

Fire Engines, Children and Fun

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Keyon Twyman, 11, mans the fire hose while dad Kenny Twyman looks on. Families flocked to the Vienna Volunteer Fire Department's Oct. 11 open house.

'Kids Can Be Themselves Here'

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Crashing the Parties

ELECTION 2014, PAGE 3

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY BONNIE HOBBS/THE CONNECTION





2014 FCFT President's Award



*for Outstanding Advocacy
for the Employees of FCPS*

Karen Garza Superintendent, FCPS

Ramona Morrow President, FCCPTA

Megan McLaughlin (Braddock District)

Elizabeth Schultz (Springfield District)

Pat Hynes (Hunter Mill District)

Patty Reed (Providence District)

Sandy Evans (Mason District)

Dan Storck (Mount Vernon District)

Tammy Derenak Kaufax (Lee District)

Ryan McElveen (At Large)

Janie Strauss (Dranesville District)

Ilryong Moon (At Large)

The Fairfax County Federation of Teachers would like to thank all of the 2014 award winners listed above for their consistent advocacy, proactive communications, and support of our workforce over the past year. We publicly acknowledge their efforts to make a difference in the lives of FCPS employees. Thank you for caring about us; it matters and is appreciated.



ELECTION 2014

Crashing the Parties

Marc Harrold, Libertarian;
Joe Galdo, Green, run for Congress.

Bio

Candidate: Marc Harrold
Political Party: Libertarian
Current Position: Attorney, author and legal and political analyst
Born: June 12, 1972, Huntington, W. Va.
Residence: Fairfax
Spouse: Single
Children: None
Education: BA in Political Science, Clemson University; JD with honors, University of Mississippi
Additional Organizations: Member of the United States Supreme Court Bar.

BY TIM PETERSON
THE CONNECTION

Marc Harrold

Marc Harrold is a self-professed creature of habit. He's been going to the same bars and restaurants near his Fairfax home for years, where the close friends he's made there say his great sense of humor and diverse intelligence help him "hold court" and converse easily with anyone, on any subject.

"He's a friendly guy, easy to talk to and smart as a whip," said Brandon Loudenslager of Bristow, who's known Harrold for several years.

Harrold's multidimensional gift of gab may be due to the fact that by day, the Libertarian candidate for Virginia's 11th district is the principal attorney in his own law firm specializing in immigration, The Harrold Firm, PLLC. Or it may come from his experience as a repeat political analyst for TV programs on FOX News, CNN and BBC, among others.

"He's good at going back and forth," said Gonzalo Muñoz, a bartender and friend at Ozzie's Good Eats in Fairfax. "I can see his sides, but he definitely doesn't try to beat me over the head with it."

"His opinions aren't the first things that come up naturally," said Harrold's friend Nancy Sicairos of Loudoun. "He doesn't wear politics on his sleeve."

On the campaign trail, Harrold has learned to embrace being transparent about his politics face to face, a characteristic he believes is missing in Washington.

"I enjoy talking with people who disagree



with me, more than I thought I would," said Harrold. "And some people do. A lot of times they've heard something I've said they disagree with, and perception is reality."

Harrold developed a background in immigration prior to starting his firm as Assistant Chief Counsel with Immigration and Customs Enforcement (ICE), where he was an authority on the fourth amendment.

He's also written extensively on the first amendment, including his book "Observations of White Noise...an 'Acid Test' for the First Amendment".

Teaching at his law alma mater, the University of Mississippi, helped inform Harrold's strict constructionist beliefs that helped motivate his run for Congress.

"There would be a number of things where I would say that's not even a bad idea, just not the proper federal role," said Harrold. "I believe that every piece of legislation should start with, expressly, the part of the Constitution it's grounded in."

The Huntington, West Virginia native grew up in Pittsburgh, and though he's come around to habitually cheering on the Washington Nationals, Harrold remains a devout Steelers fan. In fact, it's the one subject where people won't challenge him.

"He's always like, 'We should watch games together,'" said Muñoz. "I'm a Jets fan. I kind of avoid the topic."



Joe Galdo

As one might expect from the 11th district Green candidate, Joe Galdo has solar panels, a whole solar photovoltaic system, on the roof of his house in Fairfax. The panels generate about half the power required to run his house. He would've installed more, but the roof wasn't big enough.

Galdo helped facilitate homeowners and businesses being able to install and use solar panels in the first place.

"He was one of the first people to try to represent a green vision of adopting renewable energy," said Jack Cadogan, a former colleague of Galdo's at the Department of Energy. "He was very instrumental in the distribution utility concept. Now, he's got solar tanks on his roof; you could say Joe has put his money where his mouth is."

The Philadelphia native worked for nearly two decades for the Deputy Assistant Secretary for Utility Technologies in the DoE's Office of Energy Efficiency and Renewable Energy. To develop the technical standards and usage models for green energy around the country, Galdo and his renewable energy team had to work with regulators, government organizations and utilities — no shortage of competing programs.

Bio

Candidate: Joe Galdo
Political Party: Green
Current Position: Retired from Department of Energy
Born: Philadelphia, Pennsylvania, age 68
Residence: Fairfax
Spouse: Maryanne
Children: Joe, Anne-Marie, Michael, Eva and Catherine
Education: B.S. in physics, Fordham University; Ph.D. in physics, University of Virginia
Previous Organizations: Director Special/DoD programs with EWA, Inc., Director Research with Strategic Analysis, Inc., Defense Intelligence Agency and U.S. Army Foreign Science and Technology Center.

"He did it in a low key way," said Cadogan, a wind energy advocate. "He's kind of completely unflappable."

Cadogan cited Galdo's prior career working at the Defense Intelligence Agency and the U.S. Army Foreign Science and Technology Center. "Maybe that helped him; he developed a thick skin when people like me gave him grief."

"Joe is a very deep thinking, thoughtful person, short on the glib," said John Lovaas, host and producer of the TV program "Reston Impact." Lovaas, who's interviewed Galdo on the show several times and known him for 15 years, said he would be a fresh fit in Washington.

"He's a soft, gentle voice in an environment where everyone else is screaming."

With his sights set on reforming tax policy, global trade and energy policy, Galdo is intent on making a break from corporate interests having a role in government.

"You've got to admire his commitment to represent the common man and the environment, to do it without the helping hands of big money," said Cadogan. "This being his second time as a Green candidate indicates his vision that the Democrats and Republicans are both too much caught up with Wall Street."

"He would do it quietly, he wouldn't make a lot of noise," said Lovaas. "He's such a genuine, nice person people would want to talk with and not be threatened by."

Q&A With Joe Galdo and Marc Harrold

Q: What do you think are your top three accomplishments in your previous role?

GALDO: ♦ At the Department of Energy, I led an effort to have more utilities offer Green power as an option. From the three utilities that had Green pricing programs and attended our first workshops, that expanded to over 80. Now it's hard to find a utility that doesn't offer some Green pricing.

♦ I helped connect industry with the utili-

ties distribution system. We did a case study and developed technical and safety standards through the IEEE (Institute of Electrical and Electronics Engineers) that are incorporated into every net metering law in the US today, including the one that's in Virginia. Those two developments were key to the growth renewable energy has seen in the last 10 years.

♦ I managed a grant to the Green energy folks, regarding solar renewable energy

certificates.

HARROLD: ♦ Serving as a police officer out of college

♦ Going back to teach at my alma mater, the University of Miss., and being part of a research program. I was pretty proud of the writing I've done in fourth amendment law and first amendment law.

♦ Most recently, leaving the government and starting a small business, a solo law practice.

Q: If you're elected, what be would your top three priorities?

GALDO: ♦ Tax reform. My proposal isn't a flat tax, but it's close to it. For individual income tax, I would start from scratch, just eliminate all the deductions, all of the complexity in tax code, and have one standard deduction.

SEE Q&A, PAGE 13

Vienna Halloween Parade Oct. 29

The 68th annual Vienna Halloween Parade will begin at 7 p.m. on Wednesday, Oct. 29, on Maple Avenue from Berry Street to Center Street. This year's parade theme is "Celebrating the Tradition of Vienna Girls Sports" with Frank Lancaster serving as Grand Marshal. Once again, the parade will feature the Washington Redskins Marching Band as a special guest.

Children are invited to walk in the parade in their Halloween costumes. No registration is required. Meet at 6:30 p.m. in the parking lot of United Bank, 374 Maple Avenue, E. Children must be accompanied by an adult.

On Wednesday, Oct. 29, Maple Avenue – Route 123 in the Town of Vienna – between East Street and Lawyers Road will be closed beginning at 6:50 p.m. for approximately two hours for the annual Vienna Halloween Parade. Several side streets off Maple Avenue will be closed and no on-street parking will be allowed beginning at approximately 4:45 p.m. to allow parade participants to line up. All streets will reopen at the conclusion of the parade around 9 p.m.

For more information, call Vienna Parks and Recreation at (703) 255-6360 or visit www.viennava.gov.

Beware IRS Scam Calls

Town of Vienna police are advising residents of several recent reports of callers claiming to be IRS employees. The callers claim the resident has either committed tax fraud or improperly filed previous tax returns. The caller says the resident must send a Western Union payment or purchase a prepaid debit card for payment, or the resident will be arrested. But, say police, "This type of call is a scam. Never send a payment unless you have verified the validity of the caller."

Vienna Mayor's Walking Group

Vienna residents are welcome to join Mayor Laurie DiRocco's walking group. It meets every Friday at 9:30 a.m. at the Town Hall, 127 Center St. S. The walks are about 2.5 to 3 miles, with a different route every Friday. The next walk is Oct. 24.

Halloween Costume Party

A Halloween Costume Party and "Late Night Evening of Mild Fright" is slated for teenagers on Friday, Oct. 24, at 3:30 p.m. at the Club Phoenix Teen Center in the Vienna Community Center, 120 Cherry St. S.E.

Admission is free and teens are invited to dress in costume. There'll be games, food, a costume contest and age-appropriate Halloween movies. Students in grades six through eight may stay until 10 p.m. For more information, call 703.255-5721.

Free Spooktacular Band Concert

The Town of Vienna Community Band performs its free, fall Spooktacular Concert on Sunday, Oct. 26, at 7 p.m., at the Vienna Community Center, 120 Cherry St. S.E. It'll feature Halloween music by Leroy Anderson, Andrew Lloyd Webber, John Williams and other famous composers. No tickets are needed, and attendees are welcome to come in costume. The concert is open to all ages. Call 703-437-3787 or visit www.viennacommunityband.org.

Vienna Town Council Meeting

The next meeting of the Vienna Town Council is Monday, Oct. 27, at 8 p.m., in the Vienna Town Hall, 127 Center St. S.

Mayor's At Your Service Meetings Scheduled

Vienna Mayor Laurie DiRocco will continue to host the popu

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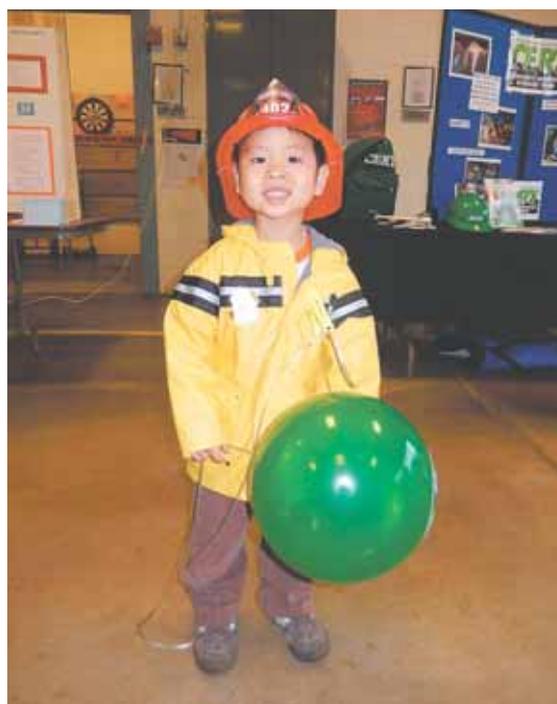


With help from Firefighter Adam Searle, Connor Hunt, 2-1/2, squirts a hose at a "burning house."

Fire Engines, Children and Fun

Families flocked to the Vienna Volunteer Fire Department's Oct. 11 open house.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Junior firefighter Daniel Lee, 3-1/2, proudly holds a balloon.



Nathan Morgan, 2, has fun in the back of a fire vehicle.



Nadia Peralta, 1-1/2, stands inside a fire engine.



Hope Sanchez, 10, enjoys sitting inside a fire engine.



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Yes to Fairfax Transportation Bond

\$84 million for pedestrian, bike and trail improvements.

Of more than 75 projects included in the current proposal, on the ballot for Nov. 4, all but seven are designed to make Fairfax County safer and more inviting for pedestrians and bicyclists.

Voters will decide on Election Day whether to authorize \$100 million for:

- Spot road improvements to increase roadway capacity, reduce congestion, improve safety, and improve transit access (\$16 million)

- Pedestrian improvements to improve capacity, enhance safety and complete missing pedestrian links that connect neighborhoods, and improve access to schools, Metrorail stations and activity centers (\$78 million)

- Bicycle improvements that include developing new bicycle facilities, constructing trails, adding bicycle parking and enhancing accessibility (\$6 million)

Fairfax voters have a long history of approv-

ing bond questions for local transportation, schools and parks. This should be no exception.

Vote

The importance of voting, and the difference just a few votes can make, is on display in Virginia, where close elections decided by a fraction of a percent of total voters have set the stage for some big changes.

Election Day is Tuesday, Nov. 4. But you don't have to wait until then.

In person absentee voting is underway at Fairfax County Governmental Center and seven satellite locations thru Nov. 1.

Office of Elections, 12000 Government Center Pkwy, Conf. Rooms 2/3, Fairfax, 22035. Now - Oct. 31, Monday thru Friday - 8 a.m. - 7 p.m. Saturdays, Oct. 25 and Nov. 1, 9 a.m. - 5 p.m.

Satellite Voting Locations:

Franconia Governmental Center - 6121 Franconia Road, Alexandria, 22310

Dolley Madison Library - 1244 Oak Ridge Ave., McLean, 22101

North County Human Services Bldg. - 1850 Cameron Glen Drive, Reston, 20190

West Springfield Governmental Center -

6140 Rolling Road, Springfield, 22152

Mason Governmental Center - 6507 Columbia Pike, Annandale, 22003

Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria 22306

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

Monday - Friday, Through Oct. 31, 3:30 p.m. - 7 p.m.

Saturdays, Oct. 25 and Nov. 1, 9 a.m. - 5 p.m.

For more information, call 703-222-0776 or visit <http://www.fairfaxcounty.gov/elections/absentee.htm>

You'll need photo identification to vote either on Election Day or absentee. Any registered voter 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 Card will have to 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.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

Vote 'Yes' on Transportation

To the Editor:

We are writing about the Nov. 4 voter referendum on transportation bonds for Fairfax County. The Partnership for a Healthier Fairfax is a diverse coalition of individuals and public, community, and business organizations that have joined forces to improve community health by mobilizing resources, increasing awareness, and promoting change.

The Partnership has identified investments in infrastructure that support physical activity as a major priority in its community health improvement plan. Investments in facilities and pathways for pedestrians and bicyclists benefit everyone through enhancing safety, providing active transportation options, providing opportunities for routine exercise, expanding access to recreational opportunities, and

improving quality of life. Improvements funded by the bond will also permit more "Safe Routes to School," or opportunities for children to walk or bike to school.

The goals and objectives of both our plan and the transportation bond issue are aligned in encouraging a healthy lifestyle through physical activity and improving connectivity throughout the county. Residents who are able

to incorporate exercise in their daily lives will incur fewer health care costs and be more productive employees, thereby contributing to the county's economic success. Please support the bond by a "yes" vote on November 4.

Marlene Blum and Julie Knight

Partnership for a Healthier Fairfax/Co-Chairs

Rachel's Afghan

BY ANN EMMONS PETRI

As an 84-year-old McLean grandmother, I have found that some delightful surprises often come straight out of the blue. When 12 of our 13 grandchildren were born, I knitted each a baby afghan: blue and white ripples for the boys and pink and white for the girls. The only one who didn't get one was our grandson Andrew. That was because when he was born we didn't even know he existed! He came into our lives from an orphanage in Kazakhstan when he was only 3 years old but still too old for a baby blanket. Later on, however, I made up for it by knitting him a cozy, colorful grownup afghan for cold winter nights in Charlottesville.

But when I knitted the afghans for the others, I figured they would only be useful for the

first or second years of their lives. I never dreamed any of them would still be using them some 20 years later! It wasn't until I got the photograph below that I learned that our beloved granddaughter Rachel, now 21 and a college senior at James Madison University, still cherishes hers. Not only that, but it turns out she has been sleeping with it every night for all these years! What a lovely surprise! Sad to say, however, it looks less like an afghan now and more like a raggedy wreck!

So now I am happily in the process of knitting her a replacement with colors she chose herself: purple (one of James Madison's colors) along with pink and blue ripples. However I am well aware that a new one can never really take the place of her original. But even knowing it will always be second best is still pretty wonderful!



Rachel and her mother Mary Ann.

PHOTO BY WILLIAM A. PETRI, JR.

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WEEK IN VIENNA

FROM PAGE 4

lar Vienna At Your Service meetings in the coming months. Scheduled topics include a presentation on the Town's infrastructure by the Public Works Department on Nov. 11, the Town's 125th Anniversary in 2015 at the Jan. 13 meeting, a Community Enhancement Commission topic on March 10, and the Community Center renovation update by the Department of Parks and Recreation on May 12. All meetings will be held at 7:30 p.m. in Town Hall Council Chambers, 127 Center Street S.

The meetings are free and open to the public; no registration required. For more information, contact the Mayor's office at 703-255-6311, at mayor@viennava.gov or visit www.viennava.gov/index.aspx?nid=748.

Crafters are Needed

The Vienna Woman's Club is seeking crafters and vendors for its 54th annual Holiday Bazaar set for Saturday, Nov. 8, at the Vienna Community Center. Proceeds support the club's scholarship awards. For information and applications, email Diane Abel at dcabel@cox.net.

Vienna Farmers Market

The Vienna Farmers Market is held Saturdays, from 8 a.m.-noon, in the Faith Baptist Church parking lot at 301 Center Street S. And it will remain open during the construction on Center Street. Customers may access the market via Courthouse Road to Locust Street or via Park Street to Cherry Street.

Election Officers are Sought

Fairfax County needs 2,700 election officers, particularly bilingual citizens. Election officers must be registered voters in Virginia and complete required training and forms. People may choose to accept the \$175 payment for a full day or volunteer their time.

For more information, go to www.fairfaxcounty.gov/elections and click the "training and education" button or call 703-324-4735, TTY 711. Sign up at <http://www.fairfaxcounty.gov/elections/working.htm>.

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3. no longer owned or known

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NEWS

'Kids Can Be Themselves Here'

Vienna Teen Center celebrates 15th anniversary.

By BONNIE HOBBS
THE CONNECTION

A place to hang out with friends after school, play sports and games, do arts and crafts and just have fun – that's the Vienna Teen Center. Called Club Phoenix, it's on the bottom floor of the Vienna Community Center, and it just celebrated its 15th anniversary.

"I'm so excited – it's been 15 great years," Town Mayor Laurie DiRocco told the teens at the celebration. "Ultimately, it's a place for community and I hope you find that here."

Vienna Parks and Recreation Director Cathy Salgado thanked Recreation Program Coordinator Brandy Wyatt for "changing the course of the Teen Center here in the past 12 years." Wyatt was then given the Phoenix Award, a crystal trophy for her years of service and for improving the lives of local youths.

Marshall High senior Sydney Scafidi is the club's Teen Council president and has been going to the Teen Center since elementary school. "I came for the summer camp and realized what a cool, down-to-earth place it was," she said. "So I started coming during the school year, and now I volunteer here."

She helps serve food and snacks and chats with the other teens. "I'm like the big sister," said Scafidi. "I mentor them, give them advice, talk to them about life, ask them about their lives and pass along my wisdom. I really do love it here – everyone's beyond kind. And I'm now working with the people who used to be my counselors."

OUTSIDE, the teens play sports such as basketball; inside, they play board games or foosball, air hockey, pool or ping pong. "It's where kids can come and discover who they are, in a safe place, and make life-long friends," said Scafidi. "There are always kids here and Fridays are pretty packed."

She said it's important to have somewhere "kids can meet other kids and feel comfortable. Adolescence is a touchy time and a lot can go wrong. Kids can get in trouble, but this helps them stay on the right track."

Brian Hanifin is the Teen Center coordinator, Tammy Funk is the after-school coordinator, and Brian Harrington, Nick Jester and Jose Torres are teen supervisors/counselors – and Wyatt supervises them all.

Praising the staff, Scafidi said, "They're all great people – a joy to be around. And it's neat to think that the Teen Center's been a pillar in the community for so long."

Cutting slices of anniversary cake for the young patrons, Jester laughed and chatted easily with them. "I was in sixth grade when the Teen Center started, and I've worked here four years," he said. "It's a great place for the kids to play and make new friends from other schools and other grades."

A counselor there for five years, Torres said there's nothing else like this Teen Center. "It's a safe harbor for the kids to come and not be judged by anybody," he explained.

Wyatt began the after-school program 10 years ago



PHOTOS BY BONNIE HOBBS/THE CONNECTION
Teen center staff, administration and members gather together for Club Phoenix's 15th anniversary. Vienna Mayor Laurie DiRocco is in orange shirt in center and after-school coordinator Tammy Funk is at bottom right.

"to give kids somewhere to go and something supervised to do after school," she said. "We're centrally located in the community, and the staff has created a comfortable atmosphere. The staff's very relatable and the kids can be themselves here."

She said Club Phoenix focuses on recreation, sports and physical activities. It also has a reading group with the local library and, each year, Fairfax County puts on an anti-smoking program for the teens. Regarding the anniversary, Wyatt said, "It feels good to know we've been open for 15 years, providing a free program for the youth of Vienna."

In 1999, community leaders and parents raised awareness of the need for a teen center and then raised the money for it. "In 15 years, we've served over 22,000 youth – 19,000 from the Town of Vienna and 3,000 from greater Vienna and Oakton," said Hanifin. "And we've run over 500 programs, including workshops geared to girls' and boys' problems, drug-and-alcohol prevention, anti-bullying workshops and parent discussion-groups to help parents deal with various teen issues."

THE PROGRAMS are for grades six, seven and eight, aided by volunteers in seventh-12th grades. Sixth-, seventh- and eighth-graders can stay Monday-Thursday, from 2:30-6:30 p.m., but only the two older grades can stay until 10 p.m. on Friday; sixth-graders leave at 6:30 p.m.

"But we usually have two special events a month, and one is a late night when the younger kids can stay, too," said Funk. "We usually order pizza and play dodge ball, watch movies and just hang out and chill together. And it lets the sixth-graders feel like the older kids."

The center attracts 20-30 teens a day and, said Funk, During the celebration, Vienna Elementary sixth-graders Sarah Motiff, Sarah Kazden and Ainona Black-Planas spent time together. At the teen center, said Sarah Motiff, "You get to hang out with your friends and do lots of activities. And the counselors are awesome."

"You get to play games for fun and not be competitive," added Sarah Kazden.

"It's also a good opportunity because you do homework with your friends out of school," said Ainona. "So then on the weekends, it's already done. And it's also just really fun to be here."



(From left) are Brian Hanifin, Brandy Wyatt (with crystal trophy), and Teen Council Vice President and President, respectively, Reese Noyes and Sydney Scafidi.



Enjoying pizza and some laughs are (from left) Thraem Middle students Kelly Hsu, Kyra Sanders and Graham McCarthy.



Playing pool together are (from left) Sarah Motiff and Sarah Kazden.

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CALENDAR

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

THROUGH SATURDAY/NOV. 15

East & West. Tuesday-Saturday, 10 a.m. – 4 p.m. Vienna Arts Society Gallery on the Village Green, 513 Maple Ave. W, Vienna. Artist Libby Eckert exhibits her oil paintings inspired by her travels across America. Call 703-319-3220 or visit www.ViennaArtsSociety.org for more information.

WEDNESDAY/OCT. 22-THURSDAY/OCT. 23

Kathy Mattea. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Concert featuring award-winning female country and bluegrass vocalist Kathy Mattea. Tickets: \$35. For more information, visit www.wolftrap.org.

THURSDAY/OCT. 23

Great Falls Writers Group

Presents Susan Coll. 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. The New York Times best-selling author whose newest novel, "The Stager," was released this summer to rave reviews, will discuss her own literary rhythms and engage in Q&A.

Oakton Book Discussion Group. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Join Oakton's book discussion group. "The Goldfinch," by Donna Tartt, will be the book of discussion. Adults.

THURSDAY/OCT. 23 – NOV. 13

Adventures in Learning. 10 a.m. on Thursdays. Unitarian Universalist

From fabulous to creepy, children marched in the 2013 Halloween parade in Vienna. This year's parade will be on Wednesday, Oct. 29.

PHOTO BY DONNA MANZ/
THE CONNECTION



Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Seniors: come in and learn during classes you can attend on a variety of topics of interest from health issues to world affairs for all adults age 50 or older, all taught by volunteer experts. Tuition payment of \$40 entitles you to attend any of the classes you like offered during the fall session. The class schedule and registration form will be available on: www.scov.org. You may print the registration form and mail it at any time during the term with your payment.

FRIDAY/OCT. 24

Monster Mash 5th & 6th Graders

Party. 7-9 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. \$30/\$20 MCC district residents. Registration is required.

Jamie Barton, mezzo-soprano.

Kim Pensinger Witman, pianist. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Award-winning female opera vocalist will be featured in upcoming concert. Tickets: \$35. For more information, visit www.wolftrap.org.

Look at the Stars! 7:30 - 10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Observatory Open. Come to the observatory park for Friday Night viewings. For more information visit <http://www.analemma.org/>.

Playdate Café. 10 a.m. Great Falls

Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children, coffee and conversation for grown-ups.

Halloween Costume Party and Late Night Evening of Mild Fright.

3:30 p.m. Vienna Community Center, 120 Cherry St SE, Vienna. Attendees are invited to dress in costume. There will be games, food, a costume contest and age appropriate Halloween movies. All grades (6th through 8th) are welcome to stay until 10 p.m. Teens. Free. 703-255-5721.

FRIDAY-SATURDAY/OCT. 24-25

"A Thurber Carnival." 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "A Thurber Carnival" is a collection of humorous scenes from American life including some of Thurber's most celebrated and insightful satires based on his cartoons and humorous short pieces from The New Yorker magazine. Tickets: \$14. www.viennatheatrecompany.org

SATURDAY/OCT. 25

October Bulb Sale. 8 a.m. – 12 p.m. Vienna Farmers Market, Center Street, Vienna. The Ayr Hill Garden Club will host their annual Spring bulb sale. This is the opportunity to buy unique premium spring blooming, fall planted, bulbs. Some of the many specialty bulbs offered include: four varieties of Alliums, the "Pittsburgh" tulip and an "instant garden" mix of bulbs. Sale proceeds go to support the five public gardens planted and maintained by Ayr Hill Garden Club in Vienna.

Marcia Ball. 7:30 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Grammy-nominated pianist and singer/songwriter will give a concert at Wolf Trap. Tickets: \$35-\$40. For more information, visit www.wolftrap.org.

Passion and Romance. 7:30 p.m.

McLean Community Center, 1234 Ingleside Avenue, McLean. Symphony No. 9, Op. 95, "From the New World." Tickets: \$15-\$25. <http://mclean-symphony.org/>

Fall Bazaar. 9 a.m. – 4 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Come enjoy a spaghetti dinner (11a.m. – 5 p.m.) with dessert and beverage for \$10. There will be baked items, youth toys and sports equipment, jewelry and scarves, used books and previously owned hand tools/hardware for sale. Natural pine Christmas wreaths will be available to order.

SUNDAY/OCT. 26

The Bad Plus. 7:30 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Jazz trio that has produced several hits will perform. Tickets: \$30-\$32. For more information, visit www.wolftrap.org.

Music from Oberlin at Oakton, 7:30 p.m. - Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, 703-281-4230, Email: uucf@uucf.org. A free concert open to the public, followed by Q&A session with the performers and reception at the end.

Capitol Steps. 3:30 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna. Political humor and laugh-out-loud fun. The event will feature the ever hilarious and always topical humor of the Capitol Steps. Benefits Shepherd's Center in Oakton. Tickets, scov.org/fundraiser or call SCOV @703-281-5038. \$25 in advance; \$30 at the door.

"A Thurber Carnival." 2 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. "A Thurber Carnival" is a collection of humorous scenes from American life including some of Thurber's most celebrated and insightful satires based on his cartoons and humorous short pieces from The New Yorker magazine.

SEE CALENDAR, PAGE 11

The Vienna Business Association and Town of Vienna Present
The 68th Annual
HALLOWEEN PARADE
VIENNA
Celebrating the Tradition of Vienna Girls Sports

October 29, 7:00pm
ON MAPLE AVE EAST FROM BRANCH ROAD TO CENTER STREET

Costumed kids are welcome to march in the parade with adult supervision.
MEET AT 6:30PM IN THE PARKING LOT OF UNITED BANK (374 MAPLE AVE EAST)

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Special Guest:
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For more information:
www.viennabusiness.org

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Tuesday, October 28, 2014
Light food and refreshments will be served at 6:30 pm

The Waddell & Reed Office of Vienna, VA
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CALENDAR

FROM PAGE 10
Tickets: \$14.

www.viennatheatrecompany.org
Centennial Homecoming Carnival. 2:30 – 5:30 p.m. Franklin Sherman Elementary, 6633 Brawner Street, McLean. Franklin Sherman Elementary School celebrates 100 years of excellence in education.

WEDNESDAY/OCT. 29

68th Annual Vienna Halloween Parade. 7 p.m. Maple Avenue, Vienna. With the theme of “Celebrating the Tradition of Vienna Girls Sports,” come in costume to celebrate Halloween. Visit www.viennava.gov.

Cre8tive Art Part 2. 10 a.m. – Noon. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. The Cre8tive series of workshops will introduce attendees to different forms of art using Windows 8.1. Learn how to create art and modify images. Free. Call the Shepherd’s Center of Oakton Vienna (SCOV) office to register for classes or for additional information, 703-281-0538.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you and your toddler. Age 2-3 with adult.

Ukulele Phil and the Hula Kids Halloween Show. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike Great Falls. Kids can come dressed in costume to sing and dance to some “spooky” tunes! Preschool-aged children.

WEDNESDAY/OCT 29-THURSDAY/OCT 30

Jim Brickman. The Platinum Tour. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Pianist Jim Brickman will perform at Wolf Trap. Tickets: \$35-\$40. For more information, visit www.wolftrap.org.

FRIDAY-SATURDAY/OCT 31-NOV 1

“A Thurber Carnival.” 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. “A Thurber Carnival” is a collection of humorous scenes from American life including some of Thurber’s most celebrated and insightful satires based on his cartoons and humorous short pieces from The New Yorker magazine. Tickets: \$14. www.viennatheatrecompany.org

FRIDAY/OCT. 31

The Annual Spooktacular. 5-7 p.m. Great Falls Village Centre. <http://www.celebrategreatfalls.org/CalendarWide.html>

Drop-In Chess. 4:30-6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages are welcome.

Look at the Stars! Observatory Open. 7:30 - 10:30 p.m. Turner Farm Park, Springvale Road, Great Falls. Come to the observatory park

Check out the Kiln Club’s Holiday Sale on Nov. 1 – 2 at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Meet local potters and shop quality platters, bowls, cups and more from over a dozen artists. Pictured is a fish jar created by artist Jeff Watson.



for Friday Night viewings. For more information visit <http://www.analemma.org/>.

Playdate Café. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and play space for children; coffee and conversation for grownups. In the Great Falls meeting room.

Trunk-or-Treat. 6:30 - 8 p.m. Floris UMC, Upper Parking Lot, 13600 Frying Pan Road, Herndon. An evening of fun for all ages - decorated car TRUNKS with lots of candy, popcorn, a petting zoo, a scavenger hunt, a family photo booth (bring your own camera/smart phone) and snacks.

Fall Festival. 6:30 – 9 p.m. Antioch Christian Church, 1860 Beulah Road, Vienna. Games, prizes, candy, pumpkin decorating, popcorn, bonfire, moonbounce, smores and more. For more information, visit www.antiochdoc.org or call 703-938-6753. This event is free and for all ages.

SATURDAY-SUNDAY/NOV. 1 – 2

The Kiln Club Holiday Sale. 10 a.m. – 4 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Meet local potters and shop quality platters, bowls, cups and more from over a dozen artists. Stunning silhouettes, handpainted details appeal to the artistic eye and are ready to go from kitchen to table. kilnclubwdc.com

SATURDAY/NOV. 1

Ballroom Dance. 8 – 9 p.m. Samba Lesson. 9 -11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music with Mike

Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. \$20. 703-759-2685 or www.colvinrun.org.

Eddie Money. 7 & 9:30 p.m. Wolf Trap, 1635 Trap Road, Vienna. Enjoy the best of classic rock with the star who performed the 80’s hits “Take Me Home Tonight” and “Two Tickets to Paradise.” Tickets: \$45-\$50. Visit wolftrap.org for more information, or call 877-WOLFTRAP.

Steve Wynn (Dream Syndicate). 7 p.m. 227 Maple Avenue E, Vienna. In 25 years, Wynn has released at least that many albums and has seen over 300 of his songs recorded. He has played over 2000 shows in more than 25 countries. Tickets: \$15. 703-255-1566.

Flamenco Vivo/Carlotta Santana “The Soul of Flamenco.” 8 p.m. The Alden, 1234 Ingleside Avenue, McLean. Flamenco Vivo brings an exciting evening of flamenco to the stage featuring accomplished artists from the U.S. and Spain. Admission: \$30/\$20 MCC district residents.

Children’s Flea Market. 11 a.m.-1 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Sellers are age 3-15. Free. www.mcleancenter.org.

SUNDAY/NOV. 2

“A Thurber Carnival.” 2 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. “A Thurber Carnival” is a collection of humorous scenes from American life including some of Thurber’s most celebrated and insightful satires based on his cartoons and humorous short pieces from The New Yorker magazine. Tickets: \$14. www.viennatheatrecompany.org

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Carter, Zanellato Keep Madison Volleyball Undefeated

Warhawks beat defending state champion Langley.

BY JON ROETMAN
THE CONNECTION

Junior outside hitters Jayne Carter and Natale Zanellato on Oct. 16 helped the Madison volleyball team pass one of its toughest tests to date during the Warhawks' season of perfection.

Thursday's victim: defending state champion Langley.

Carter tallied 18 kills and Zanellato finished with 15 as the Warhawks improved to 21-0 with a 3-1 (25-15, 23-25, 28-26, 25-20) victory at Madison High School. Carter and Zanellato combined for nine kills during the pivotal third set, when Madison overcame a 26-25 deficit with three straight points.

It was just the fourth time all season an opponent had taken a set from Madison.

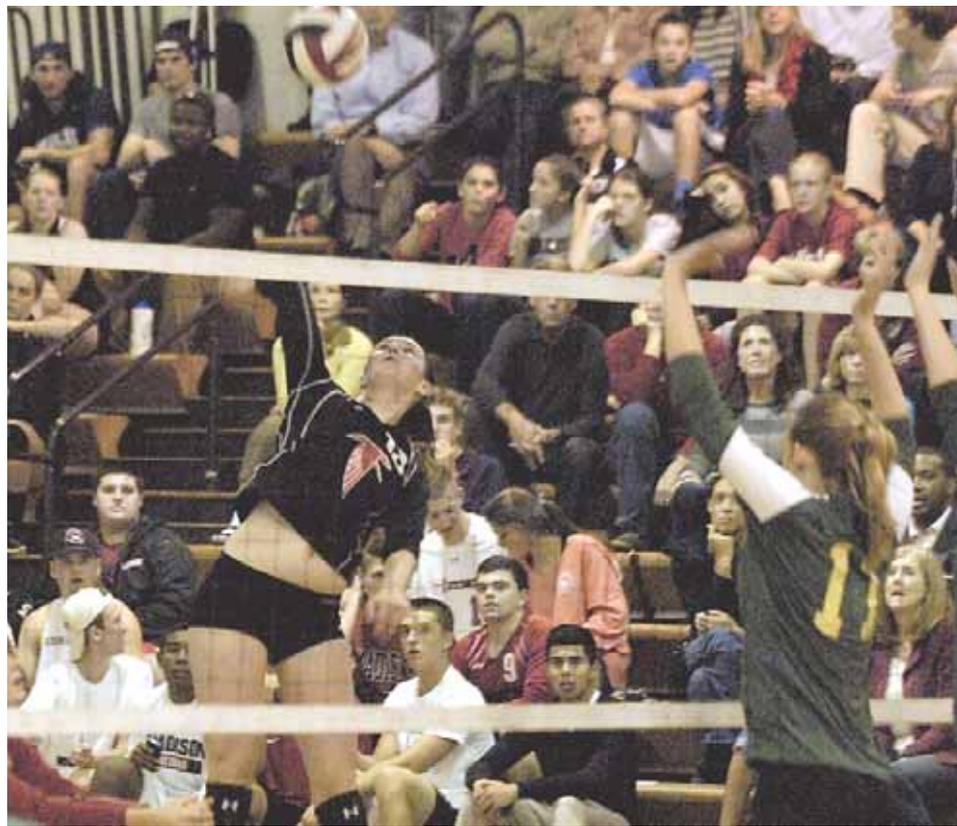
"This is a good test for us because I can't tell you the last time that I've beaten them," said Madison head coach Carrie Hall, who has been with the program for more than a decade. "It has been years and years and years."

Thursday's win marked the second straight season Madison started 21-0. Last year, the Warhawks followed 21 consecutive victories with back-to-back losses.

"We were 21-0 [in 2013] before we lost to Langley and Washington-Lee," Hall said. "We've made the 21-0 again. I don't know if it means anything at this point."

Carter is in her third season on the Madison varsity, the first two ending with a loss in the region semifinals. Does she feel pressure to maintain an undefeated record?

"We're definitely grateful for [being undefeated]," Carter said, "... but we try not to think of it too much as we go into a [match], because any team can win on any



Madison junior outside hitter Natale Zanellato tallied 15 kills against Madison on Oct. 16.

"This is a good test for us because I can't tell you the last time that I've beaten [Langley]. It has been years and years and years."

— Madison volleyball coach Carrie Hall

given night."

Zanellato is in her first season with the Warhawks after transferring from Lake Braddock. How does she feel about having a zero in the loss column?

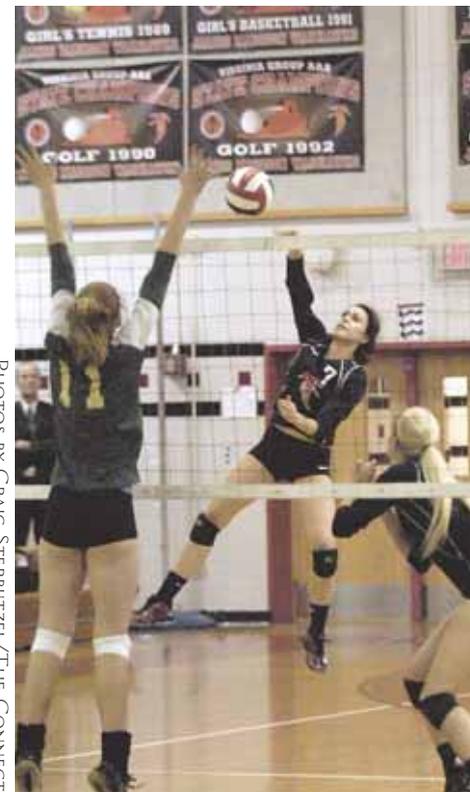
"It feels really great to be undefeated," Zanellato said. "I don't think it adds more pressure. We don't really look at the numbers that much. We just go one game at a time."

Carter and Zanellato played against Lan-

gley as if they were focused on the task at hand. Carter had a strong second set, totaling six kills and an ace. She had five kills in the match-clinching fourth-set victory.

"I thought she played really well," Hall said. "Jayne steps it up when we need it. We were trying to get the ball out to her all the way to the outside. ... She played spectacular."

Zanellato had five kills and an ace in the fourth set.



Madison junior outside hitter Jayne Carter had 18 kills against Langley on Oct. 16.

"Natale's doing a great job," Hall said. "Obviously, you can see her power when she hits, when she gets a hold of the ball. The girls are working really well together right now. She's a great addition. Our team was really solid before and she's just adding to it."

Madison senior middle hitter Emily Davine finished with seven kills against Langley. Sophomore right side Emily Calhoun totaled six kills, senior outside hitter Marissa Roy had four, and senior libero Virginia Moore tallied six aces.

Madison improved to 22-0 with a sweep of Washington-Lee at home on Oct. 20. Next up for the Warhawks is a road match against Hayfield at 7:15 p.m. on Wednesday, Oct. 22. Madison's next home match is Oct. 28 against Fairfax.

SPORTS ROUNDUPS

McLean Football Reclaims Winning Record

The McLean football team improved to 4-3 with a 24-21 victory over Fairfax on Oct. 17. The Highlanders had lost two straight and three of four entering the contest. Five of McLean's seven games have been decided by six points or less.

McLean will travel to face Madison at 7:30 p.m. on Friday, Oct. 24.

Langley Football Beats South Lakes

The Langley football team totaled 539

yards of offense, including 328 on the ground, and the Saxons defeated South Lakes 42-21 on Oct. 17.

Langley running back Tyler West carried 27 times for 239 yards and scored three touchdowns against the Seahawks.

Langley improved to 3-4 and will travel to face Thomas Jefferson at 7:30 p.m. on Friday, Oct. 24. South Lakes dropped to 1-6 and will host Stone Bridge at 7:30 p.m. on Friday.

Langley Crew to Hold an Interest Meeting

Langley Crew team is holding an interest meeting for any students attending Langley High School on Wednesday, Oct. 29, at 7 p.m. in the LHS auditorium. The team has

been gaining prominence in recent years; two years ago the team clinched five state championships. This past season the team won 6 state championships and their top women's varsity boat won a Silver Medal at nationals.

Langley Crew practices at the Occoquan in Sandy Run Regional Park February-May, after school. Because of the distance, the team provides transportation to the after-school practices on weekdays.

Crew is open to both men and women, freshmen through senior. No previous rowing experience needed.

Madison Football Wins Big over TJ

The Madison football team blanked Tho-

mas Jefferson 53-0 on Oct. 17, improving its record to 3-4. The Warhawks had dropped four of five entering the contest.

Madison will host McLean at 7:30 p.m. on Friday, Oct. 24.

Oakton Football Drops Fourth Straight

The Oakton football team lost to Centreville 21-0 on Oct. 17.

The Cougars fell to 3-4 after their fourth straight loss.

Oakton will look for its first district win against Robinson at home at 7:30 p.m. on Friday, Oct. 24.

ELECTION 2014

Q&A With Joe Galdo and Marc Harrold

FROM PAGE 3

❖ Global trade policy. What's important is we reduce our trade deficit; if we have to impose duties, step away from the free trade agreements, we have to be willing to do that.

❖ Energy. We're still investing in old technology instead of new technology, and we're not getting to where we need to be with renewable energy and greenhouse gas reductions.

HARROLD: ❖ I would like to see an end to the drug war completely. It would stop border violence exponentially and decrease the militarization of police, which has really changed the role of policing from investigating completed crimes and being peacekeepers to really sort of being bloodhounds.

❖ I believe that we need a simpler, flatter, tax code. We should get away from deduction-based income tax as the basis of our tax system, but those of course would be much longer-term goals.

❖ We're going the wrong direction in foreign policy. What we've gotten away from is an If-Then situation. What is the goal? What's a win? We need to stop using our military as an international police, and stop using our police as a domestic military.

Q: Give our readers three reasons they should vote for you on election day.

GALDO: ❖ I value people, not Wall Street. I want to focus public policy on people and national interests, not special interests and corporate interests.

❖ I believe in honest and open government and I will do what I can to make government more transparent.

❖ I would provide leadership, to change government policy in a lot of the areas I've talked about. Introduce legislation instead of sitting back and co-sponsoring a bill.

HARROLD: ❖ I would be able to be a very transparent congressman, having the geographic location to report directly in a town hall meeting setting.

❖ My approach to this job as the representative would be to really focus on the federal role. I would ask on anything, is this something the government should be involved in, something the federal government should be involved in?

❖ We're really seeing a two-party duopoly right now. I'm somebody who's going to uphold that

vote to the Constitution and not parties, and I certainly am not beholden to special interest groups or lobbying. It's kind of hard to lobby a Libertarian because our answer is usually no.

Q: How would you show off Northern Virginia to an out-of-town friend?

GALDO: Take them into D.C. if they haven't been here before, to see monuments. After that, I'd probably take them to Mount Vernon.

HARROLD: I'd take them to Ozzie's [Good Eats] in Fairfax Corner. It's great food and a place I've made a lot of friends. In the 8th District, Clare & Don's Beach Shack is a very cool place I like going to. I take advantage of being near D.C. as much as I can; I enjoy going to the Supreme Court to watch arguments.

Q: Tell us something you think people would find surprising about you.

GALDO: The other fellow that I went to grad school with, that was in my research group, was Javier Solana, who was Secretary General of NATO and the first Secretary General of the Council of the European Union. We played frisbee, volleyball, soccer together.

HARROLD: With a lot of my views on police militarization, reshaping the role of the police, especially seeing the Constitution as an affirmative law to enforce, when I tell people I was a police officer, they're surprised by that.

Q: How do you relax, off the campaign trail?

GALDO: Sometimes I run, when I'm up for it. In the summer I have my vegetable garden, which has been neglected this summer. I have a huge raspberry stand. And I see at least some of my seven grandkids every week.

HARROLD: I read, watch a lot of documentaries on historical figures, recent military conflicts and sports. I watch the Sopranos and House of Cards. When you try to explain deregulation to some people, you just ask them how many are tied into network shows with FCC regulations versus Breaking Bad or the Sopranos, that aren't subject to the same thing. Look at the popular shows right now: The Netflix model with House of Cards, they released the whole season at once. That's more what people want.

— TIM PETERSON

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Self-Indulgent or Self-Effacing



By KENNETH B. LOURIE

After re-reading last week's column: "Not in the Mood," I began wondering if that column had strayed beyond the boundaries, so to speak, and was too much about me and not enough about my circumstances. Certainly I understand, given my column's recurring theme, that the subjects of me and my circumstances – and the personal stories I share with you regular readers – are basically the same. Still, I never want the content to be considered important because it's MY life that's being profiled. Quite the contrary. If the columns were any more about me, you wouldn't be interested.

Cancer is the issue, and one person's survival, however compelling and/or statistically unlikely, is not. Granted, success in the face of extremely dire and discouraging warnings from one's oncologist is worth noting for sure. But it's not because of me that any of it matters. I'm just a prop. It's the story that matters, not the storyteller. Yet I couldn't help but think that my droning and bemoaning last week was in some ways more for my purposes than it was for you: a few minutes spent in my shoes living some of the cancer life. (By the way, in person, in my non-column life, I'm not very cancer-centric.)

Admittedly, I may be a bit sensitive to this self-indulgent possibility/tendency. When you write a first-person narrative about the writer's life, as I do, it's a reasonable claim to make. A claim I regularly and insistently deny. As odd as it sounds to say this, it's never about me; that's my nature. Ergo, how can a column I've written weekly going on almost 17 years, the last five and half of which have been what I call "cancer columns," be about me? In my mind (or perhaps, according to my way of thinking), it can't.

I suppose I perceive self-indulgence as the opposite of self-effacing (self-effacing being a characterization I'll happily embrace). And I refuse to believe that the three most important words in the dictionary are "me," "myself" and "I." Though I am the subject of my columns, it's the fact that I'm a cancer patient/survivor that's most relevant. Moreover, there are many more cancer survivors with many more stories to tell who add substance to my claim. I'm just one of the few with the opportunity and inclination to share and share alike. It's been my pleasure doing so, and it has become my passion as well. It's who I am; it's what I've become. "I may not be right all the time, but I'm very seldom wrong" (to quite one of my deceased father's favorite phrases). However, there are some columns/weeks when I may scribble outside the lines. It's unintended. Let's not forget one incontrovertible fact though: "Cancer sucks." But it's not because of anything I say or do.

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

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MOVING SALE - Oct. 25 - 26, 1423 Wynhurst Ln, Vienna, VA 22182, 9 - 3, QUALITY furniture, home/holiday decor, exercise equip, kitchen, crafts, office, books, tools, bikes + more

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THURSDAY/OCT. 23

Great Falls Rotary Club Weekly Speaker Series. 7:30- 8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Interested in joining? Download the membership form from <http://www.rotarygreatfalls.org/>.

SATURDAY/OCT. 25

McLean Child Safety Inspection. 9:30 a.m. - 12 p.m. Lewinsville Center, 1609 Great Falls Street, McLean. The McLean District Police Station holds child safety seat inspections once per month.

What's for Dinner? 12 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Lecture series for ages 55+. \$7/\$5 MCC district residents.

MONDAY/OCT. 27

Ayr Hill Garden Club Meeting. 1 p.m. Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Ayr Hill Garden Club invites all to attend their first meeting of the season featuring guest lecturer, Young Choe, of the US National Arboretum.

The lecture/demonstration will include Kusamono-Japanese Botanical Art. Kusamono are potted arrangements of wild grasses and flowers in unique pots or trays to suggest a season or place. RSVP to attend: EmilieLarson@rcn.com.

English Conversation. 10:30 a.m. Oakton Library 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults.

Computer one-on-one. Noon. Oakton Library 10304 Lynnhaven Place, Oakton. Internet basics, email, Microsoft Word, Excel, and PowerPoint.

Spanish Conversation Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike Great Falls. Practice Spanish as a foreign language in this casual conversation group. Adults and teens.

Evening ESL Conversation Group. 7 p.m. Great Falls Library, 9830 Georgetown Pike Great Falls. Practice speaking English in this informal conversation group.

TUESDAY/OCT. 28

Computer One-on-One. Noon. Oakton Library 10304 Lynnhaven Place, Oakton. Internet basics, email, Microsoft Word, Excel and PowerPoint.

English Conversation One-on-One. 1:30 p.m. Oakton Library 10304 Lynnhaven Place, Oakton. English practice for a non-native speaker with a library volunteer. Call for an appointment. Adults.

WEDNESDAY/OCT. 29

ESL Conversation Group. 2 p.m. Great Falls Library, 9830 Georgetown Pike Great Falls. Practice learning English in this casual conversation group.

THURSDAY/OCT. 30

Great Falls Rotary Club Weekly Speaker Series. 7:30- 8:30 a.m. River Bend Country Club, 375 Walker Road Great Falls. Interested in joining? Download the membership form from <http://www.rotarygreatfalls.org/>.

SATURDAY/NOV. 1

Be Fit McLean Saturday 55+ Lecture Series. 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Exercise is Medicine - Part 1. \$7/\$5 MCC district residents. www.mcleancenter.org.

SATURDAY/NOV. 8

Be Fit McLean Saturday 55+ Lecture Series. 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Exercise is Medicine - Part 2. \$7/\$5 MCC district residents. www.mcleancenter.org.

MONDAY/NOV. 10

Alzheimer's Association "Know the 10 Signs: Early Detection Matters." 10 - 11 a.m.

Vienna Community Center, 120 Cherry Street, SE, Vienna.

This free workshop is for anyone who would like to know more about Alzheimer's disease and related dementias. The warning signs of Alzheimer's often are dismissed as side effects of normal aging. Early detection provides a chance to begin drug therapy, enroll in clinical studies and plan for the future. To register, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

SATURDAY/NOV. 15

Be Fit McLean Saturday 55+ Lecture Series. 12-2 p.m. Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Medication Safety. \$7/\$5 MCC district residents. www.mcleancenter.org.

NAACP Branch Election. 10 a.m.-12 p.m. 9002 Burke Lake Road, Burke (behind Kings Park Library).

Election of branch officers and at-large members of the Executive Committee.

To vote, you must be a member in good standing and your branch membership must be dated before Oct. 16, 2014. A form of ID is required. 703-591-4488.

Volunteer Opportunities

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

Korean Meals on Wheels needs Korean-speaking volunteers to deliver meals 11 a.m.-1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in Chantilly, Clifton, McLean and Falls Church between the hours of 11 a.m.-1 p.m. on Monday, Wednesday and Friday. Substitute drivers needed throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY

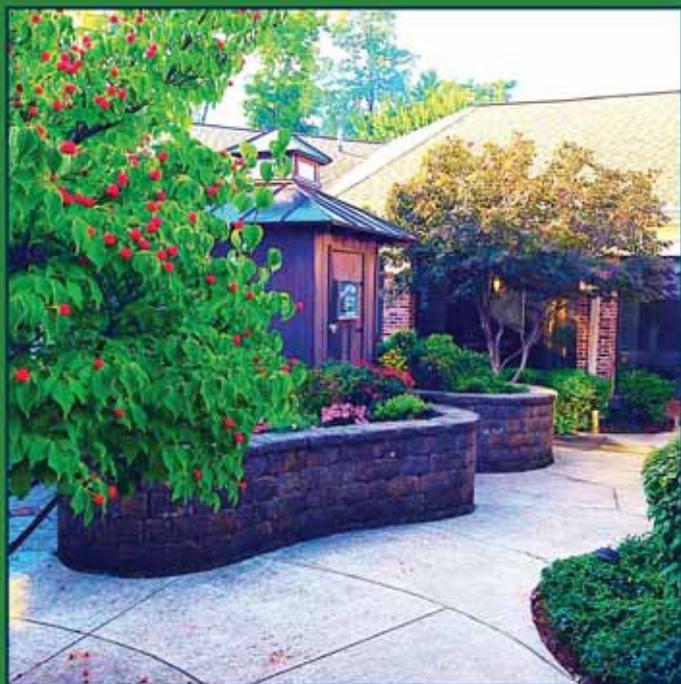
711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteers, who are fluent in American Sign Language, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend.

Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

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