

Kushaan and Medhnaa Saran, of Vienna, have raised more than \$5,000 for the children of Bal Ashram orphanage in India. The residents, victims of child labor or human trafficking, are sheltered and educated at Bal Ashram.



Putting  
Their Money  
Where Their  
Heart Is

NEWS, PAGE 3

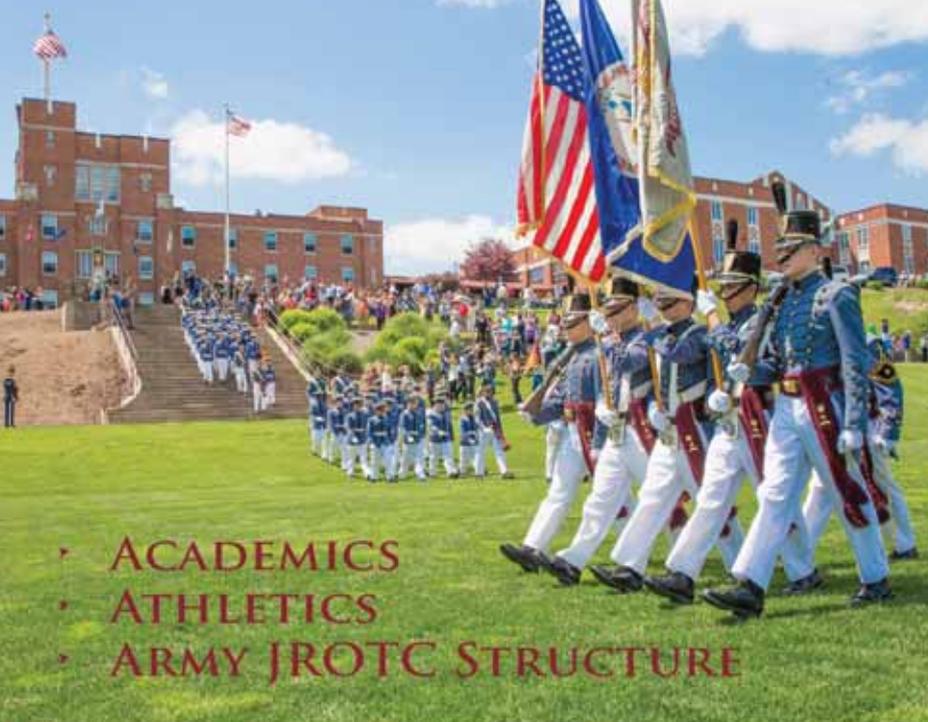
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NEWS, PAGE 8

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Welcomes a New Pastor

PEOPLE, PAGE 5

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## WEEK IN VIENNA

### Vienna Area Branch of AAUW to Host Open House

The American Association of University Women, AAUW, of the Vienna Area will hold an informational Open House on Saturday, Sept. 3, from 10 a.m. to noon at the Patrick Henry Library, 101 Maple Ave. East, in Vienna. Learn about upcoming programs and events, and how the AAUW promotes equity and education for women. Light refreshments will be served. Membership dues will be discounted for those who join at this event. Contact ViennaAAUW@yahoo.com for more information.

### Used Book Collection on Aug. 13

Used Book Collection, sponsored by the American Association of University Women (AAUW) of McLean, will be held on Saturday, Aug. 13, 9 a.m.—1:30 p.m. at SunTrust Bank, 515 Maple Avenue East, Vienna.

Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, in good condition. Proceeds benefit scholarships for women. For more information or questions you can contact: aauwbookfair@gmail.com or call 703-527-4206.

### Country Fair Coming to Vienna, Virginia

On Saturday, Aug. 20, from noon to 4 p.m., Historic Vienna, Inc. will host the first Vienna Country Fair on the grounds of the Freeman Store & Museum, 131 Church Street, NE, Vienna.

The Country Fair will feature farm animals, cow milking, butter to churn, barn dancing, woodcarving, beekeeping, farm crafts and games, races for the children, a flower show, live music by the Difficult Run String Band, and a farm tractor from Vienna's Maple Avenue Market. There will also be a fruit and vegetable competition during the Fair. Members of the public wishing to participate in the competition should bring their best tomatoes, squash, berries, patio pots or other items to the Freeman Store between 8 and 10 a.m. the morning of the Fair.

The afternoon will feature Historic Vienna's second annual Bike Decorating Contest and Bike Parade at 3 p.m. "Kids" of all ages are welcome to participate, no pre-registration is necessary.

Burgers, hotdogs and other refreshments will be available for purchase at the Fair from the Sons of the American Legion of Vienna's Dyer-Gunnell American Legion Post 180.

Admission to the Fair is free. For more information visit historicviennainc.org or call 703-938-5187.

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

**AUGUST**

8/17/2016.....A+ Camps & Schools – Back to School – Private Schools

8/24/2016.....Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

**SEPTEMBER**

9/7/2016.....Wellbeing

9/14/2016...HomeLifeStyle Pullout – Real Estate & New Homes

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**The Sarans make an annual visit to Bal Ashram orphanage in India, bringing funds and social engagement. Medhnaa is in lavender and Kushaan in orange.**



PHOTOS BY  
DONNA MANZ/  
THE CONNECTION

## Putting Their Money Where Their Heart Is

**Vienna siblings raise funds for children rescued from child labor and human trafficking.**

BY DONNA MANZ  
THE CONNECTION

**V**ienna siblings Medhnaa Saran, 12, and her younger brother Kushaan, 11, are on a mission to help children halfway across the world, victims of child labor and trafficking, to be safe and to get an education.

They raise money to combat child labor and trafficking. The Saran children have raised more than \$5,500 over the past few years and have delivered the funds personally to the Indian orphanage, Bal Ashram, sheltering and educating these young victims. Besides economic support, they bring personal skills to teach math and play sports with the rescued children living at Bal Ashram, one of two orphanages founded and sponsored by Bachpan Bachao Andolan of the Save the Children Movement, established by Nobel Peace Laureate Kailash Satyarthi.

"We're a lot more fortunate than they are," said Medhnaa after their first visit to the orphanage four years ago. "That's how I got the idea, I wanted to help," she said. "Just seeing those other kids with no parents."

Medhnaa and Kushaan, along with their parents, returned from another trip to India and the orphanage in July. While there at the orphanage in July, they met Bachpan Bachao Andolan founder, Satyarthi, who won the Nobel Peace Prize in 2014 for his dedication to children's rights and welfare.

While Medhnaa worked with the young residents on math and science, her younger brother played soccer and cricket with them, giving them a sense of normalcy. The siblings taught their parentless peers art and socialized with them.

"I play soccer and cricket with them and they are having fun," said Kushaan. "They want to have fun, they want to learn."

At home in Vienna, the Medhnaa raised money with an all-day bake sale at the children's school, Pinnacle Academy in Oakton, while Kushaan organized a soccer tournament with a small fee to enter. Parents of other students cooperated by baking donations. Their first bake sale, in May of 2014, raised \$1,000 which



**Kushaan and Medhnaa Saran, Vienna, have raised more than \$5,000 for the children of Bal Ashram orphanage in India. The residents, victims of child labor or human trafficking, are sheltered and educated at Bal Ashram.**

was matched by a donor. Raised funds came in at \$1,500 in 2015, and in 2016, the children – with their bake sale and soccer tournament registration – brought in \$1,600. The Saran family foundation benefiting the Bal Ashram, the Touch of Life Foundation, registered as a 501-C3 this year. Medhnaa and Kushaan have bigger plans for fundraising in the upcoming school year. Besides the bake sale and soccer tournament, the siblings are looking into a golf tournament and a cultural exhibition. They say they want to "grow" their own organization to help more children have a better life.

Kailash Satyarthi founded the first Bachpan Bachao Andolan orphanage, Bal Ashram, in 1980 and, since then, have rescued more than 83,000 children from 144 countries from exploitation. The two orphanages he founded rescue dogs as well as children.

"When I hear stories about all the bad things that happened to the kids there, like no parents to take care of them, I really want to help," said Kushaan. "I want to get them started to have a good life."

To learn more about the Vienna 501-C3 foundation started by Medhnaa and Kushaan Saran, e-mail [msaran@touchoflifefnd.org](mailto:msaran@touchoflifefnd.org). Matching-funds and donations from community are welcomed.



PHOTO CONTRIBUTED

**Ashton Schaffer**

## 'Godspell' at Emmanuel Lutheran Church

Ashton Schaffer, a 2015 James Madison graduate, is directing a children's summer drama camp and an intergenerational production of "Godspell" this week at Emmanuel Lutheran Church in Vienna (2589 Chain Bridge Road).

When asked why he made the decision to take on this project during his summer break, Schaffer, 20, a musical theater major at Rider University in New Jersey said, "Godspell is a musical about finding hope in the face of despair. It's about going into a dark world and finding the light. Those are stories that the world needs to hear. In this mixed up world, it's hard to find a light in the darkness. My reasoning behind directing Godspell is to offer hope, and be a glimmer of light to anyone who comes and sees the show." Schaffer has been performing in theater productions for years, including some regional productions in the Washington, D.C. area. His list of shows includes "Les Miserables," "Music Man," "Pippin," and "Romeo and Juliet."

No tickets are necessary to attend the performances on Fri-

day, Aug. 5 and Saturday, Aug. 6 at 7 p.m., and Sunday, Aug. 7 at 1 p.m. in the church's sanctuary. However, a goodwill offering will be taken for The Lamb Center in Fairfax, which works to assist the area's homeless.

According to Dave Larrabee, The Lamb Center's Executive Director, his organization does more than just feed or house the homeless. "The Lamb Center is a place where those without housing in Fairfax County can get a meal and a shower, get their clothes washed and their medical needs met. More than focusing on the physical and spiritual needs of their guests, the Lamb Center is a place where community is formed, and lives are transformed. The Lamb Center is grateful that Emmanuel Lutheran's production of Godspell will serve to bless the lives of our many guests."

Visit [www.TheLambCenter.org](http://www.TheLambCenter.org) for more information about how the organization helps the homeless get back on their feet. Visit [www.elcvienna.org](http://www.elcvienna.org) to learn more about the production and Emmanuel Lutheran Church or call 703-938-2119.

# OPINION

## An Open Letter to Readers and More

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**H**as your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

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Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information

EDITORIAL

at email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

### Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 17.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## What We Did on V-J Day Vienna resident's memories of the end of the war.

BY MEREDITH LUHRS

**M**emories of WW II in an American child's mind are a distinct set of curiosities — special activities removed from the ordinary day to day routine of growing up. We accumulated aluminum from candy wrappers, tin foil, and wrapped it into heavy, grimy balls which were then collected "for the war." Every boy had one in his pocket. Our mothers gathered to roll bandages for the Red Cross, volunteering "for the war." Evenings at six, we stood back and kept silent for the ritual of the nightly news, when our parents huddled around the radio, listening to serious and somber voices, hearing the strange names of places in the world become familiar by much reporting. Much straining to hear and shushing of innocent prattle identified short wave broadcasts coming over the Atlantic from London. These memories were completely somber, and remain so. I must turn the page when I recall a completely different set of events



PHOTOS CONTRIBUTED

**Meredith Luhrs**

which are simply identified as V-J Day.

We lived by a lake, and my father was determined that every child in the neighborhood should be able to swim. Riding in the truck bed was a normal, everyday event for us bigger children, as my father came home from work every day at five during the summer, loaded any and all into the truck, driving to a park which had a lake and sandy beach...an ideal place to learn to swim. He taught us — one by one — to swim, and to enjoy the water. He also taught us to



**Henry and Elsie Luhrs with their children in 1946.**

pick wild blueberries! This detail will explain why we were so surprised to see him in the middle of a summer day, and why it was natural for neighborhood children join in our V-J Day adventure.

It was a hot humid day in August. We didn't know it was V-J Day. The story begins when my father came home at noon. We quit playing and stood in astonishment at this never before event, immobile seeing him and his truck in the

middle of the day. Smiling, he went straight into the house. A few moments later my parents came out and announced the war was over. Japan had surrendered. How we cheered. We danced with excitement as a roll of red, white and blue bunting was pulled from the front seat, and my parents began to unfurl it, securing it to the lumber rack of the truck. There was no protocol for celebrating the end of a war, so what happened next was a thoroughly American invention: Make noise and let the joy be heard! Pot and pans, lids and wooden spoons were rounded up, and distributed to neighborhood kids and to my older brother and me as we climbed into the truck bed. My mother got into the cab with the baby on her lap, and my little sister climbed in between her mommy and daddy. Then we were off! But where were we going?

My father was a boat builder on the bay shore of New Jersey. The natural thing, in his mind, was to

SEE V-J DAY, PAGE 9

Vienna & Oakton  
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# PEOPLE

## Antioch Christian Church Welcomes a New Pastor

Antioch Christian Church welcomed its new Pastor, Dr. Carl S. Sweatman and his family, on Sunday, July 3, 2016. His formal Installation Service will be held on Sunday, Oct. 2, 2016.

Originally from Atlanta, Ga., Pastor Sweatman earned a PhD in New Testament Theology and Pauline Studies at the University of Gloucestershire in England and additionally, he holds both an MA and a BA from Cincinnati Christian University.

Pastor Sweatman desires to see God's Word and Truth understood and proclaimed faithfully. He and his wife Jenn have devoted their lives to all levels of ministry. Antioch welcomes the Sweatman family as they set forth to fully engage the congregation, the community and the world in spreading the Word of God.

Antioch Christian Church is located at 1860 Beulah Road in Vienna. Antioch was founded in 1903 and has been an active house of worship ever since. Sun-



PHOTO CONTRIBUTED

Pastor Carl Sweatman and family — Jenn and Ashley.

day Summer Worship begins at 10 a.m. childcare is provided. All are welcome.

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# Staying Fit and Healthy on Vacation

Advance planning is key to maintaining a healthy diet and fitness on the road.

BY MARILYN CAMPBELL  
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

"We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road," said Christian Elliot. "As long as you have gravity ... you can exercise."

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

"The biggest thing about eating healthy and exercising on vacation is planning ahead," said Elliot, a

personal trainer and founder of TRUE Health and Wholeness in Arlington. "People plan their vacation in pretty good detail, but they fail to plan where and how they're going to work out."

Part of that planning includes bringing packable equipment and appropriate clothing for exercise.

"Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack," said Catie Brocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. "Whatever you do, keep it simple and fun. If we make it too complicated it might not work."

**GETTING ACTIVE** with family and friends is one way that Brocker made exercise enjoyable



PHOTO COURTESY OF CHRISTIAN ELLIOT

**Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.**

during a recent vacation. "I led a bodyweight circuit for my family every morning when I was on a beach vacation recently," she said. "We were staying on the beach and we would wake up each morning and do a workout."

Part of the appeal of bodyweight

exercises is that they can be done virtually anywhere and require no equipment. Brocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

"I do an upper body exercise, a lower body exercise, sit ups and some type of cardio," she said. "For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you're far more likely to do it."

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

"Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking," said Brocker.

In addition to planning to exercise while on vacation, packing a

**"Whatever you do, keep it simple and fun. If we make it too complicated it might not work."**

— Catie Brocker, Marymount University

small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. "Stop by the grocery store and pick up healthier snacks," said Brocker. "Go-to foods for me are nuts or dried fruit. They're great when going through security."

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. "We have to manage their low blood sugar with quick energy hits," said Elliot. "Our kids love the grass-fed beef sticks or beef jerky."

"You can't deprive yourself and say 'I'm not going to have ice cream at all,'" said Janet Zalman, founder of the Zalman Nutrition Group. "You can say, 'I'm going to have ice cream one or two times, but I'm not going to eat the super-size, I'll have a kiddie size.'"

It's also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. "Research your options," said Brocker. "Like anything else you do, you have to plan and research it so that you can be an informed consumer."

Finally, if you decide to splurge on a favorite food, make it count. "When you go off the rails and eat high calories food, make sure it's fabulous," Zalman. "Most people cheat out of convenience, but if you're going to cheat, cheat high."

# Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer's disease at bay.

BY MARILYN CAMPBELL  
THE CONNECTION

Most days of the week, Ana Nelson can be found educating others about Alzheimer's disease in her role as vice president of Programs and Services for the Alzheimer's Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She's currently training for the Marine Corps Marathon.



PHOTO COURTESY OF ANA NELSON

**Ana Nelson of the Alzheimer's Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.**

"I have worked in the (Alzheimer's disease) field for 30 years and have always been a promoter of healthy lifestyles," said Nelson. "When you're sightseeing and asking questions, you're stimulating and challenging your mind. When I enter and train for races, I'm interacting with other people and staying socially engaged."

Nelson is incorporating into her life key elements that are credited with staving off age-related mental decline. In fact, jobs and activities that require complex thinking and social connections can help build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer's Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson's had the most protective effect on the brain. "With the brain, like other parts of the body, you use it or lose it," said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer's Association. "If you don't use it, it goes away."

Activities that require planning and processing information challenge the brain. "Sitting in front of the television is detrimental,"

said Hartley. "Being passive doesn't stimulate the brain."

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

"Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we're seeing the best protection against cognitive decline," said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. "Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive," she said. "People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people."

However, Coren, Hartley and other researchers say that more research is needed.

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The object of a water-balloon toss is to see who remains with an intact balloon filled with water after taking steps to broaden the distance between toss partners. Once the tossed water balloon hits the ground, it's kerplunk.



PHOTOS BY DONNA MANZ/THE CONNECTION  
Vienna Parks and Recreation staff, in blue shirts, led the kids in a dance party routine during the Big Splash event on the Town Green on July 31.

## Big Splash on Town Green Made a Big Splash

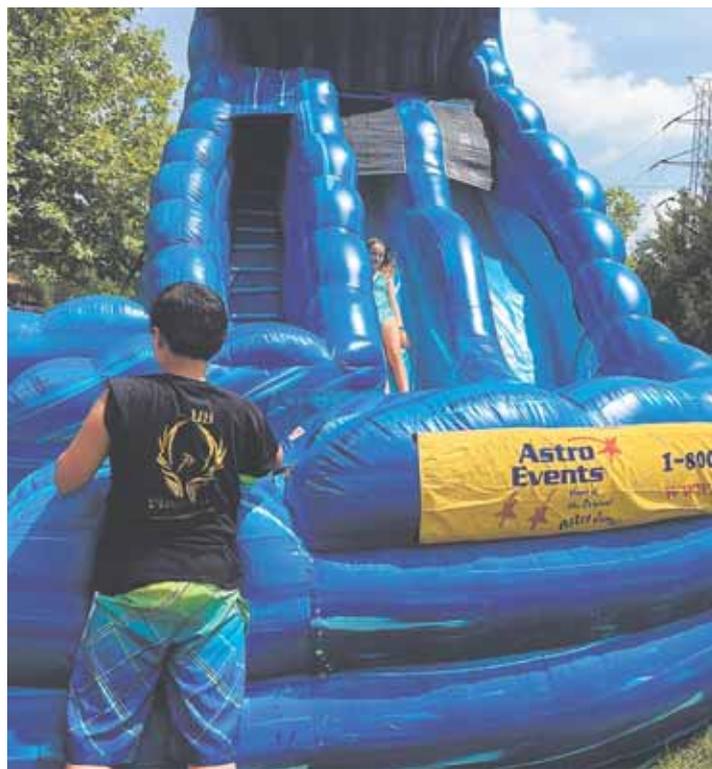
Hundreds of kids and parents turned out for water fun.

The Town of Vienna Parks and Recreation Department picked the ideal sultry summer day – July 31 – for its first-ever Big Splash on the Town Green. Hundreds of children came by to slide down water slides, play balloon toss, dance to rock music, have their faces painted, and run through sprinklers. On top of the water fun, was a bounce house and raffle prizes at no cost to enter. The children came dressed in bathing suits, ready for water fun.

Paid-staff and volunteers supervised the event and encouraged participation in games and entertainment.

Girl Scout Troop 2387 from Falls Church volunteered to paint faces and members of the Teen Council of Club Phoenix, the teen center's service arm, took charge over water activities. A ONO shave-ice truck sold multi-colored ices.

—DONNA MANZ



Younger children, in particular, patiently waited in the line for the taller of the two water slides on the Town Green on Saturday.



Alex Tsibertzoulos and Colin Chapman, both 9, took refuge under a shade tree and agreed they liked the shaved-ice the most.

PHOTOS BY KEVIN AMBROSE

## Oakton Otters End the Season on Winning Note

The Otters ended their season with a 20 point win over Sleepy Hollow Bath! This finishes out their season with a 4-1 record in Division 5.

Double Winners were: Charlotte Lim 8&Up Free & Back, Emerson Wilson 9-10 Free & Breast, Burke Carroll 11-12 Free & Breast, Eric Koplaski 13-14 Free & Fly, Evelyn Pickett 13-14 Free & Fly, Michael Ambrose 15-18 Free & Breast, Lauren Zarnock 15-18 Free, Ethan Piccolo 8&Up

Back & Fly, Catherine Lim 11-12 Back & Fly, and Jon Anthony Montel 8&Up Free & Breast.

Single Winners were: Will Thompson 9-10 Fly, Joshua Shipley 11-12 Fly, Nicole Lopez 15-18 Fly, and Drew Weber 15-18 Fly.

**Ariel Klopfenstein (13-14 fly).**



# CALENDAR

Send announcements to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

## ONGOING

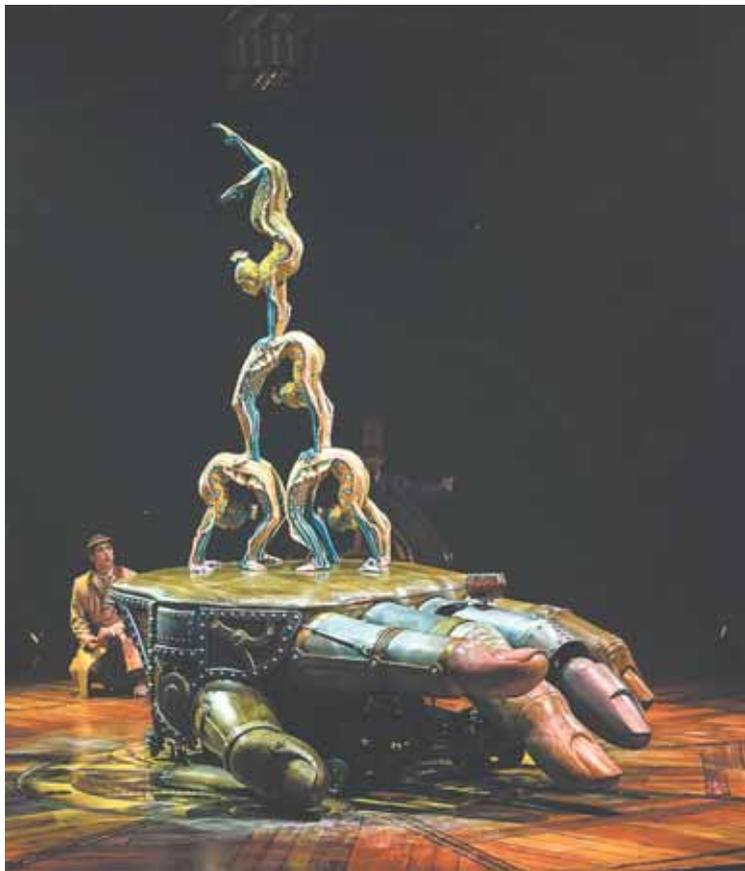
**Cirque du Soleil "Kurios."** July 21 to Sept. 18. Tysons II, The Lerner Town Center, 8025 Galleria Drive, Tysons Corner. \$39-\$170. 1-877-924-7783. [cirquedusoleil.com/kurios](http://cirquedusoleil.com/kurios).

**Evenings on the Ellipse.** 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>

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

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

**Tai Chi Beginners' Practice.** Saturdays, 8-9 a.m. St. Luke's Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Weekly Tai Chi practice. Group has met for over 20 years. Free. [www.TaiChi.org](http://www.TaiChi.org). 703-759-9141.



PHOTOS BY MARTIN GIRARD/SHOOTSTUDIO.CA COSTUMES: PHILIPPE GUILLOTEL 2014 CIRQUE DU SOLEIL

**Contortion, Cirque du Soleil "Kurios," at Tysons II, The Lerner Town Center, 8025 Galleria Drive, July 21 to Sept. 18, 2016.**

## THURSDAY/AUG. 4

**"The Greatest Sports Heroes A to Z."** 2:30 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Performed by Bright Star Touring Theatre as part of the

Summer Reading Program. For more information, 703-356-0770.

## FRIDAY/AUG. 5

**First Friday Art Walk in the Village, 6-9 p.m.** - Come to Great Falls Village Centre and browse through three Art Studios & Galleries (with 27 artists), Shops, & Restaurants. See painting demos by artists in the studios and enjoy music as you stroll through the Village Green. Live Music at The Old Brogue begins at 9 p.m. Start in any location: 756, 766 or 776 Walker Road, Great Falls, VA. Info at [www.greatfallsart.org/ArtWalk/](http://www.greatfallsart.org/ArtWalk/)

**Kayak Tour-Sunset Over Riverbend.** 5:30 p.m. Riverbend Park, 8700 Potomac Hill St., Great Falls. Experience day's end with an upper Potomac River tour. Start with the basics and in a short time you will be maneuvering through the water. This is not a whitewater tour. No previous experience required. 14 and up. \$39/\$41. [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## SATURDAY/AUG. 6

**ACE W & OD 10K.** 6 p.m. Centennial Park, 131 Church St. NE, Vienna. All are welcome — runners, walkers, baby strollers, and friendly dogs on leash. [racedirector@att.net](mailto:racedirector@att.net). 703-927-4833.

**Animal Feeding Time.** 10 a.m. Riverbend Park, 700 Potomac Hill St., Great Falls. It is feeding time and the parks exhibit animals are hungry. Join a Riverbend animal caretaker as they feed and care for our snakes, turtles, frogs, and fish. 3 years and up. \$4/\$6. [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## SUNDAY/AUG. 7

**Natty Beaux.** 6-8 p.m. Great Falls Village Centre Green, Great Falls. A fun-lovin', finger-snappin', hoppin' and boppin' swingin' jump blues and rockabilly combo. <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

**Book Signing.** 2-4 p.m. Freeman Store, 131 Church St. NE, Vienna. Connie Stuntz, of Vienna, a history author will sign copies of "This Was

Vienna, Virginia." 703-938-5187.  
**Wagon Ride-Journey to the Potomac River.** 11:30 a.m. Riverbend Park, 700 Potomac Hill St., Great Falls. Enjoy riding through the woods and along the Potomac River, while finding out about the park's wildlife and the American Indians who once lived here. Children must be accompanied by an adult registered in the program. \$6/\$8. [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/).

## MONDAY-WEDNESDAY/AUG. 8-10

**JA Entrepreneurship Summit.** JA Finance Park, 4099 Pickett Road, Fairfax. Students will be presented with a problem and will work in teams to develop solutions that they will ultimately pitch Shark Tank-style to a panel of Greater Washington business leaders. Grades 9-12. Information and registration at <http://www.myja.org/programs/entrepreneurshipsummit>.

## WEDNESDAY/AUG. 10

**Phillip Phillips and Matt Nathanson.** 7 p.m. Filene Center, Wolf Trap for the Performing Arts, 1551 Trap Road, Vienna. [wolftrap.org](http://wolftrap.org).

## SATURDAY/AUG. 13

**Used Book Collection.** 9 a.m.-1:30 p.m. SunTrust Bank, 515 Maple Ave. East, Vienna. Sponsored by the AAUW McLean Branch. Also, bring your CDs, DVDs, software, children's book, records, and recent textbooks, in good condition. Proceeds benefit scholarships for women. [aauwbookfair@gmail.com](mailto:aauwbookfair@gmail.com). 703-527-4206.

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PHOTO BY MARTIN GIRARD/SHOOTSTUDIO.CA COSTUMES: PHILIPPE GUILLOTEL 2014 CIRQUE DU SOLEIL

**The Curiosistanians, Cirque du Soleil "Kurios," at Tysons II, The Lerner Town Center, 8025 Galleria Drive, July 21 to Sept. 18, 2016.**

# V-J Day

FROM PAGE 4

drive through the towns along the shore of the Raritan Bay and make a lot of noise at the homes of his employees. So we started out — Lawrence Harbor, Keyport, Keansburg, Belford, Leonardo. Everywhere we went, with our pot banging and shouting, we saw other people celebrating. Everyone came out onto their lawns, greeting us with jumping and waving,

shouting and cheering. It was a day of victory, it was a day of joy. The war was over. It was almost dark when we pulled into the driveway, sweaty, hoarse, and happy. Mosquitoes stuck to our sticky arms and faces, those big ones! We were bathed and sent to bed with a great treasure — the memory of how our family celebrated the end of the war. I was seven.

THE AUTHOR LIVES IN VIENNA.

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# "Love That Dirty Water"



By KENNETH B. LOURIE

"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

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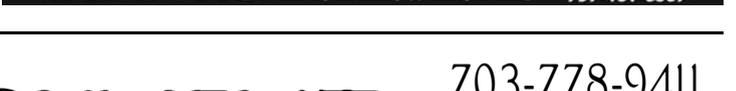
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**THE CONNECTION NEWSPAPERS**



PHOTOS BY MARTI MOORE/THE CONNECTION



Anna O'Sullivan, 10, of Great Falls learns about the science of acoustics from student intern Gaby Mugica, 13, of Loudoun County. The activity, called "good vibrations" helps participants make different sounds on the water goblet at the museum's experiment bar.

Amy Burke, board chair of the Children's Science Center Lab, and executive director Adalene "Nene" Spivey watch Emily Brunner, 15, of Falls Church take on the robotic arm challenge after programming the device to play the "Happy Birthday" song on a xylophone following a Sunday morning ribbon cutting in Fair Oaks Mall. Brunner participated on her school's robotics team at George C. Marshall High School.

## Mall STEM Lab Celebrates First Birthday

Children's Science Center Lab celebrates with cake, a new robot, aquarium and checks worth \$125,000.

BY MARTI MOORE  
THE CONNECTION

Some children go to the shopping mall because their moms have to run errands or it's a nice place to hang out with friends.

Who knew Fair Oaks Mall is a go-to place to conduct science experiments, program a robot and make stuff out of a 3-D printer?

Nearly 700 children and adults found out Sunday, July 25, as the Children's Science Center Lab celebrated its first birthday as a premier destination in this region for opportunities in science, technology, engineering and math education.

Board Chair Amy Burke says 80 percent of learning happens outside the classroom. She believes the museum is an informal education facility that reinforces learning in school.

"And it's fun," adds Burke, the mother of two boys who also works as a consultant for technology policy and government relations.

The lab received two huge corporate gifts worth \$125,000.

Lab visitors saw two new exhibits, an aquatic life display and a robotic arm challenge.

The small aquarium holds colorful fish like some of the sea creatures featured in the popular 2003 Disney-Pixar movie "Finding Nemo" in a room designed for kids ages 5 and younger.

This Discovery Zone offers a tinker shop that introduces young minds to engineering and design concepts. It is earmarked for the \$75,000 birthday gift from Herndon bank Northwest Federal Credit Union.

The robot exhibit in the adjacent gallery



Arlington toddler Palmer Sadowsky finds a live version of cute clown fish from a beloved children's movie Sunday at the Children's Science Center Lab in Fair Oaks Mall. Palmer turns 2 years old this week.

performs tasks users can program from four tablet computers installed around a booth. McLean commercial and government technology consulting firm Booz Allen Hamilton gave \$50,000 for this interactive display. Visitors can help the Children's Science Center Lab find a name for the new robot through Sept. 5. The winner will receive a birthday party at the museum.

Visitors can also sit at a bar and order a science experiment from a "STEM tender" who brings their ingredients and offers assistance if patrons need help with instruc-



Children use KEVA educational tools called KEVA planks to help construct a wooden tower taller than themselves. The construction took place Sunday morning at the celebration of an interactive STEM education museum in Fair Oaks Mall.

tions shown on the Amazon Kindle electronic reading device at their station.

"It's fun and they don't even know they're learning," said museum marketing director Dorothy Ready.

Ready said the facility can fit 90 kids per field trip and many schools must send their students in separate groups. These "capacity constraints" are the reason why Spivey spoke to a crowd Sunday morning about the museum's 10-year expansion plan with a new center under construction soon in

Loudoun County at the Dulles Town Center.

This million-dollar STEM education facility runs on corporate and private donors, annual memberships of \$150 a year for a family of four, birthday parties and a \$12 general admission.

The 5,400-square-foot Children's Science Center Lab has an annual operating budget of \$1.2 million — according to museum executive director Adalene "Nene" Spivey — and employs 12 full-time and 20 part-time staff. The museum also boasts 300 active volunteers.

The museum also continues to thrive on its STEM education roots through a portable classroom in a van donated by Volkswagen that delivers science projects to area schools.

"We started as a mobile lab," Ready explained. She said it took five years of fundraising to grow the van into a museum.

Spivey said the Children's Science Center Lab had at least 50,000 visitors throughout its first year and garnered 900 family memberships. The demonstrations change on a rotating basis. Part of her display criteria is "they are so fun, the adults want to play with the exhibits."

More activities held elsewhere in the mall focused on health and fitness in preparation for a special event to promote STEM education nationwide. Retired U.S. Army Col. Tim Hoffman of Warrenton will bike 4,200 miles across America to promote the initiative and raise money for the Children's Science Center Lab from Aug. 1 to Oct. 25. Participate in his cause online at [www.afceanova.org/transamerica-cycle-for-STEM](http://www.afceanova.org/transamerica-cycle-for-STEM).

The Children's Science Center Lab is open every day in Fairfax from 10 a.m. to 6 p.m. on the Level 1 entrance at 11750 Fair Oaks Mall. Parking is between Lord & Taylor and Sears. Call (703) 648-3130 or visit their website at [www.childsci.org](http://www.childsci.org).