



Vienna and Oakton CONNECTION

Vienna Oktoberfest Celebrates the Season

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Unity of Fairfax Turns 60

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PHOTO BY DONNA MANZ/THE CONNECTION

The Vienna Singing Princesses, all local high school students, styled hair of young princesses. They work birthday parties and other fundraisers in the area. Face painter Mel Walker donated her services in the princess tent at the Vienna Optimists' Family Fun Day.

Optimists Host Family Fun Day on Town Green

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Inside



Senior Living


OCTOBER 5-11, 2016

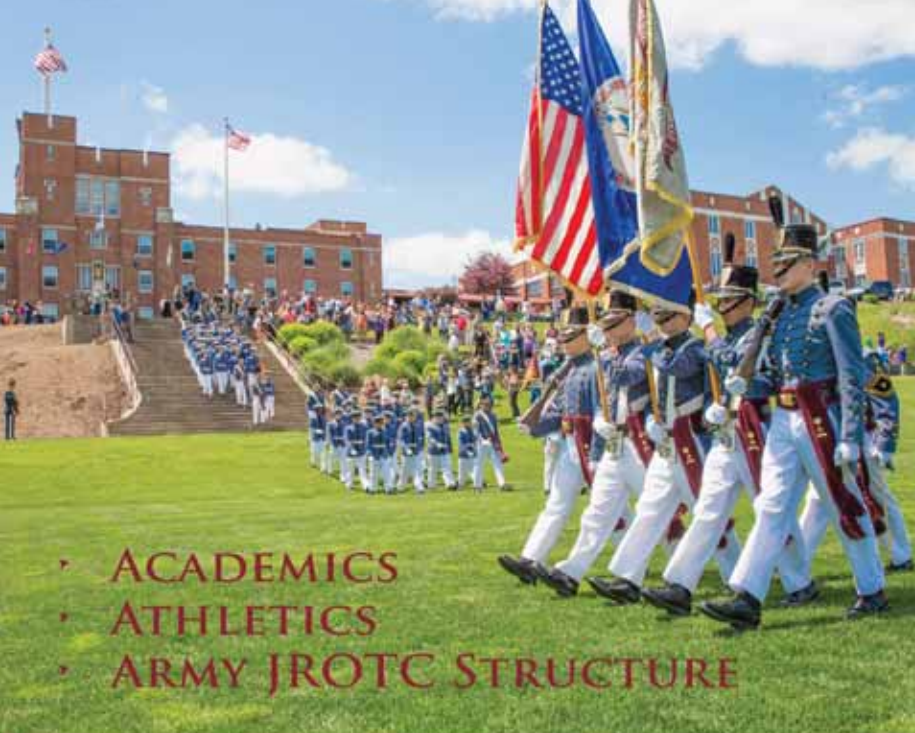
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PHOTO BY CAREY SIENICKI/VIENNA BUSINESS ASSOCIATION

2016 Vienna Oktoberfest Burgermeister Friderike Butler kicks off Vienna's annual Oktoberfest celebration by officially tapping the beer keg.



John Becci, Joanne McGinnley, Lynne Dewilde, Crista Chichester volunteering at the id check

Vienna Oktoberfest Celebrates the Season

As the drizzle and dark clouds moved out of Vienna on Saturday, Vienna Oktoberfest guests moved into the celebration grounds. The beer garden was full as folks drank beer and ate German-style food from the tent vendors. Sponsored by the Vienna Business Association in cooperation with the Town of Vienna, Oktoberfest is the primary fundraising engine for First Night Vienna.

Volunteers from VBA and local service clubs and groups manned shifts from 11 a.m. to close at 7 p.m. along the historic Church Street corridor. Almost all contracted vendors – from merchandise to services – showed up, as did the live entertainment. For more information, visit ViennaBusiness.org

PHOTOS BY PEGGY JAMES/VIENNA BUSINESS ASSOCIATION



Matt Greer from Caboose Brewing co. welcomes Vienna Mayor Laurie DiRocco.



Crafter vendor Tracy Murphy: Most all vendors showed up despite the rainy weather.



The beer garden is a happy place to drink beer and eat German-style food, all the while listening to live music.



As the drizzle and dark clouds left the Vienna area, the guests poured into the Vienna Oktoberfest on Saturday.

Oktoberfest-Vienna Features German Auto Show

Oktoberfest-Vienna 2016 expanded its program to include a German Auto Show section. This German Auto Show included BMW, Mercedes-Benz, Porsche and Volkswagen which were staffed with highly qualified experts on the product. The following Auto Dealers were responsible for providing and staffing the Show: BMW of Fairfax, Mercedes-Benz of Tysons Corner, Porsche of Tysons Corner and Stohlman Automotive. The opportunity to inspect, sit-in and discuss the features of the autos on display enjoyed a good following by the attendees of the Oktoberfest. It provided a relaxed review of the best in autos. For more information call or visit the respective dealership.



Matt Greer from Caboose Brewing co. welcomes Vienna Mayor Laurie DiRocco.

Fall Driving: Be Alert for Deer

Autumn is approaching and white-tailed deer will be on the move. Fall is the breeding season for deer. Drivers may expect to see increased numbers of the deer on and near roadways as deer search for mates. Deer movements and behaviors are unpredictable and deer-vehicle collisions are a serious public safety concern according to Fairfax County Police Department Public Affairs Bureau.

According to a September 2016 State Farm report, Virginia has the 13th highest rate in the nation for deer-vehicle collisions. The odds that a Virginia driver will have an insurance claim in 2016 as the result of a deer-vehicle collision is 1 out of 94; a 3.2 percent increase from last year. Over 61,000 Virginia drivers are projected to file insurance claims for comprehensive vehicle damage resulting from a deer-vehicle collision. The national cost per claim average is \$3,995.

Approximately one-half or more of all deer-vehicle collisions generally occur during the months of October, November, and

December. Deer are especially active pre-dawn to mid-morning and dusk to early evening. These periods of activity correspond with the time when many Fairfax County residents are commuting to and from work or school. Fairfax County Police urge motorists to drive cautiously during this time and be on the lookout for deer crossing roadways. The Fairfax County Wildlife Management Specialist and Fairfax County Police urge motorists to be alert, drive with caution and remember these safety tips:

- ❖ Always drive the posted speed limit.
- ❖ Always wear your seat belt when in a vehicle.
- ❖ When driving, particularly at dusk and dawn, slow down and be attentive.
- ❖ Watch for eye shine along roadsides. Deer travel in herds. If you see one, others may be near.
- ❖ Use high beams when traffic permits to spot deer at a greater distance.

❖ Be aware of posted "Deer Crossing" signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.

❖ If a deer is stopped in the roadway, reduce speed and flash your headlights. Deer



PHOTOS COURTESY OF FCPD

Be aware of posted "Deer Crossing" signs. Signs are placed in areas known for high deer traffic and/or deer-vehicle collisions.

can become mesmerized or blinded by bright steady lights.

❖ If a deer jumps in your vehicle's path, continue to reduce speed and grasp steering wheel firmly with both hands.

❖ Never swerve to avoid deer on the road. Swerving can cause loss of control of your vehicle and greatly increase the chance of more serious damage or injury.

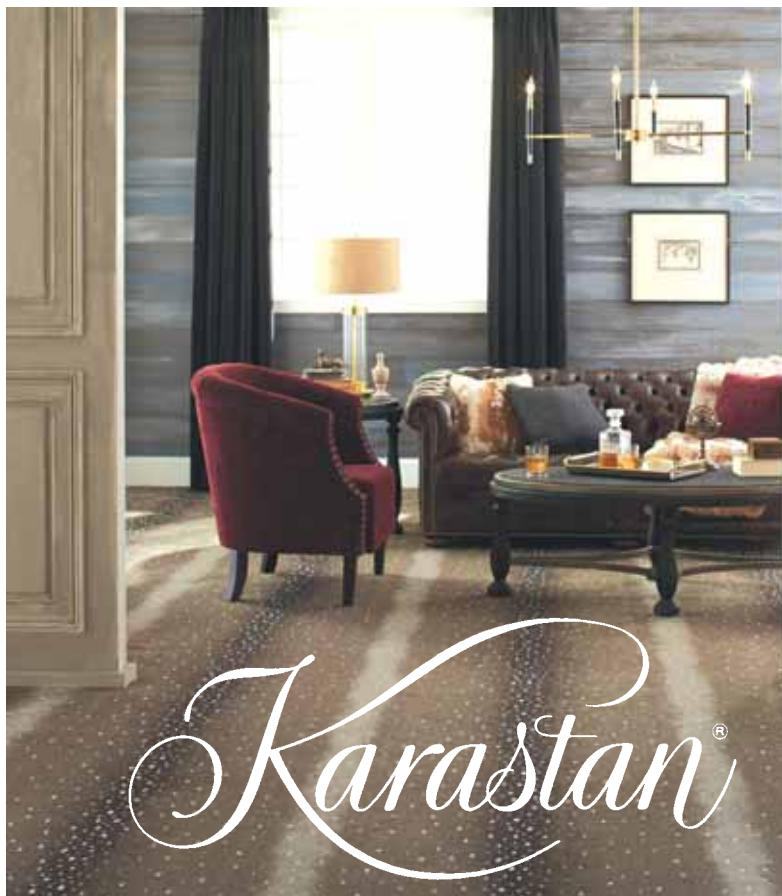
❖ Take foot off brake at time of impact.

This action reduces the likelihood of deer crashing through a windshield or windows upon impact.

❖ Never depend on hood whistles, car horns, or other devices to scare deer out of your path. Several studies have shown that these methods do not always work. If a deer is injured or killed, immediately report the collision to the Fairfax County Police Department (non-emergency) at 703-691-2131.



Deer-vehicle collisions can cause extensive damage/injury.



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NEWS

Park Authority Offers 50+ Web Portal

The Fairfax County Park Authority has launched a website specifically for residents age 50 or older. The 50+ Engage-Connect-Play portal provides one-stop shopping for information on Fitness & Wellness, Arts & Learning, Gardening & Adventure, Giving Back, and more that's geared toward Baby Boomers and active seniors.

The Park Authority is making it easier for older residents to find new ways to engage as family and work demands change. In Fairfax County, 23.2 percent of households include adults who are 65+, and this group represents 11.5 percent of the county's total population.

Go to www.fairfaxcounty.gov/parks/fifty-plus/ to see which of the thousands of Park Authority classes are most popular among Baby Boomers and the 70+

crowd. Find out about concerts, fairs, festivals and other park events that appeal to older residents. Book a tee time at a golf course, register for an art or gardening program, or find activities to entertain the grandchildren. Visitors to the site can also explore ways to give back to their community through paid and volunteer opportunities in the parks.

This initiative is part of the larger, countywide effort aimed at addressing the needs of a rapidly aging population in Fairfax County. U.S. Census figures show that there is a net in-migration to Fairfax County of persons age 85+. Among Fairfax County residents age 80 or older, 47.5 percent have one or more of the following: serious difficulty with walking and/or climbing stairs, difficulty dressing and/or bathing, or a cognitive disability.

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 bi-

cycle 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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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)

Vienna & Oakton
CONNECTION

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Marshall High to Present 'The Sea Cook: A Story for Girls'

What happens when you put together a female cast of pirates, an innovative set design, and the creative writing of a talented former student? You get "The Sea Cook: A Story for Girls," a feminist revision of the classic story "Treasure Island" by Robert Louis Stevenson.

"The Sea Cook: A Story for Girls" is the brainchild of Marshall alumna Liz Carlson ('15) and Marshall Theater Director Jason Tamborini. They collaborated on the script and customized the story for Marshall High School's talented pool of actors and theater technicians. "We wanted this production of 'Treasure Island' to be a story where fierce and fiery girls are the main event," said Carlson. "After all, history tells us that there were all female bands of pirates who were often some of the boldest and baddest out there."

Aside from the nearly all-female cast who will pull no punches nor sheath no swords in their depiction of fierce sea dogs, the production promises to be memorable for its creative set, which features

When & Where

"The Sea Cook: A Story for Girls" will run at the George C. Marshall High School Statesmen Theatre, 7731 Leesburg Pike, Falls Church, on the following dates: Oct. 13 and 14 at 7:30 p.m., Oct. 15 at 2 p.m. and 7:30 p.m., and a final matinee performance on Oct. 16 at 2 p.m. Tickets will be sold at the box office and are \$5.00 for teachers, students, and seniors and \$10.00 for adults.

150,000 translucent white plastic balls repurposed from "The Beach" art exhibit that appeared at The National Building Museum in

Washington, D.C. The theater's technical crew will use the balls to create a 2,000 cubic square foot "ocean" in front of the Marshall auditorium stage into which pirates will leap, jump, and of course, walk the plank. To do this, they will remove several rows of seats, build a retaining wall to hold the balls, and install lighting that will illuminate the balls from beneath to create the illusion of blue and green undulating waves.

"The goal is to create a show that the audience will see as the scene for any adventure they could imagine," said Tamborini.

FCPS Beats Virginia On-Time Graduation Rate

The Virginia Department of Education has released graduation rates for school systems around the Commonwealth. Fairfax County Public Schools had 92.3 percent of its 2016 class graduate on time, compared with the state average 91.3

percent.

On-time graduation in Virginia is defined by four years of student information, including students moving, changes in enrollment, special education students and students with limited English proficiency.

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

NOVEMBER

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

DECEMBER

12/7/2016.....Wellbeing: Holiday Entertainment & Gift Guide II
12/14/2016.....HomeLifeStyle; Home for the Holidays

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Head of School, Robert E. Gregg, III, delivers a speech at the ceremony to celebrate Green Hedges School's 75th Anniversary.

PHOTOS BY
KARINA VERLAN



Green Hedges School Celebrates 75th Anniversary

BY KARINA VERLAN
THE CONNECTION

On Monday, Sept. 26, Green Hedges School, a co-ed independent school in Vienna, held their 75th Anniversary Celebration, joined by the community, alumni and parents.

"It was a lovely tribute to our school," said Head of School, Mr. Robert E. Gregg, III, "and to our ideals, which are alive and present."

Gregg is Green Hedges' seventh Head of School; he officially began his tenure in 2009. The 75th Anniversary Celebration commemorated founders Frances and Kenton Kilmer, who opened the school in 1942.

"Two parents seeking the best education for their children were discouraged by what they found, and decided to start their own school in their own house," Gregg recounted the story of how Green Hedges began in the welcoming speech for the celebration. "[They] understood what our current research has validated that children learn best when all facets of their brains are engaged."

THE KILMERS "sought to provide a positive learning environment free from prejudice, and enriched curriculum that included the best in all the arts, a global exposure to history, and a commitment to citizenship and character," according to the school website.

In addition to groundbreaking education, Mr. and Mrs. Kilmer were notably involved in civil rights issues, as well as in the building of the town's library.

Mayor Laurie DiRocco read the Town of Vienna Proclamation honoring The Kilmer Family's community contributions and Green Hedges School history during the ceremony, and added at the end, "We are so grateful to have you in our town, you are such a big part of our community."

"I think 75 years is a huge milestone," said Supervisor Cathy Hudgins (D-Hunter Mill). "The Kilmers were really trailblazers in how they approached education and the community." Hudgins also participated in the celebration ceremony by reading the Fairfax County Proclamation.

Board of Trustees Vice Chair, Carolyn Brandon, explained that the celebration included a pear planting ceremony to honor the pear butter that the Kilmers used to make.

The Kilmer family had strong ties in the arts, which transitioned into the school curriculum. Frances Kilmer was the daughter of Impressionist painter, Frederick Frieseke, while Keaton Kilmer, was the son of the renowned poet Joyce Kilmer. The fourth-graders commemorated Mr. Kilmer by reciting his poem, "Trees."



Nine middle-school Green Hedges "lifers," students who have been attending the school since Montessori School at 3 years old, shovel dirt onto the newly planted pear tree to celebrate the school's 75th anniversary.

THE PEAR TREE was then ceremoniously planted by nine Green Hedges "lifers," or students who began at the Montessori School at 3 years old and continued all the way to eighth grade.

"I thought it was a lovely ceremony and that it captured the heart of the Green Hedges School with a nice mix of students and family," said Mayor DiRocco.

Noelie Kilmer Angevine of Germantown, Md., one of the Kilmer's ten children, shared in the school's celebration although she did not formally participate in the ceremony. Angevine stood up to pose an arithmetic question to the current students of Green Hedges, asking them to calculate her age at the opening of the school in 1942.

Angevine was happy to see that Green Hedges students looked happy and relaxed.

"The school promotes curiosity, the freedom to make mistakes, delight in classes and the love of nature," said Angevine. "I am so happy to see that, because the poor standards in our country are discouraging that by making everything depend on how [students] test."

While the campus has grown, Angevine said that the school philosophy has remained the same.

Supervisor Hudgins said that having the school in Vienna gives parents a wealth of choices for their children's education in the community. The comfort level and closeness of the staff and students at Green Hedges is really special, Hudgins said, "some children really need that, and we don't always know that."

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FAITH

Unity of Fairfax to Celebrate 60th Anniversary

Unity of Fairfax will celebrate its 60th anniversary, known as the “Diamond Jubilee,” during the weekend of Oct. 7-9 at 2854 Hunter Mill Road in Oakton. The church will host a gala dinner dance on Friday, Oct. 7, followed by the annual Fall Festival on Sunday, Oct. 9. All previous ministers have been invited to attend the gala and also to give remarks during Sunday services. Among them are Rev. Donna Johnson who is now serving as president and CEO of Unity Worldwide Ministries in Lee’s Summit, Mo.

The church started in the city of Fairfax in 1956, first meeting at the Fairfax Town Hall, then around the corner at a little white church at 202 E. Main St. As the congregation continued to outgrow its space, it moved to Robert Frost Middle School for two years while designing and building a new church at 2864 Hunter Mill Rd, Oakton, which opened in 1975. That building served its purpose well, but once again Unity of Fairfax had outgrown its space. After purchasing the adjoining property, a new, larger facility was constructed in 2002. The original church building was then designated the Mildred Park Center in honor of its founding minister, who served this congregation from 1956 – 1970. These two buildings are surrounded by over a dozen unique landscaped areas that serve as an ecological classroom to the larger community and make it easy to see why members lovingly refer to the campus as “our five sacred acres.” Currently, the church is refurbishing the Sanctuary,



Unity of Fairfax in 1961.

PHOTOS CONTRIBUTED



Unity of Fairfax church now.

while outside plans are underway to create a permanent labyrinth for year-round use.

Rev. Russell Heiland, Senior Minister, says, “In the past 60 years, Unity of Fairfax has established solid roots as a not only a church, but a spiritual community. Our mission of being ‘a vibrant spiritual community awakening each life to the Christ within,’ is now growing to incorporate the consciousness of being a spiritual center for education, practice, and service. We are eager to grow our partnerships with individuals and organizations in Northern Virginia and beyond to create a world that works for everyone. This is truly an exciting time for Unity of Fairfax.”

Unity of Fairfax has long been active in the local community through its “Spiritual Social Action” with continued support of the Shepherd’s Center of Oakton-Vienna, Cornerstone’s Hypothermia Prevention Project, and Our Daily Bread programs. Recently, the church has been engaged with the LGBT rights group People of Faith for Equality in Virginia (POFEV).

Unity of Fairfax is a positive, progressive Christian spiritual community and a local ministry of Unity, a movement founded in 1889 that provides spiritual publishing, education, prayer and events for over three million members worldwide. Unity’s best known publication, Daily Word, a magazine of inspirational messages, is distributed to nearly one million people in more than 100 countries. For more information about Unity of Fairfax, visit www.unityoffairfax.org.

WEEK IN VIENNA

Vienna Area Branch of AAUW to Host Election Matters Program

Vienna Area Branch of American Association of University Women (AAUW) will host its next meeting at the Oakton Library, 10304 Lynnhaven Place, Oakton, from 7 to 9 pm on Tuesday, Oct. 18. Two speakers will present timely information on Virginia’s election processes.

The first speaker, Dianne Blais, has been an active member of the AAUW for 30 years and a co-president of the Virginia League of Women Voters. She will present timely information on the state of Virginia’s voter rights. Her presentation will also touch upon voter ID rules, access to the polls and trends in Virginia’s voter registration policies.

The second speaker, Leslie Tourigny, is currently the Virginia AAUW Vice President for Public Policy. She will discuss one of the AAUW’s national priority initiatives — desire to get out the vote.

This program is open to the public and light refreshments will be served. For more information, contact ViennaAAUW@yahoo.com.

Free Seminars on Real Estate for Retirees

The Retiree Real Estate Education Association announces free public service seminars for November, 2016, on Independent Living & Retirement Communities, Options for Financing, Estate Planning & Tax, and Ageing in Place, given at McLean, Falls Church, Marshall and Madison High Schools. These are part of a series of 8 free seminars on real estate issues unique to retirees. Seminars are free, in the evenings at County public schools. For more information and seminar registration go to RetireeRealEstate.org.

Breakfast Buffet at American Legion Post 180

A Breakfast Buffet will be offered Sunday, Oct. 16 from 8 a.m. to noon at American Legion Post 180, 330 Center St., N. Adults \$9, children 12 and under \$3. Get omelets, scrambled eggs, blueberry pancakes, bacon, etc. For more information call 703-938-6580.

OBITUARY

Former Vienna Resident Patrick Anthony DeStefani, 51, Dies

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

Mr. DeStefani was born in Arlington, Va., on Sept. 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, he 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 more than 13 years United States Army and the Air Force reserves. He excelled as a marksmen, 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 Oct. 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 daddy’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 DeStephani; father-in-law, John Smith; mother-in-law, Elaine Pierce; uncles, Bruno and wife, Susan DeStefani, Roger Dewitt, and Donald Keck; aunt, Thelma Dewitt; and a host of cousins, friends, and co-workers.

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

Optimists Host Family Fun Day on Town Green

Club's annual fundraising campaign on behalf of Growing Hope netted about \$32,000.

BY DONNA MANZ
THE CONNECTION

The Optimist Club of Greater Vienna – once again – raised more than \$32,000 from its annual “Growing Hope” fundraising campaign on behalf of families facing childhood cancer. The year-long mission culminates with Family Fun Day on the Town Green, and, as usual, prominent local citizens were dunked to raise money and local businesses donated raffle prizes and refreshments. The fun-day was held on a cloudy Saturday, Sept. 24, but a crowd turned out, nevertheless, for face-painting, bounce-house obstacle course, and children’s activities. Donaldson’s Run performed popular party music live and Vienna’s own “Singing Princesses” offered complimentary face-painting.

“So many businesses donated items for raffle and auction,” said Growing Hope family fun day co-chair Anna Ryjik. “Of course, of particular interest are Girls On the Run from Louise Archer who raised \$2,200.”

Greater-Vienna Optimists, as well as members of the Madison Junior Optimist Club International volunteered for the event. And local business owners, as well as Del. Mark Keam (D-35), became dunk-ees for the cause.

Approximately \$28,800 is going to Growing Hope, and the remaining \$3,200 to Johns Hopkins Medical Center, pediatric oncology research and treatment.

Supporting research to treat childhood cancer and supporting children and families confronting childhood cancer is the common mission of Optimists International. The humanitarian organization focuses its strengths on today’s youth. The Optimists’ most fruitful fundraiser of the year is its annual Christmas tree sale. Proceeds from the tree sale benefit student competitions sponsored by the Optimists throughout the year, as well as Growing Hope. In a special program, the Optimists recognize outstanding police officers and fire and rescue workers.

The Vienna Farmers’ Market is hosted and run by the Vienna Optimists, and, the caboose along the W & OD trail in Vienna is managed by the club, as well.

Growing Hope is a resource for Northern Virginia families with a child treated for cancer. Growing Hope offers support and fun activities for all in the family.

Community members who donated services included the Donaldsons’ Run band, the Vienna Singing Princesses, and Optimist Club of Greater Vienna volunteers, including Madison High School’s junior Optimists club.

Those businesses who discounted their service greatly included face painter Mel Walker, Fancythecrownandfriends, Balloon maker Violeta Peith,



Virginia Delegate Mark Keam takes the plunge for the Optimists’ Growing Hope fundraiser. Keam’s daughter Brianna was quite the ace hitting the dunk-button with a ball.



PHOTOS BY DONNA MANZ/THE CONNECTION
Donaldson’s Run performed pop party music.



Some of the participants of Louise Archer Elementary School’s Girls on the Run team raised \$2,200 in support of the Optimists and Growing Hope by running for pledges.



Cinderella and the Native American princess show mortals how dance is done in fairytales.

sweetpicklethecrown.com, Brooke Rental, and

Big Country Amusements.

Starbucks on 207 Maple Avenue East, Dunkin Donuts Vienna, Manhattan Bagel,

Foster’s Grill, Vocelli Pizza, and Clyde’s Tysons donated food to be offered free to fun-day guests.

To join the Optimist Club of Greater Vienna or to support their youth-centric

programs, go to <http://www.optimistclubofgreatervienna.org/>. Meetings are held two times a month in the evening and prospective members are welcomed to attend a meeting.

CALENDAR

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



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Friday, October 21, 9:00 a.m.
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Visit langleschool.org/admission-events for a list of our 30-minute admission webinars

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

ONGOING

Meadow Farms Fall Festival Great Falls

Oct. 3 - Oct. 31 Monday through Friday 8 - 7 p.m. Saturday 8 - 6 p.m. Sunday 9 - 6 p.m. 10618 Leesburg Pike, Vienna. Pumpkins, gourds, cornstalks, mums, pansies, star bales, and everything else you need for the fall look. A huge selection of pumpkins. There will be also 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

The Freeman Store & Museum

Wednesday through Sunday noon - 4 p.m. 131 Church Street NE Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of historically significant places, events, and persons. historiciennainc.org

Lobby Hero 1st Stage Tysons

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

Golden Acrylics Workshop.

Saturdays starting Sept. 17 through Oct. 15 10 - 4 p.m. Vienna Arts Center. 115 Pleasant Street, NW, Vienna. 5 classes: 150.00 Membership Price.

Watercolor Classes

Thursday's Starting Sept. 22 through Oct. 27 1 - 3 p.m. Vienna Arts Center. 115 Pleasant Street, NW, Vienna, VA. 5 classes: 150.00 Membership Price.

Weekly Storytime.

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

Bingo Night. Sundays.

4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

Gentle Yoga.

Thursdays, 6:30 p.m. Emmaus United Church of Christ, 900 E Maple Ave. E, Vienna. Saturdays, 9:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Gentle Kundalini Yoga, one free introductory session, senior discounts. Increase your flexibility, improve your breathing and health, reduce your stress. Ravi Kaur has 15 years experience teaching yoga. \$15 per session. www.edimprovement.org. 571-213-3192.

The Frame Factory Hosts "Ten Best Friends"

Oct 8 receptions noon - 2 p.m. and one from 5 - 7:30 p.m. The show will run from October 8 - November 19 The Frame Factory Gallery, at 212 Dominion Rd., NE, Vienna. A solo show featuring Joan Fegan's oil portraits of the ten most popular breeds of dog, based upon American Kennel Club registrations. Gallery hours are Monday - Saturday, 9:30 am - 5:30 pm, on Thursday 10:30 am - 5:30 pm. Theframefactory1.com

One-To-One English Conversation

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



NORTHERN VIRGINIA EMERGENCY RESPONSE SYSTEMS

The Inaugural 5k road race to support first responders across Northern Virginia will take place at 8 a.m. Saturday Oct. 15 at the Vienna Volunteer Fire Department located at 400 Center St S, Vienna.



The Cline family of Vienna dressed as "The Incredibles:" Joel, Nancy, Jonah and Hanna during the Town of Vienna Halloween Parade last year. This year's Halloween Parade will be on Wednesday Oct. 26 beginning at 7 p.m. on Maple Avenue, Vienna.

THURSDAY/OCT. 6

Celtic Fiddle Festival: The Barns 1635 Trap Rd. 8 p.m. "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/

First Aid and CPR AED Certification 6:30 - 9:30 p.m. ACE Physical Therapy & Sports Medicine Institute. 8230 Boone Blvd, #202 Tysons. certification training for Race Volunteers, Event Directors, Coaches, Fitness Professionals, Virginia Teachers, and General Public. Cost: \$25.00- \$35.00. Marketing@acerehab.com 7039274833

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

SEE CALENDAR, PAGE 13

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Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
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CHURCH SCHOOL 9:30AM-10:30AM
MIDWEEK SERVICES, WED. 7:00 PM**

Shepherd's Center of Oakton-Vienna (SCOV) will host Oct. 23, 3 p.m. fundraiser at Oakton High School featuring nationally recognized comedy troupe Capitol Steps. Pictured, from left: Jayne Young, SCOV Director of Operations & Events; Ed Lowry and Hugh (Gerry) Hamilton, Event Co-Chairs and Michelle Scott, SCOV Executive Director. For Tickets visit <http://www.scov.org/fundraiser-tickets> or call SCOV @703-281-0538 - \$30 in advance; \$35 at the door.



PHOTO COURTESY OF SCOV

Capitol Steps to Perform at Oakton High

A Benefit for the Shepherd's Center of Oakton-Vienna to be held on Sunday Oct. 23.

Mark your calendars for Sunday, Oct. 23 at 3 p.m. and enjoy an outrageously funny afternoon of political humor and laugh-out-loud fun with Capitol Steps. If you've ever wanted to see Barack Obama sing a showtune, Nancy Pelosi sing a rock song, and New Jersey Governor Chris Christie do a classical ballet, this might just be the show for you. And who could forget, this being a presidential election year, the audience is sure to be entertained by The Donald and Hillary! And, maybe Bernie will show up, too.

This will be a single performance Sunday matinee show at the Oakton High School auditorium, 2900 Sutton Rd, Vienna. For Tickets visit <http://scov.org/fundraiser> or call SCOV at 703-281-0538 - \$30 in advance; \$35 at the door. This is a benefit performance for the Shepherd's Center of Oakton-Vienna (SCOV) serving older adults in



PHOTO COURTESY OF CAPITOL STEPS

This being a presidential election year, the Capitol Steps show is likely to feature The Donald and Hillary and, maybe, Bernie will show up, too.

Oakton, Vienna, Merrifield, Dunn Loring and portions of Fairfax and Reston.

To volunteer, donate or learn more about how you can help, visit their website at www.scov.org or contact the office at 703-281-0538, office@scov.org.

CALENDAR

FROM PAGE 12

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.1ststageinTysons.org

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

Plan Ahead Vienna

WEDNESDAY/OCT. 26, 2016

70th Annual Vienna Halloween Parade 7 p.m. Maple Avenue, Vienna. With the theme of "Celebrating 125 Years of the Town of Vienna" come in costume to celebrate Halloween. Visit <https://www.viennava.gov/index.aspx?nid=951>

SATURDAY/ OCT. 29

Concert: The David Trio 4 - 6 p.m. Saint Francis Episcopal Church 9220 Georgetown Pike Great Falls VA 22066. This Italian ensemble brings the sound of violin, cello, and piano to St. Francis chancel. The sardonic Shostakovich Op. 67 Trio is balanced by a gentle Schubert Notturmo and the spirited energy of Haydn's A-flat major Trio. Cost: Season pass \$150 or \$30 at the door. Visit: amadeusconcerts.com

TUESDAY/NOV. 8, 2016

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

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



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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



1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711



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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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.

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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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NEWSPAPERS

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 Lettis 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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ABC LICENSE

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.

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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

Henry Colletto, Oakton, plays bocce in the 90- year- old and up group. In this case Colletto says, "there is nobody else in my age group. I played a lady last year." He adds, "I play because I'm Italian, but I had to stop bowling because of my body." Colletto says he gave one of his earlier medals to his 9-year old granddaughter. This year he will compete against Charley Williams from Annandale who is in the 70-79-year age group.

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The Kensington Falls Church Presents the Parkinson's Communications Club

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

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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

982 Participants Signed Up for 2016 Northern Virginia Senior Olympics



PHOTO BY TOM MANNING/THE CONNECTION

Men's doubles semi-finals teams in the 80-89 age group pose for a group photo before the match begins. From left are Neil Lane from Reston and his partner Phil Doherty from Burke, Jerry Vance from Annandale and his partner Bob Wilkinson from Fairfax. Vance and Wilkinson won the match 9-7 (8 game pro set) to advance to the finals.



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. Family members were on hand to cheer him on to a gold in the 70-74 age group.

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

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Senior Living

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."

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