



Reston CONNECTION

Anna, Megan, Lauren and Sophie can't vote yet. They are all just in the ninth grade, but they do know an opportunity when they see one, and set up a booth to sell coffee and treats to cold and breakfast-deprived voters outside Armstrong ES in Reston to support their Herndon High School Dance Team trip to the 2017 Nationals in Florida.

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PHOTO BY ANDREA WORKER/THE CONNECTION



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Cup of coffee in hand to “keep sharp,” Carrie McKnight was “excited” to vote for a woman candidate. “We need a positive atmosphere to help our country move forward, and she will do that.”



PHOTOS BY ANDREA WORKER/THE CONNECTION

Anna, Megan, Lauren and Sophie can’t vote yet. They are all just in the ninth grade, but they do know an opportunity when they see one, and set up a booth to sell coffee and treats to cold and breakfast-deprived voters outside Armstrong ES in Reston to support their Herndon High School Dance Team trip to the 2017 Nationals in Florida.

Reston Votes 2016: ‘Cautious Optimism’ at Local Polls

BY ANDREA WORKER
THE CONNECTION

“It’s been kind of slow, but very steady,” was how one Republican Party volunteer outside of the Neil Armstrong Elementary School polling station in Reston described the pace at around 7:30 a.m. on Election Tuesday. “But I’ve done this before,” she added, “and I’ve seen fewer gaps this time around. It’s a good thing to see, that people want to vote.”

Across the sidewalk, at the Democrats table, there was a neighborly discussion going on between both Clinton and Trump supporters. Rob Whitfield, sporting a “Make American Great Again” button, was having a chat with several friends and acquaintances who held “Blue Sample Ballots” and wore “I’m with Her” buttons as their accessories. “At the end of the day, we all still want what’s best for us all,” said Whitfield. “And yes, we can have civil conversations and discuss our ideas.”

Another Trump supporter (who asked to use only his initials, GP) agreed. While he believes that Trump is the answer to the problems of the “establishment,” he firmly declared “I am an American. Whoever wins today is my President.”

Cautious optimism was probably the most expressed sentiment among those who were willing to talk for the Connection. Like “GP” several said they were ready to work with whoever won, while continuing to push for the particular issues that were most important to them. “I am going to keep fighting for better gun control laws, no matter who gets in,” said Willa S., a retired government worker and part of a “split household.” Her husband Michael is a self-described reluctant Trump supporter, while she is “all in for Hillary, but we make it work by focusing more on issues and actions we agree on and we keep chipping away, no matter



Mani Parcham went for the Clinton/Kaine ticket. “I think my mom taught me from the start to advocate for women. Hillary has spoken up against constraints against women around the world, like in Iran. What convinced me? I have to be able to look my kids in the eye and tell them how I voted with a clean conscience.”



Estelle and Frank Holzman think electing Donald Trump will bring a “new change from top to bottom, a change for the people.” Frank was ready and willing to declare his support publicly. “I love my vote. I am proud to do it.”



Vasavi Govindan loves her adopted country, where she came to live in 1998. Voting for Clinton, she says “I believe in progressive, and I think the Republicans have lost their minds. It shouldn’t be an ‘us against them’ attitude. We are all on this planet together, and have to learn to live together. Unless we learn to be less self-centered and self-serving, the future is not looking so good.”



Kay Walter just finished voting for Hillary Clinton and the Democratic ticket, but she’ll be back in a while to be a poll worker at the North County Health Center in Reston. “I’m with Her, like the slogan goes. I believe what she believes.”

the world.”

The Presidential race is certainly the top priority, but voters in Fairfax County were also weighing in on some important referendums. Around Reston, signs either “for” or “against” the Meals Tax Referendum vied with those in support of individual politicians.

In some places, those signs actually outnumbered the others. “The schools need the money,” insists Meals Tax supporter Delia Sainz, after she had voted at the North County Health Services Center polling station in Reston. “We are starting to lose our place in the list of best schools. We can’t afford to let that happen.” “Enough with the taxes,” responded Albert Morin, who happened to be passing by during the interview with Sainz. “Let them learn to budget, just like the rest of us have to.”

And that’s America. Everyone has an opinion, and a right to be heard. Let’s just keep it civil, like Mr. Whitfield said, and make it work like the Willa and Michael marriage.



PHOTO CONTRIBUTED

Center, Randy Sayles of Oak Hill receives the Fairfax County Environmental Excellence award, joined by (from left) WK Williams, FCPD Chief Edwin Roessler, wife Frances Sayles and David Westrate.

Face of Integrity

BY TIM PETERSON
THE CONNECTION

A 12-year-old African American boy watched as a city of Denver patrol car with two white police officers drove slowly by his house, where he reported people attempting to break in.

The boy had to call the dispatcher several times to get a response to the scene. When the officers failed to stop or check on the house, the boy called the dispatcher again. He was told the officers had stopped, and that no one was home.

The boy became enraged, and obsessed, with the goal that one day he would become a police officer, and be a good one.

Randy Sayles of Oak Hill, now 68, grew up in predominantly white Denver, Colo. He was the only child of single mother Delores Sayles. She was a domestic worker who didn't have a lot of education, he said.

To protect her son from drugs and lawlessness, Sayles' mother wouldn't allow him outside much, where he could play with other children.

He also remembers from an early age she instilled in him that having a "moral respect for other people is the most important thing you can contribute to society."

THOSE WORDS would guide Sayles' personal and professional actions for decades to come.

Sayles retired in 2003 after more than 35 years in law enforcement. But he's continued following what he believes is his civic duty to get involved when he sees an injustice.

Since 2002, Sayles has been collecting trash along a stretch of Centreville Road, documenting everything as he goes. In 2013, he signed on to do the work officially as part of the county's Clean Streets program.

At one time he went six nights a week. Now he's out three nights a week.

The non-profit Clean Fairfax estimated last year alone Sayles picked up more than 800 bags of trash and 1,200 illegally placed signs.

Sayles was honored for his efforts at the Oct. 18 Fairfax County Board of Supervi-

sors meeting as one of two individuals to win an Environmental Excellence Award.

Sayles' nomination for the award read: "There are many residents of Fairfax County who are passionate about keeping the county clean, green and sustainable, but few follow through with Herculean efforts like Mr. Sayles."

It took as much effort if not more for Sayles to overcome what he said was a pattern of harassment from some Fairfax County police officers while volunteering.

His objection to being treated disrespectfully by some officers as he cleaned up the trash along the roads in Chantilly also led him lend the benefit of his years of experience in law enforcement to another area of service to Fairfax County. Sayles contributed hundreds of hours over the past 20 months to the efforts of the Ad Hoc Police Practices Review Commission.

AFTER SERVING HIS COUNTRY as a U.S. Marine from 1967 to 1968 (he was honorably discharged from a Vietnam assignment to care for his sick mother) Sayles served as a patrol officer and detective with the Denver Police Department for five-and-a-half years.

"He did his job without fear or favor," said Jerry Kennedy, retired division chief of the Denver Police Department. "He got along well with his peers, was willing and proactive. That's what I liked in a policeman."

Sayles learned to negotiate the brotherhood of police culture as well as his place in it as an African American.

"You have to look out for one another," he said. If someone is wrong, makes a mistake, you had to protect those you relied on, "even if you don't agree at the time."

He remembers seeing officers in Denver who wouldn't stand up to stop things they knew were wrong. But that was contrary to how he wanted to carry himself, how he'd been raised.

"Wherever I worked," Sayles said, "if I saw injustice, I would speak up for what I thought was right."

He was recruited in 1974 as the first African American Special Agent at the Denver regional office for the Drug Enforcement Administration.

Life in Law Enforcement

Randy Sayles Career Timeline

1969-1974: Patrol officer and detective, Denver Police Department.
1974-1979: Drug Enforcement Administration Special Agent, assignments in Phoenix, New York City, Los Angeles, San Francisco, Atlanta, New Orleans and Mississippi.
1979: First DEA overseas assignment as Assistant Country Attaché in Islamabad Pakistan Office, American Embassy.
1980-1981: Staff coordinator at DEA headquarters; Watch officer at El Paso Intelligence Center.
1981-1984: Assistant Country Attaché, DEA Brasília, Brazil, American Embassy.
1984-1995: Group supervisor, New Orleans. Special Assistant to the Special Agent in Charge-DEA Training, co-located with FBI Training, FBI Academy; Associate Deputy Assistant Administrator, Office Of Information Systems-DEA Headquarters; Executive Secretary to the Career Board-DEA Headquarters; and Assistant Special Agent in Charge-Chicago.

1996-1998:

Senior Narcotics Liaison Officer: Re-established severed operational, intelligence efforts between DEA and the U.S. Army Southern Command, headquartered in Panama City, Panama.
1999-2001: Senior Executive Service and Country Attaché, Lima, Peru; Re-assigned to FBI headquarters as SES section chief.
2001-2003: DEA Deputy Assistant Administrator, DEA headquarters.
2002: Begins street clean-up effort.
2003: Retirement.
2015: Begins serving on Fairfax County Ad Hoc Police Practices Review Commission, Use of Force Subcommittee.
2016: Receives Fairfax County Environmental Excellence award.



Former Denver police officer, DEA agent, Ad Hoc Police Commission contributor and long-time county resident receives Environmental Excellence Award.

JOHN "JACK" LAWN, retired DEA administrator, met Sayles in the mid-1980s in New Orleans, where Sayles was supervising a group of young agents.

Lawn was already impressed with Sayles' background, which included Sayles' lifesaving role in a 1979 crisis where the U.S. embassy in Islamabad was attacked and set on fire. Sayles received the U.S. Attorney General's highest award for heroism and valor for assisting U.S. Marines inside the embassy to save the lives of 90 individuals who were trapped there.

"His background as a law enforcement officer, a younger Marine, left him with a unique experience on how to deal with crisis situations," Lawn said.

He was also impressed with Sayles' sincerity: "His interest [was] in seeing the right thing was done on every occasion, making difficult decisions."

Sayles was tapped to be a member of a federal monitoring committee for the DEA, to make sure promotions, assignments and other areas of employment were being distributed fairly.

As a junior agent, Sayles said he had seen discrimination in being passed over for promotions. His job on the committee was to ensure compliance.

"He didn't over-try," said Bob Bryden, retired DEA chief of operations. "He let the facts show up. He never let his position in the African American community affect a decision. I've known few people through the years with the true depth of integrity that he has. He knows the difference between popular and right."

SAYLES TYPICALLY goes out between the hours of 1:30 a.m. and 5 a.m. to clean up the trash along the roadway near his home. "At those hours the only people are police and me," he said.

On several occasions, Sayles said, he was approached by law enforcement officers — Fairfax County Police, state and federal protective police — while volunteering. He

would be asked repeatedly by FCPD officers what he was doing, despite giving the same answer over and over again. Some officers said he was creating a hazard for traffic, despite the lack of traffic at that hour, he said. Others said it was their job to remove the illegal signs, not his.

Sayles said officers treated him with notable lack of respect. "Like they don't believe in being respectful and professional. It gets me mad. ... I'm just a citizen, trying to do civic duty, and won't let them continue to disrespect me." His dismay at officers who would treat people with such disrespect and dismay is palpable when Sayles talks about it.

These interactions came on top of a number of situations where he said he was harassed by Fairfax County Police officers after being pulled over at various times driving.

One morning, when Sayles was stopped on the side of the road looking for his Fairfax County RECenter card, he said a cruiser stopped in the through lane next to him, lights flashing. The officer asked for his license and registration then walked away. Sayles didn't want to identify himself as former law enforcement as he didn't think it was relevant.

Some time later, a second, female officer came to Sayles' window. He said she screamed at him: "Do you have a weapon?" Sayles remembers the saliva coming out of her mouth as she continued to yell, "Don't you know the first thing you should've told us is if you had a weapon?"

At that point, Sayles said he didn't say anything, rolled up his window, and sat looking straight forward while the officer continued to scream.

"Her tone, her demeanor, pissed me off," he said.

The officers ended up giving him a ticket for parking illegally blocking a through lane of traffic, which he found ironic as they were

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Sayles Receives Environmental Excellence Award

FROM PAGE 4

blocking the through lane of traffic themselves. At that point, he finally pulled out his law enforcement identification.

“You of all people should’ve been able to answer better,” the officer responded, according to Sayles.

After the incidents when he was picking up trash, Sayles requested to report a complaint with police staff of FCPD Chief Edwin Roessler, but was refused.

But later at the Fairfax County Government Center, Sayles said he encountered Roessler himself and asked him about making an appointment. The chief suggested they look for an empty room and meet right away. Roessler sat with Sayles for 45 minutes.

“He listened without interrupting,” Sayles said, “let me tell my side.”

Roessler gave Sayles a few recommendations for his volunteer work, including putting a flashing yellow light on his van.

Within 24 hours, Sayles was back out on the road, police saw him, and kept driving.

Roessler attributed the repeated stops while Sayles was on Centreville Road to a lack of communication among overlapping jurisdictions that border the area: the Sully, Fair Oaks and Reston District stations.

To bridge the gaps, Roessler connected the stations and introduced Sayles face-to-face.

These experiences with law enforcement in Fairfax County, as well as his time in the field motivated him to serve on the Use of Force subcommittee for the Ad Hoc Police Practices Review Commission.

As a U.S. Marine, police officer, DEA special agent and supervisor, he had been personally involved in most of the types of scenarios — shooting at suspects, being shot at, using force, working undercover — that were being discussed for changing policies.

Sayles said understood from his time in Denver the need both to cover a fellow officer in the moment, but if they truly screwed something up, to be transparent about that with his supervisor.

“To me, that’s very important; it’s at the heart of the argument we make for the reform for the FCPD,” Sayles said. “There’s a culture there that they cover each other when they know they’re wrong. That has to be broken before we can truly have reform in the PD.”

Following the police commission recommendations, the Board of Supervisors has already voted to create an independent police auditor to review use of force incidents and complaints in particular. Next month the Board is scheduled to vote on

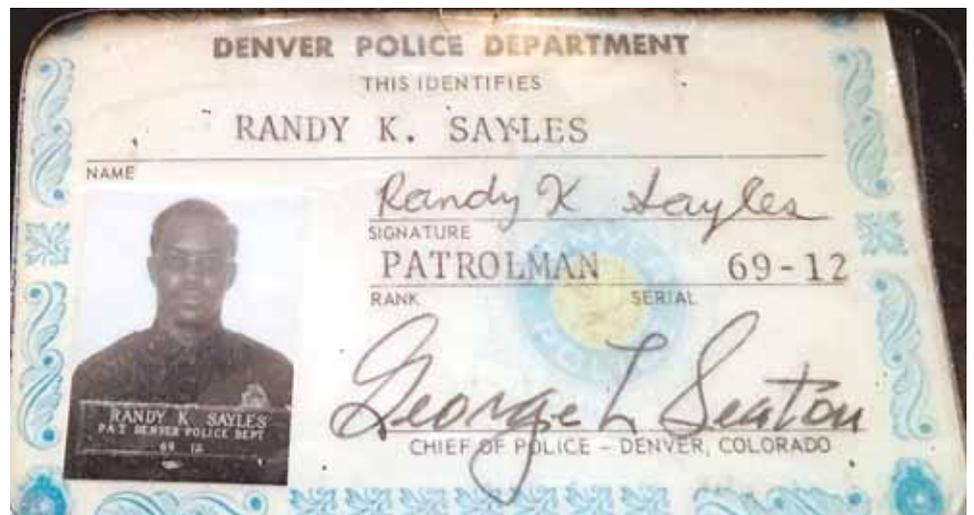


PHOTO CONTRIBUTED

After serving his country as a U.S. Marine from 1967 to 1968, Randy Sayles of Oak Hill served as a patrol officer with the Denver Police Department for five and a half years.

establishing an independent civilian review panel that would look at other types of citizen complaints against officers for misconduct.

“Now it’s making it where if someone is harassed, they have another mechanism,” Sayles said. “You can feel you’re getting fair treatment with a police complaint, without going to court.”

The potential review panel, Sayles said, could be huge for community perception of law enforcement, particularly in low income communities.

ROESSLER SAID Sayles has been involved in a core group from the Ad Hoc Commission that’s continuing to meet with him and assist in implementing recommendations.

“He has decades of experience,” Roessler said. Having him, he added, “has been a blessing, makes us think.”

Roessler said he’s impressed how Sayles speaks directly, as well as his passion and his ethics.

The fact that projects like those from the Ad Hoc Commission are being delivered to meet the needs of the community “are because of people like Randy,” Roessler said.

Sayles said the environmental award was some vindication for the “trying times” he’s had with Fairfax County law enforcement.

But he also said he wanted to recognize the hundreds of volunteers who go out and do civic work, volunteer that people don’t know. “So many are equally qualified,” Sayles said, “they don’t ask for recognition.”

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OPINION

Coming: Children's Connection 2016

Get creative and send art, poetry and more.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

EDITORIAL We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be?

Editor's Note

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, including earlier this week on Election Day. Reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See next week's papers for more insight.
www.ConnectionNewspapers.com

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

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We welcome contributions from public and private schools, individuals and homeschoolers.

To be published, we must have the full first and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to: Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Friday, Dec. 2. The Children's Connection will publish the last week of 2016.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Connection to the paper closest to you:

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After the Elections

BY KENNETH R.
"KEN" PLUM

STATE DELEGATE (D-36)

As I write this column the final votes of this election year will not have been cast and hence not tallied. The winners and

losers are not yet known. Whether voters in my district took the recommendations in my *Voter Guide 2016* or made different judgments will only be known as the final votes are counted the day before this column appears in print.

Regardless of who the new president is and who controls the Congress there is much work to be done. Suddenly the realities of significant issues become clearer than the simplistic slogans of campaigns might suggest. There are no easy answers to ever-increasing tensions in many parts of the world, to the rising cost of health care and its lack of availability to too many people, to major inequities in wealth and opportunity among the people of our country and among the nations of the world, to crumbling infrastruc-



COMMENTARY

ture—to name just a few!

The greatest challenge of all may be the sharp division of opinion apparent during the election season on the role government should play in responding to these

needs. Complicating any reasonable discussion of the differences of opinion is the lack of trust of governmental institutions and politicians felt even more strongly after the rough and tumble of this election season.

While the only state level elections this year were special elections to fill vacancies, the tenor and outcomes of federal elections are likely to have an impact on how business is conducted in the 2017 session of the General Assembly beginning in January. If the extreme right is successful in this year's elections, those that are in the General Assembly may feel emboldened to continue to oppose taking federal health care monies, to adopt additional restrictions on abortions, and to pass laws that discriminate against LGBTQ citi-

Regardless of who the new president is and who controls the Congress there is much work to be done.

zens. While Governor McAuliffe will still be around to wield his veto pen, there could be many protracted debates on social issues.

On the other hand, if Democrats are successful in capturing the presidency and one or both houses of Congress, moderate Republicans in Virginia may feel less need to insist on hard lines on many issues as we have seen in the past. After all, Virginia will elect a new governor and House of Delegates in 2017, and both parties will want to side with the prevailing political winds.

It is essential that all political leaders learn from this election

cycle and do what we can to help mend divisions in our state and in the nation. One thing we can do is listen. Senator Janet Howell and I will have our annual public meeting to talk with voters on Monday, Dec. 19, 7:30 to 9 p.m. at the Reston Community Center at Lake Anne Plaza. Come and tell us what is on your mind and offer your suggestions as to what we should do in the upcoming General Assembly session. Also, my constituent survey is on my website, www.kenplum.com, and I encourage you to complete it. After all, the elections are over: time to get back to work.

VOLUNTEER EVENTS & OPPORTUNITIES

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/

www.-fairfaxcounty.gov/olderadults and click on 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.

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An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by
Local Media Connection LLC**

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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Condo Fire Causes \$180K in Damages; Leaves 5 Displaced

By FALLON FORBUSH
THE CONNECTION

A kitchen fire destroyed condominiums at the Savoy at Reston Town Center on Tuesday, Nov. 1, displacing five residents.

The accidental fire started in the oven of the condo unit on the fourth floor and was extinguished by a single sprinkler head.

By 6:30 p.m., firefighters from Reston Fire Station 25 and nearby stations in Herndon — Herndon Station 4, Fox Mill Station 31, Frying Pan Station 36 and North Point Station 39 — responded to the scene at 12000 Market Street, according to William Delaney, a spokesman for the Fairfax County Fire and Rescue Department.

“The condo was full of smoke,” says Reston Station 25 Capt. Eric Cunningham. “The fire was extinguished by a sprinkler.”

Firefighters made their way to the balcony in the interior courtyard where the occupant was taking refuge from the smoke. A 35-foot ground ladder was deployed, but the victim did not have to descend.

“Firefighters made contact at the balcony to explain what they were doing and helped her remain calm,” Cunningham says. “It’s called protect in place.”

After firefighters ventilated the unit, the victim was escorted out and sent to a hospital for evaluation.

“It was safer for her to be brought back through the condo and down the stairs,” Cunningham says.

Though the fire was contained to the kitchen of one unit, it is estimated to have caused a total of



PHOTO COURTESY OF A LOCAL RESIDENT

About 40 firefighters from five county fire stations responded to the scene at the Savoy at Reston Town Center.

\$180,000 in damages to property, according to the Fire and Rescue Department. Six other units experienced water damage. As a result, five occupants of the Savoy have been displaced.

The Red Cross offered assistance to the victims, but its help was declined.

“Generally, when they refuse assistance from the Red Cross, they have someone in town they can stay with,” Cunningham says.

The occupant’s cat, which was originally reported as missing, was found and reunited with the owner.

“Everything went how it was supposed to,” Cunningham says. “It went as well as it could have.”

Unitarian Universalist Church in Reston Welcomes New Minister

Nationally recognized minister and sexologist to be installed on Nov. 20.



Rev Dr Debra W. Haffner.

PHOTO CONTRIBUTED
Universalist minister in 2001, after a previous career as a sexologist. She is the author or co-author of seven books, including the award winning “From Diapers to Dating: A Parent’s Guide to Raising Sexually Healthy Children,” available in 11 languages. She has received awards from such diverse institutions as Union Seminary, the Association of Yale Alumni in Public Health, the Society for Adolescent Medicine, the Society for the Scientific Study of Sexology, and the Unitarian Universalist

The Rev. Dr. Debra W. Haffner will be formally installed as the settled minister at the Unitarian Universalist Church in Reston (UUCR), on Nov. 20, at 4 p.m.

The Rev. Dr. Haffner began her ministry in Reston in August 2016, after retiring in May as the Community Minister at The Unitarian Church in Westport, Conn. and as President and CEO of the Religious Institute, a national non-profit organization she co-founded in 2001. Prior to that position, Rev. Haffner was the President and CEO of SIECUS, the Sexuality Information and Education Council of the United States for 12 years and the Director of Education and Community Relations for Planned Parenthood of Metropolitan Washington.

The Rev. Dr. Haffner was ordained as a Unitarian

Women’s Federation.

“We are delighted to welcome Rev. Dr. Haffner as our new minister,” said Julia Norrgard, head of the Search Committee and the new President of the UUCR Board of Directors. “She has the talent, wisdom, social justice commitments, and outstanding preaching skills that we sought for our community.”

The Unitarian Universalist Church in Reston (UUCR), was founded in 1970, and has been home to liberal religion in the area since then. UUCR is a spiritual community where individuals are encouraged to grow, question, discover, and learn. UUCR is an inclusive religious community, welcoming all who enter the church.

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Originally a circa 1935 Great Falls dairy barn, Bill and Brenda Bosch began converting the structure into their personal residence in 2007.



To make room for the larger master suite, Chris Arnold at Foster Remodeling Solutions devised a way to eliminate an obstructive bearing wall by installing an 8" x 17' steel beam attached to concealed vertical supports. To reinforce the rustic design theme, the exposed beam is wrapped in reclaimed barn board. The floors are also old barn wood milled to specification.

Velvet pumpkins are a favorite holiday accessory of Courtney Thomas of The Picket Fence in Burke.



PHOTO BY COURTNEY THOMAS



PHOTO BY ANNE WALKER
An arrangement of wildflowers, such as this one by interior designer Anne Walker, adds a natural touch to a holiday tablescape.

A Design Solution as Big as a Barn Door

Master bath renovation explores themes from Great Falls' bucolic past.

BY JOHN BYRD

Talk about rustic charm. In 2007, Bill and Brenda Bosch purchased what boutique remodelers sometimes refer to as a "barn conversion" — specifically, a spacious modern home which, five years earlier, had been constructed inside the exterior of a 1935 dairy barn.

With its metal roof, stucco siding and silo, the 5,800-sq-ft., five-bedroom Great Falls residence exuded nostalgic references to the community's bucolic past.

Getting the house to owner requirements, however, entailed a commitment.

For starters, the second level primary living area (formerly, a hay loft) was too dark and poorly finished, and offered only limited views of the splendid setting through re-purposed skylights. An early renovation effort focused on "gutting" the kitchen, dining room and family room, and introducing a more appropriate glazing solution that included dormer windows in key locations.

More recently, as the children moved on to college, Bill and Brenda Bosch began to see the house from an empty-nester's perspective.

The first level master bathroom was plainly still unacceptable. With its circa 1990s white ceramic tile, tiny vanity and walk-in shower stall, the design was like something out of a builder-grade starter home.

Moreover, at 90 sq. ft., it was cramped and pinched, offering no opportunities for such upscale necessities as built-ins for toiletries and towels, a showering option for every whim, unhurried zones to dry-off and re-acclimate, and (especially) a breathtaking view of classic Virginia countryside.

Views, in particular, ranked high on the couple's wish list.



The interior to the new master bath is a study in textural and tonal contrasts. Porcelain tile flooring. Mirrors framed in polished nickel. Plantation shutters. The door to the commode is reclaimed barn door mounted on antique rollers.

"We wanted to see our beautiful surroundings from the bed, but this wasn't feasible," Bosch said.

The problem: the southwest corner of the house where the master suite was located was wrapped around 80-year old post-and-beam supports that held up the second floor. Given the critical structural consideration, the original master bedroom had been configured into an L-shape (sleeping quarters with a sitting room addenda). Moreover, under the existing plan, one entered the bathroom through an equally-size sitting room, an arrangement which Bosch saw as wasted space.

"We wanted to reconfigure the rear corner quadrant of the house to improve both the space plan and the view fields," Bosch said, "I just wasn't sure how to do it."

Enter Chris Arnold of Foster Remodeling Solutions, the firm that had successfully renovated several aspects of a friend's home over a 10-year period.

As Arnold recalled: "We were asked for ideas for a sweeping interior makeover, but nothing could happen without implementing a

before."

Meanwhile, at 21 square feet, the "curbless" walk-in shower — fitted out with a bench and personal cubbies — boasts many cutting-edge amenities, including a programmable control that remembers each user's preferred water temperature.

Consistent with the broader design goals, the shower now features a window with an adjustable screen that affords a panoramic view of wooded back acreage.

The interior itself is a study in textural and tonal contrasts that reinforces a softly relaxed ambience.

The porcelain tile flooring — which Arnold found after careful research — is an exact match for natural blue stone. As an added nod to personal comfort, the flooring is heated via electrical coil integrated into the underside of the tile itself.

Other design details, explore themes from the 1930s and earlier. Period cabinetry provides drawers and shelving for towels and personal toiletries. Quartz counter surfaces and mirrors framed in polished nickel help to balance the light and dark contrasts. The scones are early-electric Edison-style replica with an exposed filament.

"The project has allowed us to express our creativity," Bill Bosch said. "That's what really makes a home special."

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. For information call 703/550-1371, or www.fosterremodeling.com.

John Byrd

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

Setting a Holiday Table

Local tastemakers offer suggestions for creating festive tablescapes.

BY MARILYN CAMPBELL
THE CONNECTION

As Thanksgiving draws near, thoughts of table settings and holiday décor abound. In the midst of a flurry of activity — from shopping to chopping and roasting the perfect turkey to creating seating charts — it's easy to let holiday décor and tablescapes become an afterthought. The right accessories, however, can set the tone for a festive gathering.

"Decorating for the holidays in my house is always done with candles, fruit and flowers," said interior designer Gretchen Fuss of Gretchen Fuss Works of Art and Interior Design. It's "festive but simple."

Look to nature, advises Anne Walker of Anne Walker Interior Design, because some of the best holiday decorations are found not at a store, but in your own backyard. "Holly branches in a big white vase make a beautiful centerpiece," said Walker. "Pinecones in a ceramic bowl or galvanized steel bin can add interest to any otherwise empty corner."

"Placing greenery in unexpected locations like a chandelier can also bring another interesting element to the tabletop," agreed Marika Meyer of Marika Meyer Interiors and Marika Meyer Textiles.

A local produce stand can also serve as inspiration for autumnal décor. Mini pumpkins, for example, can be used as place cards, suggests Courtney Thomas of The Picket Fence in Burke. "Simply write each guest's name on a small pumpkin or gourd and place at each seat," she said. "Finish off each place setting with a chocolate turkey tied up with a festive bow. [This] lets the food be the star."

Hollowing out a large pumpkin and using it as a vase to hold flowers for a centerpiece helps keep the autumnal theme consistent, she adds. "Keep things simple," said Thomas. "Scatter gourds or acorns

plates. "An interesting salad plate sitting on top of your dinner plate can add a pop to your tabletop," said Meyer. "Custom napkins can also bring color or pattern to the tabletop."

However, before purchasing new holiday décor, Walker advises editing what you already own. "Go through your holiday decorations with a keen eye, and weed out any that no longer bring you joy for whatever reason," she said. "Maybe they've gotten a bit old and worn or maybe they don't match the current style of your furnishings or maybe you've just grown tired of them."

An easy way to change up your everyday dinnerware and make a statement is to upgrade your salad

"Scatter gourds or acorns down the middle of the table and add some seasonal candles in your favorite candlesticks."

— Courtney Thomas
of The Picket Fence in Burke

keys to holiday decorating, according to Meyer, is layering and it starts at the front door. "We love to dress a front door by flanking it with white poinsettias and a wreath for the door," she said. "Magnolia or boxwood wreaths are a perfect option to welcome your guests."

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CALENDAR

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

ONGOING

Thanksgiving Food Drive with Reston Community Center Friday, November 4 - Tuesday, November 22 In support of the annual Thanksgiving Food Drive for local families and individuals served by Cornerstones, Reston Town Center is collecting donations of non-perishable food in building lobby boxes. To find a donation site near you check out the Bulletin listing in the Reston or Herndon Edition of the Connection Newspapers or visit: restoncommunitycenter.com

Exercise for Parkinson's Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Teen and Adult Art Classes ArtSpace Herndon Every Monday from 5:30 - 8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com

Beginning / Intermediate Oil Painting - Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 - Nov. 10, 2016. ArtSpace Herndon, 750 Center Street, Herndon. Learn contemporary and classical methods of painting. Recommended for artists who want to improve the realistic appearance of their work. www.artspaceherndon.com 703-956-9560

Shih Chieh Huang. Synthetic Transformations Sept. 16 - Nov. 16. Tuesday through Saturday, 11 a.m. - 5 p.m. Greater Reston Arts Center. Reston Town Center, 12001 Market St #103, Reston. Dynamic gallery experience by Shih Chieh Huang, sponsored by Leidos and the Arts Council of Fairfax County. Huang will present an installation featuring elements created from a variety of media including LED lights and materials such as plastic bags and Tupperware. Cost: Free. info@resonarts.org 703-471-9242.

Manganelli Solos at PenFed Realty October and November 2016 at the office of PenFed Realty, 1886 Metro Center Dr., Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 a.m. - 5:00 p.m. leagueofrestonartists.org

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

Unforgettable Photography Exhibit ArtSpace Herndon **Featuring the photography of Marti Belcher November 2 - December 4. 750 Center Street, Herndon. Life is a journey, a continuum of everyday events and ordinary people, all of which make for an extraordinary lifetime of experiences. 703-956-9560. www.artspaceherndon.com**

Reston Photographic Society Meetings from 7:30-9:30 p.m. **Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston. Takes place the third Monday of each month through Nov. 31. The meeting date is changed if the third Monday falls on a holiday. Photographers of all skill levels are invited to share info and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. www.leagueofrestonartists.org**



PHOTO BY TRACIE J. BROOKS/COURTESY OF RESTON COMMUNITY PLAYERS

'Gypsy' at Reston's CenterStage

Reston Community Players present "Gypsy" at CenterStage, Reston Community Center, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Performances through Nov. 12, 2016. Friday and Saturday at 8 p.m., with Sunday Nov. 6* matinee at 2 p.m. Tickets: \$25 (\$21 for seniors/students). Call 703-476-4500 or visit www.restonplayers.org Pictured: 'Gypsy' cast— Top row, from left: Brooke Nyren (Thelma), Sydney Crutcher (Agnes Amanda), Bottom row left to right Lucy Breedlove (Delores), Maggie Slivka (Gail), Allie Lytle (Marjorie May)

Hunter Mill District Supervisor Cathy Hudgins rode an antique fire truck in the 2014 Reston Holiday Parade at Reston Town Center. This year's Reston Holiday Parade begins Friday Nov. 25 at 11 a.m. There will be Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and more. The celebration takes place at Reston Town Center, 11900 Market St., Reston. Reston Holiday Parade on Market Street, tree lighting at Fountain Square. Rain or shine.



PHOTO BY RYAN DUNN/THE CONNECTION

Plan Ahead Reston & Herndon

FRIDAY/NOV. 25, 2016

Reston Holiday Parade. 11 a.m. with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. Reston Town Center, 11900 Market St., Reston. Reston Holiday Parade on Market Street, tree lighting at Fountain Square. Rain or shine.

SUNDAY/DEC. 4

Holiday Arts and Crafts Show. 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Handcrafted items and fine art will be on sale. Including wreaths, quilts, jewelry, Christmas ornaments, photography and stained glass. www.herndon-va.gov.

Book Sale 1 p.m. Reston Regional Library 11925 Bowman Towne Dr, Reston, VA 20190. Start your shopping early. Come browse and buy - we have lots of gift-quality books. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library/branches/rr/>

SATURDAY/DEC. 17.

A Storybrook Holiday Celebration. 10-11:30 a.m. at Herndon Community Center, 814 Ferndale Avenue, Herndon. Bring your child to enjoy some holiday fun. Cost includes craft projects, a visit with Santa and a reading of a holiday story by a special guest. \$9/child.

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsoSPORTSTAVERN.COM.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. www.kalypsoSPORTSTAVERN.COM.

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

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

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

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

Through the Eye of the Needle Quilt Show Oct. 31 - Nov. 28. 9 a.m. to 6 p.m. Reston Community Center, Lake Anne Plaza, 2609 Washington Plaza N, Reston. The Cotting Quilters, an active Reston group who focuses on traditional and modern designs, presents its first quilt show. The exhibition, with no hard and fast rules, features full sized quilts, art quilts, wall hanging, table runners and other fabric art. A reception will take place on Sunday November 6 from 2 to 4 p.m. Free. Email ablowen@gmail.com for more information.

Senior Tea ARTSPACE Herndon 10:30 - 12 p.m. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month, from 10:30 a.m. to 12 p.m. 750 Center Street, Herndon. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>

TUESDAY/NOV. 8, 2016

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

WEDNESDAY/NOV. 9

Post-Election Unity Service McLean Baptist Church 6:30 p.m. 1367 Chain Bridge Road, McLean. Though the past months have been filled with partisan election coverage, we have the opportunity to come together as the united body of Christ for worship. No matter the division in our country, there is "one Lord, one faith, one baptism, and one God and Father of all who is over all, through all, and in all." We hope you will join us for a night of worship and prayer. mclapp@mcleanbaptist.org 703-356-8179 <http://mcleanbaptist.org/>

Social Security Seminar 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Adults 62 and older. Learn how to maximize your Social Security income. Register at www.fairfaxcounty.gov/library

FRIDAY/NOV. 11

Senior Tea ARTSPACE Herndon 10:30 - 12 p.m. 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month, from 10:30 a.m. to 12 p.m. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>

Everything Christmas Sale Preview Sale: 4 - 7 p.m. Main Sale is 9 a.m. - noon on Saturday. At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

NEWS

Ursula Nogic's works are on display through the end of December at the North County Government Center.



PHOTO CONTRIBUTED

Ursula Nogic Exhibits at the North County Government Center

A selection of Ursula Nogic's works are on display through the end of December in the Supervisor's reception area and conference room and the hallways of the North County Government Center (1801 Cameron Glen Drive, Reston — across the street from the Reston Regional Library). The show is open daily, Sunday through Saturday.

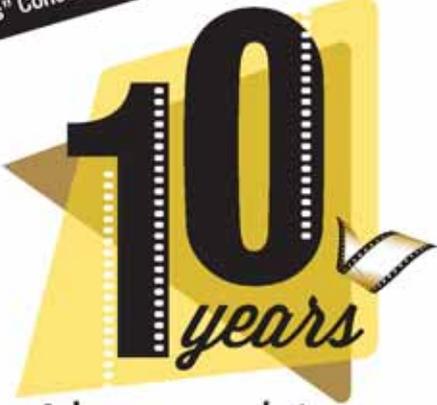
Nogic, an award winning portrait, landscape and cityscape artist, who is also a psychologist, endeavors to ignite the souls and minds of those who experience her art. In a naturalistic style evocative of 18th century masters, yet uniquely modern, Nogic works in such mediums as oils, watercolors and pastels. Transforming ordinary subjects and scenes by infusing them with depth, imagination and mystery, she expands the viewers' perception as well.

Her desire is to have viewers not simply intrigued by what they are experiencing, but also able to take it into their lives. Born in Germany to Polish parents, Nogic emigrated early, growing up in a mixed midwestern urban and rural lifestyle around Chicago and Wisconsin. This allowed her to readily assimilate into various cultures and be flexible in seeking new adventures and welcoming diversity. Her personal history has proven a constant touchstone as she pursues her complex art vision.

She received a BFA in Art History and Painting from the University of Wisconsin and a Doctorate in Human Development from the University of Maryland.

Dr. Nogic has resided in Reston since 1987. She can be reached at unogic@yahoo.com.

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PUBLIC HEARING NOTICE

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Reston Association Headquarters

Reston Association Board of Directors to hold public hearing on 2017 assessment rate and budget.



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Matthew Hylton, an independent artist from Bowie, Md., sketches a portrait of Katie Clements, 4. “She was born here at the hospital,” says her mom, Shannon Clements.



PHOTOS BY FALLON FORBUSH/THE CONNECTION

Tami Hearle, exercise specialist for Reston Therapy & Fitness located in Pavilion I of the hospital center, cheers on Chloe Sneed, 4, who is dressed up as Belle from Disney’s Beauty and the Beast. Hearle’s line of work often involves helping people improve their balance. Her bean bag toss game challenged players to toss bags into a target while balancing on one foot.

Restonians Spend Halloween at the Hospital

BY FALLON FORBUSH
THE CONNECTION

Reston Hospital Center celebrated its 30th anniversary by throwing a Fall Family Festival in its parking lot alongside Fairfax County Parkway on Saturday afternoon.

The community was invited to bring their “favorite munchkins” in Halloween costume to meet police officers, firefighters and EMTs, play games and meet some of the doctors and other employees who work all over the medical campus—from therapy and fitness to its pediatric emergency room.

The hospital celebrated its new pediatric ER last year with a small gathering and wanted to “go big or go home” for this milestone, says Erin Echelmeyer, hospital spokeswoman.

“We’re a large hospital, but still a community hospital,” she says. “This is just a fun way to celebrate with the community in a safe, enclosed venue.”

AS THE TEMPERATURE warmed to the mid 60s, the lot grew more crowded with people visiting the Teddy Bear Clinic, Kids Safety Corner, face painting and sketching, carnival games, balloon-making and a Meet the Docs station.

Dr. Jasser Thiara, an OB/GYN, was one of the 15 medical doctors who were taking advantage of the celebration to do some community outreach and meet people one-on-one at the Meet the Docs station. He and the other docs were encouraging people to take advantage of health screenings, including on-site blood pressure readings.

Thiara says he was also talking about the importance of mammograms and other gynecological screenings that he routinely does for his female patients at Mid Atlantic OBGYN in Centreville. He was particularly excited to talk about his practice’s robotic-assisted and minimally-invasive surgery techniques.

Stretched alongside the pop-up canopies and activities was a Food Truck Alley that



Jeff Morgan helps his son Sam Morgan, 1, play skee ball. Grandparents Jan and Goodwyn Morgan, mom Anne Goodwyn and sister Abigail, 3, cheer him on.



Shawn Fellerman, 2, eats tater tots from Bacon N Ed’s in his turkey costume. “Best tots I’ve ever had,” says his dad, Dylan Fellerman.



Amy Dominduez, 10, plays Top Doc, a giant version of the electronic Operation game. She is dressed up as Crumbs Sugar Cookie, her favorite Lalaloopsy rag doll. Her mother, Marion Guandique, works at the hospital center in environmental services.

included cuisine from Uncle Fred’s BBQ Smoke Shack in Lorton; From Tuscany with Love in Sterling; Bacon N Ed’s in Reston; and Captain Cookie and the Milkman in Washington, D.C.

Employees in scrubs and community members alike lined up to get some grub on their lunch breaks.

“Every day was a new excitement,” says Pushpa Ghei. “I still dream about working.”

Ghei was enjoying the festivities with her daughter Rashmi and 3-year-old granddaughter Anya. She was a nurse at the hospital for 27 years before she retired earlier this year. Now in her early 70s, she recognized many people she used to work with who she still considers extended family.

“She’s been saying hi to so many people today,” Rashmi says.

SEE HOSPITAL, PAGE 13

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Anya Ghei, 3, meets McGruff the Crime Dog.

PHOTOS BY FALLON FORBUSH THE CONNECTION

Reston Hospital Hosts Fun Fest

FROM PAGE 12

This included McGruff the Crime Dog, who was there with the Fairfax County Police Department to help teach children safety tips. He has been helping the National Crime Prevention Council "Take A Bite Out Of Crime" for decades and was happy to get a hug from Anya.

Doug Middlebrooks and Rob Murray from FCPD's helicopter division lifted kids up to the cockpit of their helicopter to take selfies before they took off from the parking lot as the crowd watched.

Police officers from FCPD's Reston District Police Station were challenging parents to maneuver a scooter through an obstacle course while wearing goggles that simulate alcohol impairment.

"Holy cow, I can't explain it," Amanda Midgett said after hitting a couple cones. "That's scary. I'll be thinking about that, even with one glass of wine."

THE GOGGLES she wore simulated a BAC, or blood

alcohol concentration, of .12. Nationwide, .08 or higher is a DWI.

Midgett's husband Ronnie is chief financial officer for the hospital center. She took another spin on the scooter with Tradd, their five-year-old son, in her lap. Since she wasn't wearing the goggles that time, she did much better.

Nearby, Nicky Reeder, a radiographer with the hospital center, helped with the Teddy Bear Clinic.

"Teddy fell over today," she says. "His leg hurts a bit, so the doctor has ordered an X-ray."

Coretha James, who used to be a supervisor at the hospital center's dietary division, brought her 7-year-old granddaughter Shavon Geiger and Bethel Agyeman, 11, and Arsema Alabrang, 8, through the clinic to help Reeder use the portable X-ray machine on the stuffed animal.

Teddy did not suffer any fractures and will be just fine if he rests for a few days, says Reeder, reassuring the girls as she hands them printouts of the scan.



Rob Murray with the Fairfax County Police Department's Helicopter Division tips a bucket of candy to Lukas Kim, 2, who is dressed as Marvel Comics' Captain America, as he sits in the cockpit. His mom, Sharon Kim, watches in a hat she received earlier from an EMT.

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Feeling a Little Low



By KENNETH B. LOURIE

In spite of mostly-successfully not being preoccupied with my condition/circumstances/disease, when a lung cancer survivor dies, even one with whom I've had minimal contact; one whom I could barely call an acquaintance, the link in the chain that makes all of us lung cancer patients/survivors stronger is most definitely effected.

Not that every lung cancer patient's diagnosis is identical; be it the staging (1-4), the type (non-small, small, etc.), the molecular profiling (ALK, EGFR, KRAS, HER2, etc.), the treatment or whether they were smokers or not, one cancer survivor's death is not necessarily related to another's. Like most things in life, more information is needed.

Nevertheless, it doesn't minimize the loss. When one survivor dies, we all die, a little bit. Recently, a prominent figure in the lung cancer world, Jerome Sorkin, a nine-plus year lung cancer survivor died. I did not know him, though I knew of him. I passed him once while walking in a hallway at The Key Bridge Marriott after attending the annual LUNGeVity Foundation conference held every year in late April. We were both leaving but heading in opposite directions. He saw me and said "Love your column." I replied "Thanks," and that was the extent of our interaction.

In general, and in the lung cancer world in particular, typically one wants to hear positive news/be around positive people. Otherwise, maintaining your emotional equilibrium and your living/dying existence is simply too damn difficult. The razor thin line on which all of us lung cancer survivors teeter-totter cannot tolerate too much interference. Who knows exactly what news — personally or publicly, will cause one's cancer do what it so often does: inflict more damage followed by an inevitable decline.

This does not imply/encourage that cancer patients should or could quite frankly, live in an emotional bubble where only positive feedback and life-affirming words are allowed in. As my deceased father would have said: "The idea has merit." The reality is however, that such an option is impractical and unrealistic (except on Seinfeld; see "Bubble Boy"). Still, it doesn't diminish the fact that cancer survivors need to be "infused with positivity," as I like to say. Moreover, anecdotal evidence suggest that a good attitude and a positive environment affects a cancer patient's prognosis and enhances their lives.

Not only do I joke about having cancer, I want to be around others who joke as well and who can go with my flow and not bring me back to my reality. I spend enough time there on my own; I don't need any help returning. Nor do I do well when I hear bad news; specifically, the death of a fellow lung cancer survivor. Intellectually, I understand that lung cancer survivors are all different, live different lives, have different motivations, etc. Nevertheless, I feel for Jerome Sorkin, I feel for his family and friends and I feel for LUNGeVity where Mr. Sorkin was Vice Chairman of LUNGeVity's Board of Directors. I don't want any lung cancer survivors to die before their presumptive time. I want lung cancer to, at the very least, become a chronic/treatable disease (like diabetes) where one can live their life to a relatively normal expectancy; and if I were to dream really big, I want lung cancer and all cancers of course, to be curable/reversible.

Until these days arrive, all of us patients live on the edge. Just as I am strengthened by stories of resolve, I am weakened by stories of fellow survivors succumbing to their disease. Right now I am weakened.

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

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PHOTOS CONTRIBUTED

Students from Fox Mill Elementary pictured with Dr. Tisseront. Students from the school donated 133 pounds of candy.

Dr. Tisseront's Halloween Candy BuyBack Brakes Records

Dr. Tisseront's 11th Annual Halloween Candy BuyBack event broke all previous years records with the help of community members who came out to support and donate their leftover candy in support of Children's National and our troops overseas. Dr. Tisseront donated \$2 per pound of candy - \$1 went to Children's and \$1 went to the child donating, with many choosing to donate their dollar as well! How much candy was collected? A whopping 1,679 pounds in all. Dr. Tisseront was able to donate

\$2108 to Children's National, bringing total donations to Children's to over \$20,000. All candy is being shipped overseas to our troops with letters and drawings of gratitude from the community drawn at the event. This is a yearly event and continues to grow each year, with many local businesses such as PR Partners, Pitango, The Bike Lane, Mayflowers and Clyde's of Reston all donating prizes for a raffle at the event. For more information and photos of the event visit TisserontOrthodontics.com.

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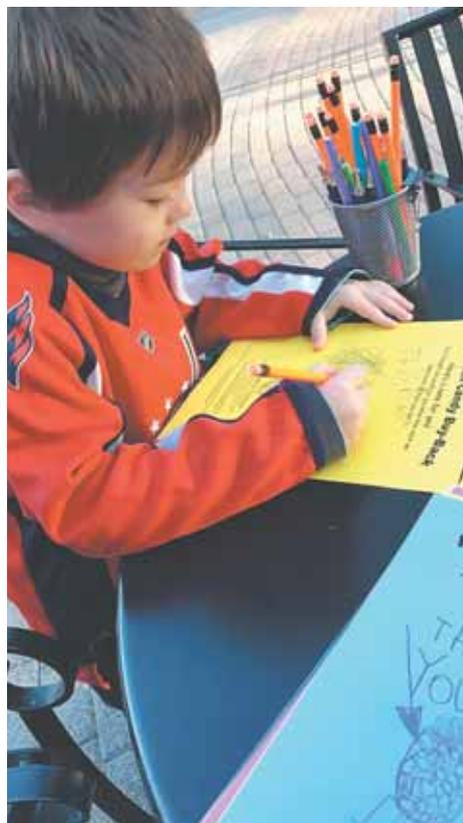
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Children donate their leftover Halloween Candy to Dr. Tisseront's 11th Annual Halloween Candy Buyback event. More than 1,600 pounds of candy was collected at the event.



Writing letters and drawing pictures to our troops overseas: Each box of candy receives at least two letters and pictures before being shipped.

Three Reston Residents Appointed to RCC Board

Beverly Cosham, Michelle A. Moyer and Paul D. Thomas elected in Preference Poll.

held in September.

Voting in the 2016 Reston Community Center Preference Poll concluded at 5 p.m. on Friday, Sept. 30. Counting was conducted by Votenet Solutions' eBallot – a secure online voting platform. Votenet Solutions is an independent contractor providing the electronic and mail-in ballot processing. The League of Women Voters of Fairfax verified and entered ballots dropped in the voting boxes at RCC facilities into the electronic voting website.

A TOTAL of 1,568 valid ballots were cast in this year's poll. Vote tallies by candidate were as follows:

- ❖ Beverly Cosham 1,327
- ❖ Michelle A. Moyer 1,342
- ❖ Paul D. Thomas 1,378

Beverly Cosham is currently



Beverly Cosham



Michelle A. Moyer



Paul D. Thomas

Planning Committee. She has held leadership roles with Reston Masters Swim Team, Reston Swim Team Association, various parent-teacher associations, the South Lakes High School All

leadership profile of the Board of Governors reflects RCC's longstanding commitment to inclusion and celebration of Reston's diversity. "I look forward to continuing to work productively with RCC to achieve Reston's founding goals for outstanding quality of life for all who live and work here," said Supervisor Hudgins. "This diverse and engaged board provides RCC with policy direction and fiscal oversight that results in the great programs and services it offers Reston."

EACH YEAR RCC offers more than 2,000 positive, self-development experiences that enhance the quality of life for all people living and working in Reston. RCC provides a wide range of programs in arts, aquatics, enrichment and lifelong learning. We also create and sustain community traditions through special events, outreach activities and facility rentals. To find the programs or events that are right for you, visit www.restoncommunitycenter.com or call 703-476-4500.

At the Fairfax County Board of Supervisors' meeting on Tuesday, Oct. 18, 2016, Supervisor Catherine M. Hudgins requested and the Fairfax County Board of Supervisors approved appointment of three Reston residents to the nine-member Reston Community Center Board of Governors. The three-year terms for Beverly Cosham, Michelle A. Moyer and Paul D. Thomas will begin on Nov. 7, 2016 and will expire in 2019. Their appointments are based on the results of the Annual Preference Poll for Reston Community Center's Board of Governors positions which was

Chairman of the RCC Board of Governors and will return for her sixth term on the Board. She is a 49-year Reston resident who was a founding member of both Reston Community Players and Reston Chorale. She has held leadership roles with the Lorton Arts Foundation, Arts Council of Fairfax County Arts Advisory Board, the Actors' Center board, the Lorton Re-use Committee and the Reston Community Orchestra Board of Directors. Michelle A. Moyer is a 28-year Reston resident who currently serves on the RCC Board of Governors as the Board's Vice Chair and Chair of the Long Range

Night Grad Party committee, the Fellowship Square Corporate Board and her cluster board.

Paul D. Thomas is a former teacher and coach and will serve as the newest member of the RCC Board of Governors. A Reston resident since age 3, he has held leadership positions with Reston Association, Reston Historic Trust, Reston Swim Team Association and the Reston Master Plan Special Study Task Force. With appointment of these three board members, Reston Community Center's Board of Governors becomes a "majority minority" board for the first time in its history. The

WEEK IN RESTON

The Giving Circle of HOPE To Host the Big Give Celebration

On Nov. 17, the Giving Circle of HOPE (GCH) will celebrate a Million Dollar Milestone and, following a tradition that began with the 10th anniversary Impact Grant, will introduce an innovative way for non-voting members to experience the magic of collective giving by awarding special grants to deserving nonprofits. The event will take place at Refraction Reston, a co-working community space at the Reston Town Center, and will be held from 6:30 to 9 p.m.

"Making a difference through collective giving is what the Giving Circle of HOPE is all about and we're excited to demonstrate how a modest contribution can make an exponential difference in the lives of those in our community," said Peggy Cressy, Governance Chair.

This is the culmination of the 2016 grant-making season and in addition to the grants the organization has vetted and will vote on, three worthy nonprofits have been selected to pitch their projects: Spirit Equestrian (spiritequestrian.org), College Access Fairfax (collegeaccessfairfax.org) and Safe Spot for Kids (safespotfairfax.org).

Guests will have an opportunity to vote for and award small grants from the proceeds of the evening. Tickets are \$25/per person and can be purchased through the GCH website at givingcircleofhope.org.

BULLETIN BOARD

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

OCT. 14 - NOV. 14

Sprint & Goodwill Coat Drive
Goodwill of Greater Washington is pleased to also announce a collaboration with wireless provider, Sprint, on a winter coat donation drive. From October 14th through November 14th donors are invited to bring in gently used and new coats to select Sprint retail stores. For select store information visit www.dgoodwill.org and search for: Coat Donation Drive with Sprint. Food Drive with Drop Off Locations for

Non-perishable and other Food Items November 1 - 21

Reston Community Center once again joins the Greater Reston Chamber of Commerce and Cornerstones to help families in need. Patrons, businesses, and organizations are encouraged to drop off non-perishable food and other items from November 1 - 21 at Reston Community Center Hunters Woods and Lake Anne facilities, the Greater Reston Chamber of Commerce, as well as a variety of other drop-off points throughout the community.

Current Drop-off Locations:
Reston Community Center HW
2310 Colts Neck Rd Reston, VA

First Piece of Transit Area Puzzle

Pulte Home's application to develop 44 multi-family dwelling units on 1.58 acres near Wiehle Metro approved despite planning staff objection.

BY KEN MOORE
THE CONNECTION

The Board of Supervisors approved Pulte Home Corporation's request to develop 44 multi-family dwelling units on 1.58 acres on Michael Farady Drive; 32 units in a multi-family building and twelve units in a stacked townhouse format.

Pulte requested rezoning the property located in the Wiehle-Reston East Transit Station Area, from Medium Intensity Industrial to R-30 (Residential, 30 dwelling units per acre). The property was originally developed in 1979 with the existing one-story, 11-259 square foot office building and surface parking.

"This is a very important area," Hunter Mill Supervisor Cathy Hudgins said in the Board's meeting Nov. 1. "The investment that has been made to the transit area has been substantial."

Although the Planning Commission recommended its approval on Oct. 6 by a 4-2-1 vote, with one abstention, planning staff continued its recommendation for denial. "The lack of high quality open space and site design as envisioned by the Comprehensive Plan remains of substantive concern," according to Carmen Bishop of the Department of Planning and Zoning. "We maintain our concern that [the open space] is tucked away in the back," she told the Board.

"The application is trying to do too much. Losing a few units could have solved this quite easily," said Dranesville Supervisor John W. Foust. Brian J. Winterhalter, who represents the developer, said owners of adjacent parcels will be coming before the Board in the future, and they are working together to coordinate open space and the roadway network around all the parcels.

"We have the benefit and also the burden of being the first property to move forward with a zoning application," said Winterhalter.

"He has to accept that he is the first in the game and that's where the high threshold exists," said Hudgins.

"It's the first one in and it should be awesome," said Mason District Supervisor Penelope Gross, who voted to deny the application with Foust and Providence District Supervisor Linda Smyth. "I would have difficulty approving this in my district." At the Planning Commission hearing on Oct. 6, Hunter Mills Planning Commissioner Frank de la Fe said Pulte's commitment to create workforce dwelling units serves a critical need and would be jeopardized if Pulte was made to reduce the number of units at the end of the property. "If we did not keep them the applicant has made it clear that it would be very difficult, if not impossible, for them to meet the commitment that they have made to provide three WDU's with three bedrooms each," he said.