Oakton High Senior Authors ‘Elara, STEM Girl’

Fall Book Sale at Oakton Library Attracts Hundreds

Vienna Oktoberfest Celebrates 10th Anniversary

Recently, Leela Ayyar, a senior at Oakton High School, conducted focus groups at FCPS STEM Camp and Tech Adventure to support her manuscript for “Elara, STEM Girl.”
Meeting to Discuss Partisan Gerrymandering

The Vienna Area Branch of The American Association of University Women (AAUW) will host a free event Tuesday, Oct. 10, 6:30 p.m., at Oakton Library Meeting Room, 10304 Lynnhaven Place, Oakton. The public is welcome.

The topic is partisan gerrymandering of legislative districts — what it is, and how to defeat it. View the documentary GerryRigged: Turning Democracy on Its Head, produced by OneVirginia2021: Virginians for Fair Redistricting and WCVE (PBS). OneVirginia2021 representatives will lead a discussion about gerrymandering, efforts for reform, and national trends.

AAUW is the nation’s leading voice promoting equity and education for women and girls. Founded in 1881, AAUW members examine and take positions on the fundamental issues of the day — educational, social, economic, and political.

For more information, email viennaaauw@gmail.com.

Vienna’s Little Library to Mark 120th Anniversary

Historic Vienna, Inc. has announced a celebration commemorating the 120th Anniversary of Vienna’s Little Library, on Saturday, Oct. 14, from 1-4 p.m., at the Freeman Store and Museum, 131 Church Street, NE, in Vienna.

The one-room library building, now located on Mill Street in Vienna, was the Town’s first public library, constructed in 1897 by local resident Edward R. Pierce at Library Lane and Maple Avenue. It was moved in 1912 to Center Street and Maple Avenue, and in 1969 to its present location where it is maintained as a museum by Historic Vienna.

The celebration will include remarks by local dignitaries and former Little Library patrons, presentation of proclamations honoring the anniversary, musical entertainment, games for children and adults, and souvenirs and refreshments for everyone. For additional information, contact Historic Vienna at 703-257-4541 or visit historicvienna.org.

For more information about the AAUW event, email viennaaauw@gmail.com.

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Wednesday, Sept. 13, marked the start of the Oakton Public Library Fall Book Sale. DVDs, Music, Books, and comic books were for sale through Saturday. They range in price from 25 cent novellas to two-dollar hardcover books and some special items.

“All libraries have friends that are non-profits” said Barbara Hippe, an Oakton resident. She has been the president of the Friends of Oakton Library, a volunteer group that helps out with books sales and community events for eight years.

“We handle books donated to the library. We sell the books and put that money back into the library,” she said. She is one of 400 members of the Friends of Oakton Library, and all members pay membership dues.

The book sale takes place twice annually, and this year’s fall sale has started off with many visitors on Wednesday who attended the premier shopping opening. “It’s been really busy and crazy since we opened,” said Hippe.

Some of these shoppers hold a scanner in one hand, and a book in the other as they search for buried treasures—books that have a much larger resale value than they do at large books sales like these.

One of these scanner wielding shoppers is David Cromer, a Fredericksburg resident and member of the Friends of Oakton Library. “I think there’s a good selection here, it’s well organized and there are some good prices,” he said. He is able to enjoy premier access to the book sale as a member before it opens to the public on Thursday.

THE SALE is arranged by genre. “Everybody has a different taste, what’s interesting to a history buff isn’t interesting to someone interested in romance novels” said Hippe.

Sometimes special items cycle through the sale, such as comic books, vinyl records, puzzles and games.

Throughout the year, Hippe sells books and items on Amazon to raise money for the Oakton Library. This year she raised $3,000 through her Amazon sales. The fall book sale aims to raise anywhere from $6,000 to $10,000, although that outcome is yet to be seen.

“It’s clear that people want more books,” said Hippe. “They like programs, CDs and the library computers, but it’s all about maintaining a healthy book selection!”

Books, paperback and hardback are still important to the library as are DVDs and music, but people more and more are renting Ebooks as well.

Potomac River Running Opens Vienna Store

On Thursday, Sept. 7, Mayor Laurie DiRocco joined store staff members and running enthusiasts to cut the ribbon on the new Potomac River Running store at 111 Maple Ave. W. in Vienna. The store opening kicked off a weekend of events such as shoe fitting and gait analysis using a state-of-the-art 3D foot scanner from Superfeet, group run, Yoga for Runners by SourceCore Studio, CrossFit for Runners provided by CrossFit Mill Street, and complimentary samplings from Caboose Brewing Co., Caffe Amouri, and MOD Pizza.
Election Year in Virginia, and each year the election matters. This year, all the members of the Virginia House of Delegates are up for reelection, along with statewide races for Governor, Lieutenant Governor and Attorney General. So many things are at stake. The deadline to register to vote in the General Election on Nov. 7, or update an existing registration, is Monday, Oct. 16.

Of the 30 incumbents in the Virginia House of Delegates who are running unopposed, 11 are in Northern Virginia: Mark Keam (D-35); Ken Plum (D-36); David Bulova (D-49); Eileen Filler-Corn (D-41); Mark Sickles (D-43); Charniele Herring (D-46); Patrick Hope (D-53); Eileen Filler-Corn (D-41); Mark Sickles (D-43); and Adam Roosevelt (R).

Marcus Simon (D-53) faces no Republican challenger, but will face Mike Casey, an Independent. In Northern Virginia, there is only one open seat, the 42nd, vacated by Dave Albo (R) who says he can’t afford to continue dedicate so much time to the legislature at the expense of his law practice. Kathy Tran (D) faces Lolita Mancheno-Smoak (R). Other contested races: Kathleen Murphy (D-34) faces Cheryl Burford (R), Kaye Kory (D-38) faces Paul Haring (R), Tim Hugo (R-40) faces Donte Turner (D), Alfonso Lopez (D-49) faces Adam Roosevelt (R). Jim LeMunyon (R-67) faces Karrie Delaney (D), Jennifer Boysko (D-86) faces Linda Schutz (R).

The local newspaper connects to each of these races has covered or will write about each contested race; you can find the stories on our website. The League of Women Voters of the Fairfax Area (LWVFA) will hold both in-person and televised forums for the public to learn about the candidates who are running for election to the Virginia House of Delegates.

❖ Thursday, Sept. 28 at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax. Invited candidates: Mark L. Keam (D), David Bulova (D-49), Eileen Filler-Corn (D), Kathy K.L. Tran (D), Lolita I. Mancheno-Smoak (R), Marcus B. Simon (D), and Mike S. Casey (I).

❖ Thursday, Oct. 12 at 7 p.m. at Hayfield Secondary School, Lecture Hall: 7630 Telegraph Road, Alexandria. Invited candidates: L. Kaye Kory (D), Paul B. Haring (R), Vivian E. Watts (D), Mark D. Sickles (D), Paul E. Krizek (D), Mark H. Levine (D), Alfonso H. Lopez (D), and Adam Roosevelt (R).

❖ Wednesday, Oct. 25 at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly. Invited candidates: Kenneth R. “Ken” Plum (D), David L. Bulova (D), Donte T. Tanner (D), Timothy D. “Tim” Hugo (R), Karrie K. Delaney (D), James M. “Jim” LeMunyon (R), Jennifer R. Boysko (D), and Linda C. Schutz (R).

❖ Monday, Oct. 2 at 8 p.m.: Invited candidates: Kathleen J. Murphy (D), Cheryl A. Buford (R), Kenneth R. “Ken” Plum (D), Donte T. Tanner (D), Timothy D. “Tim” Hugo (R), R.C. “Rip” Sullivan, Jr. (D), Karrie K. Delaney (D), James M. “Jim” LeMunyon (R), Jennifer R. Boysko (D), and Linda C. Schutz (R).

Taking the Call
By Liz Barnes
PRS CrisisLink Volunteer

Beginning as a volunteer at PRS CrisisLink started for simple, altruistic reasons. I wanted to make a difference and show myself and my family the importance of giving back to others. Our volunteers include lawyers, teachers, stay-at-home parents, veterans, human service workers, architects, nurses, students, clergy, law enforcement, and more — each offering 3-4 hours a week for an entire year to our life-saving services. Mental illness impacts more than the one person experiencing the crisis. It impacts our families, friends and community at large. This September, PRS is supporting National Suicide Prevention Month through the #CallTextLive Campaign, which has a number of ways to get involved that encourage dialogue about suicide. Talking about suicide will help more people feel comfortable to call or text a hotline. If they do, I stand ready to listen.

To volunteer, contact PRS at 703-331-6351.

Volunteers at the PRS CrisisLink call center.

OPINION
Voting Every Year, But Always Critical
League of Women Voters provides forums to learn about the candidates.

Because the current effort in the Senate to vote on “repeal and replace” for the Affordable Care Act is, if anything, worse than the previous attempts in substance, I hope that you will read my previous editorial from June. http://www.connectionnewspapers.com/news/2017/jun/27/opinion-editorial-killing-poor-pay-millionaires/current-attempt

❖

Mary Kimm
mkimm@connectionnewspapers.com
Senior Olympics Rolls Along

Green Acres Senior Center hosts bocce competition.

Despite forecasts of post-Hurricane showers, things rolled along in bright sun at the Northern Virginia Senior Olympics bocce competition on Thursday, Sept. 14. Nineteen competitors in five age groups from 50-99 are signed up at Green Acres Senior Center in Fairfax. Competitors and onlookers sat at picnic tables munching donuts and drinking water to cool down as they waited for the competition to begin.

Ninety-two-old Henry Coletto from Oakton, the oldest competitor, has no one in his age group for competition so he was paired with Sonny Caputo from Springfield in the 80-89 age group. Caputo says this is his first Senior Olympics although he is playing in the regular bocce league. Coletto's regular league partner, Nicholas Garito of Fairfax, is also competing. “Henry and I had a tough year. We came from last place to third place,” Garito said, adding he got the bocce program started 10 years ago and convinced the Lions Club to build the court five years ago.

Coletto says he lived in Massachusetts for 82 years and then four of his children who live around here “kidnapped me and brought me here.” He had driven to the competition from Oakton. He said, “My children don’t believe I should drive too much anymore.”

Robena Reid of Lorton and Lynn Thompson of Fairfax started out with the women’s 55-59 competition. Reid says she is kind of a novice, and Thompson says this is her first tournament, and she has practiced twice.

Pink balls, blue balls, back and forth. Charlie Perla, bocce ref, said, “Here we go measuring again. Blue is closer and touching. No, no, no it’s red.” He adds, “Get out the dollar bill.” The test of touching is whether you can get a dollar bill between the balls. “I can’t believe it: did they both get gold?” He measures again and the final result is Reid wins by one inch.

Herb Levitan of Arlington plays one of the later competitions. He says he is registered in 27 events this year but may not be able to do a couple of them on Saturday since he is also organizing a table tennis match at the same time.
New Year, New Teacher

How to identify effective teachers.

By Marilyn Campbell

A s a new school year got underway this month, Sebla Tobin, a family therapist in Rockville, Md., noticed an uptick in the number of her patients who are parents, expressing concern about the teachers their children had been assigned.

“Many parents are leery of new teachers or teachers who are young,” she said. “I encourage them to give the teacher a chance before passing judgment and marching into the principal’s office to ask for a different teacher. Just because a teacher graduated from college last spring doesn’t mean that they won’t be effective. And a teacher who’s been in the classroom for 20 years may be jaded and grumpy.”

Teacher effectiveness is a concern among parents as the school year gets underway, says Tobin, and she points to research which shows how teachers can affect student achievement. A 2011 study from Harvard and Columbia universities showed a link between effective teachers and students who were more likely to attend college, have lower teenage pregnancy rates and other positive outcomes. So what qualities constitute an effective teacher?

Effective teachers are knowledgeable of the subjects they are teaching, says Pamela Garner, Ph.D. professor of Childhood Studies at George Mason University. “Effective teachers are able to transfer that knowledge to students who have different comprehension levels,” she said.

Creating a classroom environment that is safe for student learning is also important, adds Garner. “Overall, effective teachers work hard to create a positive classroom climate which is characterized by providing opportunities for student input in decision making and support for individual differences,” she said.

Setting high expectations for all students, but realizing that students have a variety of abilities, is an important factor, believes Jessica Lewis, Ed.D., professor of education at Marymount University. “For some students getting a C is like a medal of honor and that’s OK,” said Lewis. “Students want to do well and be pushed, but pushed with support. Knowing that a teacher understands the student and their abilities sends a positive message that the teacher is on their side when it comes to learning.”

A teacher who is able to demonstrate genuine concern for students is necessary to create an effective learning environment, adds Lewis. “Parents often say ‘I want a teacher who knows their content,’ but I always go back to ‘does the teacher care?’ If a teacher doesn’t care, then they’re not going to be effective. An effective teacher motivates students to want to learn.”

An ability to form a strong relationship with students is another characteristic that Lewis believes is important. “The more rapidly the teachers can get to know the individual students and things they enjoy like their hobbies, the sports they like, the sooner that teacher can see that students are real little people behind those names,” she said. “As a teacher you have to put the heart first and policy second. What factors are going on at home that can throw the student for a loop. If you have a caring adult to say, ‘Hey do you want to talk about it?’ that can make a big difference.”

An effective teacher accepts students where they are, adds Lewis. “Students can learn more from a teacher when the teacher shows that they care,” she said.

A positive classroom helps welcome students back to school as an important factor in student learning, says Pamela Garner, Ph.D. of George Mason University.

An effective teacher shows that they care,” she said. “Students can learn more from a teacher when the teacher shows that they care,” she said.

“An effective teacher motivates students to want to learn.”

— Jessica Lewis, Ed.D., Marymount University

Photo by Marilyn Campbell

Madison High Dance Team Keeps ‘Making a Difference’

Welcoming war veterans, sending aid to Houston, performing at community events.

Thirty girls formed a row of pom poms at Gate 5, Terminal A, at Reagan National Airport, and cheered on the passengers as they disembarked the Southwest flight arriving in from Madison, Wis. Their goal was to give the arriving Vietnam, Korea and World War II veterans a return home they likely never received coming back from war. For the girls, meeting almost 100-year-old Opal — a World War II female veteran that had served in the medical corps in the Navy — was especially inspiring. This wasn’t the first time the James Madison High School Dance Team had greeted an Honor Flight arriving at the airport and it won’t be their last. Volunteering in the community has become a part of what the Madison Dance team does, above and beyond its countless hours of practice, perfecting their dance routines for home games and competitions.

The team is nationally top-ranked and credits its success not just to coaching by Suzanne Mansfield but to the commitment each dancer has to each other to work hard and support one another. The bonds between the dancers have been strengthened by the volunteer work they have done together as a team. Captain Samantha Lane, a senior this year, has received the Vanities team said, “The motto for MAD Dance is about Making A Difference in our school, in our community and in the world.”

THE TEAM has found countless ways to do just that. They have been the opening act for the Tysons Corner Food for Others 5k race for the past three years, dancing before the start to get the runners ready to run. Food for Others Board Member Sara Singmaster said, “The dance team’s participation in the race has become the heart of the event...making it feel like a community gathering.”

They’ll be out on Saturday, Sept. 9 dancing again at the race start in the Bloomingdales parking lot, hoping to draw community attention to those who are hungry in our area.

The team has also assembled hygiene kits each year to distribute to those in need. Last year, the team prepared over 500 kits that Lane personally delivered to an orphanage in Swaziland, where she was shadowing the doctors treating the HIV positive and TB infected orphans there. This year the team focused on needs closer to home, delivering 250 kits to the Fairfax County Lamb Center which serves the homeless in our area.

When Hurricane Harvey hit recently the girls were directed to help. Captain, Riley Rosenberger said, “Sam and I sent out a note to the team and urged everyone to go through their closets and bring in socks, clothes and shoes for the kids and families in Houston.” The team shipped over 18 boxes of donations and added in over 250 hygiene kits they had packed for children, complete with crayons and coloring books to let Houston know that James Madison High School cares.

HEAD COACH Mansfield has always encouraged a strong sense of teamwork. Mansfield, a James Madison High School graduate herself, believes that school spirit means bringing everyone together. Under her direction, three years ago, the dance team reached out to the cheer squad and marching band to organize a school-wide spirit performance for the pep rally and homecoming game. The combined programs’ half-time show has become an annual tradition now and is even more poignant as the school mourns the loss of Head Football Coach Lenny Schultz. As Mansfield said, “Coach Schultz would always stop by our practices and talk to the girls at the lunch tables, letting them know how much he was looking forward to their half-time performance.”

Schultz embodied what this school stands for, a community that cares. His words of encouragement to the football players before every game as well as the dance team before they left for the 2017 UDA National Dance Team Championship were ‘Leave No Doubt.’ The Madison Dance Team has taken that to heart and is making sure that there is no doubt about their commitment to Make A Difference, not just on the dance floor but off of it too.
House, Senate Condemn Hate-filled Violence

U.S. Rep. Gerry Connolly (D-11) and Speaker Paul Ryan (R-WI) signed the joint resolution condemning the violence from hate groups in Charlottesville. Senators Mark Warner and Tim Kaine authored the Senate companion. The legislation now heads to President Donald Trump’s desk.

“I am pleased the House of Representatives spoke in one unified voice to unequivocally condemn the shameful and hate-filled acts of violence carried out by the Ku Klux Klan, white nationalists, white supremacists and neo-Nazis in Charlottesville. I hope this bipartisan action will help heal the wounds left in the aftermath of this tragedy and send a clear message to those that seek to divide our country that there is no place for hate and violence,” Connolly said.
**ENTERTAINMENT**

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

**ONGOING**

Vienna Saturday Farmers Market, through Oct. 28. 8 a.m.-noon, sponsored by the Optimist Club. Across from Vienna Volunteer Fire Department in parking lot of First Baptist Church, 201 Center Street South, Vienna.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to preserving and promoting Vienna’s heritage through the identification, preservation, and interpretation of history significant places, events, and persons.

**Vienna/Oakton Connection**

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8 a.m.-noon, sponsored by the Optimist Club. Across from Vienna Volunteer Fire Department in parking lot of First Baptist Church, 201 Center Street South, Vienna.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to preserving and promoting Vienna’s heritage through the identification, preservation, and interpretation of history significant places, events, and persons.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. $10. www.vfvid.org/bingo.html.

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

**WEDNESDAY/SEPTEMBER 20**

Dining with Dorothy. 12:30 p.m. at Bonavita Restaurant, 428 Maple Ave. E, Vienna. Join Dorothy and the group for laughter and conversation over lunch. Call 703-281-0538 or visit www.mcleancenter.org.

**FRIDAY/SEPTEMBER 22**

Kings Dominion Trip. 8 a.m.-6:30 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Kings Dominion has roller coasters to musical dance shows and carnival games. Admission to the theme park is included in the fee. $85/$70 MCC members. Call 703-281-0538 or visit www.mcleancenter.org.

Wildfire Scotch Dinner. 6:30-9 p.m. at Wildfire, Tysons Galleria, 3rd floor, McLean. Executive Chef Moreno Espinoza and Edwin Amaya prepare a custom four-course menu each paired with a handcrafted single malt scotch from Dalmore, located in the heart of the Scottish Highlands. $125. Call 703-444-9110.

“The Princess Bride” Movie. 7 p.m. at The Old Firehouse, 1440 Chain Bridge Road, McLean. Admission and popcorn are free. Prop bags are $5 each. Visit www.alldentheatre.org.

Fairfax Genealogical Society Monthly Meeting. 7:30 p.m. at Dunn Loring Volunteer Fire Station, 2148 Gallows Road, Vienna.

**SUNDAY/SEPTEMBER 24**

Run, Walk and Wheel. 7 a.m. at the Sport & Health Club in Tysons Corner, 8250 Greensboro Drive, McLean. MedStar National Rehabilitation Network will host the 14th annual race. Call 757-218-7594.

50th Anniversary Commemoration and Luncheon. 10:15 a.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road. www.goodshepherdva.org or call 703-281-3987.

Teddy Bear 5K and 1K. 2-6 p.m. at Pine Hill Hills, McPah, 7230 Mylwood Road. All proceeds from this event go to Falls Church-McLean Children’s Center. Visit potomac.enmotive.com/events.


**MONDAY/SEPTEMBER 25**

Charity Golf Tournament. 8 a.m. -2 p.m. at Westfield’s Golf Club, 13940 Paragon Greens Ave., Clifton. Annual Family PASS golf to benefit the working homeless Families of Fairfax County. Visit www.familypast Fairfax.org.

**ROAD RALLY**

Friday, Oct. 13 is the first day of the British Car Tour for Military Kids. 9:30 a.m. A 750-mile maiden American tour through the hills and autumn foliage of Maryland, West Virginia and Virginia. Called the DC Area America’s Reliability Run, it’s a fundraiser for Our Military Kids, a nonprofit in McLean. Visit www.ourmilitarykids.org or call Judy McSpadden at 703-734-6654.

**SATURDAY/SEPTEMBER 30**


**SUNDAY/OCTOBER 1**


**FRIDAY/OCTOBER 6**

2017 Community Leadership Award Presentation. 6:30 p.m. at McLean Hilton Tysons Corner, 7920 Jones Branch Drive. Honoring Mark and Brenda Moore. Visit www.leadershipfairfax.org.

**OCTOBER 6**

Annual Used Book Sale. Friday 9 a.m.-7 p.m., Saturday 10 a.m.-6 p.m., and Sunday noon-4 p.m. at the Spring Hill Recreation Center, 1239 Spring Hill Road. Hosted by the McLean Area Branch of the American Association of University Women (AAUW) to benefit the auction of a signed Washington Nationals Max Scherzer shirt and cap. Visit www.aauw.org.

**OCTOBER 6-9**

Glass Art Exhibit. Various times at the Vienna Art Center, 115 Pleasant Street, NW. “Catching Eyes with Watercolor and Glass” with Carole Choeau Orieun.

**SATURDAY/OCTOBER 7**

Stuff the Truck Food Drive. 9 a.m.-4 p.m. at Safeway, 9801 Georgetown Pike, Great Falls. Benefit for Committee for Helping Others (CHO) and Artemis House to provide emergency food aid to those in need in Vienna, Oakton, Dunn Loring and Merrifield. Artemis House is Fairfax County’s only 24-hour emergency shelter for victims of domestic and sexual violence, stalking and human trafficking. Sponsored by The Church of Jesus Christ of Latter-day Saints and the Great Falls Baha’is as part of the regional Day to Serve initiative. Visit www.dayserve.org.

Vienna Oktoberfest. 11 a.m.-7 p.m. along Church St., Vienna. Live entertainment on three stages, beer, food, games, German Auto Show. Visit www.viennooktoberfest.org.
Vienna Oktoberfest celebrates 10th Anniversary

Vienna Oktoberfest celebrates its 10th anniversary this year with an expanded beer garden and food court as well as new vendors and entertainment options. The festival has historically drawn 20,000-30,000 attendees. Presented by the Vienna Business Association and Town of Vienna, Oktoberfest will be held from 11 a.m. - 7 p.m. Saturday, Oct. 7, on historic Church Street. All ages are welcome, and admission is free. Vienna’s 2017 Oktoberfest will feature:

❖ Live entertainment on three stages: Main Stage, Kid’s Stage, Acoustic Stage
❖ German Beer and Food Garden featuring the Caboose Brewing Company
❖ Domestic Beer and Multinational Food Garden located on Mill Street
❖ Access to beer and wine at all food locations
❖ Children’s activities and games
❖ All new Handcrafted Market
❖ All new Business Expo area
❖ German Auto Show

Oktoberfest’s steady growth signifies markedly increased interest in Vienna as a destination for shopping, eating, and beer. Vienna’s own, Caboose Brewing Company, is the Platinum Sponsor for the second consecutive year. “We’re so excited to be an Oktoberfest partner again,” said Caboose co-owner Matt Greer, “we love being part of this hyper-local, family-friendly community event and are thrilled to help raise money for local charities with the VBA Foundation. It is the next best thing to the Munich Oktoberfest!” Oktoberfest is accepting sponsor and vendor applications through Sept. 19, 2017. For more information and vendor applications, visit the Oktoberfest website, www.viennaoktoberfest.org.

Well behaved dogs are welcome to attend the event on leashes. No festival-specific parking or shuttles are available; public parking spaces are available throughout the Vienna commercial area. There will be a designated Uber/Lyft pick-up and drop-off area within feet of the festival.

Super H 5K Run, Walk and Wheel to Benefit Those with Disabilities

MedStar National Rehabilitation Network (MedStar NRN) will host the 14th annual Super H 5K Run, Walk & Wheel on Sunday, Sept. 24 for runners, walkers and adaptive athletes. The event begins and ends at the Sport & Health Club in Tysons Corner (8250 Greensboro Drive, McLean). Registration begins at 7 a.m., and the race begins at 8 a.m. The post-race party begins at 9 a.m., with free food and refreshments.

All proceeds from the race support MedStar NRN’s adaptive sports programs. These programs enable athletes with disabilities to compete in various sports such as wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, sit volleyball, hand cycling, rowing and more.

Funds raised from the Super H race have recently helped the MedStar NRN wheelchair basketball team place in the top tier in the national wheelchair basketball tournament and is helping some of our paralympic athletes attempt to make it onto the U.S. Paralympic team.

“The thrill to see the adaptive athletes take off on their hand cycles, wheelchairs and some with just crutches doing the same event able-bodied athletes do…just a little differently,” said Harry Freedman, founder of the Super H 5K.

The race registration fee of $35 after Sept. 1 supports the Adaptive Sports Program with MedStar NRN for children and adults with physical disabilities to pursue healthy, active lifestyles through recreational and competitive sports. Online registration closes on Friday, Sept. 22.

Packet pick up will take place on race day, Sun. Sept. 24 at registration at Sport & Health.

For more information and to register online, go to: MedStarNRH.org/SuperH5K.

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MedStar National Rehabilitation Network
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The race registration fee of $35 after Sept. 1 supports the Adaptive Sports Program with MedStar NRN for children and adults with physical disabilities to pursue healthy, active lifestyles through recreational and competitive sports. Online registration closes on Friday, Sept. 22.

Packet pick up will take place on race day, Sun. Sept. 24 at registration at Sport & Health.

For more information and to register online, go to: MedStarNRH.org/SuperH5K.

The McLean Community Center
The Center of It All

The McLean Community Center
www.mcleancenter.org

Administrative Offices
6621 Old Dominion Dr.
McLean, VA 22101
703-790-0123, TTY: 711

Join in McLean’s Fun Run!
McLean 5K
Saturday, Oct. 7, 8 a.m.
McLean Square Shopping Center
6627 Old Dominion Dr., McLean, VA 22101
Registration: $35/$40 day of race

The Old Firehouse Teacher Workday Trip
Thunderbolt Go Karting
Friday, Sept. 22, 8 a.m.-6:30 p.m.
$75/565 MCC district residents
1440 Chain Bridge Rd., McLean, Va. 22101

Presented by The Alden
Prince George’s Bride
Quote-Along Movie
Friday, Sept. 22, 7 p.m.
Admission and popcorn are free. Prop bags are $5 each.
The Old Firehouse, 1440 Chain Bridge Rd., McLean, Va. 22101

Harvest Happenings
Saturday, Sept. 30, 9 a.m.-2 p.m.
New Location! St. Luke’s School
7005 Georgetown Pike
McLean Va. 22101
Free Admission

Take a Day Away!
Gettysburg, Pennsylvania – Eisenhower Farm
Tuesday, Oct. 3
7:15 a.m.-7 p.m.
$145/140 MCC district residents

MedStar National Rehabilitation Network
(ProdStar NRN) will host the 14th annual Super H 5K Run, Walk & Wheel on Sunday, Sept. 24 for runners, walkers and adaptive athletes. The event begins and ends at the Sport & Health Club in Tysons Corner (8250 Greensboro Drive, McLean). Registration begins at 7 a.m., and the race begins at 8 a.m. The post-race party begins at 9 a.m., with free food and refreshments.

All proceeds from the race support MedStar NRN’s adaptive sports programs. These programs enable athletes with disabilities to compete in various sports such as wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, sit volleyball, hand cycling, rowing and more.

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In Competitive Mode at Senior Olympics

Skills Competition

Senior Olympics’ Football and Frisbee Throw and Softball Hit and Throw events were held at Wakefield District Park in Annandale on Wednesday, Sept. 13.

Leonard Kalkwarf from Springfield throws a Frisbee in the 85-89 age group. He won a gold medal with a throw of 53’ 6”.

Field Events

The Senior Olympics’ Field Events were held at Falls Church High School on Sunday, Sept. 17.

Thomas Sullivan from Oakton prepares to throw the shot in the 70-74 age group.

Lisa Ninomiya from Vienna throws the mini javelin in the 55-59 age group.

Swimming

Senior Olympics Swimming was held at the Claude Moore Recreation Center in Sterling on Friday, Sept. 15

Betsy Boswell from Vienna competes in the 100 yard breaststroke. She won a gold medal in the 60-65 age group with a time of 1:51.31.
IN-PERSON, TV DEBATES
The League of Women Voters of the Fairfax Area (LWFVA) is holding forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invites all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates’ priorities and positions, visit www.vote411.org.

Thursday, Sept. 28 at 7 p.m. at Providence Community Center, 3001 Vaden Drive, Fairfax. The televised forums at Fairfax County Public Access are on Channel 10 or streamed on YouTube “Inside Scoop Livestream.” The public can submit questions by email to theslcnews@gmail.com or call 571-749-1142 between 7:30-9:30 p.m. Tune in on:
- Monday, Sept. 11 at 7 p.m., Monday, Sept. 18 at 8 p.m. and, Monday, Oct. 2 at 8 p.m.

THURSDAY/SEPT. 21
Shepherd’s Center Caregivers Support Group
10-11:30 a.m. at UCCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. This support group is designed for caregivers of adult family members. For more info contact facilitator, Jack Tarr, 703-821-6838, jtarr5@verizon.net.

Chapter Meeting: 7:30 p.m. at Neighbor’s Restaurant, 2629 Cedar Lane, Cedar Lane Shopping Center, Vienna. Chapter 227, Vietnam Veterans of America Inc., invites all veterans, friends, and the general public to attend the next chapter meeting. Champaign Khambongva, founder and Executive Director of Legacies of War, will discuss to main points of Laos and Laotian and earned degrees from George Mason University and Georgetown University. Admission is free. Call Len Ignatowski at 703-255-0353 or visit www.rva227.org.

TUESDAY/SEPT. 26
ESL Learners and Volunteers. St. Mark’s English as a Second Language (ESL) Ministry is seeking new students and volunteers to participate in their upcoming fall term. Come help 150+ adult learners to improve their English language, prepare for American citizenship, learn to converse fluently in English, improve their writing skills, and integrate into the local community. All classes take place at St. Mark’s Christian Education Center, 9797 Vale Road, Vienna. Call Monica at 703-980-9380, email smarkes@ gmail.com, or visit smarkes@stmarkern.org.

WEDNESDAY/SEPT. 27
Public Hearing on FY 2019 Budget. 7:30 p.m. at MCC Administrative Offices, 6613 Old Dominion Drive, McLean. The McLean Community Center Governing Board invites Drannsville tax district residents to attend a public hearing on MCC’s FY 2019 Budget. Residents who would like to speak at the public hearing should call the Center at 703-790-0123, TTY: 711, in the drannsville zone on the speakers’ list. The hearing will be immediately followed by the regular monthly board meeting for September. Visit www.mcccenter.org.

SATURDAY/SEPT. 30
Garden Club Yard Sale. 9 a.m.-1 p.m. in the parking lot, 10610 Georgetown Pike, Great Falls. The Great Falls Garden Club is hosting a multi-family yard sale. Visit www.gfgardenclub.org.

SUPPORT GROUPS
Are You A Caregiver? Shepherd’s Center of Oakton/Vienna Caregivers’ Support Group takes place first & third Thursday of each month. February 14th and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 or visit www.uucf.org.

Talking the Walk

By KENNETH B. LOURIE
Our long, local, overnight nightmare is almost over. By the date this column publishes—Sept. 20, 2017, I will, for the first time in nearly nine months, not have to wake down in the dark, our “turny-twisty” and narrow 150-year-old staircase to walk from the upstairs master bedroom to the downstairs, usable commode. Though the renovation of this upstairs bathroom is not entirely complete nor ready for permanent use (it is mostly usable as the water is now running and flushing), the demolition/renovation process completely and very significantly will go on/adhere to a schedule so, on Tuesday, Sept. 19 the downstairs bathroom, with all its regular readers and possibly even prepare you for your own in-home renovation. And consid- ering that this renovation is our first – and we have minimal experience with these matters, it thought it useful to write it forward and perhaps share a less-than-obvious impact of taking the one-and-only-on-the-same-floor bathroom out of service. Sink, mirrors and shower/tub issues nor was it one of which I would dread enduring and endowed with the reorientation to the downstairs bathroom, the commode issue, considering its unpredictability, naturally trumps all other real or imagined difficulties.

Though the upstairs bathroom is incomplete and lacking single finishing elements, its transformation so far is incredible – to our eyes. I’ll spare you any details because that really would be self-indulgent and not at all the point of this column. But the two months or so it will have taken for the upstairs bathroom to become operational again and the nightly effect it’s had on me appears to have been worth the wait.

As concerns the downstairs bathroom, we are now ready, willing and able to integrate its destruction into our routine. Given that it is more of a powder room than a master-type bathroom – though it would include a shower-only enclosure, no longer will it be my twice-nightly destination. In addition, I am looking forward to the fact that the interim process will not prevent me from going anywhere I regularly go nor inconveniencing my wife, Dina, when she reads for work in the morning.

Monitoring its progress will be more of a curiosity than a calamity, since, in my mind, there will be no sense of urgency about the pace of this project as there had been with the upstairs bathroom because my bathroom access will not be affected in the least. And in the most, I am extraordinarily grateful – and relieved.

Kenny Lourie is an Advertising Representative for The Reston Alligator & The Connection Newspapers.
Leela Ayyar is a senior at Oakton High School. Her chemistry teacher Susan Bingham, Science Department Chair wrote as a reference: “Leela has taken her capstone project to a higher level and found a way to share her passion for the STEM fields with children.”

**Oakton High Senior Authors ‘Elara, STEM Girl’**

Kickstarter campaign launched to support publication expenses for Leela Ayyar’s capstone project.

*By Mercia Hobson*  
*The Connection*

Leela Ayyar (left) wrote “Elara, STEM Girl” when her younger sister, Meera (right) sought her guidance after she encountered challenges in the STEM fields.

“My book is about a young girl named Elara who enjoys dolls, dress up, and sports. But what she really loves is all things STEM, Science Technology, Engineering, and Mathematics.”  
— Leela Ayyar, Senior, Oakton High School

Recently, Leela Ayyar conducted focus groups at FCPS STEM Camp and Tech Adventure Camp to support her manuscript for “Elara, STEM Girl.” Ayyar’s goal was to gain a multiplicity of views and experiences from the FCPS students regarding ingrained biases and challenges young girls face in the STEM fields.

“Elara, STEM Girl” is a children’s book written by Oakton High School senior, Leela Ayyar. A crowdfunding campaign is underway to support publication expenses.

If Ayyar exceeds the $4,500 goal, she seeks to create a series of Elara books and a website rich with STEM activities. “I have so many wonderful ideas on how to expand Elara’s adventures to continue to inspire young girls. Such as ‘Elara and the Stars’ where Elara explores astronomy or ‘Elara and the Notions of Potions’ where she discovers just how funny chemistry can be. I’d also love for her to explore aeronautics, engineering and robotics.”

Shannen Prindle is a friend of Ayyar’s at Oakton High School. She was the videographer for the Kickstarter campaign film. Prindle said, “Now more than ever we need to be encouraging young girls to pursue their interests in STEM. This book challenges the same stereotypes that I, and many other females, had to overcome to realize my true passion for science.”