

Oak Hill Herndon CONNECTION

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Mayor Lisa C. Merkel accepts the gift of a scale model T-50 Golden Eagle from Grandmaster SangGeun Lee. The aircraft was developed by Korea Aerospace Industries, LTD with Lockheed Martin. Councilmembers Jeffery L. Davidson and Signe Friedrichs (left) and Grandmaster Heyon Kon Lee (right) look on.

PHOTO BY MERCIA HOBSON/THE CONNECTION

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SENIOR LIVING

Household Re-Forms

Sun Design Remodeling's in-law addition complements existing architecture.

BY JOHN BYRD

Julia grew up in the Fort Hunt section of Alexandria in a close-knit family. She started dating a neighbor's son, Jack MacInnis, while still in high school and, in time, the two friends married. In the late 1990s Julia's father, Don Clark, died leaving her mother, Lita Clark, alone in the family home. A survivor of the Japanese occupation of the Philippines, Clark (as always) remained upbeat, independent; a loving mother and friend.

Fast forward a few years and Jack and Julia MacInnis own a house not far from Clark with whom they are in daily contact. Then, in 2010 — with two sons growing quickly — the couple purchased a four-bedroom contemporary on a 1.5 acre lot in Fairfax. It's only a half hour drive from Clark, but the timing for a larger house was just right.

In the intervening years, Clark (who turns 84 this month) would visit the MacInnis residence regularly, often staying over one or two nights a week.

At this stage, the three of them began

actively planning ways to augment the household by building an in-law suite on some part of the existing property. Eventually, attention focused on a side elevation of the existing house which offered views of surrounding wooded acreage.

THE LOT ITSELF presented challenges. The grade sloped radically on the northeast side where the lower-level (the intended site for the new in-law addition) exited from a pair of sliding glass doors to a small deck. Because of the slope, there were potential water run-off problems; also, Fairfax County's building code required that any new construction had to allow for a full 25 feet of "set-back" from the rear of the property.

"We knew an addition of this size on this grade was going to require careful engineering," said Craig Durosko, whose firm Sun Design Remodeling found both the design and structural solutions that would make the project feasible. "Still, it's helpful when the homeowners are proactive in the decision-making process at every juncture."

Added Julia MacInnis: "We were looking



PHOTO BY JULIA MACINNIS PHOTOGRAPHY

Lita Clark (who just turned 84) in the master bedroom of the in-law suite recently added to the home of her daughter Julia MacInnis and son-in-law, Jack. The room was designed to accommodate several heirlooms, including the twin beds under a course of Mi windows that assure privacy, yet allow abundant natural light.

for a plan that would provide privacy and independence for Mom, yet also fully incorporate her into the household. We've functioned as a family for our entire lives. Mom helped to raise the boys, and she was raised in a multi-generational culture. We saw this change as a way of creating an expanded environment that would work for everyone far into the foreseeable future."

Clark's new suite would be a 580-square-foot annex constructed outside the existing house directly parallel to the lower level. A sliding glass door that accesses the outside would be converted into an interior pocket door that opens into a downstairs recreation room.

The space plan would consist of a 17-foot-by-17-foot master bedroom surrounded by windows on three sides, a master bath with a walk-in shower and heated floors, and a sitting room/kitchenette equipped with a small refrigerator, a sink and a microwave.

The sitting area includes a bistro table for four with a view of the surrounding woodland. The entire household, nonetheless, share meals and kitchen duties together every day. By the same token, Julia and Jack MacInnis and sons (Jackson and Harry) are free to drop-in on Clark just about any time.

"It's a very comfortable, harmonious arrangement," Clark said. "Very much what we hoped for."

That said, engineering the suite's durable footprint was something of a feat.

"Because of the site's grading, we ended up designing a slab foundation with both stem walls and integral footings," said John Benedetto, the addition's lead designer. "To assure structural integrity, there were two concrete pours: one to form the stem walls on the new addition's left side; a second to form the slab with integral footings on which the addition is built."

Footings are placed 30-inches below grade; the slab itself is approximately one

foot above grade. The goal: assure that the weight of the new structure is adequately supported — soil compaction being a key part of the equation.

FOR ALL THE DEFT engineering, it's the suite's interior that proves memorable. The three primary living areas were designed specifically to profile heirlooms, furnishings and other personal items that Clark brought from the Fort Hunt residence.

"There were two twin beds that had been in the family for years," Julia MacInnis said. "A chest of drawers, an old vanity. Sun Design used these pieces as focal points for shaping the bedroom and sitting room. And it's not just that everything fits well ... but also that the floor plan is well-rationalized. The twin beds, for instance, fit perfectly under high windows that assure privacy, yet allow a lot of natural light. Overall, the entire suite is spacious, and quite comfortable."

On that note, the new addition has been fitted with a mini-split HVAC unit that allows Clark to adjust the suite's temperature to her requirements. Meanwhile, the bathroom has a heated floor with its own thermostat.

The addition's exterior elevations are blended with the existing house. Vinyl siding, fascia and soffits, gutters, and downspouts are all matched. Low-E Argon glass vinyl windows allow for abundant natural light and views while keeping temperatures where the thermostat requires.

In all, a comfortable accommodation ... within a thriving household.

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

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



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Wednesday, October 18, 11:30 a.m.–1 p.m.
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Tuesday, October 24 - 11 a.m.–2 p.m. Sneak preview of our newly remodeled two-bedroom apartment and tour; it's a WOW!!

Thursday, November 2, 2–3 p.m. Meet Chris Zimmerman, the conductor of the Fairfax Symphony Orchestra and sample the music for the 2018 season. Refreshments will be served.

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Inside D.C. Design House

In its 10th year, showcase raises money for charity.

BY MARILYN CAMPBELL

DC Design House

Location: 9004 Congressional Court, Potomac, Md.
Tickets: \$35 at www.dcdesignhouse.com/copy-of-events
Open through Oct. 29: Saturday-Sunday 12-5 p.m.; Closed Mondays; Tuesday-Friday 10 a.m.-3 p.m., Sunday, Oct. 29: DC Design House, last day, 12-5 p.m.

For the 10th anniversary of the D.C. Design House, 23 designers transformed the Potomac, Md. home which includes nine bedrooms, nine full bathrooms, four half bathrooms, a cinema, two-story library, a pool and a pool house. Visitors will have the opportunity to walk through the 27,256 square-foot estate to view the latest in home design trends. Proceeds from the event benefit the Children's National Health System.

It was actress Grace Kelly and the movie "To Catch a Thief" that inspired

Designer Marika Meyer's creation of the lady's retreat. "I thought of her elegance and her scarf blowing in the wind," said Meyer.

A collection of framed Hermes scarves line of the of the room's walls.

Much of the room's furniture, including two vintage, velvet chairs and a neutral sofa, surround a Lucite cocktail table, creating a balance between modern and traditional styles.

"When designing the room I thought, 'who would live in that room and what would she be like?'" said Meyer.

Meyer used custom-designed, hand-painted fabric from her own collection for

the room's drapes, pillows, stools and other accessories. One of her biggest obstacles was making the large room feel intimate. "I designed it to make it beautiful and functional, she said. "I created different destinations so it doesn't feel so overwhelming."

Among those destinations are a large secretary, a game table and a bar cart.

Dubbed A Study in Blue, the library by designer Kelley Proxmire draws inspiration from the library of New York socialite Brooke Astor. "I knew it was a classic and I had seen a recent picture and I knew it was a classic," said Proxmire. "Her books were probably antique, leather-bound and I knew that I something wanted something neat and tidy like that."

The room's dark wood paneling is brightened with natural lighting and accessorized with blue and white porcelain and painted books in varying shades of blue.

The designer's goal was to create a technology-free zone that allowed for uninhibited conversation. "Families need a place to sit and talk to each other without being on the telephone and watching television," said Proxmire. "I want all my rooms to say, 'Come and sit.' I don't want them to be too standoffish."

Marrying modern and traditional design elements, Alexandria-based design duo Todd Martz and Susan Nelson created a family room that is both energizing and relaxing, and is meant to be an electronics-free zone.

"The scale of the house is formal, but we wanted to created a room that is family friendly," said Martz. "We wanted to incorporate children's art, but display it in a way that's elegant."

The walls are covered with bright yellow wallpaper that provides an energetic backdrop for blue and white porcelain accessories. To accommodate the lives of a modern family, the white sofa is covered in Crypton fabric, which is stain-resistant and

easy to clean. Other furniture in the room, which includes two faux leather chairs are centered around a handmade, wooden coffee table.

Children's artwork hangs inside the bookcases among blue and white ginger jars. "It makes the book cases a little less serious," said Nelson.

The poolside oasis created by Kim Asner of Country Casual Teak allows visitors to be transported to a luxury spa. Lush greenery and teak lounge chairs surround the pool. An abundance of seating, a cabana and a pool house make the space ideal for entertaining a

"When designing the room I thought, 'Who would live in that room and what would she be like?'"

— Marika Meyer

crowd or enjoying the space's serenity.

"The area is large so we needed substantial furniture," said Asner. "The cabana looks grand and impressive, but it's also comfortable."

Located at 9004 Congressional Court, Potomac, Md., the home is listed at \$10.28 million by Long and Foster Real Estate. Open through Oct. 29, tickets are \$35. Visit www.dcdesignhouse.com.



PHOTO BY ANGIE SECKINGER

Bright yellow wallpaper energizes the family room by Todd Martz and Susan Nelson.



PHOTO BY MARILYN CAMPBELL

Designer Marika Meyer used fabric from her own collection to make accessories, including this dog bed and bone, for the lady's retreat.



PHOTO BY MARILYN CAMPBELL

Todd Martz and Susan Nelson use felt flowers made by women in Nepal to accessorize the family room.

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BEFORE

COMMUNITY



PHOTOS CONTRIBUTED

The starting line during the 2016 Shelane's Run.



Shelane Gaydos with daughters Nadia, Sofia, and Olivia during Easter 2015.

Shelane's Run for Postpartum Depression

5K Race and 1K Fun Run to be held Oct. 21 at Fairfax County Government Center.

BY STEVE HIBBARD
THE CONNECTION

The second annual Shelane's Run, a 5K race and 1K fun run in memory of Shelane Gaydos of Herndon, who suffered from postpartum depression (PPD), will be held Saturday, Oct. 21, 2017, at the Fairfax County Government Center. It is the only race focused on maternal mental health in Virginia; last year's race had 400 runners and raised \$27,000. This year, they're hoping to raise \$30,000 for postpartum depression awareness.

Shelane Gaydos' mother, Joanne Bryant, 63, of Fairfax Station, hopes to bring postpartum depression out of the darkness and make it a common conversation that families will have with their loved ones.

"In my daughter's case, she lost a child; this was her fourth pregnancy and she was mourning the loss of her child," she said. "We didn't realize the extent of her depression."

Bryant, who's retired from the National Defense University, said her daughter was very private and internalized a lot, and no one was aware of the depressive state she was in. She took her own life at age 35 on June 12, 2015.

"In a lot of cases, women don't know their symptoms, what they're going through and how they can be helped — and that it's temporary," she said. Besides depression, symptoms of the disease may include fluctuating hormones, insomnia, loss of appetite, intense irritability, and difficulty bonding with the baby.

THE RACE MONEY raised will help support the nonprofit Postpartum Support Vir-



A father/daughter team at the Shelane's Fun Run finish line in 2016.

ginia, headed by Adrienne Griffin in Alexandria (www.postpartumva.org). "We want to raise enough money to make a difference in the community to set up some grants for families who might need the support of a caretaker to come in and take care of additional siblings or just be there to support the mom in need," she said.

"[Griffin] has reached out to a lot of the local hospitals to get more awareness and screening for women; she has helped with lobbying for new legislation to bring more funding to the states to be able to support those programs within the hospital," she said.

Shelane Gaydos graduated from Woodson High School and George Mason University with a degree in criminal justice. She worked as a detective with the Fair Oaks District Police Station and was married to Brian Gaydos, also a police officer; the couple had three daughters: Olivia, now age 5, Sofia, 7, and Nadia, 9. Shelane Gaydos was also an avid runner.

Pregnant with her fourth child in 2015, Shelane went in for a checkup at 12 weeks



The Gaydos family welcomes baby Olivia in October 2012.



Shelane Gaydos died at age 35.

Details

Shelane's 5K Run/1K Fun Run will be held Saturday, Oct. 21, 2017 at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The race winds around Government Center Parkway and Random Hills Road. Cost to enter the race is \$34; and \$12 for the Kids Fun Run (12 years or under). Teams can be created with five or more runners for \$29. The late check-in goes from 7:30-8 a.m.; the Fun Run starts at 8:30 a.m.; the 5K Run starts at 9 a.m.; and the awards are at 10 a.m. There are activities for children, including a rock wall, moon bounce, face painting, arts and crafts, and more.

The race's largest financial supporter is SAGE Therapeutics, which is developing treatment for postpartum depression following the birth or loss of a child.

For more details, visit www.Shelanesrun.org.

and discovered during an ultrasound that the baby did not have a heartbeat. She had a miscarriage and took a week off work after she lost the child.

"She had the normal sadness that comes with the loss of a child, but we didn't realize just how deep a depression she had fallen into," said her mother. "In looking back on it now, there were little signs — sort of that distant stare, not looking like she was totally into a conversation."

SHELANE GAYDOS' SISTER Sarah Bryant, 33, of Herndon, said: "The first week, she looked like she was on the up-and-up; she stayed home with the girls. On the second week, that's when she started going downhill rapidly in a depres-

sive state."

She said her sister had been stressed from work and upset about not getting the results from the doctor about why she lost the child. "She was pretty distraught because she always wanted four kids and she wanted to know why she lost her child. She didn't get the answers she was hoping to get. So that added to everything too."

Sarah, who works in IT Tech at Fairfax Circuit Court, wants to get the word out that one in five women will suffer from postpartum depression. "It's the leading complication from pregnancy," she said. "And suicide is the leading cause of death for women in the first year of having a baby... Postpartum depression can become severe unless treated and recognized."

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Reston Farm Market, Saturdays, through Dec. 9, 8 a.m. - Noon, Lake Anne Village Center, 11401 North Shore Drive, SNAP accepted, bonus dollar program.

Herndon Farm Market, Thursdays through Nov. 9, 8 a.m. - 12:30 p.m., Old Town Herndon, 700 Block of Lynn St., by the Red Caboose. SNAP accepted, bonus dollar program.

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

WEDNESDAY/OCT. 11

Cabaret Performance. 1 p.m. at The Herndon Senior Center, 873 Grace St # 1, Part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

Adult Coloring Session. 7 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. "Color Me Happy," release the inner artist. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

THURSDAY/OCT. 12

Chalk Art. 5-6 p.m. in Downtown Herndon. Part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

Art Crawl. 6-9 p.m. in Downtown Herndon. Walk around looking at and discussing art. Part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

Recording Local Histories. 6-9 p.m. at the Town Hall Square in Downtown Herndon. The public is invited to stop by and share their story with HCTV, no RSVP required. These oral histories will be incorporated into new episodes of "Herndon Voices" Show that airs on HCTV. Email hctv23@hctv.org or 703-689-2323 for more information.

FRIDAY/OCT. 13

Light the Night Walk. 5 p.m. at Reston Town Center, 11900 Market St., Reston. Celebrate and commemorate lives touched by cancer. Visit lightthenight.org/nca or call 703-399-2941 for more.

DEADLINE OCT. 13

Herndon Good Neighbor.

Nominations are currently being accepted for the 2017 award for a neighbor that's gone above and beyond. Call 703/435-6800 X2084 or e-mail information@herndon-va.gov for more.

Meet the Author. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Author and poet Mike Maggio discusses art and poetry. Part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

SATURDAY/OCT. 14

Herndon Homecoming Parade.

9:30 a.m.-noon at Elden Street in downtown Herndon. This year's theme is "Across the World, featuring those countries that have hosted the Olympics." Call 703-787-7300 or visit herndon-va.gov.

16th Annual Reston Home Tour. 10 a.m.-5 p.m. Featuring six private homes in throughout Reston. Tickets:



Live Music

PHOTO CONTRIBUTED

Crys Matthews is in Concert, Saturday, Oct. 14 from 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon, as part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

before Oct. 7, \$25; Oct. 7-14 and online \$30. Group discounts. Tickets available at Reston Museum, Appalachian Spring. GRACE, Chesapeake Chocolates and The Wine Cabinet at North Point. Call 703-709-7700 or visit restonmuseum.org.

Meet the Author. 2 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. Local author and paranormal investigator Rob Gutro will present his "Double Murder Ghost Investigation" and talk about his book, "Lessons Learned From the Dead." Adults, teens. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Concert. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Crys Matthews in Concert. Part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

Artschool Lecture. 5:30-7 p.m. at Reston Town Center, 11900 Market St., Reston. "So You Want to Go to Art School?" Free. Visit restonarts.org or call 703-471-9242 for more.

Artists Awards Reception. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. 9th Annual Expressions Portrait Competition & Exhibit Reception. Part of the week-long Herndon Arts Week, Oct. 9-15. Visit www.herndon-va.gov or call 703-464-6200 for more.

SUNDAY/OCT. 15

Meet the Author. 4-6 p.m. at Scrawl Books, Reston Town Center 11862 Market St. Discuss the Should Syndrome with self-help Karen B. See. Email info@scrawlbooks.com, call 703-966-2111, or visit www.scrawlbooks.com for more.

MONDAY/OCT. 16

Muscle Up Mondays. 6:30 p.m. at Reston Town Center, 11900 Market St., Reston. Every Monday in October free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit crunchreston.com or call 571-267-5000 for more.

Jewelry Making Workshop. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Tania Ebrahimian will teach the basics of jewelry-making and participants will create an original piece in this hands-on workshop. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.

Photography Exhibit. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts

Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings on the third Monday of the month. Visit www.leagueofrestonartists.org for more.

THURSDAY/OCT. 19

Third Thursdays Art Crawl. 6 p.m. 750 Center Street, Herndon. ArtSpace exhibits art throughout Herndon. Free. Go to www.artspaceherndon.org for more.

FRIDAY/OCT. 20

Community Media Day. Herndon Community Television will open their doors for community organizations to use their facility to create their own short video to be broadcast on Herndon Community Television. Email programs@hctv.org or 703-689-2323 for more information.

SATURDAY/OCT. 21

Meet the Artist. 2-6 p.m. at Scout and Molly's, Reston Town Center Pavilion, 11900 Market St. Fashion illustrator Joanna Baker visits Scout and Molly's. Free. Call 571-526-4185 for more.

Natural Dye Workshop. 5:30-7 p.m. at Reston Town Center, 11900 Market St., Reston. \$45/\$55. Visit restonarts.org or call 703-471-9242 for more.

OCT. 21-NOV. 11

"Aida" the Musical. various times at Reston Community Center, Hunters Woods Village Center at 2310 Colts Neck Road. Reston Players presents "Aida" with music by pop legend Sir Elton John and lyrics by Tim Rice. Visit restonplayers.org/show1/ for more.

SUNDAY/OCT. 22

Vulture Lecture. 3-5 p.m. at National Wildlife Federation Building 11100 Wildlife Center Drive, Reston. Presentation will focus on the life and times of the noble turkey vulture, including its feeding, nesting, and roosting habits, migratory behaviors, and common misconceptions. Visit www.nwf.org/ for more.

Mary Kay Lash Bash. 2-6 p.m. at Molly's Boutique, Reston Town Center, 11900 Market St., Reston. Try some false lashes for your everyday look or for your Halloween costume. Free. Call 571-526-4185 or visit restontowncenter.scoutandmollys.com

Mackenzie Newbury as The Proprietor in NextStop Theatre's production of "Assassins" by Stephen Sondheim.



PHOTO BY LOCK AND COMPANY/COURTESY NEXTSTOP THEATRE

Notorious People Wanting to Be Heard

Stephen Sondheim's "Assassins" at NextStop Theatre.

BY DAVID SIEGEL
THE CONNECTION

Where & When

NextStop Theatre presents "Assassins" at 269 Sunset Park Drive, Sunset Business Park, Herndon. Performances: Oct. 19 to Nov. 12, 2017. Thursday at 8 p.m., Friday at 8 p.m., Saturday Oct. 21 at 7 p.m., Saturday Oct. 28 at 8 p.m., Nov. 4 and 11 at 2 p.m. and 8 p.m., Sunday, Oct. 22 at 2 p.m., Oct. 29 at 2 p.m. and 7 p.m., Sunday, Nov. 5 and Nov. 12 at 2 p.m. Tickets: General admission tickets start at \$20 and increase as performances fill up. Call 866-811-4111 or visit www.nextstoptheatre.org. Note: "Assassins" contains gunshots, adult language and situations that may not be appropriate for all audiences.

They are a rogue's gallery of those who wanted to be noticed in America. Each took drastic action so as to be spotted. They are characters in the dream-like carnival-game musical by the legendary Stephen Sondheim. It is Sondheim's famously provocative musical, Tony Award winning "Assassins" first staged in 1990. The musical is the upcoming production of NextStop Theatre.

Characters range from the well-known John Wilkes Booth and Lee Harvey Oswald, to perhaps lesser-known Sara Jane Moore, Lynette "Squeaky" Fromme, and Charles Guiteau as well as others. "Assassins" delves into the unsettled minds of those who attempted to or succeeded at assassinating the President of the United States. It is a very non-traditional history lesson.

"Assassins' confronts the uncomfortable reality that America has a long history of disenfranchisement, mental illness, poverty, and guns allowing the unthinkable to happen again and again," said Matthew C. Thompson, managing director, NextStop Theatre.

NextStop scheduled "Assassins" some 18 months ago. That was well before recent events in Las Vegas. "Each time horrific tragedies like Sandy Hook, Orlando, and now Las Vegas occur, the country struggles to understand why," added Thompson.

"Assassins' is not pro-violence. The show tries to give the audience a way to fathom why the portrayed characters did what they did. "It is a way to become aware of what makes some

people do such bad things," said director Jay D. Brock. Brock also directed last year's "Eurydice" at NextStop.

There are about a dozen songs in "Assassins." The songs match the various historical eras represented. Titles include "Everybody's Got the Right" about dreams and being happy, and the chilling "Gun Song." With one of Sondheim's stunning lyrics that "every now and then, the country goes a little wrong" the musical is expected to be a potent evening of theater. Veteran Marc Bryan Lilley is the production's musical director. JC Madsen's set design is envisioned to add its own visual sense of heat and fury to the production

For Evan Hoffmann, NextStop's artistic director, "Assassins' is about a few people who are so frustrated that they take unimaginable actions. They were wrong. But, listening to 'Assassins' doesn't mean the audience agrees with the actions of notorious people."

"We promise a theatrical experience you won't soon forget," said Hoffmann. "Audiences will see how personal anger can boil over" as some reach out in the wrong way for their own happiness and immortality.

Announcements

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Announcements

Legals

ABC LICENSE

Charles Ralph Paige trading as
BLVD Wines, 2333 Dulles Station Blvd
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Ralph Paige, Owner. NOTE: Objections to
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www.abc.virginia.gov or 800-552-3200.

An expert is someone who knows
some of the worst mistakes that
can be made in his subject and how
to avoid them.

-Werner Heisenberg

Announcements

LETTERS

FROM PAGE 4

27-Oct. 3, 2017), I was amazed that you did not even mention that there is a third candidate on the ballot for Governor: Cliff Hyra, the Libertarian Party candidate. Cliff is a patent/intellectual property attorney who works for a firm here in Reston. He lives in a Richmond suburb with his wife and four children.

Not only did the Connection fail to mention that Mr. Hyra is a third candidate running for Governor who is already qualified to appear on the ballot, you failed to mention that he was in the debate hall that evening. And not only did the Connection fail to mention that Cliff Hyra was in the debate hall, you failed to mention that the Democrat and Republican candidates conspired to keep him off the stage, and out of the debate. The Ds and Rs don't want your readers to even hear a fresh, engaging, alternative choice.

The Democrat and Republican crony capitalists in the Northern Virginia Chamber of Commerce, the sponsor of this farce, acquiesced in this charade. Whoever becomes Governor, I'm sure the Ds and Rs will "take care" of their friends in the Chamber for helping to silence alternative voices.

The Democrat and Republican parties regularly keep alternative political parties out of debates. They've been doing it for decades. Consider just last year's presidential debates: the two old parties kept Green Party candidate Jill

Stein, who was on the ballot in 45 states and D.C., and Libertarian Party candidate Gary Johnson, who was on the ballot in all 50 states and D.C., out of all the debates.

For readers who are sick and tired of the two old political parties and the games they play, and the way the Democrats and Republicans try to keep citizens ignorant, readers can learn for themselves about Cliff Hyra here: cliffhyra.com and here: Facebook.com/CliffHyra/

Steve Resz
Reston

Not Red Or Blue Issue

To the Editor:

Since the start of the gubernatorial election many issues important to the people of Virginia have taken center stage, but one issue deserves more attention from our candidates - Alzheimer's disease.

Alzheimer's is a national crisis that is devastating families in Virginia and straining our economy. According to the Alzheimer's Association, there are 140,000 Virginians over the age of 65 living with Alzheimer's, and 458,000 more providing them with unpaid care. In 2017, the commonwealth will pay \$826 million in Medicaid costs for people living with Alzheimer's. Those numbers are only expected to rise as the population ages.

I have lived in Northern Virginia for most of my life. I first hand experienced the painful toll of this horrible disease — my mother passed away from early onset Alzheimer's in 2003. Despite retirement pensions, private and federal government health coverage, and three children contributing both financially and emotionally, my parents had to declare bankruptcy due to mounting medical bills. It's a disease that impacts the entire family economically, physically and emotionally.

In recent years the federal government has grown its commitment to help families affected by Alzheimer's through increased research funding. Additionally, the Commonwealth published the "Dementia State Plan: Virginia's Response to the Needs of Individuals with Dementia and their Caregivers" in 2011 and issued an update in 2015. The next governor of Virginia will be responsible for continuing its successful implementation.

Still, much work remains. Alzheimer's isn't a red or blue issue — it impacts us all.

Please join me in asking Ralph Northam and Ed Gillespie, and all candidates seeking office in Richmond about their plan to address the Alzheimer's crisis. As a resident of Alexandria and proud citizen of Virginia, I hope that this is taken seriously and action will take place.

Shannon C. Malone-Benedictis
Alexandria

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The Ayr Hill Garden Club to Meet Oct. 23

The Ayr Hill Garden Club (AHGC) will meet on Monday, Oct. 23, at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Complimentary refreshments will be provided at 12:45 p.m. followed by the 1 p.m. program. Guests are encouraged to attend.

Guest speaker is author Michael Judd, Ecologia principal designer and founder. The topic is "A Virtual Tour of Local Edible Landscapes."

Join Michael Judd in an exploration into combining form, function and production in the yard. Also learn the abc's of how to make a yard more fruitful. Focus will be on water harvesting for successful growing, outdoor mushroom cultivation, creating herb spirals, starting a food forest, and choosing uncommon fruits.

Judd is the author of "Edible Landscaping with a Permaculture Twist" and a presenter for Mother Earth News, and other venues on edible landscaping, gardening and permaculture. Learn more about his ideas at www.ecologiadesign.com and www.projectbonafide.com.

Fall Legislative Conference to Be Held Nov. 11

Social Action Linking Together (SALT) presents Fall Legislative Conference, "Call to Solidarity with Virginia's Vulnerable Citizens: A Conference on Public Social Policy" on Saturday, Nov. 11, 9-11:30 a.m.

Presentations include:

- ❖ Sister Simone Campbell, "21st Century Poverty: Truth, Soundbites & Needed Federal Action"
- ❖ Dorothy McAuliffe, First Lady of Virginia, subject to confirmation (invited), "Child Hunger in Virginia Schools"
- ❖ Del. Ken Plum, "Advocacy is moving to the state and local levels, Are you moving with it?"
- ❖ Gay Gardner, Interfaith Action for Human Rights (IAHR), "Making Solitary Confinement Truly a Last Resort?"

Hosted by Virginia International University (VIU), 4401 Village Drive, Fairfax, VIU Conference Room (VD-02)

Contact John Horejsi at jhorejsi@cox.net or visit www.s-a-l-t.org.

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/OCT. 11

Community Meeting. 7 p.m. in the cafeteria of Lake Anne Elementary School, 11510 North Shore Drive, Reston. Fairfax County Department of Transportation (FCDOT) will host a community meeting on the North Shore Drive sidewalk project. Area residents and other interested parties will learn about the project and will be able to ask questions and provide feedback. Visit www.fairfaxcounty.gov/fcdot/pedestrian/northshoredrive.htm.

THURSDAY/OCT. 12

Town Hall Meeting. 7 p.m. at Herndon Council Chambers, 765 Lynn St., Herndon. Town Manager Bill Ashton will host a Town Hall Meeting to brief the public on details of the proposed Comprehensive Agreement between the town and Comstock Partners, LC to redevelop land in Herndon's downtown into a mixed-use project that includes residential and commercial structures, an Arts Center and a parking garage. Visit bit.ly/2gi0yjA for more.

Short-Term Rental Community Meeting. 7 p.m. in Conference Rooms 9 and 10 the Fairfax County Government Center, 12000 Government Center Drive, Fairfax. The county scheduled another meeting to discuss proposed zoning rules for short-term rentals with the community. The public will be able to provide feedback, ask questions and learn about the results from the community survey. Go to www.fairfaxcounty.gov for more.

Community Meeting. 7-9 p.m. at North County Governmental Center, 1801 Cameron Glen Drive, Reston. Fairfax County DOT has scheduled a series of public meetings for the community to learn more about the projects proposed for funding. Each of the meetings will begin with an open house followed by a formal presentation and a Q&A session. There will be map display boards for residents to view of the unfunded projects as well as transportation projects currently underway. Visit www.fairfaxcounty.gov/fcdot/tpp2017.htm

ABCs of Lyme Disease. 7:30-9:30 p.m. at South Lakes High School (Little Theater), 11400 South Lakes Drive, Reston. Lyme Disease is escalating and the impact on our students is enormous. Learn how to prevent it and how it is diagnosed. Panelists include Lyme medical, county and school specialists. Free. Contact Rick Smith at Daddy.Rick@gmail.com or 703-798-9931.

MONDAY/OCT. 16

Networking on the Nines. 1-7 p.m. at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Reston Chamber presents Networking on the Nines golf tournament. Visit web.restonchamber.org/events/Networking-on-the-Nines-Golf-Tournament-3812/details

WEDNESDAY/OCT. 18

FCPS Community Conversations. 6:30-8 p.m. at Hughes Middle School, 11401 Ridge Heights Road, Reston, Lecture Hall (Region 1). Fairfax County Public Schools (FCPS) Superintendent Scott S. Brabrand will host Community Conversations to hear what students, parents, employees, and members of the community are thinking about and what issues are important to them. Citizens needing a translator can make a request for services online. Visit www.fcps.edu/news/superintendent-brabrand-schedules-five-community-conversations-fall.

Women's Health Lecture. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Bridget Oppong, from Reston Breast Care Specialists, will answer questions. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.

MONDAY/OCT. 23

Hot Topics Discussion. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The topic for this month is "News Blues and How To Defuse." Practice using respectful and positive communication techniques when discussing hot button issues. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.

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What To "Ware?"



By KENNETH B. LOURIE

Recently I received a very generous offer in the mail: a \$10 gift certificate from my local hardware store acknowledging my upcoming/now passed birthday. From what I could read, there was no minimum purchase, no exclusions and no small-type print, just a reasonable expiration date: Oct. 31, approximately six weeks out from the day I received this unexpected gift. More than enough time, one would imagine.

The only problem: what am I going to get at the hardware store, other than the employees' pity about how little I know about so much? Most of the time when I'm in a hardware store (typically I'm not browsing, unlike the cookie aisle at the supermarket), I'm attempting to solve a problem I have at home for which I have very little experience and extremely poor instincts at rectifying. Not only do I rarely know what I'm talking about, I don't even know the proper questions to ask to enable/assist the employee in figuring what the heck my problem actually is – other than me, that is.

I'm very much out of my element in a hardware store. A fish out of water doesn't begin to describe my situation. Tevye, from "Fiddler on the Roof" in speaking to his daughter, Chava, about marrying outside the faith came close: "a bird may love a fish, but where would they build a home together?" Build a home? I have enough difficulty maintaining one that's already built.

When I'm asked, or when I offer it, usually I say: "I know two things: sports and chocolate." I guess I could also add being a cancer patient/survivor, but I don't want to redirect a perfectly innocent conversation into a totally different direction: me and my druthers. Although, my situation has been publicly consumed in the Connection Newspapers going on eight and half years; in person, I try to not let it be the first or even second thing that comes out of my mouth. And I never initiate, though I'm happy to respond if asked. Generally speaking, I'd rather it not be about me and my cancer. As my mother used to say "It's enough already."

But none of this comes up in a hardware store. In fact, the only thing that comes up is my Adam's Apple as I sheepishly swallow and admit how incapable I am as a homeowner/do-it-yourselfer and how much help I need to do almost anything. At least the parking is free so it's not a total loss.

As you might imagine, this situation doesn't exactly lead to an easy conversation or a satisfying outcome. Quite the contrary. I know one thing for sure however, if left to my own devices, either I will cause additional and costly damage in my crude attempt to self-repair, or I will hurt myself in the process. And waste money as well, as the end of the day will likely find me and the problem no closer to a resolution than we were at the beginning of the day.

As William Shakespeare might have written: it will be much ado about nothing as nothing much will have been done. In these recurring circumstances, all I can hope for is a safe landing, so to speak, one in which, as pilots often joke: I can walk away uninjured.

Given that I'm a tool twit and have failed miserably at homeowner 101, what then could I possibly buy at the hardware store with my gift certificate? I just got an idea: lightbulbs. I couldn't possibly screw that up, could I? I mean, they're supposed to be screwed up – into the socket, right? What could be more natural for me?

One last question though: when I place the bulb into the socket, do I screw them to the right or to the left?

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

DINING

Certified Organic: GreenFare Organic Café

BY FALLON FORBUSH
THE CONNECTION

GreenFare Organic Café at Herndon Centre on 408 Elden St. in Herndon is one of the first restaurants in the nation to become certified organic through the U.S. Department of Agriculture National Organic Program.

Many restaurants use the term organic, and have organic items on their menus, but are not certified. In order to make an organic claim with the USDA Organic Seal, restaurants must follow strict production, handling and labeling standards and go through the organic certification process.

The standards address a variety of factors such as soil quality, animal raising practices and pest and weed control. Synthetic fertilizers, sewage sludge, irradiation and genetic engineering may not be used.

Establishments like GreenFare that process or prepare organic food on premises are exempt from needing a certification to label and sell food as organic, according to USDA policy. However, some restaurants are starting to voluntarily become certified organic.

For food to be certified organic, its ingredients must be certified organic, except where specified on a National List of Allowed and Prohibited Substances, according to the USDA. Non-organic ingredients allowed per the list may be used, but no more than 5 percent of the combined total ingredients may contain non-organic content.

CCOF Certification Services, LLC performed the certification of GreenFare for the USDA and verified that the establishment's food and handling of the food — from crop to plate — complied with the USDA organic regulations.

While it took a year and a half with a significant effort to gain the organic certification, Gwyn Whittaker, the company's CEO and owner, and Pericles Silva, the company's operations manager, were determined and believed that it was critical to the GreenFare



Gwyn Whittaker, owner of GreenFare Organic Café, serves her \$18 Organic Spinach and Sweet Potato Lasagna dish, which is loaded with local veggies: organic broccoli, carrots, mushrooms and olives, organic tofu and house-made organic marinara sauce. Instead of cheese, the pasta is covered with an organic pine nut topping. A gluten free option with eggplant in place of wheat noodles is also available for \$2 more.

FALLON FORBUSH/THE CONNECTION



Organic Broccoli Mac and No Cheese: for \$16, GreenFare Organic Café drenches a large portion of organic pasta shells in a creamy organic cashew sauce and then top it with organic broccoli and optional drizzle of organic sriracha sauce. "What causes the problem with usual Mac 'n' cheese is not the mac, it's the cheese," said Gwyn Whittaker, owner of GreenFare Organic Café. "It's just enough fat to make it very interesting to your palate, but not addictive."

brand to go the extra mile to gain that status.

"It's a restaurant with a mission and the mission is to demystify whole-plant food," Whittaker said while describing her company.

Silva's experience at Whole Foods, where he started and ran the "Health Starts Here"

brand, was essential to managing the certification process to completion, according to Whittaker. The comprehensive process included an application and inspection, finding and managing certified organic vendors, collecting receipts for every food, pesticide and cleaning product, and employee education to manage the process.

Organic certificates had to be acquired from the end user supplier or farmer for every single product that is used in GreenFare.

Ingredients like baking soda and baking powder had to be pure, without additives.

An Organic System Plan was submitted to detail the holistic environment to avoid any cross contamination across the life cycle from receiving, storage, cleaning, managing, producing and serving, according to Whittaker.

The restaurant and meal delivery service not only prepares all organic food; it also only sells food that is 100 percent plant-based and free of added oil, salt and sugar.

Whittaker describes her company as a full-service restaurant serving organic, whole plant food, as well as cooking classes, lectures and book signings, and documentary screenings offered to inspire and educate patrons on the benefits of a plant-based lifestyle.

GreenFare's signature event is the enablement of the Physician's Committee for Responsible Medicine's program, called "21 Day Kickstart Your Health Weight Loss" with classes, as well as 21 days of lunch and dinner entrees that are local, seasonal, freshly-prepared and organic.

"People lose weight, they get off medication; it reduces pain and inflammation," Whittaker said. "It's dramatic."

The goal of the program is to get people eating plant-based nutrition without added salt, oil and sugar.

"I've watched people reverse congestive heart failure," she said. "Type 2 diabetes can be reversed within 30 to 45 days. People can get off pain medication usually within a couple weeks. We'll do the blood testing [for cholesterol levels] and usually we'll see a 20 percent drop in 21 days."

The program is \$550 or \$650 with blood testing included.

"It's taking out the things that are causing harm to the human body," Whittaker said. "Things that are addictive in foods. So, usually it's fat. When you eat a high-fat diet; fat is either coupled with salt or sugar."

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. Call 703-437-6530 or visit www.stannes-herndon.org.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Call 703-941-7000 or visit www.havenofnova.org for schedules and registration information.

The Mount Pleasant Baptist Church of Herndon invites the community to join them for praise and worship followed by a stirring message from the Word of God on

Sundays starting at 8:30 and 10:30 a.m. (with Sunday school at 7:30 and 9:30 a.m.). Visit www.mtpleasantbaptist.org or call 703-793-1196.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. Visit ShalomDC.org.

Hope Fellowship Church will temporarily be meeting at Hyatt Place,

21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. Call 703-599-3527 or visit www.hopefellowshipchurchloudoun.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. Call 703-938-2391 or visit www.epiphanypreschool.com.

Washington Plaza Baptist Church will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village

Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

St. Timothy's Episcopal Church needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite

200, Herndon. Call 703-795-1257.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. Call 703-437-5500 or visit www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit www.meditation-dc.org.