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Vienna and Oakton CONNECTION

WELLBEING
PAGE 9

Seniors Rachel Bloom and Gabe Villarroel in costume as "Molly" and "Boy," the main protagonists of Oakton High School's production of 'Peter and the Starcatcher.'

Oakton High Presents 'Starcatcher'

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Early Risers
Congregate at Polls
NEWS, PAGE 3

Memorial Garden
Dedicated in Oakton
NEWS, PAGE 3

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NEWS

Vienna Church to Host Benefit Car and Bike Show

On Saturday, Nov. 17, The Church of the Good Shepherd (United Methodist) in Vienna will host the Thanksgiving Car and Bike Show. The event, a benefit for hungry families and a nonprofit focused on men's health, will be held in the parking of the church at 2351 Hunter Mill Road in Vienna from 10 a.m. to 3 p.m. Spectators have free admission, but are asked to bring canned goods for the hungry. "The church is teaming up again with a local car club (UnAffiliates Mopar Club) to raise food for the hungry and funds to help a charity tackling prostate cancer, testicular cancer, mental health and suicide prevention," said Good Shepherd pastor Eric Song. "We'll also have a bounce house for children and food, as well as the opening of a new art exhibit by Alice Nodine. So please

come and join in on the fun!"

Entry fee for those who show a car or bike is \$20 (or \$15 plus five canned goods). Spectators have free admission, but are asked to bring canned goods for the hungry. Registration is from 10 a.m. to noon. Judging of the cars and bikes will be held from noon to 2 p.m., and awards presented at 3 p.m.

Proceeds will benefit the Movember Foundation (<https://us.movember.com>), the leading charity changing the face of men's health, and collected food will go to So Others Might Eat (www.SOME.org).

The Church of the Good Shepherd celebrated its 50th anniversary last year. For more information, visit the church website at www.GoodShepherdVA.com or at www.Facebook.com/GoodShepherdVienna.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

HOLIDAY DONATIONS

Food Drive. Through Nov. 9. Drop-off canned goods at Sheehy INFINITI of Tysons, 8527 Leesburg Pike, Vienna. SEE BULLETIN, PAGE 11



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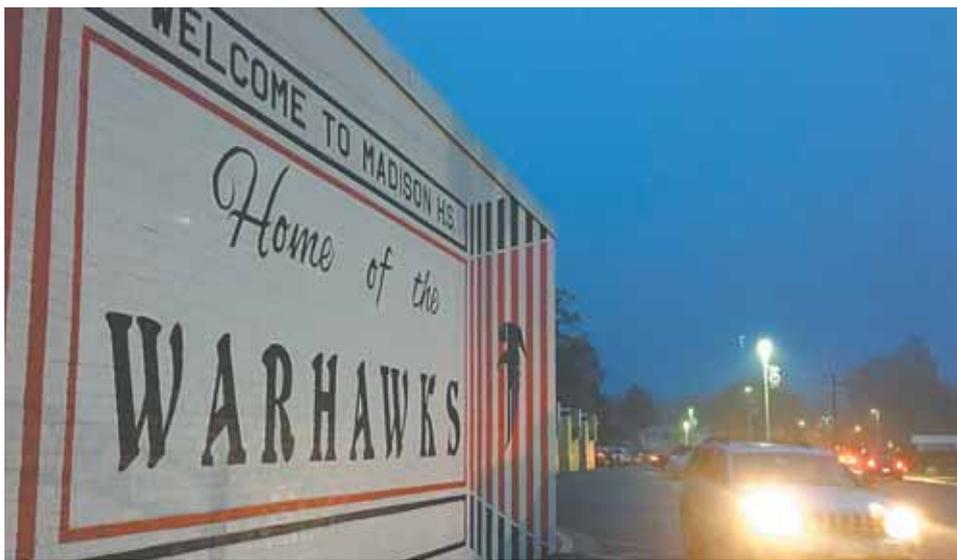
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PHOTOS BY C.J. GRECO/THE CONNECTION



Darkness persisted through the first half hour of voting on Nov. 6, 2018.

Voters line up outside the polls at Madison High School on Nov. 6, 2018.

Early Risers Congregate at Polls

Precinct captain sees 'a lot of energy' in early voting.

BY C.J. GRECO
THE CONNECTION

Voters registered in Virginia's 204th and 218th precinct descended upon Madison High School early Tuesday to cast their votes in the 2018 election.

According to the Virginia State Board of elections, a total of 3,428 registered voters

from the two precincts have the chance to take part. Along with a referendum on Public Safety Bonds, voters were able to cast their preferences on one of Virginia's Senate seats, as well as the U. S. Representative for Virginia's 11th Congressional District.

"I'm a precinct captain," said Dr. Gerry Poje, "So I've visited here through several different election cycles, and compared to

previous midterm elections where the candidates are for federal office, this is higher. There's a lot of energy among the people."

"I did the polling place at North County Government Center when we opened early voting," said Poje, "and there were lines outside of that government center. I think many of us are perceiving there's a new surge of energy for people turning out to vote."

"Last election," said Deborah Roney, an election worker for the 204th, "they gave us five workers, this election they've given us nine so obviously they think [turnout] is going to be higher."

Madison High School is just one total of the 243 different precincts for the 702,792 active registered voters in Fairfax County during an election that has seemingly mobilized citizens.

Rosie the Riveter Memorial Garden Dedicated in Oakton

On Sunday, Oct. 28, more than 200 Girl Scouts and their families came together with Elinor Otto, a real-life Rosie the Riveter, to dedicate the state's first Rosie the Riveter Memorial Garden in Oakton and to engage in service projects that will benefit the men and women who defend the United States today. After the United States entered World War II in 1941, approximately six million women entered the nation's factories to build aircraft and other equipment essential to the war effort. These Rosie the Riveters were pioneers in the nation's technological workforce at a crucial time in U.S. history. Now, 75 years later, groups across the United States are working to honor their ground-breaking efforts through a series of dedicated rose gardens.

Organized by iWitnessed->iRemember (iWiRe), a non-profit organization committed to remembering American heroes of World War II, this event featured a series of service projects intended to benefit current members of the U.S. Armed Forces and their families as well as a dedication ceremony featuring speeches from Lidia Soto-Harmon, the CEO of the Girl Scouts Council for the Nation's Capital, and Dr. Sharla Rausch of the Daughters of the American Revolution.

However, the most memorable highlight for many participants was interacting with Ms. Otto, who began working

in an aircraft factory during World War II and continued to work in the industry until her plant closed four years ago. After the dedication ceremony, and a short birthday celebration for Ms. Otto, this longest-working Rosie the Riveter spoke individually to Girl Scouts, who asked questions ranging from what it was like during the war to whether she still likes to use a rivet gun. Madeleine LeBeau, the founder and president of iWiRe, was delighted to be able to introduce Ms. Otto to the hundreds of Girl Scouts that attended the event. "One of the primary goals of iWiRe is to remind today's teenagers that history can be made by all of us — just like the teenagers of the Greatest Generation helped to save the world during World War II. When Ms. Otto tells today's teens about going to work in an aircraft factory in the middle of the war, we all better appreciate what the Rosies did and are inspired to do more ourselves."

The Rosie the Riveter Memorial Rose Garden was planted on land contributed by the Girl Scouts Council of the Nation's Capital at Camp Crowell. More information about the Rosie Memorial Gardens is available at @iWitnessediremember or iwitnessediremember.jimdo.com. Contact Madeleine LeBeau at iwitnessediremember@gmail.com (703-817-0687) or Josephine Aiello LeBeau at bjalebeau@gmail.com or (202-615-5791) for more information

PHOTOS CONTRIBUTED



Elinor Otto, 99, a real-life Rosie the Riveter pictured with Madeleine LeBeau, the founder and president of iWiRe.



Elinor Otto, 99, Participates in the dedication of Virginia's first Rosie the Riveter Memorial Garden in Oakton.

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NEWS

Seniors Gabe Evans and Rachel Bloom rehearse on stage.



PHOTOS CONTRIBUTED

A Creative Comedy

Oakton High School's production of the prologue to 'Peter Pan' kicks off their Fall Performance Season.

By C.J. GRECO
THE CONNECTION

A dark and nearly empty auditorium is usually the sign of a cancelled show or an empty playbill. Yet, the focused activity being generated by this space's sparse populace was worthy of admiration.

The first installment of Oakton High School's Fall Performance Season begins with its production of "Peter and the Starcatcher," a prologue to the much loved

"Peter Pan." With performances scheduled on Nov. 8, 9, and 10 at 7 p.m., the Theatre Arts Department was hard at work after school on Oct. 29.

"Because we have a lot of students, I try to pick shows that have big casts," said Vanessa Gelinias, Oakton's Speech and Drama teacher. "We started reading a lot of plays, but 'Peter and the Starcatcher' was one I had seen on Broadway, and knew how much fun it was. The kids read it and loved it!

SEE 'STARCATCHER', PAGE 8

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OPINION

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry or other creative writing.

❖ News stories from school newspapers.

❖ Photos and text about activities or events.

❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

LETTERS TO THE EDITOR

Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan challenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engagement we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction in British Columbia is now set to expand to all of Canada. Washing-

ton State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of \$2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

Meredith Haines
Vienna

XIV Amendment - Another View

To the Editor:

Thank Mary Kimm for sharing Representative Connolly's letter to the President telling him that his proposal to end "birthright citizenship" is "patently unconstitutional" ("Most Important Election, So Far?" — Connection, November 1-7, 2018).

It may also be of interest to the readers, and you, that the 14th Amendment was specifically ratified in 1868, to apply to the slaves who were freed by the 13th Amendment which was ratified in 1865. It was not meant to apply to every pregnant female tourist or illegal interloper that visits the US. The part of the 14th Amend-

ment most liberals ignore or misinterpret is "and subject to the jurisdiction thereof." Folks who arrive here from other countries are subject to the jurisdiction of their homeland, not the State they are visiting. They are subject to the laws of the State, but not the jurisdiction. Of course, politicians control the definition of words, so the words of the Constitution can mean anything. Remember we once knew what "marriage" meant, and "female" and "male." Now everything is a "spectrum."

Gene Phillip
Great Falls

Ed. note: This issue is more complicated than this letter, or U.S. Rep. Connolly's note last week, reflect.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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PHOTOS CONTRIBUTED

Drama teacher Vanessa Gelinas (center right) oversees rehearsal with her student-technicians.

‘Starcatcher’

FROM PAGE XX

There are about 40 kids that are involved.”

SO STUDENT-DRIVEN is the show, that even the directors are students.

“I had to turn in an application of my idea for the staging and character choices, which is how I got chosen for director,” said student-director Emma Schachochis. “Then, during the first two-three weeks of school we just went through auditions and we chose scenes between the characters who interact the most, and in the end we chose these three.”

“This is actually my first year of drama,” said senior Rachel Bloom. “Because this is my first lead,” said Bloom, “It’s just been really fun getting involved. I get to interact with every character, and be in almost all the scenes, so there’s a lot I get to do and experience in the show.”

Bloom plays the part of Molly, the daughter of a Victorian Lord and, in later works, mother to the character Wendy. While aboard the ship *The Neverland*, a weather-beaten vessel containing precious cargo belonging to the Queen, she meets an orphan who goes only by “Boy.”

“I was in a couple shows last year, but they were more minor roles,” said Gabe Villarroel, who plays Boy. “I didn’t do much in terms of being active — jumps and all that. So, definitely this is more than last year!”

“I would say the physicality of the show is super important to it,” said junior Max Branciforte. “A lot of the creative aspects that we can put in and make our own end up being super physical.”

Branciforte plays the part of Black Stache, the younger version of Captain Hook and main antagonist of the show.

“It can look weird if it’s not done correctly,” continued Branciforte. “I think that’s something Oakton and the Theatre Department prides itself on is that when they come there’s



Nathan and Peter Guevara, surrounded by multiple instruments, prepare to play the cast and crew into the next scene in rehearsal.

kids doing a lot of professional things.”

ESSENTIAL MEMBERS of the crew are student-musicians and brothers Nathan and Peter Guevara. With an array of instruments including but not limited to a drum set, multiple keyboards, and a violin, the Guevara brothers will be handling the production’s live music.

“There’s a bunch of weird sound effects,” said Nathan, who had just moments ago recreated the sound of a creaking door using his violin. “The hardest part has probably just been learning everything in such a short amount of time and doing everything together, but we’ll make it work.”

In what can be considered proof of the creativity and determination of the entire cast and crew, Peter held up what looked like part of a broken pogo stick.

“I made this instrument,” he said.

As he held the large black cylinder connected at its base to a loose spring, he explained that it was a “thundertube.” He then grabbed the end of the spring, and as he shook it, the unmistakable sound of rolling thunder was emitted from the top of the cylinder.

To catch this comedy curated almost entirely by creative local youths, stop by one of the 7 p.m. shows on the Nov. 8, 9 or 10 at Oakton High School. Visit oaktondrama.org for ticketing and information.

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A Good Night's Sleep The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse - Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big ussie is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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ENTERTAINMENT

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

THURSDAY/NOV. 8

Annual Charity Holiday Auction.

11 a.m. at the Country Club of Fairfax, 5110 Ox Road, Fairfax. Northern Virginia Women's Club will hold a charity fundraiser for the Fairfax County Area Agency for Aging. Registration and social hour are followed by their November luncheon and live auction. Prospective members and guests interested in joining our festive activities for this event, should call Anna at 703-281-4811.

THURSDAY-SATURDAY/NOV. 8-10

"Noises Off." 7:30 p.m. on Nov. 8-10; and 2:30 p.m. on Nov. 10. At James Madison High School, 2500 James Madison Drive, Vienna. MAD Drama at James Madison High School invites you to their upcoming production of "Noises Off," a comedic farce about a hilariously bad theater company. Tickets are \$10 online at www.madisondrama.com and \$12 at the door. Visit madisondrama.com.

SATURDAY/NOV. 10

Harvest Marketplace. 9 a.m.-5 p.m. at Our Lady of Good Counsel, 8601 Wolftrap Road, Vienna. Browse for gifts and home decor. The Women of OLCG will host the "St. Vincent Cafe." Grab a homemade sweet treat, a cup of coffee and take a seat in their café to enjoy the scenery or purchase a baked good to take home. Join the Fil/Am Community at 10 a.m. and 2 p.m. for a Parol Workshop on the stage in DeSales Hall. Learn to make beautiful lanterns. Free admission. Visit www.olgva.org/news-post/~post/harvest-marketplace.

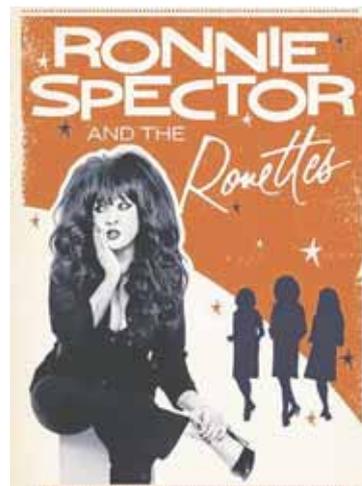
Holiday Bazaar. 9:30 a.m.-4 p.m. at Vienna Community Center, 120 Cherry Street, SE, Vienna. The Vienna Women's Club will hold its 55th annual holiday bazaar at the Vienna Community Center. Admission is \$3, with funds raised supporting the club's scholarship programs. Visit www.viennawomansclub.org.

Pottery Sale. 10 a.m.-3 p.m. at the Town of Vienna's Bowman House, 211 Center St. S., Vienna. Get a head start on holiday gift list at the Town of Vienna's Bowman House Pottery sale with one-of-a-kind pieces crafted by parks and recreation pottery students and teachers will be available for purchase. Visit www.viennava.gov.

Fall Bazaar and Craft Show. 10 a.m.-4 p.m. at Vienna Volunteer Fire Department Auxiliary, 400 Center Street, South, Vienna. Admission is free. Offered for sale will be crafts, holiday decorations, items for your home, clothing and gifts for that special someone. A delicious lunch menu is planned, as well as a bountiful homemade baked goods table. Looking for a unique find? Come shop at the white elephant table. Proceeds from the rental of the table spaces and raffles benefit the fire department in its effort to raise funds for life saving fire and rescue equipment. For information, or to reserve a space and request an application, call Carol at 703-309-3468 or email Dancers1023@aol.com.

American Suffragists and the

Battle for the Ballot. 10 a.m. at Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Author Winifred Conkling presents a program based on her book, Votes for Women! American Suffragists and the Battle for the Ballot. On Aug. 18,



'Ultimate Girl Group'

Ronnie and the Ronettes are back on the road for a U.S. and European tour, including headlining several festivals – marking the first appearances of the 'Ultimate Girl Group' since the 1970s. Fans can expect "Be My Baby," "Walking In The Rain," and "Baby I Love You." Friday, Nov. 9 and Saturday, Nov. 10 at The Barns of Wolf Trap. Visit www.wolftrap.org/tickets/calendar/performance/1819barns/1109show18.aspx

1920, American women finally won the right to vote—the culmination of an almost 80-year fight. Refreshments and fellowship will precede the program. Visit www.holycomforter.com or call 703-938-6521.

benefit for hungry families and a nonprofit focused on men's health. Entry fee for those who wish to show car or bike is \$20 (or \$15 plus five canned goods). Registration opens at 10 a.m.; judging begins at noon. www.GoodShepherdVA.com.

Opening Reception. 1-3 p.m. at The Gallery at The Church of the Good Shepherd (United Methodist), 2351 Hunter Road, Vienna. For artist Alice Nodine, a member of Good Shepherd. The "Peace Like a River" art exhibit features mixed media paintings; it will be up through Sunday, Dec. 16, with an artist reception and talk after church services on Sunday, Dec. 2. For exhibit hours and information, see www.GoodShepherdVA.com.

Model Railroaders Open House. 1-5 p.m. at the Vienna Depot, 231 Dominion Road NE, Northern Virginia Model Railroaders hold an open house at the Vienna Depot each month and on Vienna celebration days, including Viva! Vienna and the Vienna Holiday Stroll. Free admission. Call 703-938-5157 or visit www.nvmr.org.

OLGC Casino Night. 7-10 p.m. at Our Lady of Good Counsel, 8601 Wolftrap Road, Vienna. Join the Knights of Columbus and OLCG Men's Club for an evening of casino entertainment in DeSales Hall. Grand Prize of \$500. Proceeds benefit the Society of St. Vincent DePaul. Pre-purchase \$30, at the door \$45. Visit www.olgva.org/news-post/~post/casino-night.

SUNDAY/NOV. 18

Vienna Turkey Trot. 8 a.m. at Vienna Volunteer Fire Department, 400 Center St. South, Vienna. The James Madison High School Band will be hosting the 16th Annual Vienna Turkey Trot 5K/10K and Kids' Fun Run. All proceeds benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join in the great run, music, fun prizes, refreshments after the race and the Finish Line Festival. Email turkeytrot@jmhsband.org. Visit the website www.viennaturkeytrot.org.

Breakfast Buffet. 8 a.m.-noon at Vienna American Legion Post 180, 330 Center St., N. Vienna. Get omelets, scrambled eggs, blueberry pancakes, bacon, sausage, biscuits and gravy and more. Adults \$10, children 12 and under \$4. Call 703-938-6580.

Organ Recital with Dr. Christopher Reynolds. 4-5 p.m. at Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Organ recital by Dr. Christopher Reynolds, Director of Music and Organist at St. Paul's Episcopal Church in Richmond. The program will include works by Bach, Buxtehude, Franck, Mendelssohn, and Willan. No tickets are required. Visit www.holycomforter.com or call 703-938-6521.

NOV. 10-DEC. 24

Santa HQ. Tysons Corner Center, 1961 Chain Bridge Road, Tysons Corner. HGTV's Santa HQ is located in Fashion Court near Nordstrom on the Lower Level. Families are invited to explore the wonder of Santa in the digital age. Interactive technology transforms and customizes the experience. Guests can make reservations to spend less time in line. Shoppers are invited to bring an unwrapped toy and participate in our 'Help Through Holiday Giving' toy drive benefitting Second Story (formerly Alternative House). Visit www.santa-hq.com for more.

SUNDAY/NOV. 11

Choral Evensong. 5 p.m. at Church of the Holy Comforter, 543 Beulah Road NE, Vienna. Holy Comforter's Adult Choir will present an evening service of song and scripture. This beautiful and moving liturgy will be followed by a festive reception. Music will include canticles by Herbert Sumsion, an anthem by David Hurd, and organ music by Herbert Howells and Dietrich Buxtehude. Call 703-938-6521 or visit www.holycomforter.com.

TUESDAY/NOV. 13

Book Signing. 7-9 p.m. At Patrick Henry Library, 101 Maple Ave., East, Vienna. Free. Straining Forward is the true story of Minh Phuong Towner's tragic life, her escape from Vietnam by boat, and her perseverance to overcome PTSD and become a pastor. Meet Minh and author, Michelle Layer Rahal. Visit www.keepingstrainingforward.com.

THURSDAY/NOV. 15

Tree Lighting. 6-8 p.m. Celebrate WASH-FM's Kick off to Christmas and the annual lighting of Tysons Corner Center's signature 51-foot Christmas Tree. The Tree Lighting Ceremony will be on the elevated outdoor Plaza and will be emceed by Lance Bass from *NSYNC. Check out www.tysonscornercenter.com/events.

SATURDAY/NOV. 17

Thanksgiving Car and Bike Show. 10 a.m.-3 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. Rev those engines, bring some canned goods and come on out to the Thanksgiving Car and Bike Show, a

BULLETIN

FROM PAGE 2

Sheehy Auto Stores will collect canned goods and non-perishable food as part of the company's annual Fall Harvest Food Drive to benefit food banks serving each community. Benefiting food banks include the Oxon Hill Food Pantry, ECHO, Manna Food Center, Central Virginia Food Bank, Ashland Christian Emergency Services (ACES), Fauquier Food Bank, House of Mercy, Emmaus Center, Samaritan Project, The Light House, Western Fairfax Christian Ministries, Perry Hall United Methodist Church, SERVE, Fredericksburg Regional Food Bank and Food for Others.

Scouting for Food. Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit www.ncacbsa.org for more.

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit PenFed.org. PenFed branch locations collecting donation items include:

- Fort Myer – 2nd St. & McNair, Building 450, Fort Myer
 - Kingstowne – 5775 Barclay Drive, Alexandria
 - Pentagon City – 701 S. 12th St., Arlington
 - Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
 - National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield
 - Tysons Corner – 7940 Jones Branch Dr., McLean
- Food for Fines.** Through Nov. 30, Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

WEDNESDAY/NOV. 7

Tree Talk in Tree Town. 7 p.m. at Town Hall, 127 Center Street S., Vienna. Trees provide cover, shade, protection, property value, habitat, and a feast for all of the senses. Learn just how "tree-mendous" trees are at the Hunter Mill District Tree Forum. This joint program with the Town of Vienna, Fairfax County agencies, and Reston Association is free and open to the public. Contact the Hunter Mill District Office, 703-478-0283 or huntermill@fairfaxcounty.gov or visit fairfaxcounty.gov/huntermill.

FRIDAY/NOV. 9

Collaborative IEP Meetings: Parents as Partners. 10 a.m.-noon. At Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Parents are essential partners in the Individual Education Plan (IEP) process. Join us for this important workshop for parents of children receiving special education services. Participants will explore the IEP process and its components, your role in the IEP meeting, responsibilities of the IEP team members, and planning for your child's IEP meeting. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

SUNDAY/NOV. 11

OLGC School Open House. 10:30 a.m.-1 p.m. at Our Lady of Good Counsel School, 8601 Wolftrap Road, Vienna. Parent and student-guided tours, meet teachers, and the school's mascot, PAWS. Principal presentation at 11 a.m. Free. Visit www.olgcschool.org or call 703-896-7412.

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Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me than when I'm listening to what I'm hearing.

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

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SPORTS

Oakcrest Varsity Tennis Team Claims Major Wins

On Oct. 23, the Oakcrest Varsity Tennis Team claimed major wins in the PVAC tennis tournament. Senior Grace Falatko won the #3 singles court and juniors Claire Falatko and Kyla Payne won the #1 doubles court. The team, coached by Oakcrest alumna Amanda Hernandez ('12), also secured the tournament runner up plaque. Grace, Claire, and Kyla have all been named to the PVAC First Team All Conference.

About Oakcrest: Oakcrest School is an independent school for girls in grades 6-12 guided by the teachings of the Catholic Church.

For more than 40 years, the school has provided an exceptional liberal arts education to girls of all faiths while fulfilling its mission to grow, challenge and inspire its students to thrive in college and throughout their lives. Learn more at Oakcrest.org.



From left — Grace Falatko ('19), Coach Amanda Hernandez ('12), Kyla Payne ('20), and Claire Falatko ('20).



The Oakcrest Varsity Tennis Team.

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