

Mount Vernon Gazette

Holiday
Entertainment
& Gift Guide 2012
PAGE 21

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

DECEMBER 6, 2012



PHOTOS BY LOUISE KRAFT/CAZETTE PACKET

Waynewood Elementary School Brownies from Troop 915 ride on a boat in the parade.

Mount Vernon Joins in Alexandria's Scottish Walk



Waynewood Elementary School student Callie Stinson carries the banner for the Alexandria Sheriff's Honor Guard.



Allison and McClain Brooks look for friends on the parade route.



Craig Dyson arrives with Larry Alberson as Santa.



Mount Vernon residents Mike and Nora Merritt watch from S. St. Asaph Street as the parade starts to move north on Saturday morning.



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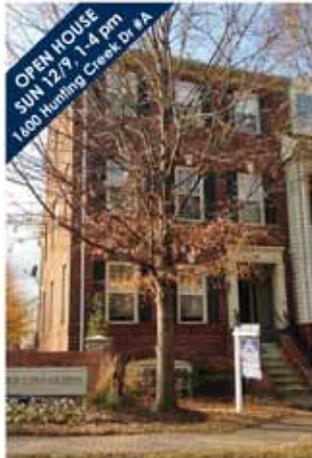


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This wonderful brick townhouse is just steps to Founders Park and the Potomac River. Two spacious bedrooms, three and one half baths, hardwood floors throughout, a wood-burning fireplace, plus a beautiful garden and attached garage makes everyday living very convenient. There is a den with a third full bath adjoining that could be a third bedroom/guest room. The kitchen has handsome new granite counters plus stainless steel appliances, including double ovens.

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Located on a tree-lined street, you'll love this charming three-bedroom home with front porch, which is minutes to everything. Features include gleaming wood floors, a cook's kitchen opening to family room, separate office, a large rear yard with two patios and play area, a spacious rec room, and 1+ car covered parking.

Julian Burke
703.867.4219
JulianBurke.com
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This beautifully updated, four-bedroom, two-and-a-half-bath colonial features a gorgeous eat-in kitchen with granite, an impeccable master with en-suite bath and dressing area, hardwood floors accented by delicate moldings and a wonderfully finished basement. The fully enclosed tree-lined yard and patio is perfect for outdoor fun!

Sue Goodhart
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You'll feel right at home in this sunny, two-bedroom, one-bath, end-unit townhome! The location is ideal for any mode of transportation; it's close to King Street for walkers, close to Braddock Road Metro for commuters, and there's easy parking for drivers. There are refinished hardwoods on the main level and all new stainless steel appliances. The large bedrooms have upgraded noise-reduction glass windows and there's even a cozy rec room in the basement!

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NEWS

Food Stamp Spike

Expanding eligibility and increased outreach are behind trend.

BY MICHAEL LEE POPE
THE GAZETTE

The use of food stamps is skyrocketing in Northern Virginia, and the spike isn't just about the recession.

Over the course of the past decade, anti-poverty programs have been quietly expanding eligibility. And as more and more people qualify, local governments have been aggressively seeking out individuals who may meet the requirements to let them know what benefits are available. Now, as a result of those trends, about half of the recipients of food stamps live above the poverty federal poverty level.

"To me, that's a shocker," said David Armor, professor emeritus of public policy at George Mason University. "This is a program that's shifted from helping people in poverty to helping people with a low income."

In 2010, the federal government spent more than \$68 billion on food stamps. Of the 40 million who receive food stamps, slightly more than half were above the poverty line as measured by the U.S. Census. With members of Congress facing the so-called "fiscal cliff," Armor estimates that the federal government could save as much as \$200 billion a year by tightening eligibility of anti-poverty programs to those who live at or below the federal poverty level — not just food stamps, but health insurance, housing and income support. Others disagree.

"How about cutting a battle carrier group?" asked Charles May, executive director of Arlington Food Assistance Center. "We have our priorities all screwed up."

IN THE PAST DECADE, the number of people who receive food stamps has doubled in Arlington County, tripled in Fairfax County and quadrupled in the city of Alexandria. And the increased spending in Northern Virginia is part of a larger national trend. During the eight years of Republican President George W. Bush, federal spending on anti-poverty programs grew by \$100 billion. In the first to years of Democratic President Barack Obama, they grew another \$150 billion. Much of that increase has come from broadened eligibility.

"All of those stringent verifications we used to get we don't have to get anymore," said Linda Horn, manager for the public assistance benefits program in Alexandria. "Right now, we take your word on your bank account for example."

Government officials no longer consider whether or not applicants have an automobile. They no longer consider whether or not applicants have educational loans. More homeless people are now eligible than in previous years. The result of all these relaxed eligibility requirements is that a drastically increased number of people are eligible for food stamps, formally known as Supplemental Nutrition Assistance Program. Local governments have also been working with the U.S. Department of Agriculture to reach out to individuals who qualify for benefits but have not applied.

"We've gotten better at finding the people," said Mary Katherine D'Addario, public assistance benefit bureau chief in Arlington County. "We use different tools now to help people become more aware of SNAP and enroll in SNAP"

PARTICIPATION RATES have spiked across Northern Virginia as more and more people who are eligible for the benefits have become aware of them. Arlington has seen participation double from 20 percent to 40 percent. And Alexandria has seen its participation rate jump from 30 percent to 50 percent. New technology has helped government officials expand, as Electronic Benefit Transfer cards have allowed the transaction to look as simple as swiping a credit card.

"It used to be much more stigmatized to have those little paper coupons," said Kurt Larrick, communications manager for the Arlington County Department of Human Services. "But now you can go to the grocery store and use your EBT card, and nobody really knows you're paying with SNAP benefits."

Human Services workers across Northern Virginia say the recession clearly made the needs more pressing. Many potential recipients that were eligible but not receiving found themselves in need of help. And the increased outreach and new technology helped. Perhaps most significantly, however, recipients don't need to live in poverty. To be eligible for food stamps in Virginia, applicants need to be at or below 130 percent of the federal poverty level.

"It gets to be a slippery slope. Once you go beyond the poverty line, it's not clear where you stop," said Armor. "I don't think that we can afford to have a safety net that's aimed more at increasing the comfort level as opposed to providing true safety for those that are truly poor."

DURING HUNGER ACTION month, nonprofits across Virginia asked their volunteers and employees to take a challenge — live off of \$4.03 a day. That's the average daily benefit from the food stamp program in Virginia. Advocates for expanding the social safety net to include the working poor say that

SEE FOOD STAMPS, PAGE 5



PHOTO BY ED SIMMONS, JR./THE GAZETTE

Sarah Heckman is busy everywhere at Rising Hope where she is both church secretary and manager of the food pantry which provides groceries for more than 1,000 people weekly.

'The Creation of Christmas Memories' 250 gobblers needed for Rising Hope Christmas baskets.

BY ED SIMMONS, JR.
THE GAZETTE

Busy Sarah Heckman, sparkling with angelic calm as she goes about her duties at Rising Hope Mission Church, currently has no fears about her ability to distribute 350 Christmas turkeys to hungry Mount Vernon area families Dec. 19 and 20, though at present she has only 72 turkeys and 25 chickens.

"When I say 350 I go, 'Whoa! That's a lot!' But it's feasible I tell myself," she said, undaunted by the task of gathering donations of turkeys and fixings for literally hundreds of Rising Hope Christmas baskets.

Heckman, following administrative restructuring at Rising Hope, is both church secretary and food pantry manager. Her "Milk and Honey Food Pantry" provides groceries for more than a thousand people weekly. As recession and unemployment continue, that number is growing. Effervescent, she's a whiz appearing seemingly everywhere at once at Rising Hope, located at 8220 Russell Road just off Route 1. Its ministry to the poor who are struggling to survive along the Route 1 corridor is supported by benevolent individuals and area churches including the new Is-

lamic mosque in Hybla Valley. So far she's refusing to worry about bringing in 250 more turkeys.

"It's possible. It happened at Thanksgiving, it can happen at Christmas. I feel optimistic, I feel confident that the Lord's going to provide. I feel very confident that people will respond. It's a humbling thing when you're going from zero to 350 turkeys and you've got people bringing them in."

Not only are donations of turkeys welcome, but hams and whole chickens are fine too, along with all the fixings. "If people are unable to do the meat, we always need stuffing, cranberries, canned vegetables, canned fruit, all the fixings," she said. Donations, whether food or checks made out to "Rising Hope Christmas Baskets," can be dropped off at the church Tuesday through Friday, 10 a.m. to 4 p.m.

She invites donors to look at the big picture so they can fully appreciate the spiritual dimension of what their donations accomplish.

"It's not necessarily about providing food," Heckman said. "It's about giving memories about the family gathering around the table. It's about the creation of Christmas memories."

Food Stamp Spike

Year	Alexandria	Arlington	Fairfax
2003	1,206	2,313	7,487
2004	1,530	2,484	8,899
2005	1,658	2,443	9,855
2006	1,637	2,387	10,299
2007	1,675	2,482	10,553
2008	1,675	2,482	11,610
2009	3,294	2,848	13,769
2010	4,098	3,482	17,956
2011	4,586	3,986	21,269
2012	4,898	4,440	24,063

PUBLIC NOTICE

Please be advised that a brief fireworks display will take place as part of private events at George Washington's Mount Vernon on the following dates:
 Friday, December 7, between 8:30 p.m. and 10:00 p.m. (brief fireworks test shoot)
 Thursday, December 13 between 9:30 p.m. and 10:00 p.m. (10-minutes)

The Mount Vernon Ladies' Association thanks you for your tolerance and apologizes for any disruption. To receive Mount Vernon fireworks notifications via e-mail, write to Events@MountVernon.org.

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PEOPLE



Jenny Kennedy shows shoppers a selection of holiday placemats made from the covers of holiday greeting cards. Kennedy welcomes contributions during the year of greeting card covers for the annual sale.

Rachelle Price shops with her mother, Marie Moore, who is visiting from Texas.



PHOTOS BY LOUISE KRAFT/THE GAZETTE

Mount Vernon resident Krieger Henderson took a liking to a holiday moose at the bazaar.

Holiday Bazaar At Heritage Presbyterian Church

Christmas was in the air of the church hall as the women of the Heritage Presbyterian Church on Fort Hunt Road set up for the annual Holiday bazaar on Friday, Nov. 30. The church women made ornaments, placemats, centerpieces, decorated wreaths, baked goods and more. The bazaar is an annual event raising money for church outreach projects in the community.



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Directions: South on Richmond Hwy. Right on Fordson Road at entrance to Mount Vernon Plaza, continue bearing right to stay on Fordson. Mamma's is beside McDonald's and opposite Duron Paint.

BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com. Deadline is the Thursday at noon.

THROUGH DEC. 7

Fruit Sale. The Mount Vernon Lions Clubs are selling navel oranges and grapefruit. They can be purchased by the case for \$38 or half case for \$20. Prepaid orders can be made to Andrea Corsillo 703-960-4973 or Tom Wilson 703-585-6327 by Dec. 7. Delivery date is Dec. 15.

SUNDAYS/DEC. 9, 16 AND 23

Advent Celtic Evening Eucharist Services. 5:30 p.m. St. Aidan's Episcopal Church will be offering a 4-week series of Advent Celtic Evening Eucharist Services. Candlelight, silence, prayers and music from the Celtic tradition will set the tone for this Sunday evening worship and communion service. All are welcome. St. Aidan's Episcopal Church is located in the Fort Hunt neighborhood, 8531 Riverside Road. Call John Baker at 703-360-4221, Susan Hartzell at 703-309-9103 or visit www.staidansepiscopal.com.

THURSDAY/DEC. 6

Business Lunch. 11:30 a.m. Former U.S. Rep. Tom Davis will speak to the Mount Vernon-Lee Chamber of Commerce on "What the 2012 Elections Mean for Business" at the Belle Haven Country Club, 6023 Fort Hunt Road. A Capitol Hill Insider, Davis will give an assessment on what businesses can expect with taxes, regulations, and the upcoming "fiscal cliff." For reservations, contact the chamber office at 703-360-6925 or visit www.MtVernon-LeeChamber.org.

MONDAY/DEC. 17

Sight and Hearing Screening. 6-8 p.m. The Mount Vernon Evening Lions Club will be having the Sight and Hearing Screening Van at Walt Whitman School's Family Fun Fitness night. Used eyeglasses and hearing aids will be collected at this site. Call Andrea Corsillo at 703-960-4973.

ONGOING

UCM's Back Porch Thrift Store is in need of donations of furniture. UCM will pick up furniture, as well as other larger donations, or they can be dropped off at the back of the store Monday through Saturday, from 10 a.m.-5 p.m. To arrange for pick-ups, call 703-768-7106, ext. 320. Located at the Mt. Vernon Crossroads Shopping Center at 7838 Richmond Hwy.

Volunteers Needed. AARP Tax-Aide, a national volunteer-run tax counseling and preparation service for low to moderate income and elderly citizens, needs volunteers to electronically complete and file federal and state income tax forms

SEE BULLETIN, PAGE 18

Food Stamps

FROM PAGE 3

the benefits don't amount to much for the individual, and that government can afford to help those in need.

"Try to feed yourself on \$4.03 a day, much less a family," said May. "And you'll find that really doesn't go very far."

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Thanks to this light fixture, a foundation was dug to a new home.

This used light fixture was donated to the ReStore.

It was purchased at the ReStore for \$35 to help refurbish a kitchen.

This \$35 will go toward digging a foundation for a home for a family in need in Northern Virginia.

Habitat for Humanity
of Northern Virginia
ReStore

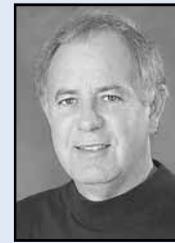
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Alex./Woodley Hills \$459,900
4025 Laurel Road
Charm abounds in this lovely brick New England Cape Cod - 5BR, 3BA, screened porch, fireplace w/wood stove insert, freshly painted interior, and newly refinished hardwood floors. Large finished basement w/in-law suite, full bath, 2nd kitchen and

walk-out to beautiful back yard backing to woods on a .53 acre lot. 5 mins to Ft. Belvoir, 15 to Huntington Metro/Old Town. This is a great house!



Alex./Mt. Zephyr Mid \$400's
8533 Mount Zephyr Drive
Lovely 4BR, 3BA Brick Split on a large .43 acre lot backing to woods. Freshly painted interior, replacement double pane windows thru-out main level. Large comfortable family room w/wood stove insert to the fireplace. Great location - mins to Ft. Belvoir, 15 mins to Old Town and Huntington Metro - 25 mins to Ntl Airport, 30-35 mins to Pentagon/D.C.



Alex./Yacht Haven \$914,000
4721 Tarpon Lane
WATERFRONT! Live the life you've imagined! Come home to this spectacular Colonial located on a waterfront lot (.61 acre) w/full working dock & quick navigable access to the Potomac River. Less than 100 yds to prestigious Mount Vernon Yacht Club. Stunning rms & open floor plan on main lvl provide for fabulous entertaining. 5 BRs, 3 Full BAs + 2 half baths. 3,462 sq.ft. of above ground living & finished basement. Gorgeous Great Rm addition w/expansive windows, vaulted ceilings. Beautiful remodeled kit w/lighted cabinetry, granite counters, & center island. Kit, Great Rm & Den off of kit all offer deck access via French doors. 2 FPLs. Sunken living rm. French doors off MBR lead to beautiful "Lounge Rm" w/two lg skylights, & a wall of windows facing the waterfront side of the property. This home is a 10!



Alex./Hollin Hall \$489,000
7926 New Market Road
Absolutely lovely home w/over \$130k in recent improvements in great location! Stunning front porch and Family Room addition in 2009 by custom builder. Slate floor on front porch and back patio. Replacement windows. New 2012 & '09: large shed, cedar fence, driveway, roof, dishwasher, hot water, stove, humidifier. Beautiful backyard. It's a gem! Wayneswood Elementary, close to GW Parkway, Potomac River and minutes to Old Town.



Alex./Wessynton \$624,900
8802 Four Seasons
Large, stunning, contemporary Colonial in popular Mount Vernon Community of Wessynton. This lovely home is highly updated: kitchen remodeled in '07, HVAC & hot water heater replaced '07, energy-efficient replacement windows, freshly painted interior - family room w/vaulted ceiling off kitchen - large beautiful picture windows throughout overlook a large, private, landscaped lot on a quiet cul-de-sac - In-law bedroom & bath on main level - 5 minutes to Fort Belvoir - This is a Keeper!



Alex./Yacht Haven \$589,900
4612 Tarpon Lane
Lovely, updated 4BR, 4BA Split in sought-after Waterfront Community of Yacht Haven. Stunning sun rm addition w/vaulted ceilings, sky lites, hdwd flrs and wall of windows overlooking a manicured backyard. Newer HVAC, updated baths, and replacement windows. Just down the street from prestigious Mt. Vernon Yacht Club w/all its amenities. 5 mins to Ft. Belvoir, 18 mins to Ntl Airport. This is prime property at a GREAT PRICE!



Alex./Mt. Vernon Woods \$299,900
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A Life Lesson in Giving Back

An immigrant's son becomes state delegate and introduces the Virginia DREAM Act.

BY ALFONSO H. LOPEZ
STATE DELEGATE (D-49)



My father was born in a small town in the Andes mountains region of Venezuela. He was one of 22 brothers and sisters from the same parents. At the age of 19 he came to this country with \$280 in his pocket and the dream of a better life. He worked as a bus boy and waiter, learned English, and went to school. He graduated from Northern Virginia Community College when I was 5 years old. He then took one class a semester at George Mason University every year, until he graduated from college one month before I graduated from Robinson High School in Fairfax. As a result of his achieving the American Dream, my father was able to change the lives of my entire family in Latin America.

My mother was a teacher and guidance counselor in Arlington Public Schools for over 20 years. For most of her career she worked with ESL and immigrant children at Washington & Lee High School. As a direct result of her efforts, over 1,000 children, who might have otherwise fallen through the cracks, were able to continue their education after high school and graduate from college.

Throughout my life, my parents reminded me of the value of public service and taught me that if you have the opportunity, you should always give back to your community. My father also never hesitated to remind me that in the U.S. it is possible for the son of an immigrant to have the opportunities I have had—to work for the governor of Virginia, as a presidential political appointee, and to be elected to the General Assembly.

My mother and father touched the lives of countless people in our community. Every day I hope to honor them and live by their example.

With that in mind, I have fought efforts to pass anti-immigrant legislation in Virginia. Today, everyone agrees that we

need comprehensive immigration reform that is tough, fair and practical. However, that reform must come at the federal level. We do not want or need a patchwork of immigration laws from state to state—nor do we want an unworkable patchwork of rules from locality to locality. These attempts in Virginia to pass constitutionally questionable Arizona or Alabama-style legislation only serve to unnecessarily make us appear less tolerant and put us on a slippery slope towards hurting business and lowering state revenues.

I am proud to have introduced the Virginia DREAM Act. This legislation would allow undocumented children—who in many cases know no other home than Virginia—to receive in-state tuition if they meet certain strict criteria. Similar language was included in executive orders by Governors Warner and Kaine and similar legislation recently passed the State Senate. I will continue to fight for the DREAM Act until it becomes the law in Virginia.

Working with House Republicans I am also happy to have helped pass legislation allowing legal immigrants who have lived in Virginia for less than five years to receive prenatal health care coverage under the state Medicaid and FAMIS (Family Access to Medical Insurance Security Plan) programs. Prenatal care improves the health outcome of the child and reduces the neonatal and long-term health costs for the commonwealth.

Over 100 languages are spoken in the 49th District. There are 58 languages spoken at my local high school. This amazing, vibrant tapestry of cultures enriches our community and the commonwealth immeasurably. We should do everything we can to embrace these new immigrants who bring so much to Virginia.

Alfonso Lopez is the first Latino Democrat ever elected to the Virginia House of Delegates.

FOCUS ON IMMIGRATION

Living Life in 'The

Jorge Adeler shares his story of the American Dream coming true.

BY JENNIFER BENITZ
THE GAZETTE

Part three of an ongoing series.

The American Dream has been shared for generations—some call it an idea; others call it a reality. Many people come leaving behind former lives in search for better ones, not only for themselves but also for their children.

Jorge Adeler is one of those people. Businessman, optimist, entrepreneur and enthusiast are just a few ways to describe the Argentine immigrant.

"I learned to look for ways to make a living by using my imagination," said Adeler. "That helped me envision opportunities as they crossed in front of me."

At 27 years old, in 1975, Adeler moved to the United States with his wife and two young daughters after visualizing the direction Argentina was heading in as a nation and not liking what he saw.

With only \$450 in his pocket and unable to speak English, he faced a rough transition but took on the challenge with fierce and hopeful drive. Now a successful, internationally recognized jeweler, he has a story unlike any other.

"The price was high, but it was the best decision I've ever made," he said. "I'm delighted here."

THE ROAD TO SUCCESS was a difficult one for the self-taught master designer, but neither the challenge nor the fear of failure stopped him. Growing up in Mar del Plata, Argentina, Adeler helped his parents run their hotel and restaurant business. Consequently, he came to the U.S. with the intentions of continuing in the same business, but soon found it wasn't for him.

Instead, Adeler decided to pursue his own business in the form of trade. He took out a credit line worth \$1,000 with Woolworth to buy basic necessities, such as pocket knives, fishing hooks and light coats, before traveling to Ar-

gentina and setting up camp in a small village in the mountains of Córdoba to trade for stones. Upon return from his trades, he carved the stones into various types of shelving ornaments—or "something attractive," as he described them, such as book ends and figurines. He then went around to local boutiques and stores offering his shelving ornaments for display in return for payments as they were sold.

"I had to make sure I made the money back before it came time to pay the credit back," Adeler said.

Word spread quickly back in Argentina and after five years and 19 trips, Adeler had a loyal group of traders and craftsmen to do business with which allowed him to eventually afford his first gem. As he went following the "line of less resistance," as he called it, he slowly made the transition from stones to jewelry.

It wasn't long before Adeler opened his first jewelry store, selling mostly pendants and other small items in Ocean City, Md. As his business expanded, so did the number of stores. Within a few years, he had five jewelry stores in Ocean City under his operation.

Day Shifts, Night Shifts On the Road

An Indian immigrant's story: Making it and giving back.

BY ANAGHA SRIKANTH
THE GAZETTE

When the chain pharmacy he worked for opened a drive-through pharmacy, it was the final straw for Amit Shah of Fairfax.

"I thought, 'we are becoming Taco Bell,'" Amit said. "So I said 'I'm going to open my own store.'" The chain had moved away from taking care of customers. They were more like a machine playing a number game. You went there, they filled your prescription but they counted numbers more than people and it wasn't something I liked."

Having arrived in America from India in 1987 with only \$20 and a green card in his pocket, it wasn't going to be easy. For over a decade he had worked day shifts at pharmacies and the night shift as a

technician at George Washington University hospital, all the while studying to earn a bachelors degree in pharmacy from Howard University and a license to practice pharmacy in New York, Maryland and Virginia.

IN THOSE YEARS, before Google or smart phones, information was scarce, and it took him over a year just to figure out how to obtain a pharmacist's license. His wife Kamini Shah gave up her hopes of pursuing further education in psychology to take computer courses at a local university and become a technician.

During all that time, however, they were learning lessons that would prove invaluable in the future. Amit said communication was one of the biggest challenges he faced as an immigrant and it took years of interacting with

customers to earn their trust and acceptance. He had to overcome his accent and learn to talk slower, use less medical jargon and listen.

Kamini, who had earned a masters degree in psychology and sociology from India, found she could use her education to reach out to customers.

"Our customers are all sick people and in their difficult times it helps to have someone to listen to their problems," she said. "I might not be able to do anything but just listening to them makes them feel a little better. Especially when they are all alone by themselves, seniors and single parents taking care of little kids, [they] have a lot to handle. It makes you feel like you can give back to society by helping them."

Providing the best services they could to the community has been one of their main priorities since they opened their first store in 2001. Even when it was just the two of them working seven days

Dream Land'



PHOTO BY JENNIFER BENITZ

Jorge Adeler stands between his daughters, Valentina Adeler Armour (left) and Wendy Adeler Hall (right), both of whom work in the family business. Valentina is the appraiser and apprentice designer while Wendy is the vice president of marketing and philanthropy for Adeler Jewelers.

His success came with his drive to go against the mainstream of popular demands. While most jewelry stores were selling turquoise stones, something Adeler couldn't yet afford, he sold other gems that often caught the attention of those looking for something different. One of those out-of-the-ordinary stones was rhodochrosite, the pink national Argentine gemstone.

"When you have something you're selling that would be much more different because it is something people aren't looking for, I realized it has its virtues," Adeler said. "You'll always have customers searching for something original or different. I began my career doing something different than the rest of the industry."

FROM THEN ON, Adeler focused on what no one else was selling, forcing him to be more creative and look into new ideas. With an overall goal to do what no one else was doing and present it in a way that would attract the minority of customers looking for something different, he stopped

SEE DREAM LAND, PAGE 8

to Success

a week, they would make deliveries after store hours with their two children, still in elementary school at the time, doing their homework in the back seat of their Honda minivan.

NEVER COMPLAINING about the sacrifices, Amit says he's most proud of contributing to the economy by giving people jobs and volunteering to train students who want to become future pharmacists. Three students who had come to him for advice now own successful businesses in the area, and he finds satisfaction in having been a part of their journeys.

"You don't leave your country if you don't see a better opportunity somewhere else, so when you come here you want to do something different," he said. "I'm proud of my accomplishments. I can say that I did something without looking back and regretting anything. There's no ifs ands or buts about it. I wanted it and I did it."



Amit Shah checks an order for a customer during a busy Friday morning at his Woodbridge Pharmacy.

PHOTOS BY ANAGHA SRIKANTH/ THE GAZETTE



Kamini Shah greets customers at the pick-up desk and said she enjoys interacting and developing relationships with them.



PHOTOS BY HANNAH BUNTING

From left—Sarah (William & Mary), Sophia (junior, Westfield High School), Kamran (fifth grader, Cub Run), Robin and Bob Zahory.

Building a Better Life

An Afghan immigrant's story: From Soviet war to American Dream.

BY HANNAH BUNTING
THE GAZETTE

"Personally, I never think anyone is better than me, and I never think I'm better than anyone," Bob Zahory of Centreville said, chuckling as he offers up another pomegranate lemonade.

Mahboob "Bob" Zahory moved to America 31 years ago from Afghanistan, ready to work and begin a new life. At just 21 years old, Zahory and his three brothers left their homeland behind to escape the Soviet War. The brothers soon settled in Northern Virginia, with their first priority being to learn English.

"I knew the better you can communicate, the easier it will be to succeed," Zahory said.

So Zahory enrolled in one year of English at Northern Virginia Community College, where he also studied hotel management for two years. Right from the start, the Zahory family worked full-time for a better future.

According to Zahory, the family also refused to accept anything from the U.S. Government to assist them. They each had a job after a month, and worked in addition to their schooling. As for Bob, he worked for two years at the Marriott, focusing on food and beverage management. Zahory said he valued his time there and learned a lot, but still aspired to someday work for himself and make his own decisions for a business.

Eventually Zahory achieved the dream of owning his own restaurant, and opened what is now Mazadar Restaurant at 11725 Lee Highway in Fairfax, an establishment specializing in Middle Eastern cuisine. Mazadar means delicious. Through his hard work, Zahory

was able to combine his past with his future.

However, this success did not come about easily. Family proved to be a bit of a sacrifice Zahory had to make when building his business. He described the process as constant work, planning and management through long hours and late nights.

Zahory's daughter Sarah, who now studies at The College of William & Mary, shares her father's hardworking personality. "I'm really proud of her and how hard she works. That is your goal as a parent, to give your child a better life than you had," Zahory said.

Another obstacle Zahory had to overcome was xenophobia.

"There is some discrimination in the beginning, especially when they hear your accent. Those are some of the challenges you have," Zahory said.

Zahory elaborated on the fact that sometimes people will talk with their hands when explaining things to him; patronizing him while assuming he would not understand.

"At least four or five times, I've actually taken their hands and put them down. I asked them, do you honestly talk to everybody like that?" Zahory said.

Zahory said he has never felt like a minority; however there have certainly been issues of discrimination over the years. These have been demonstrated in subtle ways such as being seated in the back of the restaurant near the bussing station, or assuming him to be an unskilled worker.

Zahory said, "Because I've been through it, I never want anyone to be treated less. In my business that's very important to me. I make sure my employees feel equal and I try to help them wherever I can."

FOCUS ON IMMIGRATION

Social Programs Adapt to Fulfill Immigrant Needs

Fellowship House, Interfaith help immigrants on their way to self-sufficiency.

BY AMIEE FREEMAN
THE GAZETTE

A visitor to Hunter's Woods Fellowship House in Hunter's Woods Square in Reston could hear 21 different languages. Residents speak every Middle Eastern language, Russian, German, Polish, Filipino and several Asian languages, said Fellowship Square Housing and Services Executive Director Jana Broughton.

Fellowship Square Housing and Services, a charitable, not-for-profit organization, offers affordable housing for elderly people and for people with disabilities in the D.C. Metropolitan area. Fellowship Square runs four Fellowship Houses: Hunter's Woods and Lake Anne in Reston, Lake Ridge in Woodbridge and Largo Landing in Largo, Md. In recent years, said Broughton, there has been an uptick in the number of immigrants on the waiting list for affordable housing in Fairfax County and specifically for apartments at the Lake Anne and Hunter's Woods Fellowship Houses.

"The resident population in the Lake Anne and Hunter's Woods Fellowship Houses really matches the demographics of Fairfax County," said Broughton.

According to a 2011 American Community Survey for Fairfax County compiled by the Fairfax County Department of Neighborhood and Community Services and based on statistical data from the 2010 U.S. Census, 29 percent of the people living in Fairfax County were foreign born. Of that percentage, 51.5 percent hailed from Asia, 31.5 percent from Latin America, 8.8 percent from Africa, and the remaining 8.2 percent from Europe, Canada or Oceania.

COMPLICATING ISSUES FOR IMMIGRANTS, Fairfax County is one of the most affluent counties in the country, according to census data. In recent years the cost of housing has increased despite the housing crisis and economic turmoil. In 2009, the last year for which this data was available, the average monthly rent in Fairfax County was \$1,375.

"There is a huge need for affordable housing in Fairfax County," said Broughton.

Fellowship House does not give preference based on immigrant or non-immigrant status, said Broughton. They provide housing based on a first come, first served policy. The waiting list for an apartment at one of the Fellowship Houses is six to eight years.

Most of the immigrant residents at the two fellowship houses in Reston have family who immigrated to the U.S. for better schooling or for better economic opportunities, said Broughton.

"With housing so expensive here, if you are a young immigrant family you cannot afford to house grandma or aunt and uncle. It is important that we offer affordable housing to immigrants. Many of these immigrants bring very important family values with them and we as a society need to respect those values."

Broughton remembered one example of an Iranian family who escaped political retaliation with "only the clothes on their back." This family was well-to-do in their home country, but here they became part of the immigrant poor. Many families, regardless of their reason for immigrating to the U.S. become the immigrant poor as the cost of living is so high, said Broughton.

"By providing affordable housing to immigrants, we are fulfilling part of [the] American dream that we are a home for all," said Broughton.

Reston Interfaith, a Reston-based nonprofit that promotes self-sufficiency through direct support and advocacy, does not specifically direct services to immigrants, but feels that their mission statement requires them to provide services to everyone.

"Our services are open to everyone. We try to provide a diversity of programs that help facilitate access to the community," said Bill Threlkeld, division director of



Every other month at Hunter's Woods Fellowship House in Reston, residents attend an International Tea and share dishes from their country of origin, with one such function pictured here. At Hunter's Woods Fellowship House, 50 percent of the residents are Asian, 21 percent are from Middle Eastern countries and the remainder are Russian, Caucasian and Hispanic.

PHOTOS CONTRIBUTED



Residents at the Lake Anne Fellowship House also gather for similar events and celebrate holidays. At Lake Anne, 53 percent of the residents are Caucasian, 35 percent are Asian and the remainder are African American, Indian and Hispanic.

Neighborhood Resources at Reston Interfaith.

RESTON INTERFAITH offers job and housing assistance. They offer programs on foreclosure prevention. Through their community centers they offer legal clinics and try to provide a lawyer who is familiar with immigration issues as there is a high demand for that service. They also offer English as a Second Language classes. This is the only program that is geared specifically for immigrants, said Threlkeld.

Reston Interfaith also offers programs on new life skills. "The person attending this program might be new to the community or new to the country," said Threlkeld.

Threlkeld said that Reston

Interfaith's programs need to be responsive, so they can work toward meeting the needs of anyone who comes into their offices. "These are folks that are part of our community. We want to help them integrate. They want to be able to do what everyone else is doing. We try to help them do that," said Threlkeld.

The goal of many of Reston Interfaith's programs is to promote self-sufficiency. "We don't want people to fall from a position of self-sufficiency to dependency. We want to keep them going on [a] self-sufficient path. If we can keep someone in their home through our intervention, then we do that. The work we do here at Reston Interfaith helps provide stability in our community," added Threlkeld.

Dream Land

FROM PAGE 7

carrying designer pieces in his stores and began making all of his own.

"I placed goals for myself, from challenge to challenge," Adeler said. "I make mistakes and I learn from them. I don't have much fear of failure."

By 1980, Adeler decided to combine his family-run businesses under one roof. Great Falls was the place he chose to call home for his business and family. "Great Falls ended up being one of the most fantastic communities I've ever lived in," Adeler said.

Adeler Jewelry has provided services to 3,500 of the 7,000 households in Great Falls since it opened its doors over 30 years ago and continues to grow each year. Recently, Adeler won the 2012-2013 International Pearl Design Competition Designers Award as well as placing in the top competitors at the JCK "Jewelers Choice Awards."

In recent months, the internationally recognized jeweler has received requests from various magazines to showcase his designs to Hollywood stylists and celebrities asking to wear his designs, including Sally Fields in the movie Lincoln this year.

Adeler is so appreciative of the opportunities he has been given to succeed in the country he calls "the dream land," that he makes it a point to give back to the community as much as he can through various donations and volunteer work.

"We believe that if you don't give back to the community, you break the rules in how society should be."

His long list of community partnerships include everything from the Red Cross to various organizations benefiting diabetes, veterans and Inova Hospital, and he continues to reach out.

"I have so much to be grateful for," Adeler said. "Every single day I have everything to be grateful for. Life has been extraordinary to us."

PEOPLE

Thompson Earns Research Grant

Dr. Robert Thompson, son of Ted and Lynn Thompson, has been awarded a Marsden Fund Fast Start grant totalling \$345,000 over three years to continue his work on transformation optics and cloaking.



optics, which is the emerging field of science related to cloaking devices and other exotic manipulations of light and electricity. Thompson obtained his Ph.D. in theoretical physics from Tufts University in 2008

Administered by the Royal Society of New Zealand, the Marsden Fund is New Zealand's pre-eminent contestable funding mechanism for fundamental research. Thompson was selected as one of 86 award recipients out of 1,113 proposals. He has been further recognized by the Marsden Fund Council as a "Funding Highlight of 2012" on the Royal Society of New Zealand website.

Thompson has been a postdoctoral research fellow in the Department of Mathematics & Statistics at the University of Otago since 2009. His expertise is in applied mathematics and theoretical physics, particularly in Einstein's general relativistic theory of gravity, quantum field theory in curved spacetimes, and transformation

where he studied quantum fluctuations of black hole horizons. He subsequently spent one year as a postdoctoral research fellow at the Instituto Superior Tecnico in Lisbon, Portugal where he continued to work on theoretical aspects of quantum field theory in the vicinity of black holes. After arriving in New Zealand in 2009 he took the lead on a project developing the theoretical foundations of transformation optics. He is a member of the American Physical Society, the New Zealand Mathematical Society, and the Australasian Society for General Relativity and Gravitation.

Thompson is a 1993 graduate of West Potomac High School where also he rowed stroke oar on the crew team.

Sutton Completes Basic Training

Air Force Airman Christopher J. Sutton graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.



Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Sutton is the son of Bridget Sutton of Phillips Drive, and sister of Tiffany Sutton of Oak Drive, both of Alexandria.

He is a 2009 graduate of West Potomac High School, Alexandria.

Davis To Address Chamber

Former U.S. Rep. Tom Davis will speak to the Mount Vernon-Lee Chamber of Commerce on "What the 2012 Elections Mean for Business," on Thursday, Dec. 6, 11:30 am, at the Belle Haven Country Club, 6023 Fort Hunt Road.



Davis will give an assessment on what businesses can expect with taxes, regulations, and the upcoming "fiscal cliff." For reservations contact the chamber office at 703-360-6925 or visit www.MtVernon-LeeChamber.org

Help with Cold Weather Clothing And Gear Collection Drive

St. Aidan's Episcopal Church at 8531 Riverside Road is hosting a cold weather clothing and gear collection drive on Saturday, Dec. 15, between 8 a.m. and 4 p.m. For pickup, contact eaglecandidatemax@gmail.com.

The drive seeks to collect any cold weather clothing, tents, sleeping bags and sleeping pads for the many homeless people in the area who suffer from the harsh temperatures.

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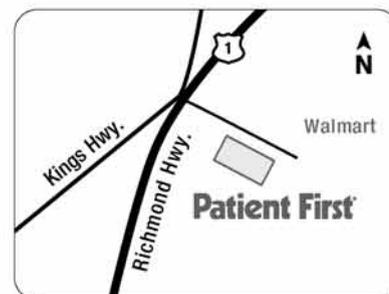
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OPINION

Holiday Revels with a Safety Net

A serious backup, but seriously, make a plan ahead of time.

There is a little life in the economy this year, and that is quite likely to allow some to be the life of the party. You know the drill, the 5-to-7 or 6-to-8 drop-in happy hour, you've been invited to five of them, and you could attend an infinite number of these between now and the second day of 2013. And there are many other varieties of holiday festivities, many involving more than a drink or two.

So make a plan. Plan for a designated driver. Plan to celebrate at home.

Plan to spend the night. Plan to take public transportation. Plan to call a friend for a ride home. But if the best laid plans go awry, Washington Regional Alcohol program has a safety net for you.

The annual Holiday SoberRide program will operate 10 p.m. to 6 a.m. Friday, Dec. 14, 2012 until Tuesday, Jan. 1, 2013 as a way to keep

impaired drivers off the road during this traditionally high-risk, holiday period.

Residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$ 30 fare), safe ride home. Last holiday season, more than 2,000 people used the service.

Local taxicab companies will be providing this no-cost service to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

More information at www.soberride.com.

Parents can encourage their young adult children who are over 21 to carry the number with them if they are celebrating. It's probably more important to talk to their underage revelers about moderation and contingency plans to avoid drinking and driving, or risking getting into a car with an underage driver who might have been drinking.

Correction

Last week's editorial included information about upcoming community meetings on the

search for a new superintendent of Fairfax County Public Schools. Thank you to School Board member Cathy Smith for noticing that we omitted one meeting, Dec. 5 at Chantilly High School. Here are the meeting dates and places repeated, including Chantilly:

Dec. 4 - 7 p.m., cafeteria, Langley High School, 6520 Georgetown Pike, McLean, VA 22101

Dec. 5 - 7 p.m., cafeteria, Robinson Secondary School, 5035 Sideburn Road, Fairfax, VA 22032

Dec. 5 - 7 p.m., cafeteria, Chantilly High School, 4201 Stringfellow Road, Chantilly, VA 20151

Dec. 6 - 10 a.m. Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600

Dec. 6 - 7 p.m., cafeteria, Annandale High School, 4700 Medford Drive, Annandale, VA 22003

Dec. 6 - 7 p.m., cafeteria, Groveton Elementary School, 6900 Harrison Lane, Alexandria, VA 22306

Dec. 7 - 1 p.m., Gatehouse Administration Center, 8115 Gatehouse Road, Falls Church, VA 22042 Room 1600.

LETTERS TO THE EDITOR

Enforce Current Zoning Regulations

To the Editor:

As Michael Lee Pope's article entitled "Fee Could Make Impact"

(Nov. 29, Mount Vernon Gazette) correctly explains, Fairfax County does not ask developers for transportation infrastructure improvements for "by right" projects. Contrary to what the article implies, Fairfax County does have zoning regulations that would require

developers to provide transportation infrastructure where needed when "by right" projects' site plans or minor site plans are reviewed by Fairfax County staff.

In response to the Mount Vernon Council of Citizens' Associations' (MVCCA) resolution regarding

Transportation Impact Fees for by-right projects, the then Fairfax County Executive, Anthony Griffin, issued a 2/1/2012 memorandum which clearly states on page 2 (last paragraph) that "by-right" redevelopments (which do not require rezoning) are subject to improvements under Section 17-200+ of the Fairfax County Zoning Ordinance (which was adopted by the Board of Supervisors in 1976). Fairfax County staff should be enforcing section 17-200+ of the Zoning Ordinance that states "to assure public safety," no site plan shall be approved unless a determination is made by the director that sidewalks, additional vehicular lanes and/or widening of existing roads are unnecessary.

The MVCCA Transportation committee has sent questions regarding the enforcement of this section of the zoning ordinance (i.e., when, what projects and what transportation infrastructure was required) as "by right" projects seem to slide by without the required improvements required by Section 17-200+ (e.g., Construction of pedestrian walkways so that occupants/patrons may walk on the same, construction of trails as shown on the Comprehensive Plan, construction of vehicular lanes, widening of existing roads, construction of curb and gutter), such as Kings Crossing and



PHOTO BY JACQUI KNIGHT FOR NMG

Chorus Concerts

The National Men's Chorus Concert entertains more than 300 guests at Nov. 10 concert in tribute to veterans at Aldersgate Methodist Church over Veteran's Day weekend. The men's group performs four concerts per year throughout the Washington, D.C. area. Learn more about the group and its schedule at the web site nationalmenschorus.org.

Mount Vernon Gazette

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SEE LETTERS, PAGE 11

OPINION



PHOTO CONTRIBUTED

'Imagine Peace'
The Mount Vernon Evening Lions Club announced the winners of the International Lions Peace Contest which was held at Mt. Eagle Elementary School. First prize was awarded to Karen Canales

and second prize went to Shalia Romero-Morales. The theme for this year contest was "Imagine Peace" and was offered to all sixth graders at the school. Karen Canales poster (above) will now compete in Lions District 24-A contest.

LETTERS TO THE EDITOR

FROM PAGE 10

Hollin Hall Village.

US Route 1 needs improved transportation infrastructure so that it can be properly revitalized. The traffic congestion at Kings Crossing needed additional dedicated turn lanes, but the turn lanes were not built when the new stores were built at Kings Crossing. Fairfax County should be requesting fees from developers so that these

needed transportation projections become a reality. The existing zoning regulations should be enforced and county staff should institute fees and/or require these improvements. That is why I believe "by right" projects should be denied unless they provide the required improvements of Section 17-200+.

Catherine M. Voorhees
Hollin Hall Village



Photos with Santa & Mrs. Claus
One Wales Alley, Old Town Alexandria
Saturday & Sundays, Nov 24 - Dec 23

Breakfast with Santa
Union Street Public House
Monday, Dec 24

Visit OldTownBoutiqueDistrict.com for more information.

This program has been made possible by the support of the Alexandria Marketing Fund.



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Open Sunday in Belle Haven



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2009 Fort Drive Alexandria, VA 22307

Open Sunday in Belle Haven



Beautiful Cape with a lovely front porch located in the heart of Belle Haven. Offering 5 bedrooms, four full baths, this property is perfect for elegant entertaining as well as comfortable family living. Fabulous kitchen with top of the line appliances, granite counters, and custom cabinets, beautiful master suite, family room off the kitchen, 2 zone HVAC. ~\$1,325,000

6120 Woodmont Road Alexandria, VA 22307

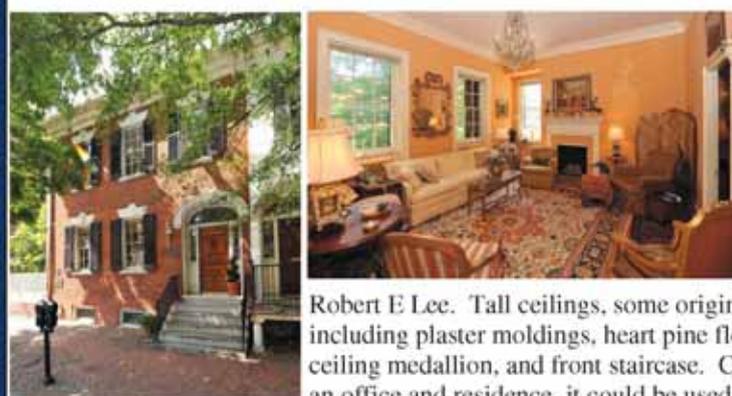
Gorgeous in Belle Haven



Elegant custom built colonial in the heart of Belle Haven. 5 bedrooms, 4.5 baths on over 4200 finished square feet. Tall ceilings, exquisite moldings, hardwood floors, elegant formal rooms, 4 fireplaces, 2 car garage, updated kitchen with stainless steel appliances, large master suite, and fabulous deck for entertaining. ~\$1,695,000

2202 Woodmont Road Alexandria, VA 22307

The "Light Horse Harry" Lee House



Stately brick townhouse built in 1780 was once the residence of Henry Lee and his family which included son

Robert E Lee. Tall ceilings, some original features including plaster moldings, heart pine floors, horsehair ceiling medallion, and front staircase. Currently used as an office and residence, it could be used for either or both and offers seven off street parking spaces! ~\$1,695,000

611 Cameron St Alexandria, VA 22314

Water Views in Belle Haven



Exceptionally Charming! Beautiful 5 bedroom, 3 full bath + 2 half baths, stone and brick colonial sited on a lot with Potomac River Views! Large and gracious living room with fireplace, several seating areas, exquisite moldings, built in shelves + cabinetry, French doors leading to deck, elegant dining room with fireplace, light filled

updated kitchen with breakfast area. Inviting family room with fireplace, and 2 car garage. ~\$1,395,000

6111 Vernon Terrace
Alexandria, VA 22307

Under Contract in Belle Haven



This Belle Haven home has it all! Lots of living space on 2 levels, 5 bedrooms, 3 full baths, gourmet kitchen, updated lighting, updated baths, spacious living room with fireplace. Lower level family room with fireplace, gleaming hardwoods, Fresh paint, private patio, oversized garage, new heat and AC. ~\$779,000

6205 Foxcroft Road Alexandria, VA 22307



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 Donnna C. Wintermute 703-518-6156



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 Located in one of Alexandria's most highly sought-after neighborhoods, this custom built 6BR + 4 1/2 + 1/2BA colonial features pine fls, 3 fp's, 2 huge screened porches + 2 car garage.
 Donnna C. Wintermute 703-518-6156



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 Sherry York 703.625.7337



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NEWS

Birth

A daughter, Delaney Grey Fontaine was born 7 lbs, 8 ounces, on Nov. 22, Thanksgiving Day, to Russ and Mary Fontaine, with an eagerly waiting big sister Chloe Marie. She is the granddaughter to Howard and Susan Ady, III residents of Mount Vernon Manor for 27 years until their retirement to Hawaii this past year.



PHOTO BY RENÉE RUGGLES/MOUNT VERNON

The fire caused extensive damage to the family's home.

Mount Vernon House Fire Displaces Family

Fairfax County Fire and Rescue Department units responded to a house fire, Thursday, Nov. 29, at approximately 3:10 p.m. in the Mount Vernon area of Fairfax County. The single-family home is located at 4105 Fielding Street.

Firefighters encountered heavy smoke and fire coming from the front and rear of the three-story, split level home upon arrival. Firefighters were also challenged with a downed live power line near the

driveway of the home. Firefighters conducted both an interior and exterior fire attack, bringing the fire under control in approximately 20 minutes.

Seven occupants have been displaced, two adults and five children. Two birds and a pet chinchilla perished in the fire. There were no other injuries. Red Cross support was declined.

Damage is estimated at \$225,000. The fire is under investigation.

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6:30 pm Mass (from Sept. 9 until mid June)	Sign Language Interpreter Sunday at 9:00 am Mass

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WELLBEING



PHOTO COURTESY OF DREAM YOGA

Students prepare to practice yoga at Dream Yoga Studio and Wellness Center in McLean. Experts say confusion and misinformation around yoga can keep some away from the practice.

Understanding Yoga

Local yogis explain popular styles of yoga.

BY MARILYN CAMPBELL
GAZETTE PACKET

Joanna Mosely says she can't tell a downward facing dog from a baby cobra. She belts out a perplexed "huh?" when asked if she knew the difference between Ashtanga and Bikram.

"I have been wanting to try yoga, said Mosely who lives in Alexandria. "But I don't think I am flexible and I've just never gotten around to it."

Experts say confusion and misinformation around yoga can keep some away from the practice. "There are many misperceptions about yoga, and yet so much to be gained if folks can find the right yoga for them," said Luann Fulbright, of Dream Yoga Studio and Wellness Center in McLean.

How should one begin a yogic journey? "The first thing a person should realize is that there are many different types of yoga," said Joel Martin, an assistant professor of Kinesiology at George Mason University in Fairfax. "Some are geared towards providing a relaxing, non-strenuous experience, while others can be very strenuous — perhaps more strenuous than a typical resistance training routine. Since there are many different types of yoga, there is most likely some form that is suitable for just about anyone."

Laura Burch, a spokesperson for Arlington-based Yoga Alliance, a nonprofit education and support organization for yoga in the United States, said, "Some of the language can be confusing to people who are not familiar with yoga."

Among the most common styles of yoga in the United States, according to Yoga Alliance, are Ashtanga, Bikram, Hatha, Iyengar, Kundalini and Vinyasa. But how do you know which type is right for you? Understanding the different styles of yoga is a good place to start, say experts.

Dawn Curtis, of East Meets West Yoga Center in Vienna, says her favorite style is Kundalini. "It is often called the yoga of awareness. In the classes you can expect to encounter very challenging breath work, and there is vigorous movement within the postures. It is taught at the same level and students are encouraged to work at their own pace and to listen to their bodies. It is great for any age group."

Ashtanga yoga, Curtis continued, is also good for most age groups. "It is especially good for the very flexible," she said. "Most of the time, the Ashtanga rooms are heated, so a person must be able to tolerate the heat. It is a set series of postures. There is a primary series, an intermediate and a more advanced

series. You have to master the poses in a series first before they will move you up into the higher level of classes."

SIMILARLY, BIKRAM, which is also known as hot yoga, has a set series of poses. "There is a set of 26 postures in Bikram yoga," says Curtis. "The classes are always the same. They do not deviate. The rooms are generally heated to about 105 degrees. There are certain body types that have a harder time dealing with the heat. I would not recommend anyone who is pregnant to take a very hot class. This appeals mostly to younger people and those who want a workout."

Iyengar, which was founded by yogi master B. K. S. Iyengar, is good for those with injuries. "Iyengar is probably one of the most popular," said Fulbright. "It focuses a lot on alignment. It also focuses on healing and uses practices for therapeutic purposes. It is strict and the emphasis is on the postures."

Hatha, say experts, is actually a term that is used broadly. It is for everyone. "All yoga is Hatha yoga," said Curtis. "This is taught more commonly so it is what most people know yoga as. It is very therapeutic and good for people with injuries. What Hatha does is improve strength and flexibility. It is basic postures such as triangle pose, the warrior series, forward bends and back bends. What is nice about Hatha yoga is that students are encouraged to go at their own pace, avoid injury and have fun." Curtis says there are multiple levels of classes that increase in difficulty.

For those looking for a challenging practice, Curtis recommends Vinyasa. "Vinyasa, which is also known as flow yoga, is very popular in the yoga world," she said. "It is a continual movement from posture to posture. It is a flowing sequence, and is very orchestrated, almost choreographed. It is Ashtanga and Hatha yoga blended together. It is fast-paced and there is an emphasis on breathing with each posture that you're flowing through."

BEFORE TAKING A YOGA CLASS, Martin has a caveat, however. "First and foremost, consider [your] current health," he said. "[People] may want to consult a physician to make sure they don't have any medical conditions that could cause serious health complications from yoga, especially the more strenuous forms of yoga."

Burch says that since there is no regulation of yoga teachers and studios, anyone can adopt the moniker of yoga teacher. As a result, Yoga Alliance has developed minimum standards for teacher training. "Before taking a class, look at a teacher's training background to see if they have registered with us and met our standards," said Burch.

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ALEXANDRIAGAZETTE 5.12



Ethan Bogdanowicz tells Santa Claus what he wants for Christmas inside Mount Vernon Hospital.



PHOTOS BY LASHAWN AVERY-SIMON/THE GAZETTE

Inova Mount Vernon Hospital Auxiliary hosted the 31st annual Lights of Love ceremony.

Lights of Love Ceremony at Inova Mount Vernon Hospital

Inova Mount Vernon Hospital Auxiliary hosted the 31st Annual Lights of Love Ceremony on Dec. 1 when living trees were lighted in the memory of loved ones and to honor special friends.



T.J Dean from Fort Hunt Elementary School reads an essay about her grandfather.



Cleve Francis, M.D. sings "I'll Be Home for Christmas" during the Lights of Love ceremony.

SCHOOL NOTES

Email announcements to gazette@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Richard McClure, a resident of Alexandria, has been accepted at Coastal Carolina University for the Fall 2013 semester. Richard, a West Potomac High School student, plans to major in Economics.

Melonie Wright of Alexandria was one of more than 650 University of Akron students and staff who volunteered in the Akron community for Make a Difference Day on Saturday,

Oct. 27. Wright is majoring in Political Science- Law, Crts, Pol at UA.

Tracy Laux, a sophomore from Alexandria, pursuing a dual degree in Spanish in the College of Liberal Arts and Human Sciences and business information technology in the Pamplin College of Business, was selected to be a member of the Marching Virginians at Virginia Tech. Laux plays the trumpet and holds a leadership position as a rank captain.

Corinne Mayer, a junior from Alexandria, majoring in biological sciences in the College of Science, was selected

to be a member of the Marching Virginians at Virginia Tech. Mayer is a member of the flag corps.

Nola Savage, a senior from Alexandria, majoring in mathematics in the College of Science, who plays the horn, was selected to be a member of the Marching Virginians at Virginia Tech.

Kyle Parker, a junior from Alexandria, majoring in computer science in the College of Engineering, who plays the baritone, was selected to be a member of the Marching Virginians at Virginia Tech.

BULLETIN BOARD

FROM PAGE 5

for the 2013 tax season. The program offers free five-day training using IRS computers and software. Volunteers become IRS Certified Tax Counselors after completing and passing the IRS examination. Training sessions will be held in Annandale, Centerville and Alexandria in Dec. 2012 and Jan. 2013. Visit www.aarp.org/taxaide.

Training Courses. The American Red Cross in the National Capital Region will host training courses in CPR, First Aid, and AED in the Alexandria and Fort Belvoir

offices. These classes offer a two-year certification. Classes range from \$70-\$110 and are available Tuesdays, Wednesdays, Thursdays, or Saturdays. Advance registration is required. To register for a class or find another class in your area, call 1-800-RED-CROSS or visit redcross.org/takeaclass.

Dance for Parkinson's Disease.

Thursdays, 1:30-2:30 p.m. At Heritage Presbyterian Church, 8503 Fort Hunt Rd. Those with Parkinson's and caregivers are welcome. No dance experience necessary.

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21 Announcements

21 Announcements

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OBITUARY

Helen Brading, 97, formerly of Alexandria, Va. passed away at the home of her daughter Connie Gray in Redmond, Va.. Stanley, her husband, preceded her death. Helen was active in Girl Scouts, Altrusa, Westminster Presbyterian Church, the Salvation Army, Alexandria Police Crime Watch, the animal shelter and education. Her two daughters, Connie Gray and Elinor Uhlhorn, 5 grandchildren and 9 great-children survive her. The twinkle in her eye and her humor will be missed. Services will be private. Memorial donations may be made to your favorite charity.

Legal Notices

21 Announcements

21 Announcements

21 Announcements

LEGAL NOTICE

Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of unclaimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to <http://alexandriava.gov/police/> and contact the Police Property Section at (703) 746-6709.

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21 Announcements

ABC LICENSE

David S. Germroth trading as 3W Beverage Importers, LLC, 6432 Cygnet Dr, Alexandria, VA 22307. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine importer license to sell or manufacture alcoholic beverages. David S. Germroth, owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the published date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

26 Antiques

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28 Yard Sales

Estate/Yard Sale, Sat., Dec. 8, 8:00-Noon, 8311 Crown Court Rd

102 Instruction

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21 Announcements

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The Board of Supervisors designated Dec. 14, 2012, as Jeans Day in Fairfax County at their Dec. 4 meeting. (Center) Jim Corcoran, president of The Fairfax Chamber of Commerce, holds the proclamation with Board of Supervisors Chairman Sharon Bulova.

'Jean' Therapy Helps Raise Funds for Homeless

Fairfax County kicks off second annual Jeans Day on Dec. 14.

BY VICTORIA ROSS

THE CONNECTION

Everyone knows that gene therapy can help scientists treat a number of debilitating diseases, but what about human "jean" therapy?

The homonyms might have more in common than you think, which is why the Fairfax County Board of Supervisors proclaimed Friday, Dec. 14 "Jeans Day," an innovative approach to alleviating chronic homelessness in Fairfax County.

On Jeans Day 2012, Fairfax County is asking businesses, schools and community residents to pull on a pair of their favorite jeans to demonstrate their support for ending homelessness.

The day of community give-back is hosted by The Fairfax County Chamber of Commerce, in partnership with the Fairfax-Falls Church Community Partnership to Prevent and End

Jeans Day 2012

Interested organizations can register to participate in the initiative any time between now and Dec. 14, and can do so at <http://jeansday2012.eventbrite.com>.

More information about homelessness in Fairfax County, and the partnership to end it, is available at <http://www.fairfaxcounty.gov/homeless/>.

Homelessness, The Connection Newspapers and Apple Federal Credit Union.

A popular fundraiser for homelessness and other causes nationwide, Jeans Day is a relatively simple idea. Companies go casual for a cause, inviting employees to wear their jeans to work in exchange for a \$5 contribution to fight homelessness. Last year, more than 100 employers representing 3,000 employees participated in the initiative.

"We're proud to partner with the county, through the Office to Prevent & End Homelessness, The Connection Newspapers and Apple Credit Union to provide an opportunity for businesses and their employ-

ees to participate in the robust work to end homelessness going on in our community," said Fairfax Chamber President & CEO Jim Corcoran. "Northern Virginia businesses step up every day to support our community in many ways, but we're especially excited about this opportunity because it's a chance for employees to get involved directly."

"Now, more than ever, we need you to get involved as we move forward with the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness. Everyone is in need of some type of help at one point in time or another," said Fairfax County Board of Supervisors Chairman Sharon Bulova. "Now, we need your help and Jeans Day is a great way for you and your business to get involved to prevent and end homelessness in our community as we know it."

Nearly 3,000 children, women and men face homelessness and the threat of severe temperatures and hunger today in the Fairfax County-Falls Church community,

according to Dean Klein, executive director of Fairfax County's Office to Prevent and End Homelessness (OPEH).

The majority of people without homes in our community are children

and working families. Homelessness affects everyone, with social and economic costs to the community, including increased public costs for medical care and education.

"In Fairfax County, it's easy to forget that there are homeless families here, homeless children in the schools, and that many people who are homeless here are actually working, but don't make nearly enough money to afford housing," said The Connection Publisher Mary Kimm. "The Connection is committed to raising awareness of homelessness and the need to provide permanent shelter, and to recognizing the good works of individuals and businesses in Northern Virginia."

HOLIDAY ENTERTAINMENT

Little Theatre's 'A Christmas Carol'

Opening night of the holiday classic welcomes families from the Georgetown Hospital Pediatric Oncology Center.

BY JEANNE THEISMANN
THE GAZETTE

It's a tale as old as time: The miserly Ebenezer Scrooge is ethically and emotionally transformed after being haunted by visits from the Ghosts of Christmas Past, Present and Yet to Come in the Charles Dickens classic "A Christmas Carol," now playing at The Little Theatre of Alexandria.

First published in December of 1843, LTA has updated the traditional version of the Victorian play with an original adaptation by director Rachel Hubbard that debuted Nov. 29 to children and families from the Georgetown Hospital Pediatric Oncology Center.

"We're so excited to be here tonight," said Melanie Downie, whose 8-year-old son Brian plays one of the Cratchit children. "It's a dream come true for Brian."

Brian Downie was diagnosed at 13 months with histiocytosis, a rare form of bone cancer. With 16 bone tumors discovered at diagnosis, he has had five relapses and undergone chemotherapy treatment for six years for more than 50 tumors.

"He's in remission and doing well now," said Melanie Downie, who helped arrange for 40 pediatric oncology patients and their families to attend the show that served as a Partners in Arts night fundraiser for the Arlington Soccer Association's Rowdies Red U16 girls team.

"We raised over \$1,000," said 15-year-old Charlotte Alberts, whose mother Rachel is a longtime producer at LTA. "Our teams all have to do one fundraiser a year so we thought this would be a good idea."

Typical of many school fundraisers, tickets were sold to generous family members who would not be able to attend the show. Rather than see the tickets go unused, Melanie Downie asked if she could distribute the tickets to the cancer patients and their families.

"It's such a thrill to combine our two worlds like this," Melanie Downie said. "Brian was always entertaining everyone in the hospital but he had never done any theater before auditioning for the show. We had no idea what stage right or stage left was but then he got a call back and here we are."

HUBBARD'S ORIGINAL VERSION of

the show features an onstage Charles Dickens narrating the classic tale.

"I've always loved Dickens and wanted to do something different to commemorate his 200th birthday," said Hubbard, who is making her LTA directorial debut. "All of the good that radiates from this show is because of the cast. They have worked so hard and are so dedicated and the enthusiasm of Brian and all the children is infectious."

Taking on the central role of Scrooge is Mount Vernon resident and theater veteran Elliot Bales. Bales gives a passionate performance, holding the audience spellbound as he deftly brings a tenderness to the transformation of the despised businessman.

Mark Lee Adams, who trained with Judi Dench in London, plays Dickens

with aplomb with LTA favorite Larry Grey as Mr. Fezziwig. The entire cast is remarkably talented with costumes and staging that brings the Victorian streets of London to life.

"This is a magical evening, not just for us but for all the families here," Melanie Downie said. "For any family who has a child with cancer, you enjoy life to the fullest day by day."

Elliot Bales, right, joins pediatric cancer patients and their families following a special Nov. 29 performance of "A Christmas Carol" at The Little Theatre of Alexandria.



PHOTOS BY JEANNE THEISMANN/THE GAZETTE



PHOTO BY DOUG OLMSTED

Charlie Ruppe (Turkey Boy), Viktoria Truitt (Belle's child), Julian Worth (Boy Scrooge), Penelope Gallagher (Belle's child), Lindsey Gattuso (Caroler), Brian Downie (Robert), Clare Baker (Belinda Cratchit), Grace Keefe (Fan), and Saoirse Farrell (Belle's oldest daughter) in Little Theatre of Alexandria's 2012 production of "A Christmas Carol."



Mark Lee Adams, Larry Grey and Elliot Bales relax following the Nov. 29 performance of "A Christmas Carol."



Cancer patient Brian Downie, 8, with mother Melanie and grandmother Alexandra following his Nov. 29 stage debut in "A Christmas Carol."

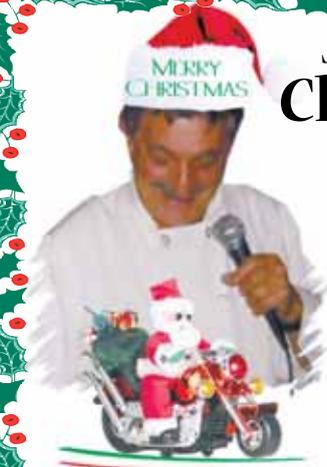
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ENTERTAINMENT

Email announcements to gazette@connectionnews papers.com. Photos and artwork are encouraged. Deadline is Thursday at noon.

THURSDAY/DEC. 6

A Peter White Christmas. With Peter White, Mindi Abair and special guest at the Birchmere. \$49.50. Visit www.peterwhite.com. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

Art Focus Group. 7:30-9 p.m. Clay in the Classroom: Sculpture, Sensory Exploration and Community Building. Learn about the many benefits of good clean play with mud in the classroom. Classes are \$25 each or \$200 for the 10 class series. A school or group of teachers can share the registration for the full series. At 2804 Sherwood Hall Ln. Call 703-201-1250.

Free Concert. 7:30-9:30 p.m. The 2013 Living Legends of Alexandria nominees will be introduced with a musical tribute, featuring music by the NOVA Community Chorus, the NOVA Jazz Ensemble and the NOVA Alexandria Band in the Rachel M. Schlesinger Hall, 3001 N. Beauregard St. The nominees of 2013 Living Legends of Alexandria are introduced to the community at 6:30-7:15 p.m. Free, parking in the Beauregard Parking Garage is \$6. Contact Nina Tisara at NinaT@ninatisara.com or Lisa Eckstein at leckstein@nvcc.edu.

FRIDAY/DEC. 7

Holiday on the Avenue. 6-9 p.m. The entire community comes together to light the neighborhood Christmas tree. Even Santa attends. This joyous celebration is followed by an evening stroll down the Avenue, which is illuminated by thousands of candles, called "luminarias." Del Ray Farmer's Market at Mount Vernon Ave. and E. Oxford Ave. Call 703-746-3301 or visit www.visitalexandriava.com.

1964 The Tribute. 7:30 p.m. 1964 The Tribute is cheered worldwide by recreating a Beatles concert performed live, with exact detailed reproduction of the songs, voices, instruments, suits, haircuts and even the iconic "Beatle Boots" made famous by the Fab Four. Now it will appear at The Birchmere Music Hall located at 3701 Mount Vernon Ave. Tickets are priced at \$35 available at <http://www.ticketmaster.com>.

FRIDAY-SUNDAY/DEC. 7-9

Del Ray Artisans' 17th annual Holiday Market.

Handmade work from local artists plus bake sale. Reception is on Friday, from 6 to 9 p.m. The hours are 10 a.m.-4 p.m. on Saturday and noon-4 p.m. on Sunday. Visit TheDelRayArtisans.org/HolidayMarket.

FRIDAY-SATURDAY/DEC. 7-8

Sweeney Todd at TJ. 7 p.m. For a bloody good time, attend Stephen Sondheim's classic tale of "Sweeney Todd - the Demon Barber of Fleet Street" about a vengeful London barber and his landlady's scrumptious but mysterious meat pies as performed by the Thomas Jefferson High School for Science and Technology's student choir along with the TJ faculty, parent and alumni choirs. Tickets are \$10 and are available at the door on performance days at the Thomas Jefferson High School for Science and Technology at 6560 Braddock Road in Alexandria. Visit www.tjchoir.org.

SATURDAY/DEC. 8

Christmas Open House. 12-4 p.m. Join a Civil War-era Santa at this family-fun holiday event that explores how Christmas was observed during the Civil War. The program features living-history interpreters, a Victorian Christmas tree, period music, refreshments, readings of "The Night Before Christmas" and a patriotic Santa Claus inspired by Thomas Nast's Civil War cartoon. Guided tours of the fort, weather permitting. At Fort Ward Museum & Historic Site, 4301 W. Braddock Rd. Call 703-746-4848 or visit www.historicalalexandria.org Admission is \$2 for adults, \$1 for children.

Breakfast with Santa. 9 a.m. Join for the 5th annual Breakfast with Santa. The elves will begin seating at 9 a.m. as we eagerly await Santa's arrival. There will be plenty of time to sit on Santa's lap and share list with him. A full breakfast buffet will be available. At Carlyle Club, 411 John Carlyle St., Call 703-548-8899 or visit www.thecarlyleclub.com. Admission is \$28.95 for adults; \$15.95 for kids age 4-12; free for age 3 and under.

Holiday Gifts Jewelry Workshop. 2-3 p.m. Free. Make four unique holiday gifts, stamp tags, and make your own gift boxes. Limited to 12 participants. At the Beatley Central Library, 5005 Duke St. Visit www.alexandria.lib.va.us or call 703-746-1702.

Artisans Holiday Marketplace. 3-6 p.m. At Durant Center, 1605 Cameron St. Entrepreneurs Class 2012, Fall Semester Showcase of Graduates' Micro-Businesses Graduation Ceremony Artisans Holiday Marketplace. Offer complimentary homemade appetizers and art desserts. Proceeds benefit EWI and our local artists and creative entrepreneurs. Holiday selection include one-of-a-kind jewelry, scarves, designer aprons, skin and beauty products, fine art, note cards, holiday ornaments and more. Free, but RSVP required. Visit ewint.org.

Kwanzaa Celebration. 11 a.m.-1 p.m. The Alexandria Black History Museum and Culture Kingdom Kids will host a

SEE CALENDAR, PAGE 24



Christmas Eve Dinner



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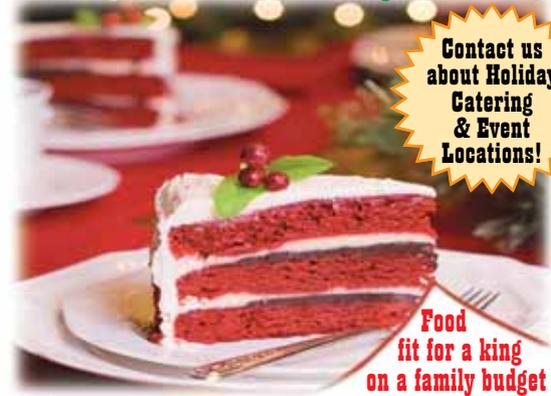


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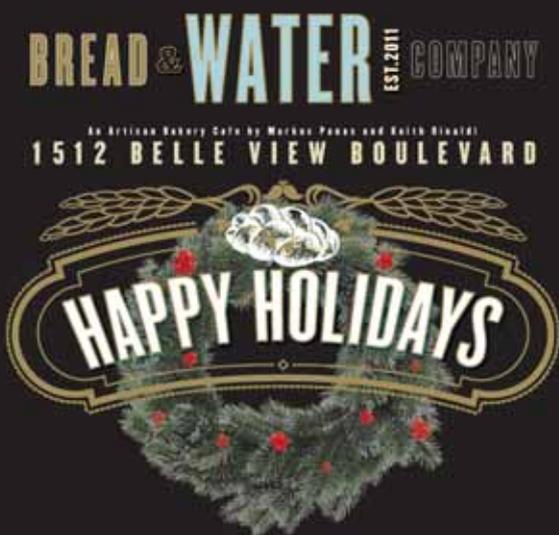


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TO ALL OF YOU FROM ALL OF US,
A WONDERFUL HOLIDAY SEASON!

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HOLIDAY ENTERTAINMENT

FROM PAGE 23

Kwanzaa Celebration program exploring the history and significance of Kwanzaa at the Museum located at 902 Wythe St. Admission is \$5. Patrons needing special accommodation must notify the museum two weeks prior to the event. Visit www.alexblackhistory.org.

Free Ice Skating Show. 11:30 a.m.-1:30 p.m. The public is invited to watch figure skaters show off their moves at Mount Vernon RECenter's Holiday Ice Show, where most experienced skaters, as well as beginners of all ages will perform together. Mount Vernon RECenter is located at 2017 Belle View Blvd. Contact Carl Kirtley, at 703-768-3224. or visit <http://www.fairfaxcounty.gov/parks/happy-holidays2012.htm>.

Civil War Christmas in Camp. noon-4 p.m. Learn how Christmas was observed during the Civil War by attending Fort Ward Museum's annual "Christmas in Camp" Open House. This popular family-oriented event features a patriotic Santa Claus, living history interpreters, Victorian decorations, craft activities for children, and tours of the historic fort. The suggested donation is \$2 for adults and \$1 for children. Fort Ward Museum & Historic Site is located at 4301 West Braddock Road. Call 703-746-4848, or visit www.fortward.org.

DEC. 8-30

5x5(x5) Exhibition. The Torpedo Factory Art Center's Target Gallery presents 5x5(x5), featuring 112 works by 68 artists working in a variety of media. Reception is on Thursday, Dec. 13, from 6-8 p.m.; juror talk with Stefanie Fedor at 7

p.m. At Target Gallery, Torpedo Factory Art Center, 105 N. Union Street. Visit www.torpedofactory.org/target

SATURDAY-SUNDAY/DEC. 8-9

Historic Alexandria Candlelight Tours. Special pre-sale discount if tickets purchased before Dec. 1. Take a break from the fast pace of the season and enjoy the unique charm and history of Old Town at this popular holiday event. Tour Gadsby's Tavern Museum, Carlyle House, Lee-Fendall House and the historic Bank of Alexandria building by candlelight and enjoy seasonal decorations, entertainment and light refreshments. Special this year – a holiday taste of historic chocolate, co-sponsored by the Historic Division of Mars, Inc. Saturday from 6-9 p.m.; Sunday from 3 to 6 p.m. At Gadsby's Tavern Museum, Carlyle House, Lee-Fendall House. Call 703-746-4242 or visit www.historicalexandria.org. Admission is \$20 for adults, \$15 for seniors and \$5 for children.

SATURDAY-SUNDAY/DEC. 8-9, 15-16

Historic Candlelight Tours. 5-8 p.m. Join "Mrs. Washington" as she hosts an evening of candlelight tours, fireside caroling, and hot cider and ginger cookies. Tours include merry music, and characters from the Washingtons' world guiding visitors through the first and second floors of the home, adding ambiance and authenticity to a traditional Christmas evening at Mount Vernon. Tickets may be purchased at the Ford Orientation Center (9 a.m. to 4 p.m. daily), or through MountVernon.org. Admission is \$22 for adults and \$15 for children under 12. Call 703-780-2000 or 703-799-8697 or visit www.MountVernon.org.

SUNDAY/DEC. 9

Christmas Music. 9:45 a.m. The Plymouth Haven Baptist Church Children's Choir will present their Christmas music presentation in the Fellowship Hall, 8600 Plymouth Dr. Open to the public.

Holiday Evening with Raul Malo. 7:30 p.m. \$29.50. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

Bell

Ringling.

2-3 p.m.

Bells will be ringing when Alexandria's Browne Academy musicians deliver their Handbells performance at the Charles E. Beatley Central Library, 5005 Duke St. Refreshments will be served. Open to the Public. Call 703-746-1702 or visit www.alexandria.lib.va.us.

Concert. 4 p.m. New Dominion Chorale, conducted by Artistic Director Thomas Beveridge, will present J.S. Bach's Christmas Oratorio at the Rachel M. Schlesinger Concert Hall and Arts Center on the Alexandria Campus of Northern Virginia Community College, 3001 North Beauregard St. The Chorale will be joined by soloists from the Washington National Cathedral and a professional orchestra in a performance of the Advent portion of Bach's work in a new English translation by Beveridge, founder and artistic director. Tickets are \$30, \$25 for seniors, \$20 for individuals in groups of 10 or more, and \$5 for

students and children. Tickets are available online at www.newdominion.org or at the door. Parking is free. Visit www.newdominion.org or call 703-442-9404.

Holiday Market – Women, Art and Shopping.

1-5 p.m., Charles Houston Recreation Center, 905 Wythe St. Free. Just in time for holiday shopping, more than 25 local, female artisans will display their wares during an afternoon of

Holiday Traditions

17th Annual Holiday Market at Del Ray Artisans — Dec. 7-9 and Dec. 14-16

Mount Vernon by Candlelight — through Dec. 16

Christmas at Mount Vernon — through Jan. 6

First Night Alexandria — Monday, Dec. 31

Find more information in our calendar as the dates approach.

fun, art and friends. Shop for pottery, handcrafted clothing, scarves, purses, jewelry and more, as well as complimentary refreshments.

Sponsored by the Alexandria Commission for Women and the Friends of the Commission for Women, the proceeds will benefit the Alexandria Domestic Violence and Sexual Assault Programs. This event is also a collection site for new toys and gifts for children of the clients of the Alexandria Battered Women's Shelter. Call 703-746-3123 or visit www.alexwomen.com and scroll down to the events section.

Chanukah On Ice.

6-8:30 p.m. Arlington County Fire Chief James Schwartz will light the huge Menorah. Open Skating is from 6-8:30 p.m. The lighting will take place at 7 p.m. Visit www.ChabadAA.org or call 703-370-2774. The Pentagon row Ice Skating rink is located at

1201 S Joyce Street, Arlington. Tickets are \$12 at the door, \$10 in advance. Ticket prices include skate rental. Food sold separately.

Children's Holiday Concert.

2:30-4:30 p.m. Maestro Kim Allen Kluge and celebrity reader Liz Securo present The Polar Express, accompanied by music from the 2004 film. A reception filled with holiday cookies, candies and plenty of cider and hot chocolate follows the concert. There may even be a very special visitor. At St. Paul's Episcopal Church in Old Town, 228 S. Pitt Street. \$25. Call 703-548-0885 to purchase or visit www.alexsym.org.

THROUGH DEC. 9

Old Town Boutique District's Window Wonderland.

Come out to Old Town Alexandria and

view the festive Window Wonderland of holiday lights and decorations on display at our local boutiques.

Shoppers are invited to vote for their favorite window décor via Facebook and Twitter. Throughout Old Town Alexandria. Visit www.oldtownboutiquedistrict.com.

MONDAY/DEC. 10

A John Waters Christmas

'Command Performance' at the Birchmere. \$49.50. John will be signing copies of books purchased at the show. Visit www.dreamlandnews.com. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

Locks for Love. 7 p.m. at Lords & Ladies Salon and Spa, 605 Franklin

SEE CALENDAR. PAGE 25

Make the Holidays Memorable by using spices from



We're cooking up great things for Christmas!

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HOLIDAY ENTERTAINMENT

FROM PAGE 24

St. Call 703-549-2662 or visit www.landlalon.com. Hair needs to be needs to be taken off at least 10 inches to be donated for locks for love. Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 21 suffering from long-term medical hair loss from any diagnosis.

WEDNESDAY/DEC. 12

Author Series with Dennis Pogue. 7-8:30 p.m. Pogue will discuss his book, *Founding Sprits: Geoge Washington and the Beginnings of the American Whiskey Industry* at the Beatley Central Library, 5005 Duke St. Visit www.alexandria.lib.va.us or call 703-746-1702.

WEDNESDAY/THURSDAY/DEC. 12-13

Free Musical. 7:30 p.m. The Music, Drama & Liturgical Dance Ministries of the historic Alfred Street Baptist Church will present "Great Joy, A Gospel Christmas," at T.C. Williams High School, 3330 King St. Joseph Joubert will be the special guest artist. Free parking available. Call 703-683-2222 or visit www.alfredstreet.org.

THURSDAY/DEC. 13

Roaring '20s Holiday Party. Celebrate the holidays with Eventurous in Roaring '20s style at Two Nineteen Restaurant in Old Town Alexandria. The lavish night includes a Roaring '20s themed costume party in historic speakeasy setting. Gourmet buffet featuring popular '20s era cuisine, custom era craft cocktails, a live blues band, an "Underground" poker room, Hand-

rolled and premium cigars. Every ticket comes with a complimentary premium cigar. Those who purchase a ticket and arrive in "Twenties" inspired costume, will also receive a complimentary era cocktail (\$12 - \$16 value). Tickets must be purchased online prior to the event. Two Nineteen Restaurant is located at 219 King St. Guests can arrive at 6:30 p.m. Band and poker start at 8 p.m. Visit <http://roaring20sholiday-connectionsnews.eventbrite.com>.

Thursday Art Night: Decadent December — Chocolate & Shopping.

6-9 p.m. Celebrate the season with chocolate and shopping. Studios and galleries will be open until 9 p.m. for holiday shopping. Attend gallery receptions for 5x5(x5) in Target Gallery from 6 to 8 p.m., and Suzanne Vigil: Up Close & Too Personal and the All-Media Membership Show in The Art League Gallery from 6:30 to 8 p.m. Enjoy live music by The WAAC Band. At Torpedo Factory Art Center, 105 N. Union St. Visit www.torpedofactory.org or call 703-838-4565 x2.

Card Creation Extravaganza.

6:30-7:30 p.m. Come to T.C. Williams High School to participate in a free, fun family session. Whether for the holidays or just to say "we're thinking of you," cards created in this workshop will surely put a smile on the recipient's face. Through a variety of craft techniques, your family will spend quality time together making cards to share with others. T. C. Williams Main Campus, 3330 King St. Call 703-824-6865 to register.

FRIDAY/DEC. 14

Mr. and Mrs. Cabot Claus. 11 a.m. to 4 p.m. Cabot Creamery Cooperative's own Mr. and Mrs.

Cabot Claus will sample "The World's Best Cheddar," hand out children's presents and pose for pictures with customers at Balducci's, 600 Franklin St., Alexandria.

FRIDAY-SATURDAY/DEC. 14-15

Four Bitchin' Babes 'Jingle Babes!' featuring Sally Fingerett, Debi Smith, Deidre Flint, Marcy Marxer. \$35. Visit www.fourbitchinbabes.com. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

FRIDAY-SUNDAY/DEC. 14-16

Del Ray Artisans' 17th annual Holiday Market. Handmade work from local artists plus bake sale. Reception is on Friday, from 6-9 p.m. The hours are 10 a.m.-4 p.m. on Saturday and noon-4 p.m. on Sunday. Visit TheDelRayArtisans.org/HolidayMarket.

SUNDAY/DEC. 16

Christmas Celebration. 10:30 a.m. Plymouth Haven Baptist Church located at 8600 Plymouth Dr. presents their Adult Choir Christmas Celebration entitled, *Agnus Dei*, and followed by dinner in the fellowship hall. The public is invited, RSVP required for non-members at 703-360-4370.

Holiday Jazz Fest. 2-3 p.m. Celebrate the holiday season with the Mike Gillispie Quartet at the Charles E. Beatley Central Library, 5005 Duke St. Call 703-746-1702 or visit www.alexandria.lib.va.us. Free and open to the public. Refreshments will be served.

Christmas Candlelight Service. 6 p.m. Alexandria Presbyterian Church

SEE CALENDAR, PAGE 26

Did you know?
60% of adults in families that were homeless were employed



Put the ZIP on Homelessness by wearing jeans December 14 in exchange for a \$5 contribution to the Fairfax-Falls Church Partnership to Prevent & End Homelessness.

Learn More & Sign Up
<http://jeansday2012.eventbrite.com>

In 2011, more than 100 employers representing 3,000 employees participated in this community-wide give-back initiative. Help us boost those numbers in 2012!



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Children 12 and under, and active military are **FREE**



Badge and schedule information at FirstNightAlexandria.org



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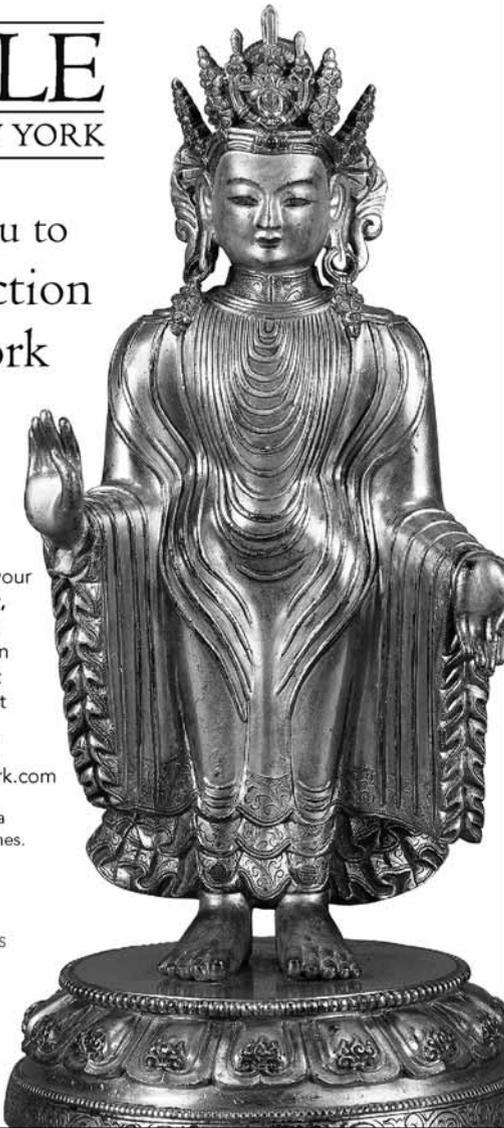


PHOTO BY JEANNE THEISMANN/THE GAZETTE

HOLIDAY ENTERTAINMENT



Artisan Cathy Harl, left, showcases her latest works to shoppers Patricia Harl and Pat Libhart at last year's Holiday Market to benefit the city's women's programs.

Shop 'Til You Drop

Dec. 9 Holiday Market to benefit Alexandria women's programs.

More than 30 female artisans will showcase their crafts Dec. 9 at the 14th Annual Women's Holiday Art Show in support of the City of Alexandria's Domestic and Sexual Violence Services.

"We appreciate everyone who comes out to support us," said Lisa Baker, director of the Office for Women. "It's a fun afternoon and a great way to get

some holiday shopping done and support a vital community need at the same time."

Sponsored by the Alexandria Commission for Women and Friends of the Commission for Women, the event will be held at the Charles Houston Recreation Center, 905 Wythe St., 1-5 p.m. Holiday shoppers can enjoy refreshments as they browse a selection of high-quality, handcrafted pottery, clothing, jewelry and gifts in support of the city's programs for women.

The Holiday Market will also serve as a collection point for unwrapped toys and gifts for the children of clients of the Alexandria Battered Women's Shelter. Tax-deductible contributions are welcome. Call 703-746-3123 or visit www.alexwomen.com.

— JEANNE THEISMANN

The Best in Family Dining



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An Alexandria community fixture for more than 100 years, the Royal Restaurant offers the best in Greek, Italian and American cuisine. Enjoy burgers, steaks, prime rib, chicken, seafood, pasta and full salad bar complete with special children's menu items.



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Award-winning wine menu • Major credit cards accepted

CALENDAR

FROM PAGE 25

invites the public to its annual Christmas Candlelight Service, "Light in Us Your Love's Bright Flame." This lessons and carols service will feature the adult and youth choirs, brass group and congregational carol singing by candlelight. Childcare will be provided, including special activities for children ages 3-6. A reception will follow immediately after the service. The program will begin with a brass quintet prelude at 5:45 p.m. Alexandria Presbyterian Church is located at 2405 Russell Road. Free. Call 703-683-3348 or visit www.alexandriapres.org.

TUESDAY/DEC. 18

Christmas Concert. 7:30 p.m. The award winning Alexandria Harmonizers will present "Sleighbells Ring At The Memorial." The concert will be at the historic George Washington National Masonic Memorial, 101 Callahan Drive, for families and children. Seating begins at 6:45 p.m. This concert is free but admission is by reservation only. Parking is free. To make reservations call Opera NoVa at 703-536-7557 or email mcdm1@verizon.net.

WEDNESDAY/DEC. 19

Birchmere Show: Chatham County Line 'Electric Holiday Tour.' 7:30 p.m. \$22.50. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Call 703-549-7500 or

visit www.birchmere.com.

THURSDAY/DEC. 20

Carbon Leaf. 7:30 p.m. \$27.50. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

Christmas Display of Lionel Trains. 10 a.m. Bring the Kids to

visit Hollin Hall Senior Center to watch the operation of both HO layouts and the Lionel train setup by Joe Pallone. At 1500 Shenandoah Road. Call 703-765-4573.

THROUGH DEC. 20

Exhibition. Night Windows, an exhibition of 3D, mixed media constructions in lighted boxes, will be on display in the Margaret W. and Joseph L. Fisher Art Gallery, located in the Rachel M. Schlesinger Concert Hall & Arts Center at the Alexandria Campus of Northern Virginia Community College, 3001 North Beauregard St. Gallery hours are 10 a.m.-4 p.m. Monday through Friday and during concert performances.

FRIDAY/DEC. 21

Pieces Of A Dream. 7:30 p.m. \$35. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Call 703-549-7500 or visit www.birchmere.com.

SATURDAY/DEC. 22

Bill Kirchen's Honky Tonk Holiday

Show. 7:30 p.m. \$29.50. Visit <http://billkirchen.com/>. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Call 703-549-7500 or visit www.birchmere.com.

SUNDAY/DEC. 23

Christine Lavin & Uncle Bonsai 'Just One Angel' 7:30 p.m. \$25.00 Visit www.christinelavin.com or www.unclebonsai.com/. The Birchmere Music Hall is located at 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500.

THROUGH DEC. 23

"A Broadway Christmas Carol" A cross between the classic Charles Dickens tale and uproarious song parodies of favorite Broadway show tunes. From Thursday through Sunday, 8 p.m. on Thursday and Friday; 3 and 8 p.m. on Saturday; 3 and 7 p.m. on Sunday. At MetroStage, 1201 N. Royal St. Call 703-548-9044 or visit www.metrostage.org.

Santa Claus is Coming to Old

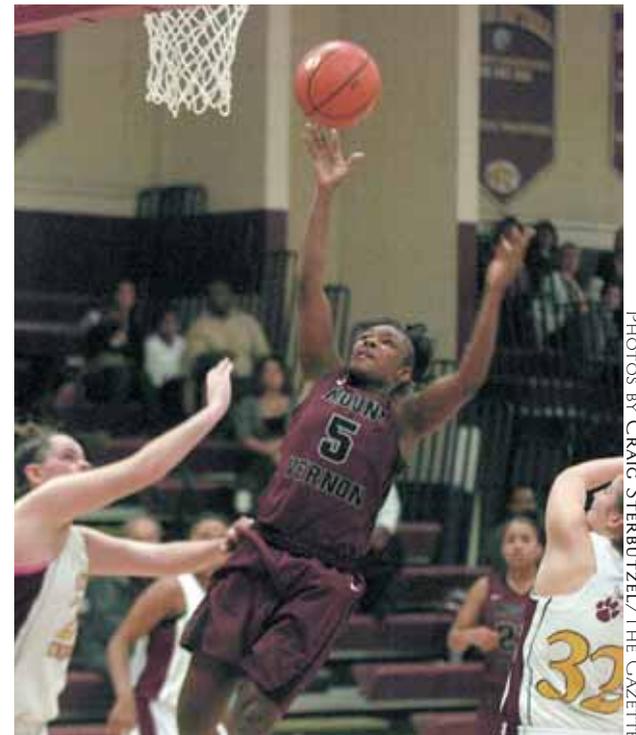
Town. Santa and Mrs. Claus are back in Old Town Alexandria to take pictures with children Saturdays and Sundays. The cost for pictures is \$15 for a 5 x 7 print. Hours: Saturdays, 9 a.m. to 4 p.m.; Sundays, noon-5 p.m. At Bike and Roll Alexandria, One Wales Alley. Call 703-501-6289 or visit www.oldtownboutiquedistrict.com.



Mount Vernon guard Chanel Shannon made five 3-pointers and scored a team-high 26 points against Oakton.



Freshman Erin Irving scored 12 points and grabbed seven rebounds off the bench during Mount Vernon's 68-52 victory against Oakton.



Mount Vernon senior Tiffany Webster attacks the basket during the Majors' victory against Oakton.

PHOTOS BY CRAIG STERBUTZEL/THE GAZETTE

Mount Vernon Ends Oakton's 34-Game Winning Streak

Shannon's 26 points lead Majors to 68-52 victory at Oakton.

BY JON ROETMAN
THE GAZETTE

Majors fans stood and applauded, and head coach Courtney Coffey clapped his hands along the sideline as the Mount Vernon girls' basketball team dribbled out the remaining seconds in Tuesday's contest against Oakton.

When the final buzzer sounded, the Majors had ended the state's longest AAA winning streak and confirmed their standing as one of the top teams in the Northern Region by beating a team that had haunted them for years.

Mount Vernon defeated Oakton, 68-52, on Dec. 4 at Oakton High School, snapping the Cougars' 34-game winning streak. Oakton went 31-0 en route to a state championship last season and won its first three games of this season before losing to the Majors. According to the Oakton athletics website, the Cougars hadn't lost at home since falling to Robinson, 46-42, Jan. 15, 2010.

Along with snapping the Cougars' streak, the Majors achieved some personal payback. Oakton ended Mount Vernon's season three out of the last four years. During the 2008-09 campaign, Coffey's first as an assistant with the Majors, Oakton beat Mount Vernon, 47-39, in the region semifinals. In 2009-10, when the current Mount Vernon seniors were freshmen, the Majors lost to the Cougars, 44-38, in the region quarterfinals. In 2010-11, Coffey's first season as head coach, the two teams did not face one another. Last season, Oakton beat

Mount Vernon by 30 points during the regular season before knocking the Majors out of the region tournament with a 59-35 victory in the semifinals.

"It's a huge monkey off our backs," Coffey said after Tuesday's victory. "I've been here since '08 and they ended our season in '08-'09, they ended our season in '09-'10, they ended our season last year, so for us to just finally get over that hurdle — and especially to come here and do it ... it just feels great."

The victory didn't come easily.

Mount Vernon had several players get in early foul trouble, including Hofstra-bound guard Kelly Loftus, who was whistled for her second foul with 3:55 remaining in the first quarter and went to the bench for a significant amount of time. Junior forward Samantha Porter also had two fouls in the first quarter and guard Tiffany Webster, who is committed to Barton College, was whistled for her second foul in the second quarter.

Despite foul trouble, the Majors managed to succeed thanks in large part to the performances of junior guard Chanel Shannon and freshman wing-player Erin Irving. Shannon knocked down five 3-pointers and finished with a team-high 26 points. Her second 3-pointer gave Mount Vernon an 8-6 advantage midway through the first quarter. The Majors led for the remainder of the contest.

"I've been on Chanel every day since last year, telling her she has so much potential and I've been trying to pull it out of her on a daily basis," Coffey said. "It just feels great to see a kid come out and play the best game she's ever played since she's been in high school in a game of this magnitude, and now her confidence is going to skyrocket."

Mount Vernon led by as many as 17 points in the third quarter, but Oakton battled back and cut the Majors' lead to five early in the

fourth, when a pair of free throws by Cougars guard Karlie Cronin made the score 49-44 with 6:17 remaining. From that point, Shannon and Irving scored Mount Vernon's next 15 points to help secure the victory.

"Last year, they ended our season," Shannon said. "They were on our hit list and we got the job done."

Irving finished with 12 points, including eight in the fourth quarter, and grabbed seven rebounds.

"Erin Irving, I can't say enough about the kid," Coffey said. "The kid, in my [opinion], she's a Division I player now and she's 14."

One of Irving's assignments was to defend against Oakton's 6-foot-1 center Elizabeth Manner, who finished with 30 points and 17 rebounds. Irving stands 5 feet 9.

"It was actually a lot of pressure," Irving said. "I was more nervous than anything, but I came off the bench and had to score for the team."

Loftus finished with 12 points after missing much of the first half due to foul trouble.

"I just had to keep my composure," she said. "Sitting on the bench was hard because I really wanted to play in this game. I just stayed up, I cheered on my team ... I just stayed positive and it ended up good."

Webster scored nine points. Point guard Taylor Dunham, who is committed to Navy, scored five points and Porter had four.

Cronin had 12 points for Oakton.

Mount Vernon will open National District play against Hayfield at 5:45 p.m. Tuesday, Dec. 11.



12U Mavericks The 12U Mount Vernon Mavericks, a travel baseball team comprised of players from Ft Hunt Little League, competed this fall season in the Future State Prospects Baseball League against other travel teams from across the state. The team had a 23-4 overall record, culminating in a second place finish in its playoffs contested Nov 3-4 in Ruther Glen, Va. Team members include Christian Copeland, Alex Grove, Erik Larkin, Jonathan Letai, Cooper May, Sam Meyer, Jack Quimby, Zac Quinonez, Ryan Smith, Thomas Sowell, and Collin Sundsted. Coaches include Glen Copeland, Curt Larkin, and Mike Sundsted.

Nancy Dunning was my friend. Thirty years ago, she envisioned Del Ray as a community full of active citizens, thriving businesses and excellent schools. Not only did she work tirelessly over the years to help create this community, but she inspired many of us to join in her effort. For those of you who did not know Nancy, read this beautiful tribute written by her daughter, Elizabeth. For those of you who did, join me in remembering her contribution to Del Ray and Alexandria.

—Jack Taylor, Alexandria Toyota



*Nancy
Dunning*

The Best Mom In The World

A Eulogy for Nancy Dunning written and read by her daughter, Liz

A lot of people, I think, have moments when they imagine that they have the best mom in the world. I was lucky enough, however, to be absolutely certain – for a long time – that I actually did. My mom was my best friend. We talked just about every day. And, anyone who knows her, knows a couple of things about my mom, one of which was that she was more or less always right. When I was a teenager, that pissed me off sometimes. I mean, seriously, when you're sixteen and supposed to be going through that phase where you know everything, it puts a crimp in it to live with someone who actually does.

But, another thing that you must know if you met my mom was that she wasn't smug about her omnipotence. Like any good superhero, my mom used her powers for good, not evil. To make other people – not just herself – feel good and be better. She taught my brother and I how to do that, too. I hope we were paying attention. I'm pretty sure we were.

My mom also taught me just about everything I know about optimism and joy. Those were things at which she excelled. It started, when my brother and I were kids, with crazy names for things. I bet that you thought that playground on Old Dominion was just the Beverly Hills Co-op. Nope. It was the Super Deluxe Playground. And, back when the Mt. Vernon school playground was that log-thing which is probably now illegal in most states, a trip to the Super Deluxe Playground was an adventure indeed. Every day was an adventure. Whether we were sneaking food into movies when I was younger, or she was singing hilariously bad opera while she made breakfast, my mom made clear that every day had something good in it, something to be happy about. Even if it was just that they'd just started selling Christmas Blend at Starbucks. These small events and details weren't small – they were big. They warranted a phone call. So did a great song on the radio. So did anything that made her smile. These were great calls to receive. Random, sometimes, but great. I mean, who doesn't want to know that she busted the person next to her at the last traffic light picking their nose in the car? Who didn't want to hear her joyful voice, her laugh? She loved to laugh and there isn't a better feeling than making my mom laugh. Because, if you really got her going – and there are lots of ways to do this – she'd just get to that level where she's crying because she's laughing so hard. That's when you know that you've really won. Bonus points are given if you do that while one of you is driving.

Her gift with joy, with optimism, gave her part of her gift with people. She had, what I jokingly called, her secret decoder ring. That was our short-hand – and there is always short-hand – for her ability to listen, really listen, to people when they talk. And, more than that, to understand what they're really saying and, who they are and where they're coming from. That's why she wasn't just people's neighbor, or real estate agent, or neighborhood activist, or columnist, she was their friend. It didn't take much to be my mom's friend. She didn't make you jump a lot of hoops. Or wear overalls and a baseball cap with the same aplomb that she did. (And thank god, because really? Who can pull off overalls and a baseball cap like my Mom? Nobody.) She wanted to learn more about people and know more people. So she lit people up when she talked to them.

And, as a consequence, people mostly did what my Mom wanted them to do, or what she asked of them. Because her ideas were smart. They were filled with the energy and the joy that she carried with her all the time. And they reflected an understanding and awareness of the thoughts and values of everyone involved. So, if you did what she wanted you to do, you were also doing the right thing.

But, mostly, she wasn't a superhero – complete with secret decoder ring – to me. She was my Mom. She was better at that than anything else. She told my brother, and me, and my Dad that she loved us at the end of every phone conversation. That's what our family does. And so, individually, knowing that the last words we said to each other were, "I love you," helps.

There wasn't a day of my life – and there won't be one – when I wasn't sure that my mom loved me, that she believed in me, that she was proud of me. And with or without a secret decoder ring, a cape, or a phone booth to change in, it truly takes a superhero to, in this crazy messed up world, love people so well and so much. So perfectly. It takes all that to be what I have – the best mom in the world.

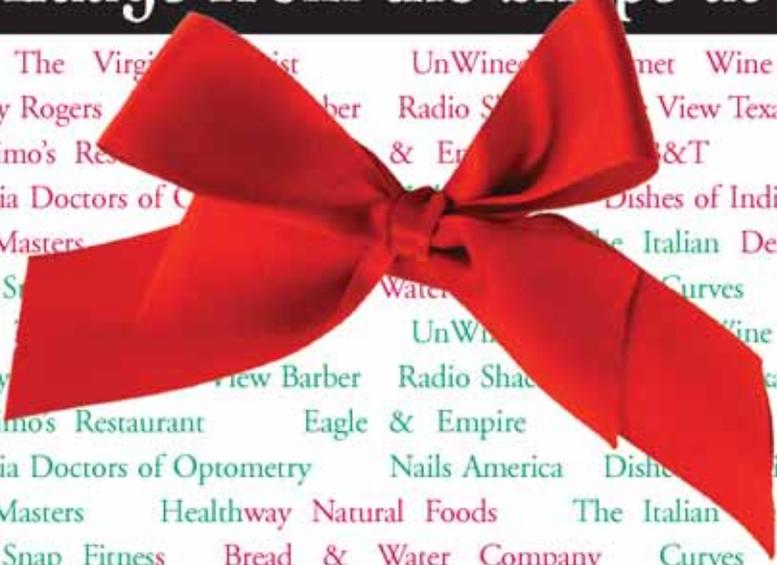
On December 5, 2003, Nancy Dunning was murdered in her home in Alexandria, VA. Nancy's family, friends and co-workers have not forgotten her and celebrate her life daily. We will not give up and believe that the person who murdered her will be caught and prosecuted.

A \$100,000 reward available for the individual who comes forth with information leading to the arrest and conviction of this murderer.

If you have any information, we urge you to please call the Alexandria Criminal Investigations Section at 703-838-4711 or e-mail them at <http://alexandriava.gov/dunning>.

Happy Holidays from the Shops at Belle View!

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With sincere appreciation of the clients and customers who wisely and graciously choose to do your holiday shopping at Belle View, we are delighted to offer a holiday story. Unfortunately, the only stories the author knows have to do with the history of the neighborhoods in which he grew up, so this is the story of the origins of Belle View, Belle Haven, and New Alexandria, all of which can be traced in the surprisingly rare map that appears below.

Dated 1890 and signed in the original engraved plate by its surveyor, U.S. Army Engineer Peter Hains, for whom Hains Point would not much later be named, the long map that you see here was originally four feet in length and folded into a fat little book. The book offered a proposal for the first “National Road from Washington, D.C., to Mount Vernon.”

The proposal suggested three potential routes (with several interconnections) for a scenic parkway extending from Georgetown’s canal-carrying Aqueduct Bridge, now replaced by Key Bridge, due south to Mount Vernon. Shown in red, the proposed roadways included an East Route that closely followed the Potomac River, a Middle Route that crossed the highlands above Shuter’s Hill (site of today’s George Washington Masonic Temple), and a West Route that roughly paralleled today’s Quaker Lane. Topographic lines in 20-foot intervals clearly reflect the lay of the land. Perhaps most striking from a modern point of view is the fact that much of the

From the Virginia end of the bridge, the streetcar line entered Alexandria along the median of Commonwealth Avenue, turned east on King Street, then south again on South Royal Street, and crossed the wide mouth of Great Hunting Creek on a 1,500-foot-long wooden trestle roughly where today’s George Washington Parkway covers the same distance, although mostly on filled land. The streetcar line continued along the Potomac as far south as Collingwood Road, where it turned southwest to make a beeline for Mount Vernon. The great circle at Mount Vernon’s North Gate today was originally circumnavigated by streetcars beginning the return trip to Alexandria and Washington.

The length of the streetcar line required a power station near its halfway point, and that station was located where Belle Haven Road and Potomac Avenue intersect today, and area still bare on this map. The presence of electricity gave rise to new proposals for an industrial suburb south of Hunting Creek, to be known as New Alexandria. For reasons unknown, the industry never materialized, but New Alexandria became one of the nation’s first “streetcar suburbs.”

The streetcars ran from 1892 to the mid-1920s, when the call for a scenic parkway to Mount Vernon was revived. The first of its kind in the nation, the parkway was completed in time for the 1932 bicentennial celebration of George Washington’s birth, more or less along the streetcar-line’s route.



countryside below the city of Alexandria was cleared of trees for dairy-farm pasturage, affording long views of the Potomac River from the heights to the west—views now obscured in and by our verdant suburban neighborhoods.

The irony behind the map lies in the fact that the road that it proposed would never be built, at least not as proposed here, and not for another 40 years. Instead, the decision was reached to build an electric-streetcar line—one of the nation’s first—along a roughly similar route, but one departing from Pennsylvania Avenue and 12th Street, N.W. In Washington and crossing the Potomac on what was still called the Long Bridge at 14th Street, N.W.

With the arrival of motorcar-commuting, suburban living became even more attractive and the hills above New Alexandria were shortly developed as Belle Haven, still one of Washington’s loveliest residential neighborhoods. Belle Haven’s developers knew shopping would be essential and spent the next 15 years persuading the National Park Service to allow the construction of an exit at Belle View Boulevard explicitly for the Shops at Belle View, completed in 1953. The rest, as they say, is holiday-shopping history!

Copies of the original map shown here are available at The Virginia Florist in Belle View.

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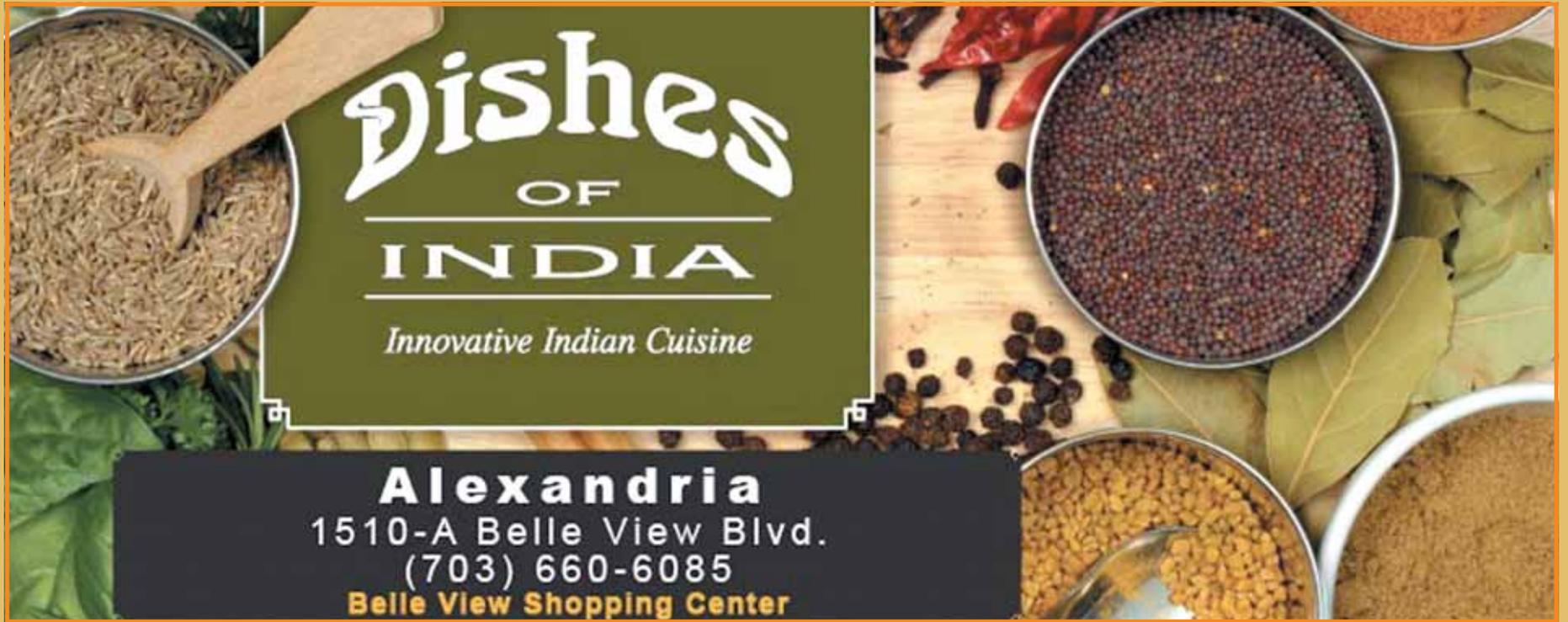


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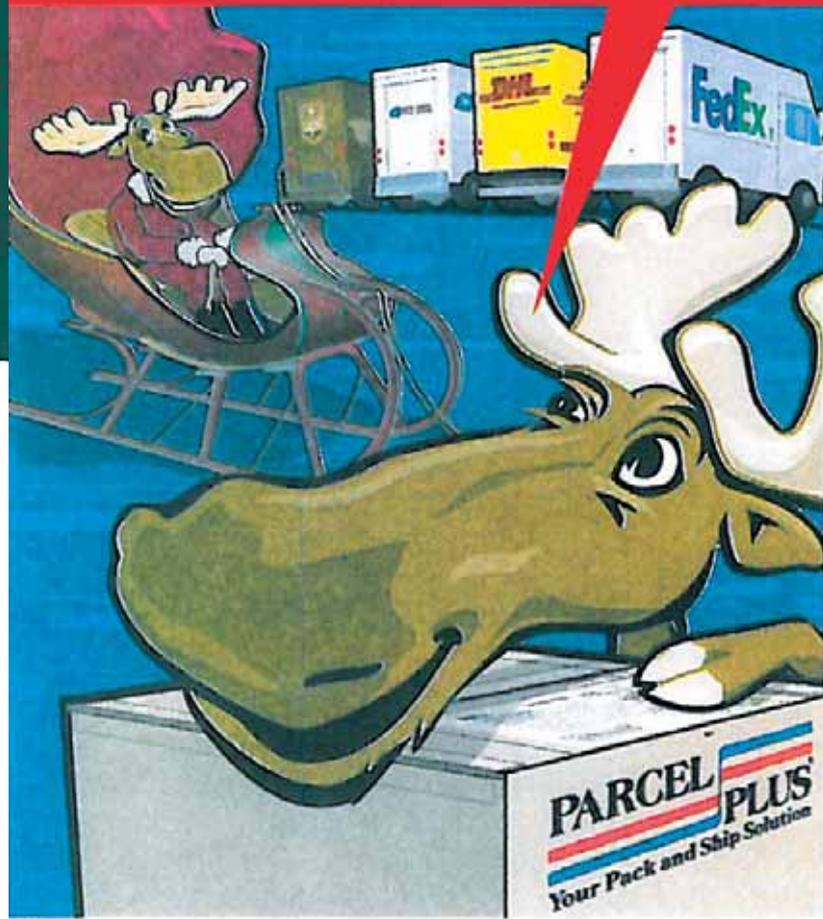
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