

Vienna and Oakton CONNECTION

WELLBEING

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Michele Alonso of Vienna (center, white shirt), Alzheimer's Ambassador to Congressman Gerry Connolly (D-11), gathers with participants at the 2019 Walk to End Alzheimer's in Reston.

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PHOTO BY MERCIA HOBSON/THE CONNECTION



Youth Athletic Field Approved for Tysons

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PHOTOS BY MATTHEW RANDALL

From left: Actors Gabrielle Grant, Elizabeth LeBoo, Blake Gouhari, Brittany Stane, and (bottom) Brian Clarke in rehearsal for portraying their respective characters in the play 'One Man, Two Guvnors,' Pauline Clench, Rachel Crabbe, Stanley Stubbers, Dolly, and Francis Henshall.

Vienna Theatre Company to Present 'One Man, Two Guvnors'

Vienna Theatre Company and Vienna Dept of Parks and Recreation present "One Man, Two Guvnors" by Richard Bean based on "The Servant of Two Masters" by Carlo Goldoni. Directed by Eric Storck.

Performance dates and times: Friday and Saturday 8 p.m.; Oct 18, 19, 25, 26, Nov 1, 2; Sunday Matinees 2 p.m., Oct 27, Nov 3 at Vienna Community Center, 120 Cherry St. SE

Ticket prices: General Admission \$14. Tickets may be purchased in advance at VCC or by cash, credit card or check at the door before each performance if still available.

For more information: visit

www.viennatheatrecompany.org

About the play: How hard can it be to have two jobs? This hilarious adaptation of Carlo Goldoni's Commedia Dell'Arte masterpiece "The Servant of Two Masters" plants us in Brighton in 1963. Recently fired from his skiffle band, Francis Henshall scrambles to find work in this working class British beach town, where the ladies liberation movement has just begun to bloom. High and low humor collide in this British farce complete with live Beatles-inspired music.

*Adult language - recommended for ages 13 and up.

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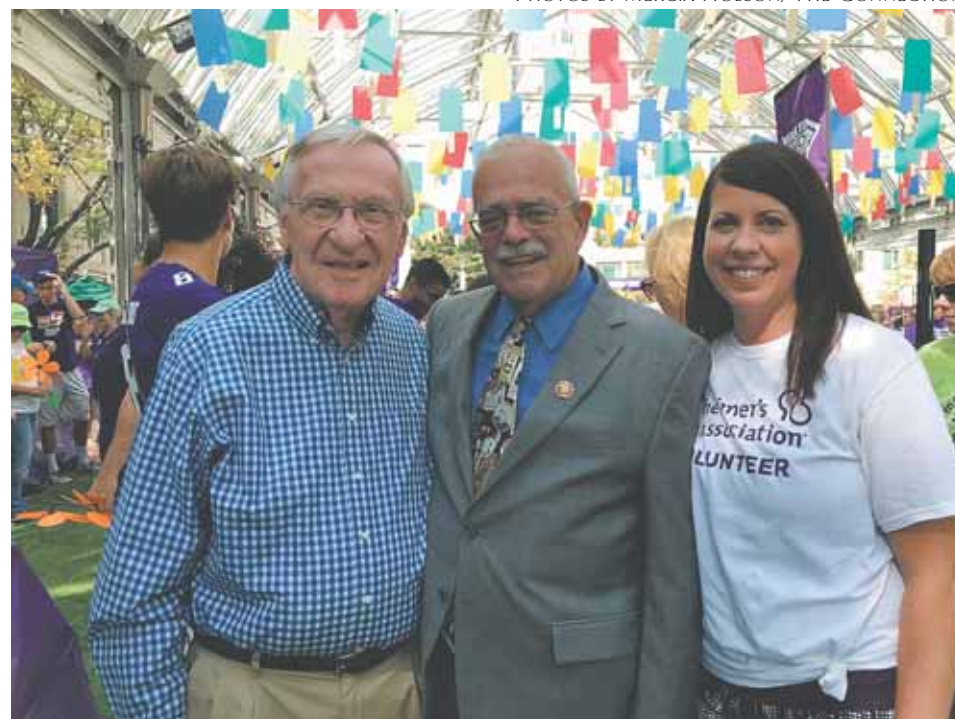
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PHOTOS BY MERCIA HOBSON/THE CONNECTION



Vaness Winter joins her husband, Pete and children, Chloe, 1, and Jaxon, 2 1/2, for the 2019 Walk to End Alzheimer's in Reston, supporting fundraising efforts and awareness for Alzheimer's.



Virginia Del. Ken Plum (D-36), U.S. Rep. Gerry Connolly (D-11) and Michele Alonso of Vienna.

Walk to End Alzheimer's Spreads Hope

Leading the fight for Alzheimer's first survivor.

BY MERCIA HOBSON
THE CONNECTION

will cost the nation \$290 billion according to Alzheimer's Association.

The burden of Alzheimer's and other dementia on individuals is relentless. Sherry Gryder took part in the 2019 Walk to End Alzheimer's in Reston, held Sunday, Sept. 29 at Reston Town Center. As the top participant, raising \$20,535, she wrote on her Alzheimer's Association fundraising page: "You cannot yet fight or protect yourself from this deadly intruder. It first steals your short-term memory, then your logic and reasoning, bodily functions and ultimately your life. It is ALWAYS fatal."

According to Alzheimer's Association, Alzheimer's kills more people than breast cancer and prostate cancer combined.

The burden of Alzheimer's and other dementia goes beyond the individual. Its impact on caregivers and the nation's health care system is staggering. During the Ceremony preceding the Walk, Bill Kelly, the emcee announced, "Currently in the United States more than 5 million people, including 140,000 right here in Virginia, are living with Alzheimer's and 462,000 individuals are serving as their unpaid caretakers." In 2019, Alzheimer's and other dementia

THE 2019 EVENT marked the 30th Anniversary Celebration of the Northern Virginia Walk, one of 600 community walks held nationwide to raise awareness and funds for Alzheimer's care, support and research. In front of Kelly stood a sea of participants and volunteers of all ages and abilities, many wearing purple t-shirts emblazoned with the words, "Fighting for the First Survivor." Some stood with strollers and held posters with photographs of loved ones no longer with them. Others pushed senior family members and friends in wheelchairs or held their hands tightly. Each came to raise awareness and funds for Alzheimer's.

Registered participants received a wristband entitling them to a Promise Garden flower that best represented their connection to the disease. Blue represented someone with Alzheimer's or dementia; purple, someone who lost a loved one to the disease; yellow represented one currently supporting or caring for a person with Alzheimer's; and orange represented everyone who supported the cause and vision of a world without Alzheimer's. Participants could fundraise and walk alone or as mem-



Mary and Pete Stahl of Vienna at the 2019 Walk to End Alzheimer's in Reston.

bers of a team.

Jim Carter of Vienna understood firsthand the urgency of finding a cure. "I walk to honor my grandparents so that others in the years ahead won't need to walk on behalf of the millions of people who would otherwise be stricken by Alzheimer's. While I've dedicated this walk to my grandparents, I'm walking just as much for my children. I'd



A sponsor of the 2019 Walk to End Alzheimer's in Reston, Pam Phillips of Renaissance Annandale shows her orange flower to support the cause and vision of a world without Alzheimer's.

walk clear across the country if I thought that would protect them from Alzheimer's," said Carter, who serves on the Board of Directors for the Alzheimer's Association Na-

SEE WALK, PAGE 5

What Do Participants Say

Michele Alonso of Vienna, Alzheimer Ambassador to Congressman Connolly: "I'm a liaison between his office and the (Alzheimer's) Association. Congressman Connolly is a true champion for our cause and always votes yes for NIH funding and supporting legislation. É I lost my dad to younger-onset Alzheimer's. He was diagnosed in his late 50s and passed at 67. My mom was

his primary caretaker."

Mary Stahl of Vienna: "We're walking for Team Manny, after my dad who is in a Memory Care facility in Texas. We've raised over \$1300 and more is to come. Family is key to me. How can we identify it early?"

Pete Stahl of Vienna: "Identifying early,

you can take action."

Vaness Winter works in Reston: "I raised over \$1300 with a Team of Fantastic Four."

Aaron Winter: "We are doing this for Estelle Santander who lives in Arlington."

Pam Phillips of Renaissance in

Annandale- "We have approximately 30 people on our team and raised \$1500. The more awareness we can bring to Alzheimer's and dementia, the better...My mother passed away from dementia in 2012. É Now I've opened my own dementia secure community through Legacy Living Senior Living. É My wish is for people to treat those with dementia with honor, dignity, and respect...It is an honor to serve our residents."

No More Stonewalling on Gun Safety Legislation

To the Editor:
We have seen too many mass-shootings in America. Statistics show that compared to other high-income nations, the United States' gun-related murder rate is 25 times higher and accidental gun deaths is six times higher. Polls indicate a majority of Americans favor strong background checks and banning assault-style weapons.

And we have seen how Republicans in Virginia continue to stonewall gun safety issues, most recently when the Republican majority voted as a block to adjourn without debate the special assembly of the Virginia

General Assembly called to act on a series of gun safety bills.

We need representatives in the Virginia General Assembly who

are willing to pass gun safety legislation supported by the majority of its citizens. Del. Kathleen Murphy (D-34) has a track record of working on such legislation and sponsored bills such as preventing domestic abusers from obtaining or keeping guns. She also founded the Gun Violence Prevention Caucus. She supports enhanced background checks and closing the gun

show loophole, banning bump stocks and semi-automatic firearms with high capacity magazines. Her opponent in this year's election is currently silent on gun safety legislation. The citizens of Virginia deserve more than silence and stonewalling on a topic of such importance.

Jocelyn Brittin
McLean

and Oakton
Vienna
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Virginia Is the Roadmap to Win in 2020

To the Editor:
The Washington Post's Sept. 15 article, It's on: VA. Voters flip switch for 'off-off-year' elections, well captured the enthusiasm among Democrats in this year's Virginia election. But the article overlooked how Democrats in this state have approached campaigning and governing since 2016 which will positively influence this year's races. Virginia will provide a roadmap for current Presidential candidates and other states to win in 2020.

Beyond turn-out and hatred for Donald Trump, Virginia Democrats have worked with Republicans and other progressives on issues important to voters and rallied to support candidates who won their primaries. In 2017, Tom Perriello lost the primary for the Governor but still pledged to elect Ralph Northam.

One of Northam's first accomplishments as governor was to

work with Republicans to expand Medicaid, which has enrolled 300,000 low-income Virginians. On gun safety, practical solutions moved forward by Del. Kathleen Murphy when in 2016 she helped pass a law, which prohibits people under a permanent protective order from possessing a firearm. Murphy accomplished this in a Republican-controlled legislature and didn't resort to dirty tactics such as when Republicans abruptly cut short a special session to pass gun legislation to quash debate.

Virginia Democrats are not perfect but bipartisan work and the party's cohesiveness helped them win big in 2018 despite gerrymandered districts. Let us hope other candidates learn valuable lessons from Virginia's election this November.

Kristin Battista-Frazer
McLean

Misrepresenting Plans For Boundary Changes

To the Editor:
Superintendent Dr. Brabrand of Fairfax County Public Schools issued a surprise message last week in response to growing outcry in the county about his and the School Board's efforts to redraw boundaries and implement forced busing. His message was positioned as an effort to clarify "misinformation". The problem is he failed to mention the central role of the radical One Fairfax policy in his plan to upend school pyramids.

Why did Dr. Brabrand fail to mention One Fairfax when he has consistently praised and promoted the radical policy in the past? One Fairfax has become toxic in the community as citizens learn more about the extreme and unnecessary disruption it requires. Citizens don't want our school pyramids and neighborhoods carved up, ripped apart and

reassembled to achieve Dr. Brabrand and the Board's ideal socioeconomic and/or racial composition of students.

The need to reconsider school boundaries is understandable since Fairfax county has experienced rapid growth and change over the years.

We all know overcrowding is a serious concern and boundary adjustments should be part of the discussion.

However, Dr. Brabrand and the Board's push to implement a social engineering experiment at the behest of outside special interests doesn't benefit taxpayers, homeowners or our children.

A change in leadership is desperately needed on the School Board to ensure accountability and to protect our most valuable assets.

Jeff Norris
Vienna

Public Meetings

2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Meeting Dates and Locations
Open House begins at 4 p.m. in each of the locations unless otherwise noted.

Tuesday, October 15, 2019* Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan	Tuesday, October 22, 2019** Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.	Monday, October 28, 2019*** Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.
Wednesday, October 30, 2019 Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017	Monday, November 4, 2019 Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	Wednesday, November 6, 2019 Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435
Thursday, November 7, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Tuesday, November 12, 2019** Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Wednesday, November 13, 2019 Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or PublicComments@OIPI.Virginia.gov. **Comments will be accepted until November 30, 2019.**

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

Walk to End Alzheimer's

FROM PAGE 3

tional Capital Area Chapter. Carter exceeded his goal of \$2000, raising \$2775.

The Alzheimer's Association did not charge walkers to register with them; however, they asked every walker to make a personal donation and commit to raising funds in the fight against Alzheimer's. Cindy Leach Schelhorn the Senior Director, Communications and Marketing at Alzheimer's Association, National Capital Area Chapter, said that more than 1000 registered participants composed of 154 teams raised funds to benefit those affected by the disease. By Sunday evening of race day, the online site showed \$272,425 raised, 80 percent of the \$340,000 goal. More donations are still coming in and will be accepted.

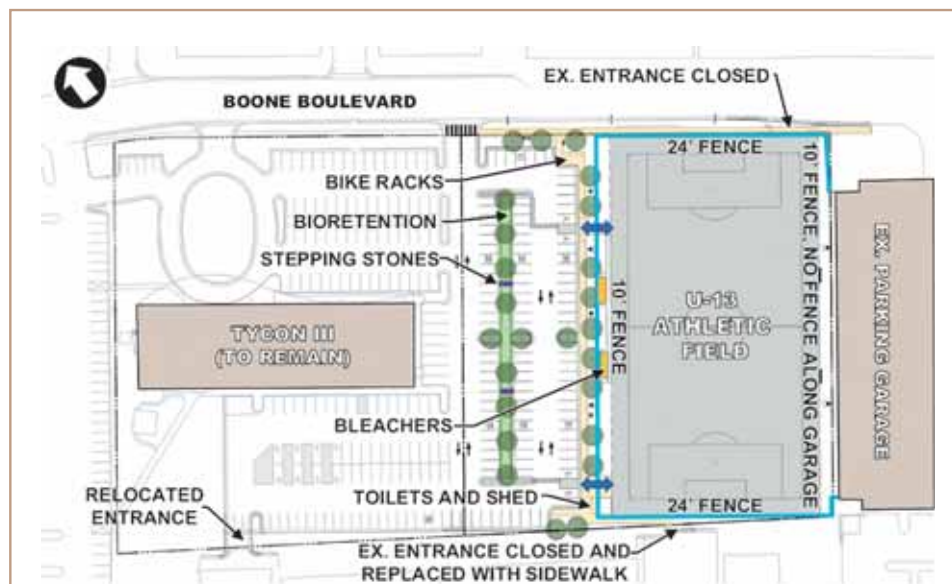
Kathy Jackson of Reston recalled her mother Beverly was diagnosed with early-onset Alzheimer's in 2000 and died in 2012. "My first Memory Walk was in 2004, and I've walked each year since. ... I now have an aunt who was diagnosed with Alzheimer's recently, so I will keep walking until we get that first survivor, and then until Alzheimer's is gone for good," she said. Jackson raised \$1,185 toward her goal of \$2000 as of race day.

MANY INDIVIDUALS like Jackson and Carter continue to walk and raise money

year after year for the Alzheimer's Association, but for Chris Schubert of Centreville and his family, this year marked the first time. "My family and I are walking in honor of my grandfather, Cirk 'Punga' Dorland, and my great uncle, Kenneth 'Uncle Kenny' Marschke, who were both diagnosed with Dementia/Alzheimer's. Witnessing the devastation this horrible disease has on not only the patient but also on everyone around them, really made me want to get involved in any way I could. My mother was the main caregiver for my grandfather, and I saw up close the effect it had on her and my grandmother ... We went in expecting to raise maybe \$1,000 and ended up with just over \$4,000...We will definitely be back next year with even better fundraising," he said.

Schubert touched on caregiver stress, how overwhelming it can be to take care of a loved one with Alzheimer's or other dementia. Del. Ken Plum (D-36) and Congressman Gerry Connolly (D-11) spoke about caregivers, support and resources. Plum said, "My greatest wish is that the caregivers get the recognition they deserve."

Connolly urged to accelerate research through additional funding and the need to assist caretakers. "We have to shore up NIH and support caregivers. We've got to double our resources and efforts and provide support to their loved ones who succumb to the disease."



The new synthetic turf field will be on Boone Boulevard between Howard Avenue and Gallows Road.

Youth Athletic Field Approved for Tysons

At its Sept. 24 meeting, the Board of Supervisors approved a plan by PS Business Parks to build a youth athletic field instead of a previously approved hotel on a parking lot in Tysons. The new synthetic turf field will be on Boone Boulevard between Howard Avenue and Gallows Road near an office building and retail space. The 180-foot by 330-foot field will include lighting, bleachers, bicycle racks, benches, fencing, an equipment storage facility and at least 25 parking spaces.

The existing on-site surface parking lot will be modified to serve existing and fu-

ture visitors to the office buildings and athletic field. PS Business Parks will maintain ownership of the athletic field; however, a public access easement will be granted to the Fairfax County Park Authority.

Previously this area was zoned for an extended-stay hotel, but PS Business Parks, the developer behind *The Mile*, a mixed-use development in another part of Tysons, decided to build the athletic field in this location instead. Once built, the athletic field will fulfill PS Business Park's commitment to build one as part of *The Mile*.

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



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WELLBEING

PHOTOS COURTESY OF FLORENCE MURRIAN



During Breast Cancer Awareness Month, survivors like Florence Murrian and mental health professionals share insight on offering support.



Breast cancer survivors Florence Murrian gets together with friends to volunteer for a supplies drive.

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Supporting Friends and Loved Ones with Breast Cancer

Choosing words and actions that don't cause additional pain or anxiety.

BY MARILYN CAMPBELL
THE CONNECTION

When Florence Murrian was diagnosed with stage two breast cancer last December, the treatment recommended by her oncologist was a lumpectomy and radiation. In an attempt to help, Murrian's sister urged her to seek multiple medical opinions and insisted she ask for a more aggressive treatment. Murrian, 54, felt overwhelmed by the barrage of advice.

"It was the friends who just listened to me as I sometimes rambled on and on that gave me comfort," she said. "There were times when I didn't want to talk about it or cry about it. I needed to feel normal and sometimes was in denial. What I didn't want is someone asking me why I wasn't acting a certain way."

When a close friend of loved one is diagnosed with breast cancer, the reaction can range from aggressive advice giving as in Murrian's case to excessive questioning to learning every detail. During October, Breast Cancer Awareness Month, some survivors and mental health professionals share insight on offering support.

"Sometimes I had conversations with friends that made me feel worse that I already felt," said Murrian who lives in Arlington. "I was so overwhelmed that I didn't want advice and I didn't want to have to cheer up my friends."

Conversations designed to convey concern can go awry. "I recommend avoiding invalidating comments

like, 'Everything happens for a reason.' or forecasting comments such as 'Everything will be fine,'" said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Though it is natural to be concerned and want specific details about a loved one's condition, sometimes the best words are no words at all, says Professor of Psychology at George Mason University. "There may be times to mostly listen and other times to joke around," said Short. "Plan to continue enjoyable activities together, but confirm whether your loved one wants to get together."

Avoid non-specific offers to help, says Short. "I recommend taking the perspective of your friend and loved one and imagining what she might like to hear," he said. "You should express empathy and support ... prepare small meals or snacks to share. Offer to help with household tasks, errands, or caring for family members or pets."

"Everyone's situation and diagnosis is different."

— Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College

For those who are unsure, considering your loved the best source of information about her needs is more effective than making assumptions, suggests Bagshaw. "I do recommend asking how you can be of support," said she said. "One can simply say, 'Just let me know how I can help.'"

"It is good to be encouraging, but realistic," added Short. "Follow cues from your friend or loved one on how to interact."

Listening, validating and inquiring about her overall wellbeing can be more comforting than offering opinions or sharing stories about other women who've been diagnosed with breast cancer. "Everyone's situation and diagnosis is different," said Bagshaw.

"Avoid advice and assumptions unless you are asked for your opinion," added Short. "Some examples [of things] to say are, 'I am sorry that this happened to you. I want you to know that I care about you. How are you doing? I want to help'"

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The following summary contains various incidents of general interest as well as vehicular crashes handled by the Town of Vienna, Virginia Police Department from Sept. 20 – 26, 2019.

INCIDENTS

Civil Dispute — 200 Block Park Terrace Court, SE Between Aug. 1 at 12 p.m. and Sept. 24 at 8 p.m. A resident reported an on-going civil dispute she is having with her neighbor.

Stalking — 100 Block East Street, NE Between Aug. 20 at 12 p.m. and Sept. 24 at 7:27 p.m. A resident hired a man she had recently met to do some work around her house. The two had an argument regarding payment, and the man left the house in a disorderly manner. Over the past several weeks, the man has continued to harass the resident through text messages and other means of intimidation.

Animal Case — The Hope Center 140 Park Street, SE Sept. 19 12:00 p.m. A resident brought a cat from Amisville, Virginia to The Hope Center for treatment. An employee was exposed to the cat during surgery. ACO Barker transported a cat to the Fairfax County Health Department for rabies testing. The rabies tests

later returned as negative for rabies.

Petit Larceny — 600 Block Park Street, SE Between Sept. 19 at 6 p.m. and Sept. 20 at 10 a.m. A resident reported that his bicycle was stolen from his front porch.

Animal Case — 100 Block Patrick Street, SE Sept. 20, 11:15 a.m. A resident reported that he was walking in the neighborhood when a dog began chasing him. ACO Barker spoke to the owners to make sure they secure their dog.

Bad Check — 600 Block Sideling Court, NE Between Sept. 20 at 12 p.m. and 9:24 at 1:49 p.m. A resident posted an ad on Craigslist for a motorcycle that he was selling. A woman replied to the add by email stating she wished to purchase the motorcycle. The woman mailed a check to the resident. The resident was advised by the bank that the check was fraudulent.

Suspicious Person — 100 Block Tapawingo Road, SE Sept. 20, 12:45 p.m. A resident received an alert on her security camera. The camera showed a man enter her yard, walk toward her front porch and mailbox, then suddenly leave the area.



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CALENDAR

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

ONGOING

Countless Shades of Black. Through Oct. 12, Monday-Saturday, 10 a.m.-5 p.m. at The Frame Factory Gallery, 212 Dominion Road N.E., Vienna. Countless Shades of Black features local artist Alfredo Milian and Discovery Graphics. Free. Visit www.theframefactory1.com for a slideshow.

Pop-Up Selfie Museum. Through Nov. 3, on select dates and times at Tysons Corner Center, Lower Level near Lord & Taylor. The American Scream Selfie Museum will feature interactive exhibits that will make visitors laugh and scream and the star of eye-popping selfies. The museum will feature an array of custom-built Halloween themed sets individuals can interact with: sit on the Iron Throne and rule the Seven Kingdoms, stand in an ancient Egyptian tomb and face the Mummy; visit a gruesome morgue; and more. \$15-\$18. Visit www.american-scream.com for timed tickets and schedule.

Oak Marr Farmers' Market. 8 a.m.-noon at Oak Marr RECenter, 3200 Jermantown Road, Oakton. Every Wednesday through Nov. 13, rain or shine. Vendors include produce, meats, eggs, cheeses, pies, cured and smoked meats, popsicles, sorbet, bread, croissants, falafel sandwiches, hummus, and pesto. Call 703-281-6501 or visit www.fairfaxcounty.gov/parks/farmersmarkets/oak-marr for more.

McLean Farmers Market. Fridays, through Nov. 15, 8 a.m.-noon at Lewinsville Park, 1659 Chain Bridge Road, McLean. Sixteen local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, coffee, and more. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Year-round, Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

Mah Jongg Cards. Order cards through Jan. 15, 2020, from Temple Rodef Shalom, 2100 Westmoreland St. 2020 Mah Jongg cards are \$8 for small cards and \$9 for large cards. Official cards and will be sent directly from the National Mah Jongg League in late March/early April 2020. Go to bit.ly/mahjonggcards2020 or email iva.gresko@gmail.com to order.

WEDNESDAY/OCT. 2

Community Coffee. 11 a.m.-12:30 p.m. in the Community Room of the Regency at McLean, 1800 Old Meadow Road, McLean. The McLean Newcomers and Neighbors will host a coffee for members and for non-members who might be interested in joining. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com.

THURSDAY/OCT. 3

Strong Girls Celebration. 6-9 p.m. at The Atrium at Meadowlark, 9750 Meadowlark Gardens Court, Vienna. Join in a night of fun and help raise funds to support Girls on the Run of Northern Virginia. A joyous event that ensures more girls gain the skills they need to be strong, confident, and healthy. \$85. Visit www.gotrnova.org or call 703-273-3153.

Selling Suffrage: Words and Symbols to Win the Vote and the ERA. 6-9 p.m. at Tower Club-Tysons Corner, 8000 Towers Crescent Drive, Suite 1700, Vienna (entrance at back of building). Powerful arguments and compelling visual images were essential in convincing the American public to support votes for women. The need to "sell" the Equal Rights Amendment has also faced communication challenges. Come hear experts and advocates describe the written and graphic messages that suffragists used to change public opinion, and learn how those messages connect to later campaigns for the Equal Rights Amendment. Heavy hors d'oeuvres, wine, beer and soft drinks

will be served. \$75. Visit suffragistmemorial.org/ to register.

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. Dial M for Murder (3D). Hitchcock's 1954 classic was originally shot in 3D but rarely seen in this format. Every Thursday night in October, a classic film by Alfred Hitchcock will be featured, culminating with a showing of Psycho on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

OCT. 3-27

The Glow: A Pumpkin Wonderland. Thursday-Sunday nights in Lake Fairfax Park, 140 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-a-likes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on Sunday, Oct. 6 at 7 p.m. with adjustments made for guests on the autism spectrum. Advanced tickets are required. \$16.99 for children; \$22.99 for adults, at www.glowpumpkin.com/washington-dc.

FRIDAY/OCT. 4

OLGC Golf Classic. 11 a.m.-8 p.m. at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Join Vienna's Our Lady of Good Counsel Catholic Church for a fun-filled day with contests, food and drink, and company to share it with. Register by Sept. 23. \$200. Visit www.olgcv.org/fellowship/golf-classic or call 703-896-7425.

Raise the Region Gala. 6:30-10 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. A fundraiser for the Community Foundation for Northern Virginia supporting their work to grow philanthropy to respond to need, seed innovation, and lead and convene the community. The evening includes a cocktail reception, silent and live auctions, an elegant seated dinner, and the Community Leadership Award presentation. Black tie attire. \$300. Visit www.cfnova.org/ for tickets.

SATURDAY/OCT. 5

Vienna Oktoberfest. 11 a.m.-7 p.m. On Historic Church Street in Vienna. At the 12th Anniversary, celebrate with loads of food, vendors, music, entertainment, kids' activities, and beer and wine. Presented by the Vienna Business Association and Town of Vienna. The festival draws 20,000-30,000 attendees. Visit www.viennaoktoberfest.org.

3rd annual DC-Metro Modern Home Tour. 11 a.m.-5 p.m. in areas including Arlington, Fairfax, and Great Falls. The DC-Metro Modern Home Tour, a self-guided event, provides a day of local sight-seeing and open-house-style visits for lovers of architecture, design, real estate, and anyone on the hunt for ideas and inspiration. \$20-\$50. Visit www.dcmetromodernhometour.com for tickets.

Tea Seminar: Exploring Teas. 1-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. An advanced workshop for those who have attended past basic tea seminars. An exploration into unique teas - by process, terroir, and/or scarcity. Tea infused treats and a take home tea sampler included. \$35 per person. Use ID Code 731.1973. Register at www.fairfaxcounty.gov/parks/parktakes or call 703-222-4664.

SATURDAY-SUNDAY/OCT. 5-6

Book Sale. Saturday, 10 a.m.-4 p.m.; Sunday, 10 a.m.-2 p.m. (fill a bag for \$5) at Patrick Henry Library, 101 Maple Ave. E., Vienna. Featuring thousands of used books, CDs, DVDs, and books on CD. Free parking and admission. Prices remain the same: hardbacks \$2, trade



MPAartfest

The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Sunday, Oct. 6, 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. Free admission. Visit www.mpaart.org or call 703-790-1953.

paperbacks \$1, pocket paperbacks 50 cents, kids books 25 and 50 cents. CDs and videos \$1-\$2. Credit cards accepted. All proceeds benefit the library. Email sharonbohlman@msn.com or call 703-568-0104.

SUNDAY/OCT. 6

MPAartfest. 10 a.m.-5 p.m. in McLean Central Park; 1468 Dolley Madison Blvd; McLean. The McLean Project for the Arts will host its annual MPAartfest. During MPAartfest, Central Park is transformed into a landscape of mini art galleries and features live music throughout the day, a Children's Art Walk, hands-on art studio, STEAM experiences, food vendors, and more. Free admission. Visit www.mpaart.org or call 703-790-1953.

Barn Sale. Noon-4 p.m. at Lift Me Up!, 9700 Georgetown Pike, Great Falls. Support Lift Me Up! a local non-profit organization. Deals on saddles to riding apparel to blankets and more. Prices are as low as \$1. Rain or shine. Donations accepted. Email jackie.collins@liftmeup.org or visit liftmeup.org for more.

Vienna Hunger Stroll. 2-4 p.m. at Committee for Helping Others, 133 Park St. NE, Vienna. An alternative to Vienna's CROP Hunger Walk, the "Cafe Stroll" is less than a mile and stops at Bards' Alley, Rita's, and Cafe Amouri. Proceeds support hunger relief. Free, donations are encouraged. See crophungerwalk.org/viennava.

THURSDAY/OCT. 10

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. North by Northwest (1959). Every Thursday night in October, a classic film by Alfred Hitchcock will be featured culminating with a showing of PSYCHO on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

FRIDAY/OCT. 11

Great Decisions: Cyber Conflict and Geopolitics. 1-3 p.m. at Great Falls Public Library. Great Falls Senior Center is partnered with the Fairfax County Department of Neighborhood and Community Services in all ventures and events. Visit gfseniors.org for more.

SATURDAY/OCT. 12

Celebrating Lady Liberty's Birthday. 6-8 p.m. at The Garden by Building Momentum, 5380 Eisenhower Avenue, #Suite C, Alexandria. A night of music, cocktails, hors d'oeuvres, silent auctions and more. Party hosted by local non-profit Just Neighbors to support legal services for low-income immigrants and refugees. Childcare will be available at Scramble next door to the venue. More information at Just Neighbors (www.justneighbors.org)

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.

THURSDAY/OCT. 17

Celebrate "Hitchcocktober." 7 p.m. at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Birds (1963). Every Thursday night in October, a classic film by Alfred Hitchcock will be featured culminating with a showing of Psycho on Halloween. \$14.50. Visit www.AngleikaFilmCenter.com for more.

Meet Bill Lewers. 7:30-9 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. Meet the author of the Gatekeepers of Democracy series, fiction books that celebrate those who volunteer on Election Day to serve as election officers.

Learn about "a day at the polls" as seen through the eyes of the election officers, who are truly the unsung heroes of the American election system. Books available for sale and signing. Visit <https://librarycalendar.fairfaxcounty.gov/event/5247267>.

SATURDAY/OCT. 19

Fearless Girls. 2-3 p.m. At Patrick Henry Library, 101 Maple Ave. E, Vienna. "Fearless Girls": An Afternoon of Storytelling. Folk stories of brave women and fearless girls can be found around the world. Kristin Moyer will tell two stories about Molly Whuppie, from the collection The Adventures of Molly Whuppie and Other Appalachian Folktales, with a musical interlude. Visit <https://vienna-va.aauw.net/>.

Bingo. 7-10 p.m. At Unity of Fairfax, 2854 Hunter Mill Road, Oakton. The community is invited to join Unity of Fairfax for an evening of fun and connection as they play different Bingo games. Snacks and drinks are available for sale. Participants can make donations at the door to play. Suggested donation is \$20 for adults, \$10 for youth under 18. Additional cards will be available for an extra donation. The pot will be split between the church and winners of the various games. Visit <https://unitybingooctober.eventbrite.com>.

SUNDAY/OCT. 20

Conversations in Consciousness. 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. What can the final words of the dying tell us about life after death? What does language tell us about altered states and new dimensions? Find out in this workshop! Cost is \$25. Visit <https://consciousnessconversation.eventbrite.com/>.

I Dream a World. 4-6:30 p.m. At St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The Reston Chorale presents I Dream a World, a concert of music by African-American composers, from stirring arrangements of traditional spirituals to contemporary choral settings of Langston Hughes' poems, plus instrumental works by Daniel Hurd and Scott Joplin. Guest artists include Soprano Simone Paulwell, Baritone James Martin and Composers Evelyn Simpson Curenton and Rev. David North. Visit www.restonchorale.org.



NEWS

PHOTO BY MIKE SALMON/THE CONNECTION

Chillin' on Church Street is a popular event in the town.

Vienna Residents Happy with the Town, Survey Says

Town of Vienna wins two national awards based on 'Voice of the People.'

BY MIKE SALMON
THE CONNECTION

The residents of Vienna have spoken about living in the Town of Vienna, and what they said was good. So good that Vienna is now among 22 communities nationwide who will be recognized Oct. 21 at the 105th International City/County Management Association (ICMA) conference in Nashville for excellence in delivering quality-of-life services to residents. Vienna is a winner of Voice of the People Awards for both Excellence in Recreation and Wellness and Excellence in Education and Enrichment.

Based on citizen responses to the National Citizen Survey, Voice of the People awards are presented jointly by the National Research Center, Inc. (NRC), Polco, and ICMA.

According to the survey results, the residents were happy with the parks, recreation center, recreation programs, health services, libraries, schools and special events.

"We love the Vienna community and what we do to serve residents," says Parks and Recreation Director Leslie Herman. "We like to think that parks and recreation programming and community events function as the connective tissue that brings our community together and makes it stronger. We're so gratified that our programs, facilities, and events are appreciated by citizens."

VIENNA has one recreation center: The Vienna Community Center at 120 Cherry Street SE. The community center was recently renovated and expanded; it reopened in September 2017 after being closed for two years. Earlier this year, the Town received confirmation that renovated community center had achieved gold-level LEED certification. The community center hosts more than 700 programs annually. Vienna also has 11 parks that comprise about 92 acres and 8 athletic fields for youth recreational sports.

In 2018, the Town hosted 78 events. Many

of these events are sponsored or co-sponsored by community organizations, including, for example, the Vienna Rotary Club (Viva Vienna), Vienna Business Association (Halloween Parade and Oktoberfest), Historic Vienna, Inc. (Church Street Holiday Stroll and Old-Fashioned Egg Roll), Windover Heights Historic District (Walk on the Hill), and Taste of Vienna (Vienna Volunteer Fire Department). Other Vienna event highlights include the July 4 celebrations, Chillin' on Church summer block parties, summer concert series, children's summer performance series, Halloween on the Green, and Fishing Rodeo.

ACROSS 126 CATEGORIES measured by Vienna's National Citizen Survey, the Town was rated higher by its residents than national comparison communities in 65 categories, similar in 57, and lower in four. Responding residents rated Vienna as excellent or good as a place to raise children (98 percent), a place to live (96 percent), and for quality of life (94 percent). Of Vienna and other Voice of the People award winners, Damema Mann, director of national engagement for NRC/Polco says: "These local governments are doing great things for their communities and improving everyday life for their residents. We are honored to recognize the award winners...on a national stage."

The lower four areas are issues that seem to plague the whole Northern Virginia area, starting with transportation. "Traffic flow," and "travel by car," were given low ratings by Vienna residents, followed by affordable quality housing, and able to work in Vienna.

Other Survey Findings

Visited a Town park - 90%
Ate 5 portions of fruits and vegetables - 86%
Participated in moderate or vigorous physical activity - 89%
Used Fairfax County libraries - 74%
Participated in religious or spiritual activities - 43%
Attended a Town-sponsored event - 75%

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20TH ANNUAL 5K WALK

OCTOBER 19, 2019

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Lace up your sneakers and join us at 8:30 a.m. for our 20th annual 5k walk to raise money and spread awareness to support those affected by homelessness in Northern Virginia! Youth & Canine walkers are invited to participate in our costume contest!

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NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Thomas Godwin of McLean concentrates as he prepares to throw in the frisbee competition.

Frisbee, Football Throwing Events Held at Senior Olympics

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale

on Sept. 18. The 37th annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



Vienna resident Ken Unger won a silver medal with a throw of 125' 5". It was Unger's first time competing in the NVSO.



Falls Church resident Mary Lou D'Alessandris makes contact with the softball to win a gold medal in the 80-84 age group.

Gharemon Suleymon from McLean throws the softball 100 feet to come in fourth place in his division.



WEEK IN VIENNA

Panel on 'Human Trafficking in Our Neighborhoods'

The Vienna Woman's Club and Just Ask Prevention are holding a panel discussion on "Human Trafficking in our Neighborhoods — What it Looks Like and How to Help Stop It." The event takes place on Wednesday, Oct. 16, 2019, from 7 - 9 p.m. at the Vienna Volunteer Fire Department, The Hall (Second Floor), 400 Center Street South, Vienna. Entrance and parking lot on Cherry Street. Bill Woolf, Executive Director of Just Ask, will lead a panel that includes topic experts from both local nonprofits and government organizations. For more information email: events@justaskprevention.org.

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.

THROUGH OCT. 23

How to Build a Better Budget. At the McLean Community Center, 1234 Ingleside Ave., McLean. The McLean Community Center (MCC) Governing Board invites residents of Small District 1A-Dranesville to engage with planning Center's fiscal year 2021 budget. All meetings of the Governing Board are open to the public. The preliminary consolidated budget will be posted on the Center's website and available at the Center's reception desk a week prior to the public hearing on Wednesday, Sept. 25. Visit www.mcleancenter.org/news-items/404-board-holds-meetings-on-fy2021-budget-proposal for more.

Residents may submit written comments through Monday, Oct. 21 - by mail to McLean Community Center, 1234 Ingleside Ave., McLean VA 22101; fax 703-653-9435; or email to george.sachs@fairfaxcounty.gov.

The Board will approve the FY2021 budget when it meets at 7:30 p.m. on Wednesday, Oct. 23. The final budget will be approved by the Fairfax County Board of Supervisors in spring 2020.

WEDNESDAY/OCT 3

CarFit. 9 a.m.-1 p.m. at Vienna Volunteer Fire Department (parking lot), 400 Center St. S., Vienna. Program offers older adults the opportunity to check how well their personal vehicles "fit" them. CarFit is an individualized, personal instruction to educate drivers on how to best position themselves (by adjusting the car's safety features) to maximize their safe driving experience. Schedule an appointment at 703-255-7801. Learn more about the program at www.car-fit.org.

SATURDAY/OCT. 5

Mental Health and Wellness Conference. 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness to register.

Fall Festival. 10 a.m.-4 p.m. at The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. The second "Fall Festival: Where Fun and Kindness Connect!" includes a food packing event, as well as a blood drive, children's program, moon bounce, first-ever animal blessing (noon) and food and refreshments. Free, though canned food donations accepted. A Pet Blessing, a first-time event for the church, will take place at noon to celebrate the feast day of St. Francis. Visit www.GoodShepherdVA.com or call 703-281-3987.

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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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



Parents help their children during warm-ups before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center to benefit the nonprofit medical group practice, Pediatric Specialists of Virginia (PSV) located in Fairfax.



The Minh Bui Family gathers for a group photo before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center benefiting Pediatric Specialists of Virginia.

Running for Many Reasons

Charity 5K
'Makes It All Better.'

By MERCIA HOBSON
THE CONNECTION

On Saturday, Sept. 28, the nonprofit medical group practice, Pediatric Specialists of Virginia (PSV) located in Fairfax held its 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center attracting a reported 334 participants and 32 teams. By Monday, Sept. 30, \$43,874 showed as raised according to firstgiving.com benefitting Pediatric Specialists of Virginia. Top Team, Team Thaitan, named after Thaitan Vinyoopongphan diagnosed with Neuroblastoma Stage 4 Cancer since May 2018, raised \$4,010.

The specialists at Pediatric Specialists of Virginia care for children from Northern Virginia and surrounding areas during their hospital stays at Children's National and Inova Children's Hospital and throughout their childhood on an ongoing, outpatient basis. Proceeds from PSV's yearly fundraiser, its charity 5K and Health Fair, support its philanthropic mission "to provide superb pediatric specialty care to children of Northern Virginia, including children and families dealing with serious or chronic illnesses, experiencing hardship."

Christopher Lawlor, MD Medical Director of Cancer and Blood Disorders, works at the Fairfax office. As Chair of the Pediatric Specialists of Virginia Philanthropy Committee, he looked forward to the opportunity to participate. "Proceeds from the event go to direct patient care as well as research, education and innovations. We have charity care for patients who have limited resources. We care for tens of thousands each year, from infancy to twenty-one with some patients continuing after that," he said.

NEAR THE START line, nine-year-old Matteo Lambert of Vienna, sat on a bench with his dad, Brandon. He wore a blue and red cape with the image of a boy from Al-



Virginia Del. Ken Plum (D-36) wishes Matteo Lambert good luck before he takes off to support Hopecam at the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center.

exandria, on it; someone Matteo Lambert did not know personally but understood was fighting cancer. Matteo Lambert said, "I run because I want to help other people, and it's fun." Matteo added he remained committed to his original goal of running 32 5K races in 2019 to raise awareness for children with cancer and Hopecam, his charity passion. The 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center would be the 28th race he'd run to benefit Hopecam, whose mission is to overcome the social isolation experienced by children in treatment for cancer.

According to Matteo, his father introduced to him a co-worker of his, Len Forkas, founder of the nonprofit organization, Hopecam. Matteo Lambert explained, "Hopecam helps (seriously ill) kids by connecting them with their classmates using a computer or iPad. The kids are going



Lauren Lipchak of Reston with her son Wesley before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center benefiting Pediatric Specialists of Virginia.

through some tough stuff."

Near the Lamberts, many parents and children mingled, feeling the camaraderie and fellowship. Lizbeth Molina, who works in Pediatric Specialists of Virginia's Fairfax office, said, "Seeing what the practice is doing for the children is awesome." Lauren Lipchak of Reston recognized not only what Pediatric Specialists of Virginia did for her sister but also what it offered her parents. "My sister has cystic fibrosis, and when she was younger, she spent much time in the hospital. It was important to my parents how much support they received, and different organizations made a difference," she said.

The Swingle family of Springfield, Andrew, 11, Joseph, 6, and mom, Vivian understood first-hand. Joseph said, "We run for diabetes because my brother goes to PSV for his endocrinology care."

For brother Andrew Swingle, though,

competition and record-breaking drove him to the event. "I want to break a nine-minute mile."

Peter Batista of Oakton said he chose to run because he interpreted at Pediatric Specialists of Virginia, and they provided "great care."

With the race set to kick off at 8:30 a.m., participants visited the health booths, bid on auction items via the PSV Silent Auction website and enjoyed the music courtesy of guest emcee, DJ Chris Styles. Following introductions, words of thanks to sponsors such as Platinum Sponsor AbbVie, Golden Sponsors Novo Nordisk and Alliance and others, and a brief warm-up, racers assembled at the start line.

LIKE SO MANY OTHER CHARITY RACES, the mood appeared light with a feeling of fellowship. Among the hundreds of racers running for Pediatric Specialists of Virginia, Mateo Lambert waited quietly, joined by Joseph Dagbe, 17, of South Lakes High School. Dagbe said he came to race to run beside Matteo because he "is an inspiration to me."

Virginia Del. Ken Plum (D-36) also found Mateo Lambert. "Always glad to be with you, young man," said Plum. Not to worry, Mateo said. He explained he got his superpowers from the super kid whose image was on his cape.

As the horn blasted, racers took off, and a short time later Matteo Lambert, 9, of Vienna crossed the finish line. He placed 9th overall and 1st in his age group, chip time 28:02.1. Lambert said he would mail his award medal and cape to Lucas; they belonged to Lucas as he gave Mateo the power to run.

James Casey, 39 of Fairfax Station placed 1st, chip time 22:12.6. After the race, asked why he ran, Casey replied, "I had a daughter born at 24 weeks. Pediatrics was important to me because of my daughter."