna CROP Hunger Walk 2 - 4 p.m. Vienna Presbyterian and Environs, 124 Park St. NE, Vienna. The annual Vienna CROP Hunger Walk. The Walk is approximately 3 miles in length through the Town of Vienna. Check-in starts at 1:15 p.m. and concert in the sanctuary featuring "The Purple Hells" starts at 1:30 p.m. Proceeds go to Committee for Helping Others and Church World Service. Cost: Free. Sign up at www.crophungerwalk.org/viennava. betty.rahall@verizon.net or call 703-281-4032

WEDNESDAY/OCT. 19 AT

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

SATURDAY/OCT. 22

Fully Explore Historic Colvin Run Mill 1:30 p.m. 10017 Colvin Run Road in Great Falls. Reservations must be made by Tuesday, October 4 by calling 703-759-2771. See the entire historic mill, including areas that are rarely open to the public. The suggested donation for the tour is \$10 per person. fairfaxcounty.gov/parks/colvinrunmill/.

SUNDAY/ OCT. 23

New Dominion Chorale 4 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The chorale will be joined by Paul Skevington, and some of Washington's finest professional singers, the soloists from The District Eight vocal ensemble. Cost: \$15-30. www.newdominion.org

THURSDAY, OCT. 27

Great Falls Writers Group meets for writing fun and an energetic discussion of the writing process. No membership required. Writers of all levels are welcome. Great Falls Library, 9830 Georgetown Pike, 11 a.m.-12:30 p.m.

MONDAY/OCT. 31

Halloween Spooktacular at Great Falls Village Green and Great Falls Center, 5-7 p.m., with Pet Parade at 4 p.m. (all dogs must vacate the green by 4:50 p.m.) Boy Scout Troop 55 will create some spooky fun for everyone in the Haunted House; The Langley Marching Band performs in the Wells Fargo parking lot; Linda Waitkus of Great Dogs of Great Falls is leading the Pet Parade starting at the Gazebo. Look out for the Great Falls Volunteer Firefighters in the Safeway parking lot.



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