

McLean CONNECTION

Pro & Con on
Meals Tax Debated

NEWS, PAGE 9

Margaret Bryant, 5 1/2 of McLean, plays the Art Robotics Game with Kun Young Hong, of McLean, a 9th grader at the Potomac School, during the MPAartfest on Sunday, Oct. 2 in McLean.

MPAartfest Draws 51 Artists, 4,000 Visitors

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Senior Living

Book Launch Party at
Star Nut Gourmet

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OCTOBER 5-11, 2016

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Visitors stroll along the trail at McLean Central Park where the MPAartfest was held on Sunday, Oct. 2 in McLean.



Paxton King of McLean, Paige Stoddard of Richmond, and Paige Poulos of McLean do Hands-On-Art at the Community Mural.

MPAartfest Draws 51 Artists, 4,000 Visitors

Event held Sunday, Oct. 2 at McLean Central Park in McLean.

Some 51 artists displayed their artwork at the 10th annual MPAartfest held Sunday, Oct. 2, 2016, at the McLean Central Park. After a little rain in the morning, the sun came out and so did a crowd of around 4,000 people. The STEAM Tents included Art and Adventure, Art and Nature, and Art and Robotics sections. And children from eight local elementary schools displayed their artwork along the path of the park, including Chesterbrook, The Langley School, and Brookfield Montessori School, to name a few.

"I would love to recognize the artists who are such a vibrant part of connecting art and the community, which was the founding goal of this event," said Lori Carbonneau, Executive Director of the

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Charlotte Potashnik of McLean with her piece, *Tranquility*, in watercolor.



Madison and Cameron Bowser of McLean, and Samantha Wayne of McLean, with Runyon, the Burke & Herbert Bank mascot.

McLean Project for the Arts. "We're thrilled to celebrate the 10th anniversary of the MPAartfest which is possible because the community that has come together to support the artists."

"The MPAartfest has always been about connecting art in the community. This is our 10th anniversary and we have always been located in McLean Central Park and we're always thrilled to have so many organizations partner with us. To us, the event is always about art, music, fun and the fall celebration," added Rachel Ripps, Marketing and Communications Director for the McLean Project for the Arts.

The event sponsors include: the McLean Community Center, TTR Sotheby's International Realty of McLean, McLean Properties, Capital One Bank, and the McLean Community Foundation.

— STEVE HIBBARD



Livia Chen, age 5, of McLean, a Kindergarten student at Country Day School with her piece, *A Duck Flying in the Air*.



Caleb Hurwitz, age 9, of McLean, a fourth-grader at Chesterbrook School, shows his art work.



Members of The Bricks Band perform during the MPAartfest on Sunday, Oct. 2 in McLean.

NEWS

Book Launch Party at Star Nut Gourmet

PHOTOS BY STEVE HIBBARD/THE CONNECTION

McLean's Karen Briscoe celebrates new book, Real Estate Success in 5 Minutes a Day.

Karen Briscoe, 57, a Realtor with the Huckaby Briscoe Conroy Group (HBC) with Keller Williams on Elm Street in McLean, celebrated her book launch party on Thursday, Sept. 29 at the Star Nut Gourmet in McLean. Her book called Real Estate Success in 5 Minutes a Day - Secrets of a Top Agent Revealed is a daily reader with business or life principles told in a story format.

"This is a takeaway for every day that you can put into action. If you invest five minutes a day over a year, you'll achieve a high level of success," said Briscoe, a 22-year resident of McLean. "They're basic business and life principles told with stories of real estate. Other businesses are finding ways that it applies to their life as well."

Briscoe held a Book Club in her office and started writing last October by putting her thoughts down in a blog. It took her nine months to complete the book, which is broken down into 365 entries — a daily read for each day of the week. The idea is to invest just five minutes of the day into reading and putting the takeaway into action in order to achieve success at a high level, she



Author Karen Briscoe signs a copy of her new book, Real Estate Success in 5 Minutes a Day - Secrets of a Top Agent Revealed, during a book launch party last Thursday, Sept. 29, at the Star Nut Gourmet in McLean.



(From left to right): Boni Vinter of Keller Williams, author Karen Briscoe of McLean, Moira Lethbridge, a Trainer and Coach from Falls Church, and publisher Steve Eunpu of Great Falls.

said. Her Facebook page, Real Estate Success in 5 Minutes a Day, continues the conversation on the topic she said, "since we are all reading the same entry for the day."

The party hosts were Keller Williams

agents Lizzy Conroy (Vice President, HBC Group), Ron Cathell (Owner, Team Cathell) and Amina Basic (CEO and Team Leader,

SEE BOOK PARTY, PAGE 5

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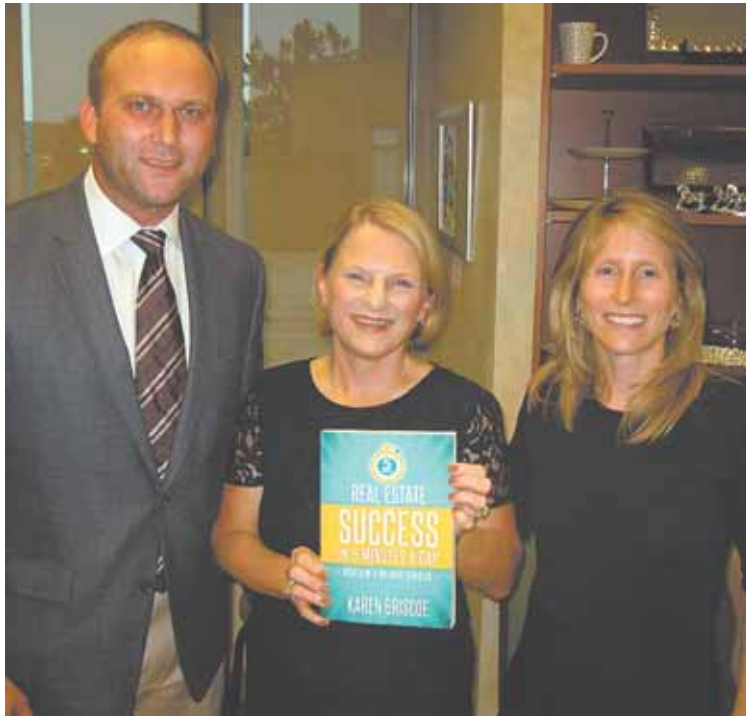
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CENTRE VIEW

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(From left): Paul Kohlenberger, president of the Greater McLean Chamber of Commerce, author Karen Briscoe of McLean, and Lizzy Conroy, her business partner of McLean.



STEVE HIBBARD/
THE CONNECTION

Book Party

FROM PAGE 4

KW). A dozen or so guests chatted with the author, who signed copies of her book, and dined on wine and cheese and sweets. Briscoe has been a Top 100 Agent for

Keller Williams worldwide since 2009. She sells residential real estate in the McLean and Great Falls markets. Over the years, the HBC group has sold over 1,000 homes valued at over \$1 billion.

— STEVE HIBBARD

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OPINION

Voting Never Mattered More

Consider voting absentee in person since more than 500,000 other voters are likely to turnout on Election Day.

With more than 655,000 active voters in Fairfax County, and as many as 500,000 voters turning out on Election Day, it's a good time to consider voting early, and preparing for a longer-than-usual process if voting on Election Day.

While the Presidential election will take top billing, every seat in the U.S. Congress is on the ballot, with one hotly contested race in Northern Virginia.

In Fairfax County, voters will decide whether to enact a four percent meals tax.

The Town of Herndon will have its first November election, moving from May in past elections, with the office of Mayor and six Town Council seats on the ballot. <http://herndonva.gov/government/mayor-and-council/town-elections>

Fairfax County voters will decide on three bond questions, including \$120 million in transportation bonds for Metro; \$107 million in bonds for parks; and \$85 million for building and renovating senior and community centers, and homeless shelters. More at <http://www.fairfaxcounty.gov/bond/>

Virginia Voter ID

Virginia has a significant voter identification requirement, plan to bring photo identification with you to vote, whether that is absentee or on Election Day. But you can get a voter ID card if you don't have one of the other acceptable identifications.

Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

Provisional Ballot Process for Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

Absentee Voting in Person in Fairfax County

Voting begins Sept. 23, and with record turnout possible, voting early if you qualify is a good choice.

There are 19 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day, which basically means anyone who commutes to a job. Check the Virginia Department of Elections list to see if you are eligible. <http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Absentee Voting Begins Sept. 23

Fairfax County Government Center, Conference Room 2/3,
12000 Government Center Parkway, Fairfax, 22035

Weekday Schedule:

❖ Sept. 23 to Oct. 14, Monday, Tuesday, Wednesday and Friday: 8 a.m. to 4:30 p.m.; Thursday: 8 a.m. to 7 p.m., Closed, Monday,

VOTE: Upcoming Dates

❖ To vote in November's election, you must be registered by Oct. 17: Voter Registration Deadline - In-Person: 5 p.m., Online www.vote.virginia.gov/ 11:59 p.m. To determine whether you are eligible and registered to vote in this election, visit the Virginia Department of Elections website at <http://elections.virginia.gov/> or call Fairfax Elections office at 703-222-0776.

❖ In-Person Absentee Voting began Sept. 23 and will continue until Nov. 5. <http://www.fairfaxcounty.gov/elections/absentee.htm>

❖ Nov. 1: Last Day to Apply for an Absentee Ballot by Mail, Fax, Email or Online: 5 p.m.

❖ Nov. 5: Final Day for In-Person Absentee Voting

❖ On Election Day, Tuesday, Nov. 8. Polls are open from 6 a.m. - 7 p.m.

❖ Nov. 8: Absentee Ballot Return Deadline: 7 p.m.

For more information on voting in Fairfax County:
Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725
Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711

ON THE BALLOT IN FAIRFAX COUNTY:

- ❖ President and Vice President
- ❖ U.S. House of Representatives, 8th, 10th, or 11th District
- ❖ Meal Tax Referendum
- ❖ Three Proposed County Bond Questions
- ❖ Two Proposed Constitutional Amendments

See the Connection's community guide on how to vote and what's on the ballot at www.connectionnewspapers.com/news/2016/aug/25/how-vote-fairfax-county/

Oct. 10, Columbus Day.

❖ Oct. 17 to Nov. 4, Monday - Friday, 8 a.m. to 8 p.m.

❖ Saturday Schedule: Oct. 1, 8, 15, 22, 29 and November 5, 9 a.m. to 5 p.m. Nov. 5 is the last day to absentee vote in-person.

Absentee Voting at Satellite Locations
Saturday Schedule: Oct. 1, 8, 15, 22, 29 and Nov. 5, 9 a.m. to 5 p.m.

Weekday Schedule: Oct. 17 to Nov. 4, Monday - Friday, 2 p.m. to 8 p.m.

Satellite Voting Locations:

❖ Providence Community Center - 3001 Vaden Dr., Fairfax, 22031

❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria, 22310

❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean, 22101

❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston, 20190

❖ West Springfield Governmental Center - 6140 Rolling Rd., Springfield, 22152

❖ Mason Governmental Center - 6507 Columbia Pike, Annandale, 22003

❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria, 22306

❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly, 20151

❖ Lorton Library - 9520 Richmond Hwy., Lorton, 22079 SATURDAYS ONLY (Closed Weekdays)

McLean
CONNECTION

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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

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Electric Bike Expo at Tysons Corner Center Offers Safety Presentation

The national traveling experiential demo tour for electric pedal assist Bikes is coming to the Tysons Corner Center next weekend and will offer attendees an opportunity to test ride more than 100 different electric bikes models from a dozen leading brands.

As part of the free learning event, a number of educational seminars will be presented including one on how bicycle riders of all types can improve their own safety when sharing the road with cars. Trek Bicycle's David Studner will be presenting "The Science of Safety: Learn How to Be Visible in a Distracted World" on Saturday,

Oct. 8 at 1 p.m. and Sunday, Oct. 9, at 11 a.m. inside the Electric Bike Expo.

This event is free and open to the public on Friday, Oct. 7, 3—7 p.m., Saturday, Oct. 8, 9 a.m. —7 p.m. and on Sunday, Oct. 9, 9 a.m. — 4 p.m. Attendees under the age of 18 must have a parent or guardian present to sign the waiver and while families are encouraged to attend, no one under the age of 16 may ride the bikes by themselves. Helmets are required and loaners are available.

For more information and to register in advance visit: <http://www.electricbike-expo.com/locations/washington-dc/>

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Thu, Oct 13 • 12:00 - 5:00
110 N Saint Asaph St.
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Announcement

The brethren of Cherrydale Lodge #42, members of the oldest and largest fraternal organization in the world, invite members of the community to join them for a Community Open Lodge event on October 15th to learn more about Freemasonry, its history, and its charitable work in local communities.

The open house will take place at 3805 Lee Highway, Arlington VA on October 15th from 10:00 a.m. to 2:00 p.m.

Members of Cherrydale Lodge will be on hand to greet visitors and answer any questions. Refreshments and snacks will be served.

Please email any questions you have at cherrydaleopenhouse@gmail.com, or visit <http://cherrydalelodge.org/> for additional information.



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The Washington Post
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3/26/15

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Barbara Comstock

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- › Passed an amendment that stopped a planned increase in Medicare Part B premiums.
- › Voted for a bill to ensure the Social Security Administration protects seniors from identity theft.
- › Co-Sponsored the 21st Centuries Cures Act – which provides funding to the National Institutes of Health (NIH) for research to find cures for Alzheimer's disease, cancer and diabetes.
- › Passed the Reauthorization of the Older Americans Act, which provides assistance to states and area agencies on aging and model programs.

ELECTION DAY
VOTE NOVEMBER 8TH

ABSENTEE VOTING INFORMATION:
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Debating Pro & Con on Meals Tax

League of Women Voters hosts forum on Meals Tax issue.

BY ANDREA WORKER
THE CONNECTION

The League of Women Voters of the Fairfax Area sponsored a debate-style panel discussion on the Meals Tax issue which will go before county voters in the Nov. 8 General Election. At question is whether the county's Board of Supervisors will be granted the authority to implement a 4 percent tax on certain prepared foods and beverages — an enactment that requires approval by voters.

While an ordinance detailing the specifics of the tax will not be written unless the referendum passes, the general framework includes all ready-to-eat prepared food and beverage in restaurants, lunchrooms, cafeterias, coffee shops, cafes, taverns, delis, push carts, hot dog stands and food trucks, as well as ready-to-eat foods — like deli items and salad/hot food bars — at grocery and convenience stores. Among the



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: The Meals Tax forum panellists were management consultant Phil Niedzielski-Eichner and School Board member Pat Hynes representing the proponents, and Supervisor Pat Herrity (R-Springfield) and Great American Restaurants CEO Jon Norton, opposing the proposal. Mary Kimm, editor and publisher of the Connection Newspapers, was the moderator.

exemptions would be general groceries and vending machines, as well as schools, hospitals, employee-only cafeterias, and churches and nonprofits serving meals as

fundraising activities. If the referendum is passed, the Board of Supervisors has indicated that it may hold public meetings to determine if additional exemptions are

needed before the ordinance goes into effect.

IN REQUESTING this new source of revenue, the Board of Supervisors states that they are looking to reduce dependence on real estate taxes, while shoring up gaps in the county's budget. Of the estimated \$99 million that the board projects will be generated by the Meals Tax, 70 percent of the net revenues would be earmarked for the Fairfax County Public Schools and 30 percent to "county services, capital improvements, and property tax relief."

Plenty of impassioned opinions on both sides of the Sept. 29 debate were displayed by panel members and members of the audience at Luther Jackson Middle School in Falls Church.

Two teams each offered opening statements for and against the proposal and then tag-teamed the questions put to them by moderator Mary Kimm, editor and publisher of the Connection Newspapers.

Representing those in favor were Fairfax County School Board member Pat Hynes (Hunter Mill) and former School Board member Phil Niedzielski-Eichner, a management consultant. Supervisor Pat Herrity (R-

SEE MEALS TAX FORUM, PAGE 11

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9:00 am Saturday, November 19


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From left: Fairfax County teachers Elaine Saunders and Precious Crabtree are with School Board member Pat Hynes (Hunter Mill District) after the Meals Tax Forum. All three are in favor of the referendum. "It's the right thing to do for the kids and the schools," said Crabtree, who thought that the opposition didn't offer any practical solutions to replace the proposed tax.

Meals Tax Debated

FROM PAGE 9

Springfield) and Jon Norton, CEO of Great American Restaurants (a Fairfax-based restaurant company), took to the stage in opposition.

From a business perspective, Norton warned that passage of the meals tax could hurt area restaurants, cause establishments to hire less, and mean less tips for employees.

Hynes argued that meals taxes were in place in surrounding jurisdictions and that "people still eat out."

Niedzielski-Eichner also disputed the validity of the study Norton used to support his position, pointing out that it was just one study, conducted by a college student in Kentucky.

Despite major cuts to the central office and services and increased class sizes, the county now spends \$1,000 "real dollars" less per child in the school system than in 2008, Hynes said and that "Richmond doesn't leave us many options. This is one of the few ways we can independently raise revenue." She is determined to see the monies raised utilized to increase Fairfax County teachers' salaries, among other school needs. Comparisons show that teachers in Fairfax County earn about \$20,000 less per year than those in surrounding school districts.

"This is a referendum on the quality of life in Fairfax County," added her team partner Niedzielski-Eichner. The rise in the county's population and the increase in residents needing some form of assistance has put an additional strain on the county's resources. Niedzielski-Eichner and Hynes

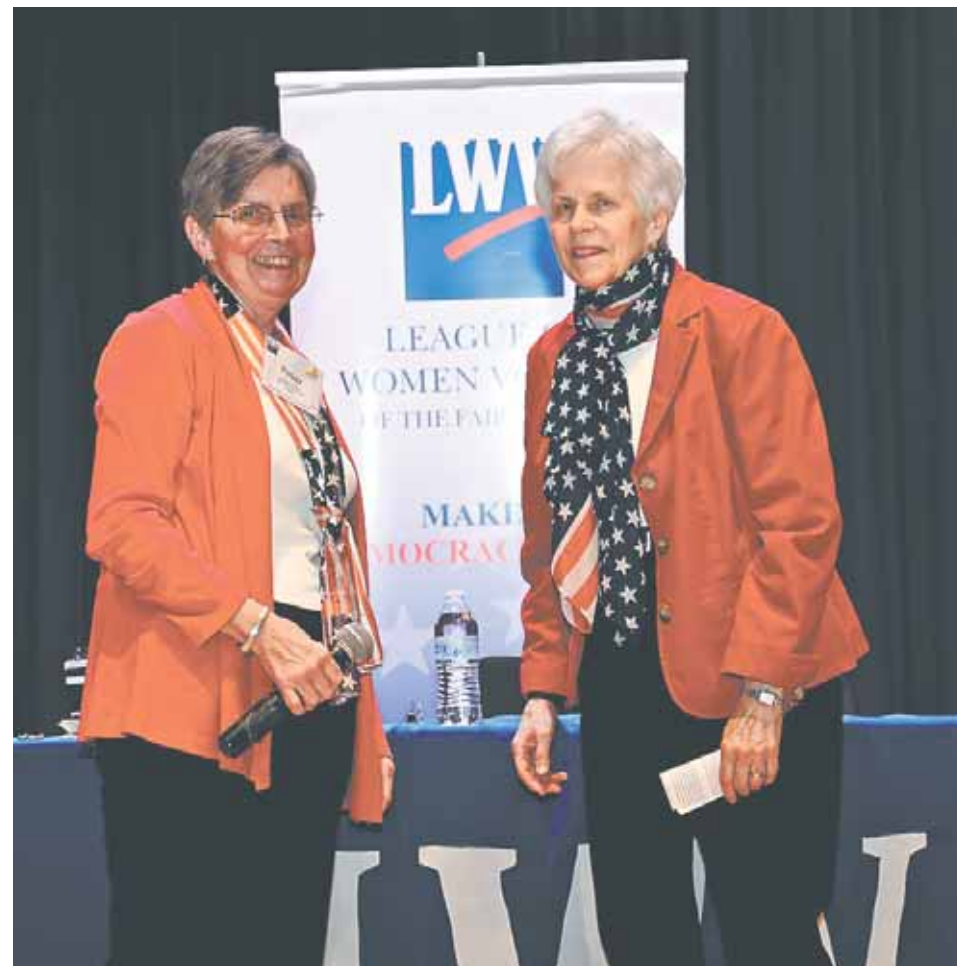
made a case that the quality of life and the economic health of the region are tied to the quality of our schools. "People expect excellent schools here," said Hynes, and a failure to deliver on that expectation will have a serious negative impact.

Herrity disagreed that there are no other options except to enact what he calls a "regressive tax," that will negatively affect low-income residents, and "working moms and the elderly." Herrity advocates more fiscal responsibility from the Board of Supervisors. He pointed to "\$12 million that went out the door" at the last board meeting on projects that he does not see ever coming to fruition.

Herrity also believes that a revived commercial tax base is a part of the solution. According to Herrity, studies show that the county's "culture of 'No'" is contributing to the historically low commercial occupancy rates the area is currently experiencing. Fixing that problem and addressing spending issues is what needs to be done, rather than continuing to "feed the revenue monster," he said.

As to the lack of funds that come back to the county from Richmond, Herrity said that the county needs to go to the General Assembly with a plan: "We need to do it smart." The supervisor said that there are ways to request funds for specific programs that will bring more money back to the community, rather than the 25 cents per dollar that is Richmond's current return to the county.

Hynes reminded the opposition that good schools and high-functioning safety services are required to build the commercial base, as well as the residential base.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Peggy Knight (left) and Helen Kelly of the League of Women Voters of the Fairfax Area helped the organization sponsor a forum on a proposed Meals Tax referendum that will be decided by county voters on the Nov. 8 ballot.

Hynes used the recent Washington Post article that suggests that Fairfax County, once a "model of wealthy suburban living" is "starting to fray at the edges," but Herrity countered that he did not believe that services were deteriorating. "We still have one of the best school systems in the country," he said.

Hynes agreed, but cautioned that low teacher salaries are causing good teachers to leave the system, and Fairfax County public schools face new challenges, with nearly 30 percent of students now eligible for free and reduced-price meals, while enrollment continues to grow, especially in the lower income brackets.

Ever-increasing taxes would precipitate an exodus from the county, in Herrity's view.

Herrity also suggested seeking more creative ways to fund schools, citing the use of name-endorsement to re-build a high school in Winchester. Hynes didn't think that was an effective solution, replying "Winchester has the one [high] school. We have 180 schools in Fairfax County."

Niedzielski-Eichner doesn't necessarily disagree with all of Herrity's solutions, but calls them "decades in the making" when the meal tax monies would stay locally and could be used immediately. "We are in deficit, we have real needs now ... for schools, firefighters and police equipment."

Another major portion of Herrity's solutions to address school funding shortfalls involves possible cuts to the pension plans and social security supplements of new-hire county employees. Seeing the current system as a major spending problem, Herrity doesn't believe that offering something that doesn't affect them until age 55 or older is

really much of an incentive for new, younger job seekers.

Several of his attacks on spending practices had been applauded by the audience, but this one met with less enthusiasm from the crowd. Cheers greeted Hynes' reply, "Our employees deserve a dignified retirement after a lifetime of serving the community."

Kimm continued to referee the count-pointer count between the opposing teams. Before wrapping up, she said, "It seems like much of this debate is based partly on trust." She asked the panel if they thought the Board of Supervisors would do what they said they would if the referendum is passed.

"It was worded to give it the best chance to pass," was Herrity's response. With no guarantees on where money will go, he repeated that the school's budget would be determined next April.

"The referendum is a clear signal to the board," responded Hynes. Hynes and other proponents say the board will be held to account to use the money as planned, as an addition to the general budget process and for the purpose of raising teachers' salaries and other school needs.

THE LEAGUE OF WOMEN VOTERS is a nonpartisan political organization that encourages the participation of citizens in government and works to increase understanding of major public policy issues. As an organization, the LWVFA has taken a position in favor of the Meals Tax, but hosted the Meals Tax Forum without comment or expressing their opinions during the debate in order to allow for unbiased discussion and public education.



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CALENDAR

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

ONGOING

McLean Farmers Market. 8 a.m.-noon. Fridays from May 6-Nov. 18. Lewinsville Park, 1659 Chain Bridge Road, McLean. The market provides area residents an opportunity to purchase locally grown or produced products. www.fairfaxcounty.gov/parks/farmersmarkets.

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

McLean Project for the Arts Exhibition 10 - 5 p.m. Sept. 15 through Nov. 5, 1234 Ingleside Avenue McLean. MPA is opening three new exhibitions open between the above dates. Cost: Free. mpaart.org/exhibitions/ Contact: Rachel Ripps rrip@mpaart.org

Cheerleaders for Charity Fridays 5:45 - 6:30 p.m. Sept. 16 - Dec. 9 No lesson on 11/11, 11/25 & 12/2. McLean Community Center 1234 Ingleside Avenue. Introduces students to cheers, motion techniques, jumps, and more. Come build flexibility, physical conditioning and self-esteem. We perform at a charity event each semester. This class requires a cheer uniform fee of



This year's Pumpkin Patch will begin on Monday Oct. 10 from 4 -7 p.m. and will be open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31. at St. Thomas' Episcopal Church, 8991 Brook Rd., McLean. All of the money raised by pumpkin patch is donated to support local charities.

\$70. Instructor: Miss Raven, USA Gymnastics Certified Instructor. mcleancenter.org

Aerobic Dance Workout Mondays 9:15 - 10:10 a.m. Sept. 19 through Dec. 12 No lesson on 10/10. McLean Community Center 1234 Ingleside Avenue. Choreographed routines provide heart-healthy benefits, while sculpting and mat work offer strengthening and stretching. Please bring aerobic shoes, light weights, tubing and a mat. Instructor: BodyMoves Fitness, LLC. Cost: \$168/\$144 MCC district residents. Mcleancenter.org

Zumba Mondays 10 - 11 a.m. Sept. 19 - Dec. 12 No lesson on 10/10 and 10/31. Old Firehouse Teen Center (OFTC), located at 1440 Old Chain Bridge Road. A great cardio workout,

set to Latin music, and targets the whole body. Instructor: Joy of Dance Staff. \$172/\$143 MCC district residents. mcleancenter.org

Weekly Storytime. Wednesday and Saturday. 11 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean. Themes and Titles vary. Free admission.

Tai Chi Beginners' Practice. Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. FreeTaiChi.org. 703-759-9141.

Comic Potential 8 - 10:30 p.m. Fridays and Saturdays Oct. 7 - Oct. 21. Sunday matinees on Oct. 9 & 16

SEE CALENDAR, PAGE 13



Yes. The Langley School just might be the right choice for **your child.**

Admission Information Sessions
Friday, October 21, 9:00 a.m.
Wednesday, December 7, 9:00 a.m.

Upcoming Webinars
Visit langleschool.org/admission-events for a list of our 30-minute admission webinars

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CALENDAR

FROM PAGE 12

at 2 p.m. Alden Theatre 1234 Ingleside Ave. McLean. Admission: \$18-\$20 and are available at www.McLeanPlayers.org or through OvationTix at 866-811-4111. Comic Potential contains adult language and situations; shows mostly suitable for a 17 plus audience.

The Pumpkin Patch beginning Monday Oct. 10 4-7 p.m. then open daily Sunday - Friday 11 - 7 p.m. and 10 - 6 p.m. on Saturdays through Oct. 31. at St. Thomas' Episcopal Church 8991 Brook Rd McLean. All of the money raised by our pumpkin patch is donated to support local charities. 703-442-0330.

Meadow Farms Fall Festival Great Falls Oct. 3 - Oct. 31 Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. 10618 Leesburg Pike, Vienna. We have pumpkins, gourds, cornstalks, mums, pansies, star bales, and everything else you need for the fall look. A huge selection of pumpkins. We will also have moon bounces, giant scarecrows, haunted buses and pipes for the kids to go through, weekend concessions and much more. Let your kids have a blast while you pick out your pumpkins and all your fall needs. www.meadowfarms.com

THURSDAY/OCT. 6

Celtic Fiddle Festival: The Barnes 1635 Trap Rd. 8 pm "Three of the finest folk violinists anywhere" said The Washington Post. The Barnes Showcase a fascinating combination of international and individual fiddling styles. www.wolftrap.org/

SATURDAY/OCT. 8

Blessing of the Animals at the Church of the Holy Comforter, 543 Beulah Road, Vienna, 5 p.m. in the Front Circle followed by Holy

Eucharist. Bring your dogs, cats or other animal companions for the Blessing of the Animals, as we celebrate St. Francis. Share your blessing by bringing pet food and toys to be given to a nearby animal shelter. Celebrate the role that our pets and animal companions play in our lives.

Aging in Place: Modifying Your Home to Fit Your Changing Lifestyle 9:30 a.m. - 12:30 p.m. 1234 Ingleside Ave. McLean. As your lifestyle changes in your later years, living in your own home, with accustomed comforts, supports your emotional well-being. Home modifications, even small ones, can enhance your comfort and safety to make a big difference. Attend this workshop to find out how simple changes to your home can create an environment where everyone is welcome and can flourish. Advance registration is required. Light refreshments will be served. Cost: Free. Call AARP at 1-877-926-8300 or <http://states.aarp.org/novaevents>.

Babies & Books 10:30 a.m. Patrick Henry Library 101 Maple Ave E, Vienna. Join us for stories, songs and rhymes. Ages birth to 23 months with adult. Spots available on a first come, first serve basis. 703-938-0405

Inside Criminology: A discussion with Ph.D. candidate Jessica Kalbfeld and Ph.D. candidate in Linguistics, Taylor Jones. Following the 2pm performance. 1st Stage in Tysons, 1524 Spring Hill Road. \$30 general admission, \$27 seniors (65+), \$15 students and military. www.1ststage.com

Virginia Opera: The Seven Deadly Sins and Pagliacci 8 p.m. George Mason University Center for the Arts Concert Hall Fairfax. The final collaboration between Kurt Weill and Bertolt Brecht, The Seven Deadly Sins is a sharp critique of capitalism.

<http://cfa.gmu.edu/>

SUNDAY/OCT. 9

Reston Pumpkin 5k and Kids' Pumpkin Dash 8:15 a.m. 11900 Market Street, Reston. Get off the couch and get ready for the Greater Reston Chamber of Commerce's Reston Pumpkin 5K and Kids' Pumpkin Dash. Participants are encouraged to debut their Halloween costumes and join in the fall fun with the whole family.

MONDAY/OCT. 10

Magic Dick & Shun Ng and The Slide Brothers 6 - 10 p.m. Hilton McLean Tyson's Corner 7920 Jones Branch Drive, McLean. The Community Foundation for Northern Virginia's annual Gala is an event that raises dollars to fund organizations, connect donors to nonprofits doing good work. Admission: \$300 tara.nadel@cfnova.org

FRIDAY/OCT. 14

Great Falls Studios 2016 Art Tour. Through Sunday October 16. 10 a.m.-5 p.m. Great Falls Community Library, Large Meeting Room 9830 Georgetown Pike, Great Falls. 58 Artists in 20 venues in Great Falls, VA. A self-guided driving event. Family friendly and free. Start at Tour Headquarters at the library throughout the event. Brochures and map available there. An exhibit there of participating artists, volunteers to help map your tour. Self starters can download the brochure and map at www.GreatFallsStudios.com. Sponsored by Sun Design and Broadway Gallery. Free. For more information: GreatFallsStudios@gmail.com.



McLean Community Center
The Center of It All



Here's What's Happening at MCC

Aging in Place:

Modifying Your Home to Fit Your Changing Lifestyle



Saturday, Oct. 8, 9:30 a.m.-12:30 p.m.

FREE; Advance registration is required.

Light refreshments will be served.

To Register: Call AARP at 1-877-926-8300 or

<http://states.aarp.org/novaevents>.

McLean Traveler Day Trip

Harper's Ferry, West Virginia



Thursday, Oct. 13

9:15 a.m.-6:30 p.m.

\$135 per person/\$130 MCC

district residents. Online

registration not available, please call the Center.

Onstage @ The Alden

Puppet State Theatre of Scotland "The Man Who Planted Trees"



Saturday, Oct. 15, 2 p.m.

\$15/\$10 MCC district residents



Haunted Gingerbread House Workshop

Thursday, Oct. 20, 6:30-8 p.m.

\$45 per house/\$35 MCC district residents

Activity No. 1271.215, Preregistration required

The Alden, Speakers & Education

"Jazz Masters with John Eaton: Frank Loesser"

Saturday, Oct. 22, 1 p.m.

\$12/\$5 MCC district residents



The McLean Community Center

www.mcleancenter.org

Home of the Alden Theatre

www.aldentheatre.org



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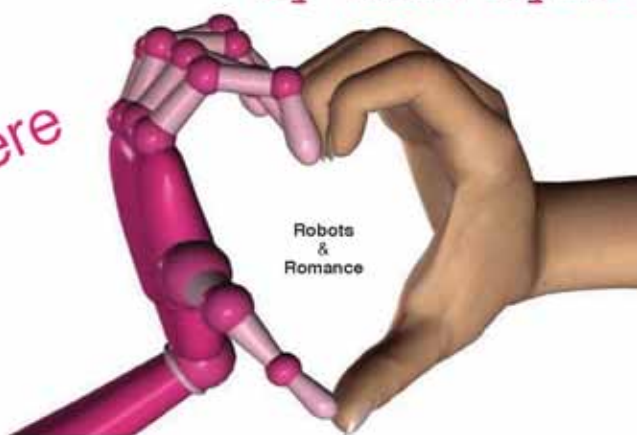
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See the Accessibility page at www.McLeanPlayers.org for dates of audio-described and sign language- interpreted performances.

The McLean Community Players, Inc. is funded in part by the Arts Council of Fairfax County. Comic Potential is presented by special arrangement with Samuel French, Inc.

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CONNECT WITH MCP: [FACEBOOK.COM/MCLEANPLAYERS](https://www.facebook.com/McLeanPlayers)

A Site To Be Told

By KENNETH B. LOURIE



I have a web site: www.kennywithcancer.com. Original, I know. But now what do I do with it? I mean, other than feeding my ego (a little bit) and providing a more central/accessible location for my nearly 350 cancer columns (published every week since June '09) — and the occasional non-cancer and/or sports-themed column, what is the point of it, really?

I can't really say it's to bring awareness to the cause of this non-celeb because I know very little, even now, nearly eight years post diagnosis. And reading what I write is hardly news or noteworthy. Oh sure, the columns are mildly amusing and moderately informative, but compared to what exactly? Nor do I provide resources for other cancer patients, families or interested parties to educate themselves about this dreaded disease. I offer few facts, few figures, few recommendations, but lots of feelings. I only know what I don't know which, given its rather ample supply, has enabled me to maintain this seven-plus years output of weekly columns, having never missed a deadline during the entirety of my treatment, even during the early days of heavy-duty chemotherapy when occasionally I was down, but not quite out.

I suppose my columns do chronicle a cancer-patient's journey, so to speak, in real time; hopefully not in a boring, self-indulgent tone that turned some of you readers off. Perhaps there was still some meat left on the bone that offered some observations and emotions that drew you in and better acquainted you with the trials, travails and tribulations of a characterized-as-"terminal" stage IV, non-small cell lung cancer "diagnossee."

Writing about that diagnosis and my life as a cancer patient has come naturally to me. It has enabled me to share, which in a way, has lessened the burden on me, almost as if we were all in this together (strength in numbers and all of that). And I suppose that's sort of true since I've involved you regular readers in so many intimate details. I've held nothing back: the good, the bad and the ugly; no, not the movie. As a result, I imagine, I have received correspondence encouraging and commending. I assure you, none of it has fallen on deaf ears. And to be honest, I've not written about my having cancer for the greater good; I've not written about it to make friends and influence people, nor have I written about it to affect any policy change. I've simply written about because it has made me happy to do so.

And what little anecdotal agreement exists in the cancer-patient/treatment world, it is that happiness, laughter, positivity, etc., helps patients in ways that medicine in and of itself seems not always capable of doing. Unfortunately it appears not to be something which can be prescribed — in pill or liquid form, but something nonetheless that needs to be discussed and behavior-modified to attain, especially if it seems not to be happening by itself. I'm living proof of that. Rather, I hope my columns are living proof of that. In my posted-columns-to-be, if there is a joke or funny popular culture reference in my column, we will link it to the original, if available in the public domain so visitors can see exactly what I'm saying. I want my site to be more than just for sore eyes, but a sight to see as well; living and breathing, just like me.

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

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EMPLOYMENT

LETTERS

'It's About the Issues'

To the Editor:

Much has been made about the personalities of the two Presidential candidates. All we really have to do is take a close look at the issues.

One candidate has fought for universal healthcare for decades; the other wants to repeal the Affordable Care Act, denying health insurance coverage to millions.

One supports comprehensive immigration reform; the other wants to deny people access to the U.S. based on their religion.

One supports a woman's right to choose under Roe v. Wade; the other wants to punish women for having abortions.

One wants to create jobs by investing in infrastructure, clean energy, and scientific/medical research; the other has a plan that Brookings and Moody's say will create larger budget deficits and higher unemployment.

One supports the nuclear inspections agreement with Iran; the other wants to cancel the agreement which would allow Iranian weapons production to resume.

One is an experienced diplomat who has cultivated long-term relationships with world leaders; the other does not believe in the Geneva Conventions, threatens not to support NATO, and cozies up to Russia.

One supports indexed minimum wage increases; the other does not support changes for a living wage.

One has specific plans to address global warming; the other believes global warming is a hoax.

We get to decide.

Barbara Glakas
Herndon

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/. The deadline for submissions is noon on Friday.

MONDAY/OCT. 17

St. Johns Wood is on the Reston P and Z Preliminary Agenda. The meeting will be held at 7:30 p.m. in the North County Government Center, 12000 Bowman Towne Road, Reston. Due to the potentially large amount of community input, the residents are asked to submit their input ten days in advance of the meeting. The public comment will be limited as follows: Individual citizen comment: Two minutes per person, representative for HOA or neighborhood organization: Four minutes per organization.

ONGOING

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning September 13th. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org.

The Retiree Real Estate Education Association announces free public service seminars for October, 2016, on Decluttering, Ageing in Place, and Downsizing, given at McLean, Falls Church, and Marshall High Schools. These are part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free to the public and are presented in the evenings at Fairfax County public schools. For more information, or to register for a seminar, go to RetireeRealEstate.org.

P/T BOOKKEEPER/RECEPT (GREAT FOR MOMS or RETIRED!)

Small property management firm in McLean, Virginia seeks detail oriented part-time bookkeeper/receptionist 3-5 days per week 9:00 AM to 3:00 PM. Applicant will oversee all aspects of front desk administration. Excellent accounting, organizational and communication skills required. Call 703-356-2041.

ASSISTANT EDITOR

Two full time positions open immediately: We're looking for two full-time assistant editors to help our team with all aspects of our award-winning news coverage, including web, print and social media. Seize the opportunity to learn from top editors while expanding our visual storytelling, bringing digital first skills and attitude.

Must be a prolific, fluent, accurate writer, rewriter and researcher with knowledge of AP style and clean copy. Self-starter who can work independently and collaboratively with strong organizational skills, external and internal customer service skills, high productivity, attention to detail and drive to make our community content the best and most comprehensive in the region.

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OBITUARY



Patrick Anthony DeStefani, 51, of Harrisonburg, lost his battle with Pancreatic Cancer on Sunday, September 25, 2016, at his home.

Mr. DeStefani was born in Arlington, Va., on September 13, 1965, and was the son of James and Evaline DeStefani.

The family moved to Vienna where Patrick attended public school, and graduated from Oakton High School in 1983. Pat was a very intelligent, charismatic, and athletic young man participating in football, basketball and baseball. As he carried his love for sports into adulthood, and was a huge fan of his favorite teams, the Baltimore Ravens and the Baltimore Orioles. Continuing his education, he attended Northern Virginia Community College and Radford. He served for over 13 years United States Army and the Air Force reserves. He excelled as a marksman, communicator, and driver for the base commander. After the service, he found employment with Bell Atlantic, Shoppers Food Warehouse, United States Post Office and most recently, Securitas at Microsoft.

On October 3, 1992, he married Sabrina Smith, who he met in 1990 at Camp Letts in Annapolis. On March 21, 1994, their son Dante Vincent DeStefani was born, and he was his dad's pride and joy.

In addition to his parents, wife and son, he is also survived by a brother, Gary DeStefani and wife, Shannon; nieces, Erin, Lauren, and Kaitlyn DeStefani; father-in-law, John Smith; mother-in-law, Elaine Pierce; uncles, Bruno and wife, Sue DeStefani, Roger Dewitt, and Donald Keck; aunt, Thelma Dewitt, Dorothy Knotts, Audrey Dewitt; and a host of cousins, friends, and co-workers.

A memorial service will be held on Friday, October 7, 2016, at 5:30 pm, at Blessed Sacrament 154 N. Main Street, Harrisonburg, Va. 22801.

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21 Announcements

21 Announcements

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A Deli, Inc. trading as A Deli Italian Food & Wine, 1301 S Joyce St, Unit D 25, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages, Kawal Kapoor President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE

Gong & Yuan LLC trading as Human Gate, 4233 N. Fairfax Dr., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage On Premises license to sell or manufacture alcoholic beverages, Gong & Yuan, LLC
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Senior Living

FALL 2016

Nancy Van Scoyoc and Donna Hobbs pick up their bocce balls on Court 1 at Fairfax Senior Center-Green Acres and get set to lead off the bocce competition at 10 a.m. on Sept. 15. Hobbs turns to Van Scoyoc: "Nancy, you want to be red or blue?"

PHOTO BY SHIRLEY RUHE/THE CONNECTION

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The Kensington Falls Church Presents the Parkinson's Communications Club

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

Hilton McLean Tyson's Corner, 7920 Jones Branch Drive, McLean VA 22102

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

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

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

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

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



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



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



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*Annual PFNCA program registration required. There is a \$15 annual administrative fee, which can be waived for financial hardship.



Senior Living

Life at Vinson Hall — Living the Difference

BY SHIRLEY RUHE
THE CONNECTION

Mary DeMaris is headed down on the elevator at Vinson Hall with her black case of art supplies, an artist headed to a still life class out of the building. “There is a club here for everything — poetry, art, choral group, photography, book, gardening,” she said.

Vinson Hall residents can use the bus and courtesy car for errands, doctor’s appointments and other scheduled outings.

“The food is excellent. I don’t know I can pick a favorite. Hmmm, the soups here are unique, delicious. The dining director — he’s a real foodie,” said Mike Solari, the purchasing and catering manager at Vinson Hall. “You’ll never believe it but the favorite is chicken livers with a light gravy if they like. And the seafood dishes, oh seafood Newburg. Lots of people use imitation seafood, but we use real shrimp, crab, lobster and scallops in this dish.”

Norman Zalfa from Arlington, said, “Well, I like pound cake. I don’t like a lot of cream and other stuff so I mentioned it to the chef. He made a pound cake for me and had it delivered to my apartment.”

Solari says that in his opinion you eat with your eyes first so he presents a nice plate. Sometimes when he creates the weekly menu, “It’s what I feel like. I try to have one pork, chicken, beef, seafood and pasta every week and to be sure that I’m not repeating the same thing too often.” Solari says he listens to what people ask for and what they don’t like. Solari says the only way he adjusts his menu for older appetites is to take out the salt. “We use herbs instead.”

“Hi Norman,” Zalfa waves at a man going by with his walker. “That’s my next door neighbor. He was a submarine commander.” Vinson Hall independent living is open to commissioned officers and their immediate



Mike Solari, the purchasing and catering manager at Vinson Hall, readies the dessert cart for lunch with coconut cake, chocolate mousse and lemon cakes. Soon it will be full of tarts and other choices offered in the formal dining room.

family from all U.S. uniformed services. They are now accepting government employees of equal rank from the Departments of State and Defense, the CIA and Foreign Service.

Zalfa continued, “We go check on Norman. He is 91-years old. My wife, Grazia — she’s from Italy — went to Eden Center and bought bok choy and other vegetables and made him a bowl of soup today.”

There is no required meal plan at Vinson Hall for independent living so that a person can choose whatever they feel like eating any day from three kitchens — the main dining room, the bistro with cooked to order choices, snacks or light fare.

“My favorite thing is networking with people,” said Zalfa. “It’s small enough you get to know people. It’s a family, really. There is a men’s club that gets together, takes walks, works as a support group.”

LaVonne Boyer, a four-year resident, says it is easy to make friends here and “there are so many interesting, intelligent and ex-

perienced people living here.” She is busy packing for a weeklong trip to Cancun where her family has time-shares and always gather the third week in September. She says right now she has a crazy daily life because her daughter has stage 4 cancer and three children so Boyer does everything she can to help. “Today my daughter is on Capitol Hill where they asked her to lobby for experimental trials and approval of a new medication.” Boyer says when her surgeon husband died early, she went into real estate in Springfield for 35 years to put her children through college.

“I always use the gym. The most appreciated person around here is George, the personal trainer who evaluates each person and then sets up an individual training program,” said Zalfa.

Zalfa reports that he has broken almost every bone from his years of horseback riding in Wyoming, Ecuador and Brazil. “And then there was my motorcycle. And the time I passed out riding my bike and



LaVonne Boyer, 4-year resident at Vinson Hall, says, “There are so many clubs for anything you want to do.” She tries to take advantage of as much as she can. Boyer is on the Chapel Committee.

broke my hip.” But he says that his wife Grazia says no more motorcycles, “and when she says no, she means no.”

Zalfa remembers World War II. “I was 14 when I enlisted but lied and used another kid’s name. I wanted to be a hero.” Now Zalfa runs a business and teaches courses in Arlington on how to organize one’s estate.

Boyer says she uses the gym a lot, the pool and the weight machines. The gym is currently moving into a new expanded space. In addition, new space is being added on the garden level including a dance studio for yoga and stretching, a cyber cafe and some new office space.

A resident’s meeting is underway in the auditorium, also used for community events and guest speakers. Another larger auditorium in the Community Building hosts

dances, performances, and the McLean orchestra performs there as well. A piano sits outside the main dining room which has been set for lunch with white tablecloths and with a sign in front about the wine tasting.

Dave DeClark, the director of marketing says Vinson Hall bottles its own wine from grapes in California. Their specialties are offered at dinner and at happy hours during the week.

DeClark says in addition to independent living Vinson Hall Retirement Community offers assisted living, long-term care and skilled nursing at Arleigh Burke Pavilion and Memory Care at the Sylvestery. DeClark says they draw residents from a seven-mile radius. No military affiliation is required for these residences. He adds that a new addition just opened in November 2014 with 75 new independent living apartments, all named after Presidents “but only one after Washington since there was only one first President of the United States.” Vinson Hall is located at 6251 Old Dominion in McLean.

TJ Student Creates ‘HeartScribe’ for Seniors

Mobile app helps manage health data.

BY TIM PETERSON
THE CONNECTION

When Vienna resident Rohan Taneja’s grandfather experienced heart failure last year, he was inspired to create a mobile application that would help senior citizens to better manage their health metrics and share them with caregivers and doctors.

When a “Shark Tank”-style assistive technology challenge for Fairfax County High School students came across his radar, Taneja

decided it was the perfect opportunity to develop his app.

In March of this year Taneja, now a senior at Thomas Jefferson High School for Science and Technology, presented his project called HeartScribe to the challenge judges as a finalist.

“Many seniors have to measure their blood pressure, glucose and other things every day, and write all that down,” Taneja said. “This makes that job a whole lot easier. In a matter of seconds, you can record all that data on your phone and bring it to your doctor. It’s an

electronic way of doing what they were already doing.”

Using the app saves seniors time and the stress of losing their documentation, he said.

Taneja won first place in the competition, along with around \$1,300 in prize money. He used the money to make informational flyers, buy devices to demonstrate the app and help launch it.

Taneja wanted to take the project further. He started visiting several senior centers and talking with elderly people about his app, what they liked and didn’t like.

“That’s when I realized it could be really helpful,” he said.

Though he wrote the app by

himself, he’s also reached out to the tech world for advice, including the Refraction co-working space in Reston.

From his senior feedback, Taneja has made numerous tweaks to the app, including making the buttons significantly larger and simplifying the interface to make it easier to use.

The app is live and available for free in the Google Play store, and works with any Android device. Taneja makes no money from it. “I guess you could call it one big service project,” he said. “It was fun making it.”

The TJ senior chose Google to start because he learned the Java



PHOTO CONTRIBUTED

When Vienna resident Rohan Taneja’s grandfather experienced heart failure last year, he was inspired to create a mobile application that would help senior citizens to better manage their health metrics and share them with caregivers and doctors.

coding language for Google in a programming class. However he’s currently working on versions for iPhone and web browsers.

Regaining Mobility

Local orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL
THE CONNECTION

Tired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

"I had been debating for months about whether to have it," she said. "I was in so much pain, though, that I don't really think I have anything to lose."

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Most patients will feel better, and feel better quickly.

Addressing overall health issues like high blood pressure, diabetes and obesity can boost the chances that a joint replacement surgery will be successful, says Dr. C. Anderson "Andy" Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. "Work on both your overall health and conditioning," he said.

Patients should be up and out of their hospital beds as soon as possible. "Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots," said Dr. Mark P. Madden, an orthopedic surgeon with OrthoVirginia. "We start out with patients using a walker and having someone assist them in walking, and they generally progress to become fully weight bearing without any assistance at all."

Also, have a support system in place prior to surgery, whether it's a significant other, grown child or close friend. Often dubbed coach or advocate, that person might at-

tend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

"The more eyes and ears in addition to the patient's, the better," said Engh, explaining why it's so helpful to have someone with the patient at appointments and throughout the recovery. "We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker."

The coach should be able to spend a significant amount of time with the patient during the early recovery period. "That person can expect to be with you 16 hours a day for two to five days after surgery," said Engh. "I don't want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery."

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to determine how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. "Having these types of things handled before you go into surgery can only help the recovery process."

Patients should plan ahead to safety-proof. "Do everything you can do to avoid a fall within the first two to three months after your surgery," said Engh. "Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stairways to help prevent falls."

Timing also plays a role in the success of joint replacement surgeries. "Some patients ask if they're too old to have surgery," said Engh. "Don't wait until you're home bound to have this surgery because the recovery will be quite long."

To decide whether joint replacement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one's quality of life.

"There's no right answer for every patient," said Madden. "The real answer is to work with your doctor to find the right treatment."

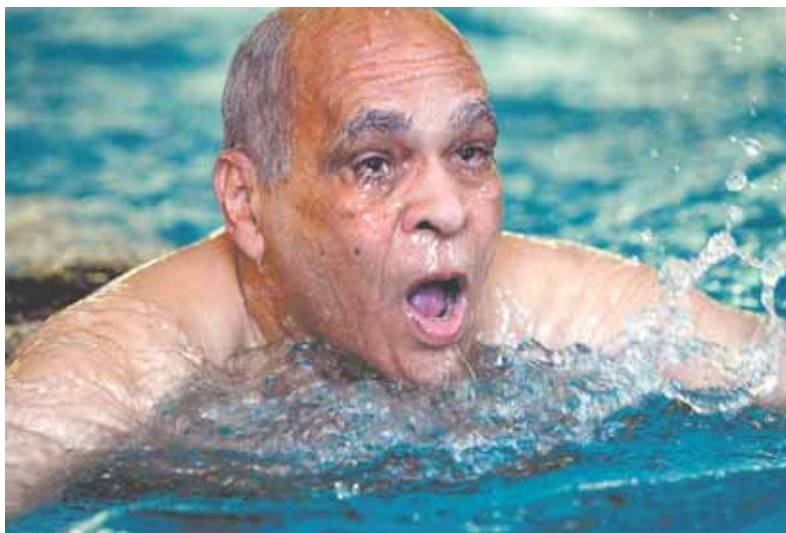


PHOTO BY TOM MANNING/THE CONNECTION

Vienna resident Samir Salman, 73, competes in the 100 yard breast-stroke in the 70-74 age group. Salman won a bronze medal in the event that was held at the Claude Moore Recreation Center in Sterling on Sept. 16. It was his first time medaling in swimming after three years competing.

From the Beginning to the End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

The Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE

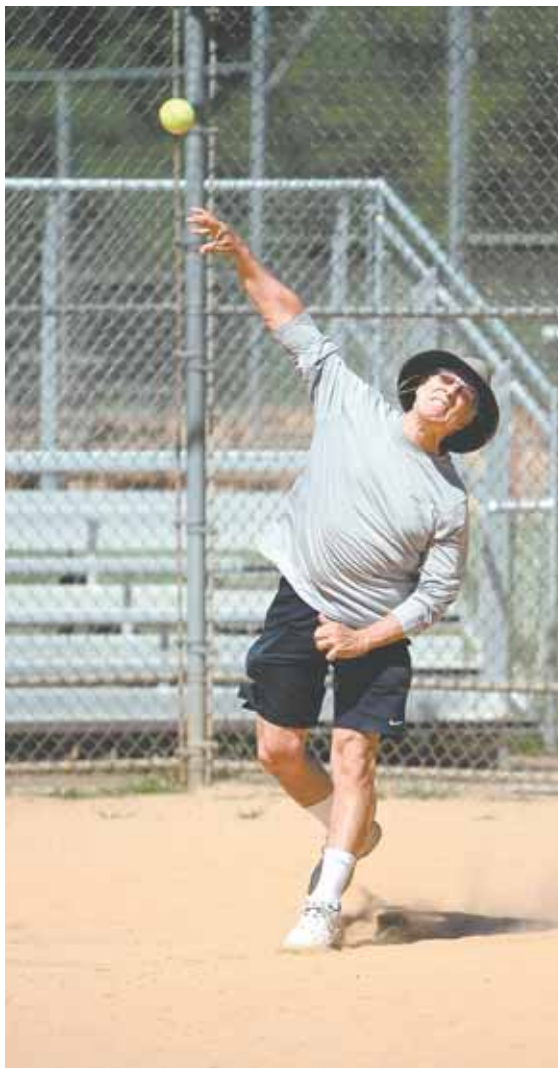


PHOTO BY TOM MANNING/THE CONNECTION

Oakton resident Tom Sullivan, 70, hurls a softball 179' 4" in the Softball Throw event on Sept. 14 at Wakefield District Park in Annandale. Sullivan's throw set a new record for the 70-74 age group.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Samir Salman from Vienna executes a back dive off the one-meter springboard at Yorktown High School Aquatic Center on Sept. 10 on an opening day event. His grandson and other family members stood to the side of the pool to cheer him on to a gold in the 70-74 age group.