

Festival Fun on A Rainy Day

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Fairfax City volunteer firefighter Wes Buckley helps Apollo Born, 5, aim a firehose at a pretend burning building at Fairfax Fall Festival on Saturday, Oct. 8.

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PHOTO BY BONNIE HOBBS/THE CONNECTION

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Joey Lynch-Flohr stands in one of the bedrooms.



There's a long ramp in front of the home on Burrows Avenue.

'It's a Place that Feels Like Home' Cobbdale Assisted Living opens in Fairfax.

BY BONNIE HOBBS
THE CONNECTION

Cobbdale Assisted Living opened Sept. 1 in the City of Fairfax. But instead of being in an industrial-looking facility, it's in a renovated home in a quiet, established, residential neighborhood.

And that's just what Joey Lynch-Flohr, the owner and administrator, planned. After all, he explained, "It's my grandma's old house."

He grew up here and graduated from Fairfax High in 2006. And as his grandmother got on in years, she moved into Sunrise Assisted Living in Arlington.

"I started working there to ease her transition," said Lynch-Flohr. "I was 23 then and wondering what to do with my life. Then I heard about GMU's master's program in Senior Housing Administration and enrolled, and now I've almost completed it."

Meanwhile, he enlarged his grandma's home at 3503 Burrows Ave. from 1,700 to 5,000 square feet. It now contains eight bedrooms with eight, individual bathrooms. It took 18 months to build them, with the renovation work completed in June.



A glimpse of the comfortable living room.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION

"The old house, originally built in 1955, was gutted and completely rebuilt," said Lynch-Flohr. "Everything in it is new. Each room has individual temperature controls and a pull-cord system to call for help. They're also hooked up to Internet and cable TV, and everybody has a window."

The home is all on one level, so there are no stairs to climb, and ramps are at every exit. "There are also grab bars in the showers," added Lynch-Flohr. "And individual

bathrooms attached to the bedrooms aren't the norm in small places like this."

Cobbdale Assisted Living has two, full-time nurses working three shifts of eight hours each for 24-hour staffing. And a chef, there from 7 a.m.-3 p.m., provides breakfast and lunch. For more information – including cost, pricing and availability – contact Lynch-Flohr at joey@cobbdaleassistedliving.com.

"It's a place for people to be that feels like

home," he said. "As soon as they move in, it's their house. They can also use the spacious living and dining areas to relax, read, watch TV and socialize." Besides catering to senior citizens, Cobbdale also offers memory-care services and is set up to take in people with varying degrees of dementia. "The goal is to provide people with a more personalized assisted-living option," said Lynch-Flohr. "It's for people to come and spend some years of their lives when they need a little more care."

Lynch-Flohr is also a new member of the Central Fairfax Chamber of Commerce and recently hosted a mixer/open house for the members so they could see the new facility. Attendees included Fairfax City Council members David Meyer and Ellie Schmidt.

"What Joey has created here is remarkable and represents the new frontier in providing quality care for older citizens," said Meyer. "It's safe, small and personalized and preserves a sense of home for people who can no longer live in their own homes."

Schmidt called it "refreshing to see an assisted-living facility like this in our city. It's impressive because it's very warm and inviting and modern, all at the same time."

1880 Farmhouse Adored with Floral Preserves

BY KEN MOORE
THE CONNECTION

The Hampshires have preserved 25 acres of their land at 6925 Newman Road in Fairfax for the last 24 years.

They first established the Hantslot Local Agricultural and Forestal District on Jan. 23, 1984 for an initial eight-year term and have renewed their application in 1992, 2000 and 2008.

"Your property has many natural resource features and outstanding forest resources making it a valuable addition to the Agriculture and Forestal program in Fairfax County," according to James McGlone, urban forest conservationist with the Virginia Department of Forestry.

The Planning Commission unani-

mously recommended approval of the request at a hearing on Wednesday, Oct. 5; the Board of Supervisors is scheduled to hold a hearing on Oct. 18 at 3:30 to make its decision. Fairfax County offers reduced real estate tax assessments in exchange for a commitment to preserve "significant tracts of agricultural and forested land a commitment to preserve the land for the length of the term."

"Since 1955, when we purchased their property, we have invested considerable time and money to improve and maintain the pastures and forested land for our enjoyment, as well as for the traveling public. We mow the fields to give them a park-like appearance and this also serves to control the growth of weeds. We maintain the board fences, painting them along Newman Road so they contribute to a distinguished rural atmosphere in Fairfax County," according

to the Hampshires.

A SEVEN-ROOM FARMHOUSE built in the 1880 still exists and a newer house was built for family members in 1995. Approximately 12 acres of the property are in agricultural use as pasture and flower gardens, 10 acres remains forested or undeveloped and three acres houses the two residence on the site.

The property is located in Clifton between Colchester Road and Newman Road.

"The presence of upland forest, pasture and floodplain on the property suggests" considerable wildlife diversity. Deer and coyote are reported on the property, according to the Virginia Department of Forestry.

Approximately 8.5 acres of the property is in pasture for a two-horse operation and a patch of land is dedicated to growing flowers. According to the Hampshires, "an av-

erage yield of \$3,000 worth of cut flowers have been grown on and sold from the property. In addition, the fields are produced pasturage for horses."

About 10 acres of riparian and upland areas are kept undeveloped as wildlife refuge and an unnamed, perennial creek and .5 acre in-line pond exists in the wooded area. The family has owned the property since 1955. The property is located in the county's Chesapeake Bay Preservation area; it is located within Popes Head Creek watershed area, which flows to the Occoquan River, and is situated entirely within the county's water supply protection overlay district, according to Planning documents.

The 1880 house is listed part of "Hantslot Farm" on the Fairfax Inventory of Historic Sites for the Springfield District.

Inova's Knox Singleton Receives Community Leadership Award

J. Knox Singleton, CEO of Inova Health System, was recognized by the Community Foundation for Northern Virginia for his history of leadership and stewardship, providing world-class healthcare to all members of the diverse Northern Virginia community, regardless of ability to pay with the 2016 Community Leadership Award. The longest standing community based recognition award in Northern Virginia, it was presented at the Community Foundation's annual Raise the Region Gala on Oct. 7, 2016 at the Hilton McLean Tysons Corner.

The award is presented annually for outstanding commitment and dedication to improving the quality of life for all Northern Virginians. Over 600 business leaders, philanthropists, and community organizers participate in this event to celebrate the charitable work of the Community Foundation and to raise funds to support the critical needs of the Northern Virginia community.

With the support of Event Champions, Dr. Gary Mather, Mark A. Moore and Donna Morea, the Raise the Region Gala hosted over 600 philanthropic, business, and



J. Knox Singleton, CEO of Inova Health System, was recognized by the Community Foundation for Northern Virginia.

community leaders and raised \$544,000 to support the Community Foundation's work and mission to grow philanthropy to meet the most critical needs of North-

ern Virginia.

J. Knox Singleton is CEO of Inova, the region's leading not-for-profit healthcare system that serves more than 2 million people

annually. Since 1983, Knox has led Inova's evolution from a collection of small, stand-alone hospitals into an award-winning health system, nationally recognized for clinical

excellence, innovation and outstanding patient care. In keeping with Inova's community service mission, Knox serves on several boards. He is co-founder of the Global Good Fund, which works to coach and mentor future leaders, and co-founder of the Community Coalition for Haiti, which creates community-driven solutions in healthcare, education, and community development in Haiti. Knox has received numerous personal awards and recognitions, including the 2015 CEO of the Year by the Washington Business Journal.

"As the CEO of our region's leading nonprofit health care system, Knox has brought his personal, life long commitment to the needs of the underserved to the fore," said Eileen Ellsworth, President of the Community Foundation for Northern Virginia. "As a result, Inova Health System works for the entire community, helping all Northern Virginians live longer, healthier lives. This is a singular and unique achievement, and we were therefore delighted to honor Knox Singleton with this year's Community Leadership Award."

Find more information at www.cfnova.org.

PHOTO CONTRIBUTED

Dedicated Parking Spaces for Purple Heart Recipients

Peterson Companies has partnered with Wounded Warriors Family Support, a national non-profit veterans' organization headquartered in Omaha, Neb., and are implementing the organization's national parking program (Combat Wounded) at several of their shopping centers throughout the Washington, D.C. metropolitan region. Wounded Warriors Family Support (not affiliated with Wounded Warriors) was founded by Col. John Folsom, USMCR who spent 29 years in commissioned service including his deployment to Iraq. He holds the Navy-Marine Corps medal and a Bronze Star along with Meritorious Service medals for his service in support of Operation Iraqi Freedom. Folsom founded the organization mainly to provide valuable assistance to the families of those who have been wounded or killed during combat.

The National Purple Heart Hall of Honor estimates that there are somewhere around 1.8 million Purple Heart recipients. These are combat wounded service members who have transitioned back into civilian life. Many live in the Washington, D.C. region. Wounded Warriors Family Support developed the program to honor the commitment and sacrifice of these national heroes. The organization created Combat Wounded park-



Col. John Folsom with WWFS and Kelly Price, Peterson Companies.

ing signs for Purple Heart recipients to also let them know that they are not forgotten.

"We are pleased to be able to partner with Wounded Warriors Family Support on such a noble effort. Purple Heart recipients have given so much to our country. Peterson is honored to show our support and appre-

ciation by making their lives a little easier in their own communities," said Kelly Price, vice president, Asset Management, Peterson Companies.

"We want to thank Peterson Companies for their support for our wounded veterans. By placing 57 Combat Wounded parking signs at their properties, Peterson Companies is honoring and recognizing these military heroes for their sacrifice defending our freedom," said Folsom.

The 57 Combat Wounded signs can be found at the following properties: Fairfax Corner, East Market, and Fair Lakes Center (Fairfax); and Virginia Gateway (Gainesville, Va.) and at National Harbor (National Harbor, Md.), Downtown Silver Spring (Silver Spring, Md.) and RIO Washingtonian Center (Gaithersburg, Md.). The signs have been placed strategically in the most convenient locations—adjacent and accessible to elevators, ramps and handicapped spaces and are erected using the same guidelines that apply to similar handicap parking signs. Combat Wounded parking spaces can be located on the shopping centers' websites. Wounded Warriors Family Support has distributed more than 3,000 signs across the U.S. at veterans' hospitals and facilities as well as through national retailers.

PHOTO CONTRIBUTED

Free Halloween Car Rides Offered in Area

As a means of making the Washington-metropolitan area's roadways a little less frightening this Halloween, free cab rides will be offered to would-be drunk drivers throughout the Washington-metropolitan area on the evening of Saturday, Oct. 29.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2016 Halloween SoberRide® program will be in operation from 10 p.m. on Saturday, Oct. 29 until 6 a.m. on Sunday, Oct. 30 as a way to keep local roads safe from impaired drivers during this traditionally high-risk period.

During this eight-hour period, area residents ages 21 and older celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) and be afforded a no-cost (up to a \$30 fare), safe way home. AT&T wireless customers can dial #WRAP for the same service.

Last year, 412 persons in the Washington-metropolitan area used WRAP's Halloween SoberRide program rather than possibly driving home impaired. More information about WRAP's SoberRide initiative can be found at www.soberide.com.



PHOTOS CONTRIBUTED

Del. Mark Keam (D-35), Supervisor Penny Gross (D-Mason), Fairfax County Board of Supervisors Chairman Sharon Bulova, PHILLIPS' Piper Phillips, AHT's Karen Garvin, EY's Mike Policcicchio, Tysons Chamber's Angela Inzerillo.

Local Contractors Construct Parking Lot, Sidewalks for PHILLIPS Programs for Children

Twenty-eight local contractors working with the Heavy Construction Contractors Association donated 800 hours plus materials to rebuild a parking lot and sidewalks for nonprofit PHILLIPS Programs for Children and Families' School in Annandale, which serves youth with emotional, behavioral and academic challenges. Valued at \$150,000, the project included

milling and disposing 350 tons of asphalt from the existing driveway and bus circle; preparing the surface and paving with 350 tons of new asphalt; excavating and rebuilding ADA compliant ramps with 27 cubic yards of concrete; repainting curbs and crosswalks; and replacing 15 directional signs. A ribbon cutting ceremony was held on Monday, Sept. 26.



Representatives of the companies participating in the project.

Volunteer Events & Opportunities

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 8, 7-8 p.m.** Share your experiences, gain support and get important information without having to travel. Register beforehand at www.-fairfaxcounty.-gov/-olderadults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

30th Annual Northern Virginia Dementia

Care Consortium Caregivers Conference, Friday, Nov. 11, 8 a.m.-3:30 p.m. The conference "Gems: A Treasure Chest of Ideas" will have speakers and resources on topics important to caregivers. The \$30 fee includes continental breakfast, lunch, materials, and certificate of attendance. First Baptist Church of Alexandria, 2932 King St., Alexandria. Find out more at www.-fairfaxcounty.-gov/-olderadults and click on

SEE VOLUNTEERS, PAGE 7

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<p>Date and Time: 10/20/2016 at 6:30 PM</p> <p>Speakers: James Simsarian, MD Neurology Center of Fairfax</p>	<p>Location: Maggiano's Little Italy 2001 International Drive McLean, VA 22102</p> <p>Event Code: TR390556 (1344316)</p>
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PLEASE RSVP*:

- RelapsingMultipleSclerosisEvents.com
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- MSRSVP@ahmdirect.com

*Registration is limited to two people per RSVP. Photo ID may be requested at event entrance.

Complimentary parking or valet available. A light meal or snack may be provided.

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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, CPAs, and chambers of commerce and other groups have been given almost free rein in how they organize, this amendment is aimed to curtail activities and growth among persons who belong to teacher, firefighter, police, and factory worker unions and associations. Current law and the proposed amendment are not uniform in the way different labor organiza-

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

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

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



PHOTOS BY TOM MANNING/THE CONNECTION

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

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

American Elections: French Perspective

BY VICTORIA DAVID

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

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

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

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

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

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

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

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

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

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



OPINION

Helping Prevent Domestic Violence

With the help of the community, domestic violence is no longer the leading cause of homicide in Fairfax County. This is a great accomplishment, as well as a testament to the strength of both the community and the county in informing our neighbors of this troubling issue and combatting it wherever possible. However, despite this tremendous progress, much work still needs to be done to eliminate the presence of domestic violence in the County.

Each year, I host an event to help spread awareness of domestic violence during October, which is Domestic Violence Awareness Month nationwide, and especially so here in Fairfax County. This event invites community mem-

bers, neighborhood leaders, and county officials to come together and learn about the progress, strategy, and future plans of fighting domestic violence in Fairfax County. We will be gathering at Chuy's restaurant, 11219 Lee Hwy, Fairfax, Tel: 703-364-5933 on Oct. 26 at 4:30 p.m. for this event. Refreshments will be served, and this is a great opportunity to get together with your neighbors while also learning more about domestic violence. All are welcome to come out and enjoy good food, good company, and to hear more about this issue and what is being done to prevent it. We look forward to seeing you there.

John C. Cook
Braddock District Supervisor

AREA ROUNDUPS

Suspect Charged in Deadly I-66 Hit-and-Run

Khoa Do Dang Nguyen, 23, of Centreville has been charged with one felony count of hit-and-run for a crash that killed a Manassas woman on Interstate 66, early in the morning on Oct. 8.

Virginia State Police reported officers responded to the crash at 2:20 a.m. at the 56-mile marker of I-66 in Fairfax. The woman, driving a black Toyota Solara convertible, had pulled onto the shoulder of the westbound lanes.

She was walking along the side of the car to get something from the trunk, VSP said, when she was struck by a passing vehicle that then fled the scene.

The female passenger in the Solara wasn't hurt in the crash. The victim, Yesenia Esmeralda Funes, 37, of Manassas, was pronounced dead at the scene.

Nguyen turned himself in to police on Monday, Oct. 10 and was taken to the Fairfax County Adult Detention Center.

—TIM PETERSON

VOLUNTEERS

FROM PAGE 5
Caregivers Conference.

The **Fairfax Commission on Aging** meets on **Wednesday, Nov. 16, at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Fairfax County's free Caregiver Seminar/Webinar Series features experts in Medicare, dementia care, mental health and wellness, nutrition and elder law. **Register online** at www.fairfaxcounty.gov/olderadults and click on Caregiver Support and Respite Programs or call **703-324-5205**, TTY 711.

10 Legal Issues Caregivers Should Know About, Thursday, Nov. 3, 7-8:30 p.m. Caregivers often make health and financial decisions for loved ones. Learn what documents loved ones need in place, if the document age matters, and what happens if the documents fail or can't be drafted. George Mason Regional Library, 7001 Little River Turnpike, Annandale.

When is it More Than Just a Bad Day? — webinar, Wednesday, Nov. 9, Noon-1 p.m. Learn how to identify, cope, and find partnerships to support your family if depressive symptoms hit you or your loved one.

Simple Meals for Healthy Eating — webinar, Wednesday, Nov. 16, Noon-1 p.m. Learn tips to simplify meal preparation and eat healthy during the holidays and beyond.

Improving Family Conversations About Aging Issues, Wednesday, November 16, 7-8:30 p.m. It's difficult for many families to talk about topics related to aging like help at home and driving. Learn easy-to-use tips for starting the conversation and keeping it going in a positive direction. Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly.

Fairfax County is offering free **Medicare 101 and Enrollment Events**. Find out more at www.fairfaxcounty.gov/olderadults and click on **Medicare 101**.

Medicare Enrollment Event, Tuesday, Nov. 1, 10 a.m.-4 p.m. Lewinsville Senior Center, 1515 Great Falls St., McLean.

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



PHOTO BY BRYAN BURRIS



PHOTO BY BRYAN BURRIS

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

Oak Hill Remodeled Home Tour Set for Nov. 5 Gourmet kitchen, spa master bath among spotlight features

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



PHOTO BY BRYAN BURRIS

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

amateur chef, the remodeling proposal didn't become personally engaging until conversation shifted to the kitchen.

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

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

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

"I understood how an open plan is supposed to function," Dave Mulligan said. "But it's the details

that make it work, and that's where design expertise really counts"

To this, Sun Design founder Craig Durosko 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, Durosko 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 creating it was fascinating."

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

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

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



PHOTO BY BRYAN BURRIS

For deeper relaxation, the Victorian-era tub snugly occupies a bay window that features garden views.

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.

WWW.CONNECTIONNEWSPAPERS.COM

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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Cruises from Baltimore on Royal Caribbean:
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Radio City Day Trip for Christmas Show Dec. 1.....\$185
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for a listing of all our upcoming trips and socials.

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PATHWAY HOMES, INC.
Supportive Residential Mental Health Services

Help The Homeless 5K Walk 2016
Saturday, October 22nd
Veterans Amphitheater
at Fairfax City Hall
10455 Armstrong St, Fairfax



In just one morning, you can make a real impact on the lives of men and women who are homeless in Fairfax County and the Northern Virginia region. 100% of registration fees and donations go directly to provide housing and supportive services.

Schedule of Activities
Check-in and registration opens: 9:00am
Program and walk begins: 10:00am

You Choose The Walk
A 5K through the neighborhoods of Fairfax city
OR
A 1.5 mile short course

To register on-line or for more information:
www.PathwayHomes.org/HTHW or (703) 876-0390

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OCT 15 - 16, 2015 | 10AM-5PM



Tour this Remodeled Home and Meet
Photographer Ed Behrens



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703.425.5588 SunDesignInc.com info@sundesigninc.com

CALENDAR

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline is the Friday prior to the next paper's publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

The Pumpkin Patch will be open October 2 through 31, Sunday through Friday, from noon until 7 pm daily, and Saturdays from 10 am until 7 pm. Located at St. George's United Methodist Church, 4910 Ox Road, near George Mason University at the crossroads of Rt 123 and Braddock Road and across from the University Mall. A large variety of

pumpkins and decorative gourds of all shapes and sizes will be for sale. www.pumpkinsusa.com

Batting Cage Occoquan Regional Park 9751 Ox Road Lorton. Open through Oct. 30 Occoquan offers a baseball/softball batting cage, for hitters of all levels. Pitching machines offer other pitches like curveballs. Cost: 14 balls \$1.50 Team Rentals Per Cage: 30 min. \$18 60 min. \$34 <https://www.novaparks.com/parks/occoquan-regional-park/things-to-do/batting-cage>

Farmers Market & Food Trucks: 3-7 p.m. Thursdays through Oct. 27 at the Fairfax County Government Center front parking lot.

Rock the Block! 6:30 p.m. Every fourth Friday through Oct. 28. Old

Town Square, 3999 University Drive, Fairfax. Concert series. Food is available for sale. Bring chairs and or blankets to sit on. Kids - wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. fairfaxva.gov.

The Farmer's Market at Springfield Town Center. May 7-Nov. 19, 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com.

Fairfax Rotary Club Meeting. 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.

Plant Clinic. 9 a.m.-noon. Sundays through Sept. 30 Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. fairfaxgardening.org.

Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. moorefitt@yahoo.com or 703-499-6133.

EXERCISE PROGRAM Mondays and Fridays at 9:30 am year-round at Lord of Life Lutheran Church, 5114 Twinbrook Rd. Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

English Conversation Groups weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp>

First Sunday Jazz Brunch 11 - 2 p.m. Recurring monthly on the 1st Sunday at **Bazin's on Church** 111 Church St N.W., Vienna. Enjoy brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Visit: <http://www.fxva.com/listing/bazins-on-church/1686/>

Stories From Strawberry Park 10 - 11 a.m. Tuesdays in **Mosaic - Strawberry Park** 2910 District Avenue, Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather and October through April, storytime will be held in Angelika Film Center. Recurring weekly on Tuesday. Visit: <http://www.fxva.com/listing/mosaic-district/2326/>



PHOTO COURTESY OF COX FARMS

This ariel view of Cox Farms captures the scene at the Fall Pumpkin Madness Festival. This year's events will begin Saturday Nov. 5 at 10 a.m. at 15621 Braddock Road, Centreville. www.coxfarms.com/fallfestival.aspx.

Plan Ahead Events

SATURDAY/OCT. 29

Clifton Haunted Trail 7 - 10 p.m. in the historic town of Clifton. Admission: Ages 13+ \$15 Ages 12 and under \$10. www.cliftonhauntedtrail.com/

WEDNESDAY/NOV. 2

Chronology of the Civil War in Fairfax County, Part I (1859-part of 1863). Preservationist and former Topographer, Ed Wenzel, will discuss his recent book at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Doors open at 7 p.m. Forum begins at 7:30. Copies of Wenzel's book will be available for purchase and signing. The Forum is free and open to the public. www.fairfax-station.org, www.facebook.com/FFXSRR. 703-425-9225.

SATURDAY/NOV. 5-6

Cox Farms Pumpkin Madness. 10 - 5 p.m. Cox Farms, 15621 Braddock Road, Centreville. Come out and smash, throw, and launch those old pumpkins. Bring back your used Jack-o-lantern...We'll help you recycle it. Last admission 4 p.m. Visit: <http://www.coxfarms.com/fallfestival.aspx>.

TUESDAY/NOV. 8, 2018

Election Day. General election. Visit www.sbe.virginia.gov/ and www.fairfaxcounty.gov/elections/upcoming.htm

Singers wanted for the

Celebration Singers. A women's show choir performing at various community sites in Northern Virginia. Do you love to sing? Make new friends? Bring joy to others through music? Come join us. Practice is held 10:30 am - 2:30 pm, starting again in September on Wednesdays in Burke. Contact: Barb Male, 703-250-5294, email barbmale@yahoo.com or Gayle Parsons, 703-644-4485, email gparsons3@cox.net.

SATURDAY/OCT. 15

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

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

10th Annual K-9 Krawl 5k 8:30 a.m. Fairfax County Government Center - 12011 Government Center Pkwy, Fairfax. Please join us as we celebrate the 10th K-9 Krawl race. The event will include music, face painting, pet

portraits, and free giveaways. The Fairfax County Fire and Rescue Department will be bringing their ladder truck and our K9 Unit will conduct a demonstration. There will also be an opportunity to adopt available dogs brought by the Fairfax County Animal Shelter.

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

Pumpkin Festival 10 - 5 p.m. at St. George's United Methodist Church, 4910 Ox Road, near George Mason University at the crossroads of Rt 123 and Braddock Road and across from the University Mall. bounce-house, face painting, music, bake sale, hot dogs/drinks, photos and much more. Bounce-house, face painting, music, bake sale, food/drinks, photos and much more. Cost: Free. This project and others like it creates approximately 25 full time jobs and 550 seasonal jobs for Native Americans. www.pumpkinsusa.com

Halstead Square Festival 11 - 4 p.m. Halstead Square Dunn Loring Metro 2750 Gallows Road Vienna. Celebrate Northern Virginia's

SEE CALENDAR, PAGE 11



Opening Night Tickets \$15!

Restrictions, exclusions and additional charges may apply. Subject to availability. Excludes premium seats.

OCT. 19 - 23

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GEORGE MASON UNIVERSITY

DisneyOnIce.com • ticketmaster.com • 800-745-3000

CALENDAR

FROM PAGE 10

culinary and visual arts when Halstead Square Dunn Loring Metro hosts its first Food, Wine & Art Festival to benefit the Workhouse Arts Center. Cost: Free. www.halsteadsquare.com

Art Guild of Clifton Benefit Recital 3 p.m. at the Clifton Presbyterian Church 12748 Richards Ln., Clifton. Helen Rusnak, mezzo soprano and Anne Kempzell, lyric soprano, will be performing works from classical to Broadway. Following the performance there will be a reception as well as an art exhibit, "Clifton Retrospective". As we are raising funds to continue our scholarship program, we are asking for a suggested donation of \$20. www.artguildofclifton.org

The McLean Orchestra "Hero's" 46th season Opening Concert 8 p.m. The Falls Church Episcopal 115 E Fairfax St Falls Church. The concert will include three works: by Giacomo Rossini, John Adams and Ludwig van Beethoven. The McLean Orchestra is led by Maestra Miriam Burns, beginning her fifth season as Conductor. www.McLean-Orchestra.Org

SUNDAY/OCT. 16

3rd Annual DMV Run For The Warriors Packet Pickup 6:30 a.m. - 7:30 a.m. Opening Ceremony begins at 7:30 a.m. Race begins 8 a.m. 7315 Ox Rd, Fairfax Station. The event features a 10k, 5K, and 1-Mile Walk/Run, all adaptive equipment friendly. The event features a 10k, 5K, and 1-Mile Walk/Run, all adaptive equipment friendly. All proceeds benefit Hope For The Warriors. General Registration will be \$35, and same day General Registration will be \$40. Student pricing is the same with a \$5 discount. For Veterans or those on Active Duty registration is \$25 for any race distance. Wounded Service Members and Gold Star Families all register for free. Please email runinfo@hopeforthewarriors.org for your discount code. Children under 10 register for free online. Registration at packet pick-up. Same day registration will be \$10. We ask that all participants not park at at Shelter B, as this area is used for the race. <http://support.hopeforthewarriors.org/>

N Gauge Model Train Show hosted by The Fairfax Station Railroad Museum 1 - 4 p.m. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. www.fairfax-station.org

FRIDAY/OCT. 21

Superintendent's Revenge 2016. 10 a.m. Twin Lakes Golf Course,

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

The Church of the Good Shepherd, 9350 Braddock Rd., Burke, is offering day and evening English for Speakers of Other Languages (ESOL) classes to serve members of the community who wish to improve their English skills. Class levels offered are based on enrollment needs. Fall 2016 registration takes place Sept. 7-8 and classes begin Sept. 20. For more information call the church office at 703-323-5400. Leave your name and contact information and someone will get back to you.



PHOTOS CONTRIBUTED

Gretchen and Scott Trowbridge as Dory and Marlon.

Disney on Ice Returns to Fairfax Oct. 19-23

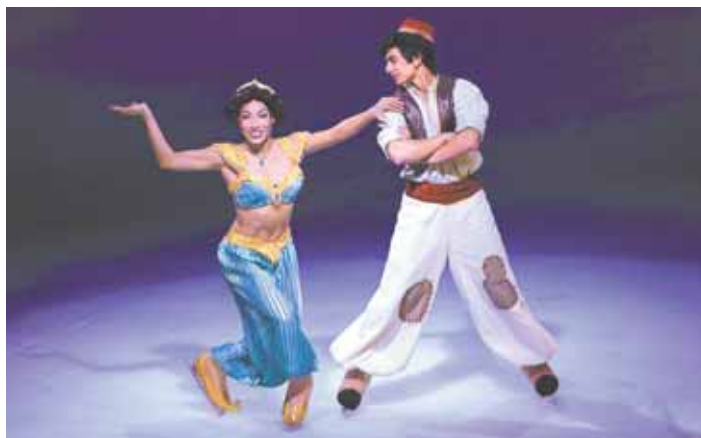
Disney On Ice presents Follow Your Heart is bringing Disney•Pixar's record-breaking animated feature Finding Dory to the ice for the first time in this live production produced by Feld Entertainment. The ice-skating extravaganza featuring Disney•Pixar's Inside Out, Disney's Frozen and other beloved Disney stories visits EagleBank Arena in Fairfax, Oct. 19 - 23, for 9 performances.

There's something for everyone in a show that features 60 characters.

Date and Time of Performances:

- ❖ Wednesday, Oct. 19, 7 p.m.
- ❖ Thursday, Oct. 20, 7 p.m.
- ❖ Friday, Oct. 21, 10:30 a.m., and 7:30 p.m.
- ❖ Saturday, Oct. 22, 10:30 a.m., 2:30 p.m. and 6:30 p.m.
- ❖ Sunday, Oct. 23, 12:30 p.m. and 4:30 p.m.

Tickets for Disney On Ice presents Follow Your Heart are on sale now and start at \$20. Tickets are subject to availability, and VIP and Front Row seating is limited. Market pricing applies to all tickets. All seats are reserved, and tickets are available by calling Ticketmaster outlets, by phone at 800-745-3000, via www.ticketmaster.com, and the EagleBank Arena box office. For group rates and information, contact 202-661-5061.



Jessica and Brendyn Hatfield as Jasmine and Aladdin.

6201 Union Mill Road, Clifton. Obstacle-filled layout. \$160 per team. Roberta.Korzen@fairfaxcounty.gov

"Mediterranea" at Accotink Unitarian Universalist Church, 7 p.m.; a discussion follows the film. Friday Night Film Series presents "Mediterranea" as a part of the Third Annual D.C. Immigration Film Fest. Doors open at 7 pm; Childcare is provided. Films shown on big screen

with surround sound at Accotink Unitarian Universalist Church, 10215 Lakehaven Court Burke, 703-503-4579; www.accotinkuu.org, administrator@acctinkuu.org This is a non-religious event open to the public. Tickets start at \$6 and can be purchased at the door or here: <https://www.eventbrite.com/e/mediterranea-tickets-26956413358>

contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by both traditional and contemporary worship services at 10:30 a.m. at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

COMMUNITIES OF WORSHIP

Jubilee Christian Center
"Loving People to Life"
 Worship Gathering - Sunday 8:45 & 11 AM
 Sunday School 10:10 AM
 Sun. Evening - Realtime Worship & Youth 6 PM
 Family Night - Wednesday 7:15 PM
 Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
 Visit our Website: www.jccag.org
 4650 Shirley Gate Road, Fairfax
 Bill Frasnelli, PASTOR 703-383-1170

Messiah United Methodist Church
www.messiahumc.org

Check out our:

- Weekly youth mission projects
- Children's summer camp programs
- Community outreach opportunities

Sunday Services at 8:15, 9:30, and 11 am
 Sunday School 9:30 and 11 am
 Childcare available during worship

6215 Rolling Road, Springfield (near West Springfield High School)
 703-569-9862

To Advertise Your Community of Worship, Call 703-778-9418

THE CONNECTION
 Newspapers & Online

SPECIAL CONNECTIONS CALENDAR 2016
 Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

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

NOVEMBER

11/2/2016.....Wellbeing
 11/9/2016.....HomeLifeStyle
 11/16/2016.....A+ Camps & Schools
 11/16/2016.....Holiday Entertainment & Gift Guide I
 11/23/2016.....Connection Families: Celebrations & Gratitude
 Thanksgiving is November 24
 11/30/2016.....Holiday Gift Ideas

DECEMBER

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

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- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Hemdon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/GaitHERS Connection



Susan Zanella sells hard-shelled gourds made into Jack-o-Lanterns.

Festival Fun on a Rainy Day

The Fairfax Fall Festival was Saturday, Oct. 8.



Vendor Holly Hagen of Creative Capes.



Apollo Hopkins, 5, had his face painted like a lion.



Daniel Nikolayev, 4, with Sparky the fire dog at Fire Station 3.



The Cameron's Chocolates staff offers chocolate and pumpkin treats.

Wicked Olde performs a Celtic song at Old Town Square.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION



Nick Kiti grills up lots of chicken teriyaki.

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SUNDAY ONLY SPECIALS

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30,000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁵

Synthetic \$10 More

INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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- Toyota bedliners

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LEGAL NOTICE
According to the Lease by and between Jadrien Wallace (of unit 1074) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bag, totes, ect. Items will be sold or otherwise disposed of on Friday October 21, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Barbara Franceschi (of unit 1069) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: totes, bed, furniture, home decor, ect. Items will be sold or otherwise disposed of on Friday October 21, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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Light tomorrow with today!
-Elizabeth Barret Browing

ABC LICENSE
Punceatyme II inc trading as Squisito Pizza & Pasta, 8971 Ox Rd, Ste 245, Lorton, Fairfax County, VA 22079. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages. Christopher Rodney, Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

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SEALED BID SALE SALE OF REAL ESTATE 2828 and 2830 GALLOWES ROAD FAIRFAX, VIRGINIA

Sealed bids will be accepted by the Virginia Department of Transportation (VDOT) in the office of the Property Management Agent located at 1401 E. Broad Street, Richmond, Virginia 23219, until, but no later than, 11:00 a.m. Tuesday, November 1, 2016 for the following property:

The vacant commercial lot located at 2828 and 2830 Gallows Road, also known as Tax Map Numbers 049-2-01-0026B and 049-2-01-0020B in the county of Fairfax, Virginia containing 0.772 acre.

The value placed on this parcel is \$3,096,000.00.

Employees of VDOT, their immediate families or any person employed with the valuation and/or acquisition of this property are ineligible to bid. The property is being sold "as is" with conveyance by deed without warranty. For further information and proposals, contact VDOT at the above address or call Lee Strathy at (804) 786-3172.



Boy Scouts Clean Up Silverbrook Road

Boy Scout Troop 688, sponsored by Christ United Methodist Church in Fairfax Station, conducted its bi-annual Silverbrook Road Clean-up Saturday, Oct. 8 in a light rain. There were 29 Boy Scouts and adults picking up trash and debris along the route from Hoes Road to Rt. 123 on Silverbrook Road. The Troop performs this community service twice a year to support their neighborhoods. For more information contact Sandy Latta slatta@fourthwave.com or 703-485-6801.



BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

ONGOING

Burke Lake Seniors Golf League seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season - April 1 through October 31 - are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to **drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Shepherd's Center of Western Fairfax needs volunteer drivers for medical/foodbank appointments. Shepherd's Center serves 50+ residents in Clifton and western Fairfax/Fairfax Station, helping them remain independent and age in place at home. Office help also is needed for coordinating drive requests. More info is at www.scwfc.org or 703-266-3548 or scwfc.office@gmail.com.

The Wakefield Senior Center in Annandale needs **Front Desk Volunteers** on Monday, Tuesday, Wednesday and Friday, 9:45 a.m.-1:45 p.m. and Fitness Instructors. Volunteer instructor positions **could** lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

Singers Wanted for the Celebration Singers. The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. at the Burke United Methodist Church, 6300 Burke Center Parkway. Contact either Barbara Male (barbmale@yahoo.com) or Gayle Parsons (gparsons3@cox.net) for more information.



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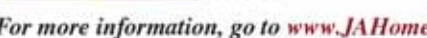
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