Healthy Advice — Free

Alfred Street Baptist Church’s community fair provides screenings, immunizations and seminars.

By Jeanne Thesmann
Gazette Packet

More than 300 people turned out Sept. 28 for the 2013 Alfred Street Baptist Church Community Health Fair, where free health screenings, immunizations and seminars were offered as part of an effort to increase and promote health awareness.

“This is a real blessing for someone like me, who doesn’t have health insurance,” said Cynthia Smith, who was interested in learning more about the risks of breast cancer. “I have cousins who are breast cancer survivors and am very concerned about my own risk.”

The annual event featured free flu shots and screenings for cholesterol, diabetes, HIV and bone density. Presentation topics included breast cancer, holistic medicine, urology, dermatology, geriatric medicine, dermatology, gastrointestinal medicine and chiropractics.

See Community, Page 31

‘Too Much, Too Big’

Board of Architectural Review has harsh words for waterfront hotel concept.

By Michael Lee Pope
Gazette Packet

Last year, the Board of Architectural Review sent Carr Hospitality back to the drawing board on its proposal to build a 121-room hotel on the waterfront. Members said the proposal was too massive for the scale of the neighborhood at the foot of Duke Street. Now the Washington-based developer is back with a 120-room hotel, and members of the Board of Architectural Review are just as frustrated with the concept.

“I think it’s too much, too big,” said Tom Hullfish, chairman of the Old Town Board of Architectural Review. “I don’t think Alexandria should make a mistake at this time, one that will be very hard to correct in the future.”

The stakes are high for all involved. For the board, they must approve a design that will set the stage for a wave of future development envisioned by the waterfront small-area plan — a proposal opposed by many neighbors that almost triples density at three sites compared to what’s there now. For the developer, it’s an opportunity to cash in on a zoning change that potentially enhances profits. That’s why the mass and scale of the building remains largely intact, although the revised concept plan ditches the covered carriageway and closed courtyard that were part of the original proposal.

“We came to the conclusion that we could provide an alleyway and courtyard all the way through the block that was completely open to the sky,” said architect Mark Carr.

See Board, Page 28

Your Land, Shut Down

National Park Service shutters Mount Vernon Trail amid budget crisis.

By Michael Lee Pope
Gazette Packet

Woody Guthrie observed “This Land is Your Land.” But that apparently does not apply to federal land during a government shutdown. After Congress failed to come to a budget agreement this week, all National Park Service sites were indefinitely closed. That includes the Mount Vernon Trail, a popular destination that spans from George Washington’s Mount Vernon Estate to Theodore Roosevelt Island.

National Park Service personnel were out before sunrise Tuesday morning installing barricades blocking people from using certain parts of the trail. Larger barricades were installed at every parking lot along the way. Restrooms were locked. And a National Park Service officer was stationed at the access road leading to the Belle See Park Service. Page 28
Just Reduced!

Alexandria/Rosemont
$899,000

Alexandria

Sue Goodhart
703.362.3221
TheGoodhartGroup.com
MLS#: AX1982173

Old Town Alexandria
$1,250,000

Bright & Airy
This handsome brick townhome features full glass doors from the spacious living room opening to a private fragrant patio. Also, a separate dining room, two gas fireplaces, hardwood floors, three or four bedrooms, plus a den and half bath. A perfect family room with built-in's and sitting area, en suite master bath, finished basement, and two-car garage. This offering is not to be missed.

Alexandria/Broadneck Heights
$1,145,000

Pam Cornelio
571.226.4398
PamCornelio.com
MLS#: AX186621

Old Town Alexandria
$1,745,000

Luxury on Another Level
Elegant four-level townhouse in sought-after Backyard. Thishome has three bedrooms plus den, floor and a half baths, gourmet kitchen, two gas fireplaces, custom details and built-ins, French doors opening to patio and attached two-car garage. Exceptional Old Town location, steps from Potomac River and Jones Point Park.

Jill McGillivray
703.696.2094
JillMM.com
MLS#: AX190973

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$1,275,000

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Unique historic townhouse condo with iconic Beltway views where you can enjoy panoramic views of Old Town. More than 3,700 square feet on four levels offering deluxe master suite with two full baths. Separate dining and renovated kitchen with granite island and wet bar. High ceilings, three gas fireplaces, and two parking spaces. MLS#: AX176930

Susan Craft
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Donna Cramer
703.267.5576

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Conveniently located between two Metro stations, this modernized historic bungalow has an expansive three-level addition. Formal living room adjoins the open concept updated kitchen with granite and hardwood floors. Staging great room features 10-foot ceiling, central stair, floor-to-ceiling fireplace with double French doors opening onto brick patio and double lot.

Alexandria/Rosemont
$1,100,000

Alexandria

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Old Town Alexandria
$555,000

Alexandria

Beautfiul Stratford Landing
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Elizabeth Lucciarelli
703.988.5676
Liz@Lc.com
MLS#: FX0177512

Alexandria
$429,000

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Daniel Pierson
703.795.9367
PiersonTeam.com
Shutdown on the Water

This week’s government shutdown was not just a problem for federal workers. It had a far-reaching influence that was difficult to grasp because of the reach that the federal government has in everyday life in Northern Virginia.

Take the Potomac Riverboat Company, for example. This week, the company had to discontinue two of its cruises: the Washington by Water Monument Cruise and the National Mall Water Taxi. Both cruises dock at sites owned by the National Park Service, which was shuttered when Congress failed to reach an agreement on the budget. According to Potomac Riverboat Company Vice President Charlotte Hall, that’s a loss of $5,000 revenue every day the government is shut down.

“It’s very frustrating, and you feel very helpless,” said Hall. “A lot of our employees are seasonal, so if they don’t know when they are going to go back to working on the next boat they may look for another job.”

Hall estimates she will have to cancel about five Washington by Water Monument Cruises each day the government is shut down as well as six National Mall water taxis. She says she is planning to offer an alternative sightseeing cruise to take passengers up the Potomac River to see the memorials from the river, although she will not be able to let passengers out of the boat because of the restrictions created by the shutdown.

“We know the tourists are agitated,” said Hall. “They are constantly calling us and asking us what else we can offer.”

The Exchange

This week, health insurance was made available to 872,000 uninsured Virginians through the Patient Protection and Affordable Care Act. About half of those are expected to be eligible for federal subsidies if they purchase private insurance through the newly created exchange, an online marketplace that’s often compared to Travelocity. Because Republican leaders in Richmond opposed the creation of a Virginia marketplace, residents have access to a federally created exchange rather than one that was tailored specifically for the commonwealth. Nevertheless, many longtime advocates for expanding health-care to the uninsured see the opening of the online exchange as a victory.

“The time has finally come for over 30 million Americans without insurance, including 100,000 of whom live in Virginia’s 8th District, to sign up for affordable, accessible health care under the Affordable Care Act,” said U.S. Rep. Jim Moran (D-8) in a written statement. “The new online marketplaces provide a simple, easy-to-use way to get health insurance that will meet consumers’ needs, lifestyle and budget.”

A Department of Health and Human Services analysis found that individuals in Northern Virginia will have 63 qualified health plan choices. Young adults will have the option of purchasing a “catastrophic” plan, which would increase the number of choices available to them. In Virginia, the average premium for the lowest-cost silver plan is $323, and the lowest cost bronze plan will be $237 before tax credits.

Purging the Rolls

The State Board of Elections has identified about 57,000 voters who may be purged from the rolls as part of an annual process of making sure voters are registered where they live. For election officials, the problem is that people never notify registrars when they move out of a voting precinct.

So election officials are planning to purge the voter rolls using an interstate database that identifies people who are registered in multiple states. But leaders of the Democratic Party of Virginia are warning that the current process could cause a problem.

“The SBE’s purging list is replete with errors,” according to a federal lawsuit the party filed in Alexandria this week. “It includes thousands of voters who reside in Virginia and who are lawfully registered to vote.”

The targets of the lawsuit are Republican Gov. Bob McDonnell, Republican Attorney General Ken Cuccinelli and the state elections board. The complaint says state officials have told county registrars to use their “best judgment” when deciding whether to purge voters, which the suit said could result in uneven treatment. Democrats are warning that thousands of legitimate voters could be disenfranchised in the process. Election officials say they are confident the process will not cause a problem.

“In Alexandria, we have a high level of comfort that this cross-check process has worked,” said Anna Leider, deputy registrar. “We have done a thorough look through each voter on the list that was given to Alexandria and double checked to make sure there was no registration activity or voting activity in Alexandria that came after the indicated date of registration in the other state.”

— Michael Lee Pope

Northern Battleground

What role will the region play in the election?

By Michael Lee Pope

Gazette Packet

For many years, Northern Virginia has been written off by both parties as a Democratic stronghold — a place where Republicans simply try to cut their losses while they focus on the rest of the commonwealth. But this election cycle may be different. All three of the gubernatorial candidates are from Fairfax County. And recent statewide candidates have not been able to win without picking off selected jurisdictions in Northern Virginia.

“As you look at Northern Virginia that’s further from Washington, you see a more Republican area — Prince William, western Fairfax, Fauquier,” said Stephen Farnsworth, professor at University of Mary Washington. “That’s where the real action is in Northern Virginia politics.”

As Election Day draws closer and television becomes a virtual battlefield for attention, a real battle is brewing on the ground here in Northern Virginia. Candidates and their advisors are looking at the path to victory back in 2009 for Republican Bob McDonnell, who won Prince William County, Fairfax County and Fauquier County. Although this race is likely to be closer than 2009, the importance of Northern Virginia is looming larger every day.

“I don’t expect Ken Cuccinelli to actually win Fairfax County, which Bob McDonnell actually managed to do in 2009,” said Geoff Skelley, analyst with the University of Virginia Center for Politics. “Cuccinelli will do very poorly in Reston or Annandale, so just because he’s from Fairfax doesn’t mean he has appeal throughout the county.”

ONE OF THE QUIRKS of Virginia politics is that the gubernatorial elections follow presidential elections, a phenomenon that has frequently seen voters reject the party that won the White House the previous year. But a look at the numbers tells a different story. Although 3.7 million voters cast a ballot in 2008, fewer than 2 million votes participated the next year. That means election officials are expecting about half of last year’s turnout, which included a record-breaking 3.8 million votes.

“For McAuliffe, the goal is to get as many voters out as possible,” said Skelley. “For Cuccinelli, the goal is to hold down the margins.”

According to Census data, Northern Virginia expanded its population about 24 percent in the last decade — growing from 2.1 million in 2000 to 2.6 million. Northern Virginia is the most populous region of the commonwealth and the Washington Metropolitan Area. And the rate of growth here far outpaces other urban areas in Virginia, including Richmond and Hampton Roads. That means rural and outlying areas are experiencing an erosion of influence, particularly in western parts of the state and Southside.

“The big problem for Republicans statewide is how they do in the more rapidly suburbanizing areas,” said Farnsworth. “This is true in Northern Virginia and in the Richmond area.”

DURING THE GUBERNATORIAL debate last week, Republican Ken Cuccinelli was trying to establish himself as the choice for Northern Virginia. He mentioned the region five times, and he tried to use his experience representing Fairfax County in the
Celebrating Seaport Day 2013

The Alexandria Seaport Foundation held its 2013 Seaport Day Festival Sept. 28 as hundreds of attendees turned out for an afternoon of festivities that highlighted the history of Alexandria’s waterfront.

Held at Waterfront Park, activities included children’s model boat building, a wooden boat show, gutter boat races and educational exhibits.

Local restaurants fought for bragging rights in the chowder cook-off, with Virtue Feed and Grain taking first place, followed by Overwood and Chadwick’s. Live entertainment was provided by Molly Winston, a duo comprised of former St. Stephen’s St. Agnes classmates Molly Millard and Winston Williams.

Boat building demonstrations highlighted the ASF’s signature Boat Building Apprenticeship Program, a nationally recognized workforce readiness program which helps at-risk youth acquire the job and social skill competencies.

“What a great afternoon,” said Dr. Jon Williams, Potomac Riverboat Company vice president. “It’s always nice to enjoy Alexandria’s waterfront.”

www.alexandriaseaport.org

— Jeanne Theismann

Art League artist Patrick Kirwin chooses his next color during the boat painting demonstration.

who attended the festival with his wife Robin. “It’s always nice to enjoy Alexandria’s waterfront.”

www.alexandriaseaport.org

— Jeanne Theismann

McClain Brooks makes a decoration for her boat as Nandini Kirwin looks on.

ASF board co-chair Mary Ellis Fannon serves up chowder during the Seaport Day festival.

The 2013 Chowder Cook-off winners: Overwood’s Jimmy Bineda and Jill Brissett, second place; Virtue’s Bill Muscante, first place; and Chadwick’s chef Mike Tam, third place.
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Alexandria $859,000
5021 Evening Place. Sun-filled beauty on private cul-de-sac boasts soaring ceilings & tons of living space. Home features spacious bedrooms w/ walk-in closets, updated kitchen w/breakfast rm, huge, finished LL w/ two bonus rooms, & great backyard w/brick patio. Minutes to Old Town, Kingstowne, two Metro stations & the Beltway. Jenelle Bisnathwistle 703-796-3634

Seminary Ridge $599,000
20 Ft. Williams Parkway. Deceivingly spacious 4 bedroom, 3 bath home with 2 finished levels on 8,000 sq ft lot close to schools, shopping, Old Town & D.C. Living room w/ fireplace, tubing screenroom, porch off of dining room & updated kitchen. Three main level bedrooms including Master Suite with tiled master bath and walk-in closet. Huge walk-out lower level with huge ceilings features family room, 2 full baths & 4th bedroom. Lots of storage & off-street parking. Christine Garner 703-587-4855

Jefferson Park $1,100,000
514 Fontaine Street. Spacious 4 bedroom, 3.5 bath Colonial with 4 fireplaces and a fabulous heated pool with automatic cover and outdoor entertaining area. Spacious Great Room, 4 upper level bedrooms including a large Master Suite with balcony and fireplace. Fully finished lower level with access to the yard, inviting side porch and off-street parking. Christine Garner 703-587-4855

Old Town $799,000
206 Jefferson Street. One of Old Town’s most charming blockots, walk to shops, cafes & restaurants. Convenient parking basement in front of home, indoors, find plantation shutters & sunny southern exposure. Handsome wood floors, built-ins, good closets & fixtures. Lovely living rm French window overlooks private brick patio garden with balcony. Ideal for entertaining, this open floor plan graciously welcomes guests. Diann Hicks 703-628-2440

Jefferson Park $1,100,000
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Beverley Hills $799,000

Alexandria $549,900
914 Juniper Place. Perfect one-level living with separate bed & bath on lower level. Deck opens from dining room to large fenced yard. Walking distance to Gov’t offices on Seminary. Steps to public bus transportation to Metro or Pentagon. Near 395, 495 & 415. All new baths & kit Granite, Heat Pumps, shed, ample storage in lower lk. Driveway parking, new windows, new roof, a great 10+. Mary Smith 703-626-9207

Alexandria $689,900
134 Union St. N. Unexpected oasis awaits in the heart of Old Town. Located above the fray, End town house with private enchanted terrace set in the midst of meticulous landscaping. Inviting foyer, gleaming hardwood floors and cozy wood-burning fireplace tempt you to dine in, but Old Town culinary adventures await just steps away! Relaxing owner’s suite and dramatic loft w/vaulted ceiling. Garage parking. Barbara Rosen 703-407-6481

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211 Royal Street. Rare opportunity to acquire this totally preserved Victorian residence. Handsome stately columns and brick garden offers access to Pitt St. as well as expansion potential. Unusually large family & charming baths. Custom wood blinds. Spacious kitchen boasts south-facing windows for all-day sunshine. Diann Hicks 703-628-2440

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**Feed the 5,000**

Alfred St. Baptist Church held its 2nd annual Feed the 5,000 service project on Sept. 28, supplying a week’s worth of groceries to more than 1,300 needy families in Alexandria. Four hundred volunteers helped bag groceries at Nannie J. Lee Center, Cora Kelly Recreation Center, Ladrey Senior Apartments and the Church of Resurrection.

210 N. Lee Street ~ Alexandria ~ 703-299-0145

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**Bulletin Board**

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

**Fridays Through Dec. 13**

- **Flu Vaccination Clinic.** Every Friday through Dec. 13, 3-6 p.m. in Hospital Health Education Center at Inova Alexandria Hospital, 4320 Seminary Road. $20/shot; $35/fluMist. Inova accepts Medicare Part B as payment in full for persons who are not enrolled in a managed care or advantage plan and bring their Medicare card. All others must pay and will be given a receipt to submit to insurance company. Visit www.inova.org/flu.

- **Thursday/Oct. 3**
  - **Open House.** 10:30 a.m.-12:30 p.m. or 4:30-6:30 p.m. at Hooffs Run Park Playground, 99 E. Rosemont Ave. Learn about the upcoming renovation, view project plans and more. Free. Visit alexandria.gov/27060#hooffs for information.
  - **Yoga.** Enjoy free outdoor yoga classes at 1900 Mt. Vernon Ave., from 6-7 p.m. Taught by Maureen Clyne of Prasada Yoga, Harvest Moon Yoga

See Bulletin Board, Page 13
Citizen activist William “Bill” Rivers is one of the original members of the Alexandria Park and Recreation Commission’s Youth Sports Advisory Board, established in 2002, and serves as the board’s secretary. For more than 25 years he coached youth soccer and recreational league basketball for the Alexandria Department of Recreation, Parks and Cultural Activities, mostly at Mount Vernon Recreation Center.

Since retiring after 33 years with the General Services Administration, Rivers devotes full attention to his family and athletics, especially youth sports and coaching. His interest in coaching started in the early 1980s when his two daughters played team sports and their teams needed coaches. Now he coaches his grandchildren’s teams.

While coaching, Rivers realized how much he enjoyed working with youth. He noticed that some youths, those who might be considered “at risk,” could benefit from additional mentoring. He helped them with tasks such as homework and college applications. He still stays in touch with some of them.

As a result of these fulfilling experiences, Rivers has continued to shape the planning for youth sports through athletic programs and the renovation and construction of athletic fields and basketball courts. Over the past couple of years his interests have expanded to bringing recreational opportunities to mentally and physically challenged individuals.

“I want them to feel something that more able-bodied athletes feel on a regular basis: a sense of accomplishment, some recognition and just having opportunities to be outdoors and have fun. Persons with hearing impairments or in a wheelchair or with special education needs should have enjoyment of sports. For them, every hit is a home run.”

GROWING UP

15 miles from New York City in Westchester County, Rivers played various youth sports, basketball being his favorite. He became interested in international affairs and a guidance counselor recommended that he apply to the Georgetown University School of Foreign Service. In 1970 he graduated with a B.S. in foreign services with a major in international affairs.

While at Georgetown, Rivers met his future wife at a local dance. Maggie graduated from Trinity College year after he did with a degree in history. They were married in 1971 and settled in the Del Ray neighborhood in 1974. Maggie was a stay-at-home mom when their children were little. When the girls were in high school she went back to school and became a nurse. Rivers credits Maggie as their family’s “biggest booster.”

Have dream; will build.

By Melinda Sigal

Rivers feels fortunate that his federal career gave him the opportunity to travel to numerous government sites across the country. His experience was primarily in motor vehicle management, from operations branch chief over 150,000 vehicles to director of government-wide policy office for the federal motor vehicle fleet. Rivers also worked on alternative fuels, such as natural gas and ethanol. When he retired he was regulating per-diem rates in the travel policy area.

The accomplishment has become a symbol for how the joint efforts of many can help others in the community. Rivers and the Miracle League steadfastly pursued private citizens and the business community for financial support. Donation recognition levels and plaques were developed for the Miracle Field’s Wall of Fame. The league raised over $150,000 and arranged for more than $150,000 worth of donated construction services. A major donor was the Kelley Cares Foundation, sponsored by the Swanson family. The Swansons’ daughter Kelley had attended T.C. Williams High School and had worked with special needs children at the school. When Kelley died unexpectedly after graduation, her family created the nonprofit foundation in her name to help the therapeutic recreation community raise funds through tax-exempt donations. The foundation contributed significantly to the Miracle Field project. The Washington Nationals were also key sup-

THE IDEA

of the Miracle Field in Alexandria began in 2005. Ludvig Gaines, then a member of the Alexandria City Council, proposed the concept for Alexandria as a means of providing opportunities for the city’s special needs community. Mac Slover of the city’s Department of Recreation, Parks and Cultural Activities had the same idea and met with representatives of the national office of the Miracle League. The Miracle League had developed a rubber-surfaced baseball diamond that allowed individuals with special needs to enjoy outdoor recreation in a safer and more pleasant environment. While the idea was praised as a good one, other capital improvement projects were receiving the council’s attention.

In late 2010, Slover, Alexandria’s director of sports for youth and adults, brought the Miracle Field idea to the Youth Sports Advisory Board. Rivers took a personal interest. Slover had credibility and the project was relatively inexpensive, initially budgeted for $585,000 with completion planned for 2020. Rivers decided to work with Slover to make the field a reality. Thus began an effort that in seven months moved construction of the Miracle Field ahead more than seven years, led to the formation of a private citizens group to help pay for the field and launched the Miracle League of Alexandria program, giving fresh hope to Alexandria’s therapeutic recreation community.

Rivers: Spearheaded Miracle League of Alexandria

For William “Bill” Rivers, the best testament to his vision is the reactions of players with special needs each time they cross home plate, making their own home runs.
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**OPINION**

**Virginia's Easy Access to Guns**

A parent asks why background checks aren't better.

By Ruth Hoffman

When do you respond to a 7-year-old when she comes home from school and says “we did our bad man drill today Mommy, but don’t worry it was just for practice, no one really came into our school to shoot us”? After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was family Sandy Hook that I had discovered that fact. So what else did I not know? As it turned out — plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year-old and 3-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax’s were safer from gun violence than, say the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what they could and could not do — there were limitations and budget constraints, and that our school was at a greater risk of shooting from a custody dispute or domestic violence than a mass shooting. While I acknowledged his comments, it was unsettling to learn he prepared for risks of gun violence stemming from custody disputes.

Soon after, I discovered that Virginia is among the states that allow open carry. When I was in my local grocery store and saw a customer wearing a “I shoot to kill” t-shirt, I asked the manager if weapons were banned from the store. He replied that Virginia was an open carry state but he reassured me that patrons would have to openly display weapons if they carried them.

That led me to my third discovery and that was the facts around concealed weapons permits. As long as I think of someone with a concealed weapon permit I think of someone with an extensive background check. But the threshold in Virginia is low, allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and a small fee. Handling a gun is not a prerequisite. I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia.

I want complete and thorough background checks before someone purchases a gun in Virginia. Why would anyone not want that especially in light of Virginia’s existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I’m in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a custody dispute or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill.

I listened to the Governor’s debate on Sept. 25. In a post-Newtown and Navy Yard context, with 500,000 Mr. McAuliffe wants universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children’s highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown, and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns.

As far as seeking the right words to respond to my daughter’s declaration about their “bad man drills” — I haven’t found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

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**Time to Sign Up for Affordable Care**

By Jim Moran

Since the Affordable Care Act (ACA) was signed into law in 2010, millions have benefited from its reforms. Over three million young adults have exercised the option to remain on their parents’ insurance plans. Women are no longer charged more simply for pre-existing condition again.

Affordability and accessibility aren’t the only priorities of the ACA, slowing the growth in healthcare costs is also a key design of the plan. Already, new federal rate review rules under the ACA require insurance companies to submit any proposed increase in health insurance premiums greater than 10 percent for federal approval. This provision was put in place in 2011 and helps to drive down costs, requiring insurance companies to maintain low overcharges.

The ACA also requires insurance companies to devote 80 percent of consumers’ premium dollars to actual health care services, not administrative costs. Last year, to comply with the 80 percent threshold, companies lowered premium costs by $3.4 billion. Companies in violation returned an additional $500 million to consumers.

To learn more about the new ACA law, please visit www.healthcare.gov. Special “Navigators,” have also been established to help people navigate the ACA, if they have specific questions about how the different plan options would affect themselves and their family. Legal Services of Northern Virginia is working as a navigator, their number is 703-778-6800. You can also visit www.moran.house.gov.
**OPINION**

**Honest Politicians? Read On …**

By Harry M. Covert

The wireless blared, “knuckleheads in the news.” As the good people expressed various concerns about a federal government shutdown, it wasn’t an attempt at humor at the expense of the national electorate. It was the radio reporting the story — a police impersonator trying to rob an undercover cop. A blockbuster?

The practicality must be considered. Not every citizen living on earned social security monies at this point in their lives follows the daily craftsmanship of political minions.

It is important to have a hearty belly laugh now and then when the frickin’ worries flood hearts and minds.

Alexandria is home to thousands of government workers. Many members of Congress live here. Local businesses from Old Town, the West End and in Del Ray will suffer because of the fight.

A local reader was rather strident and wrote, “We have the red states, the blue states and now a yellow Congress.”

That’s not nice. In sports competition at all levels, game officials calling infractions must refer to culprits as “gold” then their number. They must be sensitive.

Finally, in this day and age, those in the journalism dode — obviously the national wordsmiths and the broadcast calling heads — have risen in public standing, thankfully ahead of the maligned used car proprietors and members of Congress. The latest poll says the latter is now at the bottom of public opinion. No surprise there.

Just think of how DNA has been extraordinary in finding criminals and proving many innocent. Marvelous, terrific or any ordinary in finding criminals and proving many innocent. Marvelous, terrific or any other powerful description.

In the present, DNA could be used de-scribing congressmen and congresswomen and their acolytes to Don’t Know (sic) Anything.

The DNA definition is short for deoxyribo-nucleic acid. Nucleic acid is the genetic material determining the makeup of all living cells and many viruses. Probably more than is needed at this point.

No more scientific stuff here today. As these words are strung together, crystals ball gazers, pundits (not a bad word) and those considered political experts for whatever reason don’t have the final words or votes.

All is not lost. Look around. During the past weekend, seems like every college football stadium was filled to capacity as were each professional football venue, and most baseball parks. Maybe the most important news facing the country involves the sport- ing communities.

Community fund-raising events were enjoying popularity in Alexandria — the runners, the artists, the diners, the boaters and crew. Some holds true for this weekend as life goes on.

Name-calling is not a good thing but there are several important aspects of daily living: the sun keeps rising, private enterprise is booming and advertisers still boast creams and pills for living longer, looking younger, and other miracle inducements. Humor is always at the expense of someone else. It’s probably not nice to refer to members of Congress as knuckleheads. They certainly are not. They are selfish and self-serving.

Let’s take stock for a moment and recall what many humorists, wags and fund-rais- ers have said, “An honest politician is one that when bought they stayed bought.”

**Letters to the Editor**

**No Levity In Suicide**

To the Editor:

I was disturbed by the cavalier attitude of Mr. Harry M. Covert who said in his Sept. 26 column: “those who decide to jump off the Woodrow Wilson Bridge will find themselves the responsibility of the District of Columbia.” Suicide and suicide prevention is a serious matter and it is the responsibility of all to take it seriously.

Perhaps Mr. Covert could consider that as he enjoys his Old Dominion Boat Club view, while he eats his soup and grilled cheese sandwich, which as an aside, is only available to the few who know the right people, can afford boat club membership, and endure six years on the waiting list.

Deedra Everett
Alexandria

**Wake-Up Call**

To The Editor:

It’s an honor to read the poetry I submitted, “On 9-11; Table Manners and Apple Pie,” in the Gazette dated Sept. 26 sharing the same page along with “50 Years Later, A Long Way To Go,” a commentary by Mary Anne Weber, chair of the Anti-Stigma HOPE Campaign of the Partnership for a Healthier Alexandria.

It’s an important message; it’s a wake-up call in print over the concerns and welfare of our citizens and all of the services for those in need of help.

As our City of Alexandria Mayor William Euille says: “One Alexandria.”

Geri Baldwin
Alexandria
Living historians modeled 18th-century clothing at the Historic Fashion Show at the Carlyle House on Saturday, Sept. 21 — clothing that would have been worn by society maverick John Carlyle and his family in Old Town Alexandria. This year’s show focused on the Colonial, Federal and Civil War-era (1753 to 1860s), as well as the mid-19th century.

“Our goal was to share the history of fashion that the Carlyle family would have been wearing and encountering among their peers,” said Helen Wirka, curator and site specialist at Carlyle House.

The Carlyle’s home was the center of Alexandria’s wealth and politics from 1741 to 1780, according to Wirka. John Carlyle was a town founder, surveyor, justice of the peace, and building contractor. He hosted the Bread and Butter Ball, and entertained the likes of George and Martha Washington, Gen. Edward Braddock and five governors at his mansion. He married Sara Fairfax in 1747, and the couple had seven children. After Sara died, he married Sybil West in 1761; and they had three children.

Wirka said the clothing was made by hand (no sewing machines), and the models’ clothing in this show was historically accurate. “We wanted people to learn more details about the differences in this clothing. There are nuances — it’s the little details that make a difference,” said Wirka.

Emcee Jane Pease told the 20 attendees that fashions were dictated by France and Britain at the time. “You could tell where a person stood on the social ladder … And people’s clothing indicated their stations in life.” Around 1770, fashion periodicals started to appear, and an Old Town milliner might have dressed a doll with the latest fabrics, colors, cut and trim from England.

Emcees Pease and Kerry McClure donned historically accurate dresses from the 1750s and 1780s, and introduced 15 models from adult age to children, while giving detailed descriptions of their outfits — down to the underwear.

How does dirty water get turned into clean, sustainable, renewable resources?

JOIN US AT OUR OPEN HOUSE TO FIND OUT!

How does dirty water get turned into clean, sustainable, renewable resources?

IN PARTNERSHIP WITH ALEXANDRIA OFFICE OF ENVIRONMENTAL QUALITY

LANDDESIGN.

AMERICAN WATER

NEWS INTERNS

Educational opportunity to work with award-winning editors on local news coverage, including politics, elections, community events, local insiders’ guides, news feature writing, website and online news management and more. Internships require a commitment of at least six weeks, 16-40 hours a week. Please e-mail a statement of interest and a resume to cbryan@connectionnewspapers.com
From Page 7 classes are suitable for all levels. Contact Maureen at yoga@prasadayoga.com or 703-967-8884.

FRIDAY/ OCT. 4 Genealogy Workshop, 7 p.m. at the Athenaeum, 201 Prince St. Lisa Standbyst is the official genealogist of the Maritime Heritage Program in the Office of the National Marine Sanctuaries. Free. Visit www.nvfaa.org or 703-548-0035.

SATURDAY/ OCT. 5 Mind Your Health 5K Run/Walk, 9 a.m. at Great Waves Water Park at Cameron Run Regional Park, 4601 Eisenhower Ave. Registration starts at 8 a.m., $35/adult age 13 and older, $25/child. Visit www.mindyourhealth5k.com to register.

Flea Market, 9 a.m. - 2 p.m. at Trinity United Methodist Church, 2911 Cameron Mills Road. Baguettes and bake sale goodies, all proceeds benefit local charities. Free parking. Contact Lucelle O’Flaherty at 703-408-4008 or lucelle@verizon.net.

Pet Blessing, 10 a.m. at Trinity United Methodist Church, 2911 Cameron Mills Road. For pets, and treat and bake sale goodies, all proceeds benefit local charities. Free parking. Contact Lucelle O’Flaherty at 703-408-4008 or lucelle@verizon.net.

SUNDAY/ OCT. 6 Pathways Natural Living Expo, 10 a.m. - 7 p.m. at Fairview Park Marriott, intersection of Rt. 50 and 495. Visit the Pet Sage booth and over 100 other exhibitors. Terri Grew of Pet Sage will talk about pet care myths at 10:30 a.m. Visit www.naturallivingexpo.com.

Blessing of the Pets, 10 a.m. at Historic Christ Church, 118 N. Washington St. Free. 703-549-1450.

Choral Evensong, 5 p.m. at Historic Christ Church, 118 N. Washington St. Free. 703-549-1450.

Community Conversation, 2 p.m. at Bealety Library, 5005 Duke St. Learn more about mental health conditions and treatments and more. Free. 703-746-1751.

Children’s Race, 7 a.m. Children or adults who are young at heart can register for the 1.31 mile course starting at National Harbor. It is an un-timed fun run. Register at register.wilsonbridgehalf.com.

Book Event, Vice Mayor Allison Silverberg will sign copies of her book "Visonaries in Our Midst: Ordinary People who are Changing our World?" at 2 p.m. at Barter & Noble Potomac Yacht, 3651 Jefferson Davis Highway. Free.

MONDAY/OCT. 7 Addressing Mental Health Concerns in the Workplace, Noon at Bealety Library, 5005 Duke St. Data about mental health in the workplace and ways to address the need. Free. 703-746-1751.

Interactive Workshop, 6:30 p.m. at Bealety Library, 5005 Duke St. This workshop will highlight the results of a local survey of teens about their behaviors, signs and symptoms of mental illness to look for and will provide resources on prevention, substance use, teen pregnancy and gangs. Free. 703-746-1751.

For a Healthier You! Inova Alexandria Hospital Health Expo Seminars and Interactive Demonstrations • Health Screenings • Health and Wellness Booths Wednesday, Oct. 9, 10 a.m. - 2 p.m. US Patent and Trademark Office Madison Auditorium, 600 Dulany Street Alexandria VA 22314

Inova Alexandria Hospital is committed to keeping you well and providing the tools and resources needed to achieve your health, wellness and fitness goals.

Register today at inovaexpo.com or call 855.My.Inova (855.694.6682)
NEWS

Raise the Roof
RTA raises $60,000 for homeowners in need.

By Jeanne Theismann
Gazette Packet

More than 220 people turned out Sept. 28 for Raise the Roof, the annual fundraiser for Rebuilding Together Alexandria, a nonprofit that provides free repairs to homeowners in need. “We raised over $60,000,” said RTA executive director Katharine Dixon. “I am so grateful to our sponsors and everyone who helped make the night a success. These proceeds will enable us to help in-need Alexandria homeowners remain safely and independently in their homes.”

Presented by John Marshall Bank, the event was held at the U.S. Patent and Trade office and recognized the 2013 RTA honorees: Volunteer of the Year Charles “Mike” Moss; Philanthropic Organization of the Year Booz Allen Hamilton; and Lifetime Achievement volunteer Chris Thiel.

“This is such a great organization,” Thiel said in accepting his award. “It’s a real tribute to the people in this room. Without you, we wouldn’t be doing the great things we are in the city of Alexandria.”

Local R&B artist William “Smooth” Wardlaw provided the entertainment for the evening, which was hosted by former Olympian and world record track star Renaldo Nehemiah.

“It’s an honor to be here tonight with such committed individuals,” said Nehemiah, a graduate of the University of Maryland and Northern Virginia resident. “To look around and see the volunteers gathered here speaks volumes about the organization” RTA performs repair and winterization services on more than 100 homes each year for low-income homeowners, including the elderly, persons with disabilities, military veterans and families with children.

For more information, call 703-836-1021 or visit www.rebuildingtogetheralex.org.
General Assembly to his advantage. When the issue of the government shutdown was raised, Cuccinelli responded with a direct appeal to residents of the region who have strong economic ties to the federal government.

“I’m a Northern Virginian. I’ve lived up here my whole life,” said Cuccinelli. “We’re already seeing in the Virginia economy the problems associated with the uncertainty of federal budgeting as it is, both in Northern Virginia and in Southeastern Virginia in the Hampton Roads area.”

Despite the fact that the debate took place in Tysons Corner, the McAuliffe did not point out that he has lived in Fairfax County for more than 20 years. Instead, the Democrat attempted to portray himself as the best candidate for the interests of Northern Virginia voters. At one point, he pointed out Fairfax Chamber of Commerce president and CEO Jim Corcoran in the front row and mentioned he agreed with the chamber’s position on Medicaid expansion. Later in the debate, he argued that Cuccinelli’s tax proposal would hurt Northern Virginia.

“What it would mean to Fairfax County to be losing this revenue,” said McAuliffe. “What it would mean to Sharon Bulova and Fairfax County and the loss of teachers at a time we should be investing in our teachers, investing in those STEM courses, science, technology, engineering and math,” said McAuliffe. “His plan literally would force us to lay off thousands of teachers.”

THE TENSION within the region was evident in recent weeks as business leaders across Northern Virginia began issuing their endorsements. The first was from the political arm of the Northern Virginia Technology Council, which endorsed Cuccinelli last month. But that announcement was delayed after some internal dissension within the organization, which led to a series of accusations and counter-accusations. The drama surrounding the delay of the endorsement became a talking point for Republicans eager to portray McAuliffe as a Washington insider.

“I am appalled that Terry McAuliffe and other prominent Democrats would threaten to hold the legislative agenda of Northern Virginia business leaders hostage to their political agenda,” said Republican House of Delegates Speaker Bill Howell in a written statement. “That might work in Washington, but it is unacceptable here in Virginia.”

Hours after Cuccinelli and McAuliffe debated each other at the Fairfax Chamber of Commerce’s forum, the organization issued its own endorsement for the Democrat.

In a statement explaining the endorsement, the business group praised McAuliffe for opposing mandatory project labor agreements and supporting Virginia’s longstanding right-to-work law. The chamber also mentioned his support for accepting federal funds for Medicaid expansion and his support of the transportation funding package that passed the General Assembly earlier this year — both of which were opposed by the Republican candidate.

“In terms of the priorities of the Northern Virginia business community,” said Corcoran in a written statement, “Mr. McAuliffe’s policy positions and proposals closely align with the Fairfax Chamber’s legislative agenda.”
Del Ray Celebrate’s 18th Art on the Avenue

QuinTango Comes to Art On The Avenue

QuinTango, a chamber tango music group with international acclaim, will return to the Alexandria area with a performance at Art on the Avenue in Del Ray on Oct. 5. The concert is free, sponsored by the Alexandria Arts Commission. Concertgoers are invited to dance to the sounds of tango performed by the only tango music group in the region with a commitment to perform at The White House and the only American tango group to give a command performance at the U.S. Embassy to Buenos Aires. The QuinTango players are a quintet of two violins, cello, bass and piano.

Families are invited to bring their young musicians and watch QuinTango play on stage. Members of the group will show traditional tango instruments like the bandoneon, which creates the sound most people associate with tango. Its sound is often confused with that of the accordion, but the instruments are quite different. Joan Singer, founder of the group — and an Alexandria native, started QuinTango 15 years ago after playing tango music for her own enjoyment.

The concert because it is a rare opportunity to hear QuinTango for free and listen to the bandoneon instrument live. We will play waltzes, mazurkas, tangos and berceuses on the piano. The QuinTango players are all appropriate for dancers.” QuinTango was the A finalist in the 2004 International Tango Competition; they are five time WAMMIE award winners.

Several other distinguished music groups and WAMMIE award winners will also be performing for free — including the Alexandria Arts Commission. There will be family fun for everyone including food, music, dancing — last year the event had more than 40,000 attendees.

For more information on other acts at the festival visit www.artontheavenue.org

Emmanuel Trillo teaching a young violinist how to play bandoneon.

The 18th annual Art on the Avenue Festival will take place Saturday, Oct. 5, 2013 10 a.m.-6 p.m. in the Del Ray neighborhood of Alexandria. The event is free and open to all.

Art on the Avenue strives to reflect the mix of the Del Ray community through the artists and their work. The event draws more than 50,000 people annually from throughout the metropolitan Washington area. The multicultural arts and music festival features more than 350 area artists and re-creates selling their original works, international food, and five stages of live music. Free children’s craft activities and entertainment, artists’ demonstrations and a pie baking contest complete the day’s program.

Held each fall on Mount Vernon Avenue between Hume and Bellefonte Avenues, Art on the Avenue is entirely volunteer-run, with support from the local business community.

Free DASH transportation will be provided from the Bradrock Road Metro Station to the festival. Visit www.artontheavenue.org for more.

Sharing Public Art

Alex Cook will be creating a mural at the corner of Del Ray and Mt. Vernon avenues, on A Show of Hands’s southern-facing outdoor wall — the site of “Del Ray’s Patio” as part of Art on the Avenue, Oct. 5, 10 a.m.-6 p.m. A 3 p.m. he will give a talk on what public art does for a community. At 8 p.m. he will give a concert of his own original music (singing with guitar) at First Church of Christ, Scientist, at 1709 Russell Road. The concert is free and open to the public.

Alex Cook

E-mail announcements to gazette@connectionnewspapers.com. Photos and artwork are encouraged. Deadline is Thursday at noon

ONGOING

Art Exhibit. See “Collaborations” through Oct. 29 at Potomac Fiber Arts Gallery in Studio 18 of the Torpedo Factory Art Center, 105 N. Union St. Artists share inspirations to create pieces combining the input of two or more artists. It runs from 10 a.m.-6 p.m. everyday except on Thursdays when it is open from 10 a.m.-9 p.m. Visit www.potomacfibergallery.com for more information.


The West End Farmers Market will run Sundays from 8:30 a.m.-1 p.m. through November. Located at Ben Reifler Park, browse food, crafts and more. Visit www.westendfarmersmarket.org.

The Marshall House Incident Exhibition. Through 2013 at Fort Ward Museum, 4301 West Braddock Road. The museum is open Tuesday through Saturday, 10 a.m.-5 p.m., and Sunday, noon-5 p.m. Visit www.fortwardmuseum.org or call 703-746-4848.

Photography Workshop. 10:30 a.m.-noon at Multiple Exposures Gallery on 105 N. Union Street. Photographers and enthusiasts of all skill levels are invited to share work, ideas, and questions at this free workshop held on the last Sunday of each month, except December. No reservations. Call 703-683-2205.

Book a Librarian. At the Charles E. Beatley, Jr. Central Library, 5005 Duke St, for help with research or to better understand the library’s databases and resources. Make an appointment by calling 703-746-1751.


Mobile Market. Thursdays through October, 11 a.m.-1 p.m. in the Landmark District — next to the Made in Del Ray building on the Duke Street side. The Arcadia Center for Sustainable Food and Agriculture Mobile Market is a refurbished school bus offering produce, meat, eggs and more from small farmers and food artisans within 100 miles of the area. EBT cards and WIC and Senior FMNP vouchers accepted. Visit arcadiafood.org.

Theater Performance. Through Sunday, Nov. 3, see the premiere of “See’s Bend” at MetroStage, 1201 N. Royal St. Watch as the true story of the Pettway family unfolds during the Civil Rights Movement and they become famous for their iconic quilts. Performances for Geo’s Bend will be Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., Sundays at 3 p.m. and 7 p.m. For ticket reservations call 800-494-8497 or visit www.metrostage.org. For information and group sales call 703-546-9943.

Encore Choralre. Mondays 10:30 a.m.-noon at the George Washington Masonic National Memorial, 301 Callahan Dr. Register now for Encore Choralre’s fall season. The group of singers, ages 55 and up, practice classical and holiday songs to prepare for December performances. $150 tuition. Visit encorecreativity.org or call 301-261-7574.

African American Activists

Exhibition. Through Saturday, Jan. 4, 2014, Living Legends of Alexandria is unveiling a photo-documentary project created in 2006 by artist-photographer Nina Tisara to identify, honor and chronicle people making current history in Alexandria. This free exhibit is at the Alexandria Black History Museum, 601 Wythe St. The museum is open Tuesday through Saturday, 10 a.m.-4 p.m. Visit www.alexblackhistory.org or call 703-746-4356.

Occupied City: Life in Civil War Alexandria. At The Lyceum, 203 South Washington St., through Sunday, March 23, 2014. This exhibit traces life in Alexandria following Virginia’s decision to secede from the Union in May 1861. The Lyceum is open Monday through Saturday, 10 a.m.-5 p.m. and Sunday, 1-5 p.m. Suggested admission is $2. Visit www.alexandriahistory.org or call 703-746-4994.

Metro Club After-School Program. From Sept. 9-June 2014, the Metropolitan School of Arts presents an after-school program for grades 1-6. The program is located at both the Lorton studio at Workhouse Arts Center, 9517 Workhouse Way and in Alexandria at 5775 Barclay Drive. Programs will focus on the arts, including music, dance, theatre, yoga and academics, as well as designated homework time. The program will run Mondays, 1-6 p.m., and Tuesday, Friday, 3-6 p.m. Tuition runs from $130-150. Call 703-339-8444 or visit www.metrometropolinararts.org.

Art Exhibit. See the second Frost Fire installation by Ned Egen. “Lese n’est pas une Magrite” is on display at 18 W. Linden St.

Art Exhibit. See “OnStage” at the Art League Gallery in the Torpedo Factory, 105 N. Union St. Composed of musicians, instrument makers, and audiences, Cindy Lewis’ paintings allow viewers to enjoy a musical performance from a visual perspective. The display is open from 10-No. 4-4. Visit www.theartleague.org or 703-683-1780.

Art Exhibit. Artist John Gascot of Studio 4, 218 N. Lee St., suite 101, creates an art exhibit to honor the life journeys of transgender individuals. It will be on display the whole month of January. Gallery hours are Thursdays-Saturday, noon-7 p.m. and Sunday from noon-5 p.m. or by appointment. Visit www.studio4oldtown.com for more.

PUMPKINS

Pumpkin Patch Sale. Browse pumpkins from Oct. 6-31 from 10 a.m.-3 p.m. at Emmanuel Church-on-the-Hill, 3606 Seminary Road. Proceeds benefit many local charities including ALIVE, Carpenter’s Shelter.

CALENDAR
Pumpkin Time

Immanuel Church-on-the-Hill’s 20th annual pumpkin sale runs Oct. 6-31, 10 a.m.-8 p.m. daily. This non-profit fundraiser benefits many of Alexandria’s charities, such as ALIVE, Carpenter’s Shelter, Community Lodgings, and the Northern Virginia AIDS Ministry. International charities include the Heifer Project and the Haiti Micah Project. Autumn crafts and cookies, brownies, cake, candy, hearty soups, gourds, mini pumpkins, apple crisps, Indian corn and cornstalks are also available. Immanuel Church-on-the-Hill is located at 3606 Seminary Road, (corner of Seminary Road and Quaker Lane).

CLASSES & WORKSHOPS

Duo: Fast and Festive Italian Dinner. Friday, Oct. 4 at 7 p.m. at Judy Harris Cooking School. Bring along a friend, spouse, parent and learn how to make easy Italian dishes. $170/couple. Register at judyharris.com.

Everyday French Cooking Techniques. Friday, Oct. 11 at 7 p.m. at Judy Harris Cooking School. Learn how to use knives and equipment while making dishes. Beginner and intermediate cooks encouraged to attend. $85/person. Register at judyharris.com.

Learn How to Make Sicilian Food. Saturday, Oct. 12 at 11 a.m. at Osteria Marzano, 6361 Walker Lane. Learn how to make the dishes with Chef Carmine Marzano and then dine on the food you’ve made. $85/person. RSVP with name, number of participants, and contact info to info@osteriamarzano.com.

Learn How to Make Toscana Food. Saturday, Oct. 26 at 11 a.m. at Osteria Marzano, 6361 Walker Lane. Learn how to make the dishes with Chef Carmine Marzano and then dine on the food you’ve made. $85/person. RSVP with name, number of participants, and contact info to info@osteriamarzano.com.

Art Classes. Tuesdays from 7-8:30 p.m. at Art at the Center, 2804 Sherwood Hall Lane. For children ages 12 and up. Begin with drawing figures and lines and work up to drawing in detail and on larger scale. Visit www.arratthecenter.org/registration.htm to register.

Art Classes. Tuesdays from 7-8:30 p.m. for children ages 9 and up. Focuses on clay work in the studio. Begins Sept 11 at Art at the Center, 2804 Sherwood Hall Lane. Visit www.arratthecenter.org/registration.htm to register.

Registration Still Open. The Art League School has openings in more than 200 classes and 50 workshops, from painting, jewelry, photography and more. Visit www.theartleague.org to register.

Seasonal Cupcake Decorating Classes. Tuesdays from 5-7 p.m., Wednesdays from 5-7 p.m., Saturdays as scheduled and Sundays from 3-5 p.m. at Occasionally Cake, 207 King St. Learn four different designs for take-home cupcakes. $60/person. Students age 11 and younger must be accompanied by an adult. Visit www.occasionallycake.com or 703-647-9638. Call for designs.

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THURSDAY/OCT. 3

Story Time. 10:30 a.m. or 3 p.m. at Bealeton Library, 5005 Duke St. Children ages 3-5 can enjoy stories, activities and more. Free.
GREETINGS! I am so excited to be launching the Alexandria Symphony Orchestra's 70th anniversary season on Saturday, Oct. 5 at the Rachel M. Schlesinger Music & Art Center.

I have decided to make this momentous season a celebration, not only of our years together, but of “Dreamers & Visionaries” — of what we, at the ASO, strive to be.

As a conductor, I am so proud of the Alexandria Symphony Orchestra's achievements as it has grown from a small community orchestra to become one of the region's most acclaimed fully-professional arts organizations. The Washington Post said of our “Rite of Spring” performance last season at the National Gallery of Art that it was "perhaps the most exciting heard here in years.” It is our ability to dream, and to shape a daring artistic vision, that keeps us strong through times of struggle and enables us to soar into the future.

As a composer, the “Dreamers & Visionaries” theme has great personal significance for me as well. The music I write stems from my desire to create change in the way that people hear music in relation to their world, music that will...at the risk of sounding grandiose, changes the world.

I want to inspire and challenge us to make our lives and world a better place. That may indeed sound ambitious, but the composers featured on our “Dreamers & Visionaries” season accomplished just that. They were audacious enough to strive to make a difference in the world — and they succeeded.

Appropriately enough, the opening notes of the Alexandria Symphony Orchestra’s 70th season will be “I Dreamed a Dream” from Les Misérables which will set the tone for the entire season. Mis is but one of over a thousand musical compositions that have been inspired by the work of Victor Hugo. Hugo was a true visionary who literally risked his life to change the world through both his art and his actions. He openly challenged Napoleon and France and other governments in the Old and New Worlds to create more just and humane societies. Artists, writers and musicians have been inspired by Hugo ever since to become their own dreamers and visionaries.

Following “I Dreamed a Dream” on Oct. 5, the ASO presents Tchaikovsky’s triumphant Symphony No. 5. Tchaikovsky not only dreamed of a better world — he created one through his music. His fifth symphony explores a world transformed — a powerful metamorphosis from despair to hope and optimism.

The featured piano soloist for the evening will be ASO favorite, the charismatic, Carlos Rodriguez, who will be performing the music of Victor Hugo's friend and piano teacher Franz Liszt, who was a true dreamer and visionary in his own right. Liszt was one of the first true “rock stars” in music and Mr. Rodriguez proudly follows in this tradition.

At the ASO we dare to dream, we dare to envision a better world through music, and we challenge our audiences to do the same. We hope you will join us. See you Opening Night.

ASO BEGINS ‘TO DREAM’

By Kim Allen Kluge
Conductor, ASO
www.KimAllenKluge.com

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Calendar

Registration required, 703-746-1702 ext. 768-6700.

Story Time. 11 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 3-5 can enjoy stories and more. Free. 703-746-1705.

Little Ones/Dora. 11:15 a.m. at Bealey Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more. Registration required, 703-746-1702 ext. 5.

Story Time. 4 p.m. at Barrett Branch Library, 717 Queen St. Children ages 3 and up can enjoy games, stories and more. Free. 703-746-1703.

Paws to Read. 5:30 p.m. at Bealey Library, 5005 Duke St. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1702 ext. 5.

Yoga. Enjoy free outdoor yoga classes at 1900 Mt. Vernon Ave., 6-7 p.m. Taught by Maureen Clyde of Prasada Yoga. Harvest Moon Yoga classes are suitable for all ages. Contact Maureen at yogaprasyoga.com or 703-967-8844.

Shoe Hive's Anniversary Celebration. 6-9 p.m. at The Shoe Hive, 127 Fairfax St. Enjoy cocktails, desserts and more. Visit www.refinery29.com/rsvp/shoe-hive-765-3645.

Author Talks. 7 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Patti Cyrus will discuss her book “From Farmer to F.A.M.E.” Free. 703-768-3645.

Movies at Martha. 7 p.m. at Martha Washington Library, 5614 Fort Hunt Road. Adults and teens age 13 and up can enjoy a movie. Call for title.

Survival at the Edge of Space. 7 p.m. at Burke Library, 4701 Seminary Road. Adults age 14 and up can learn how altitude pilots and astronauts survive at the edge of space. Get a demo of how density works with a demonstration using bowling balls and soda cans. Free. 703-746-1705.

Friday/Oct. 4

French Story Time. 11:30 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 3-5 can enjoy stories and more in French. Free. 703-746-1705.

Friday Affair Market. 12-4 p.m. at historic Hollin Hall, 1909 Windmill Lane. Purchase baked goods, treats, flowers and crafts from local vendors. Held the first and third Fridays of every month through December. Call 202-256-5332.

Hope Grows Gala. 7 p.m. at Longfellow, 1909 Windmill Lane. Purchase baked goods, treats, flowers and crafts from local vendors. Held the first and third Fridays of every month through December. Call 202-256-5332.

Friday Affair Market. 12-4 p.m. at historic Hollin Hall, 1909 Windmill Lane. Purchase baked goods, treats, flowers and crafts from local vendors. Held the first and third Fridays of every month through December. Call 202-256-5332.

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**ENTERTAINMENT**

Methodist Church, 210 Cameron Mills Road. Please be sure to attend this joyful celebration of the community and support the church's work.

**Civil War Artillery Day.** 10 a.m-4 p.m. at Fort Ward Museum, 4301 W. Braddock Rd. See cannon firing demonstrations, interact with re-enactors on site. Free. 703-746-4848

**Deadline.** Share a favorite memory of Bugby’s Pizza Restaurant in 75 words or less, and be eligible to win a $150 gift certificate or one of four gift certificates for “dinner for two.” E-mail your submission with a name and e-mail address or phone number to bugby30th@aol.com or drop it off directly to the restaurant.

**Art on the Avenue.** 10 a.m-6 p.m. in Del Ray. More than 300 area artists and craftpeople will be selling their works, food will be available, along with live music for entertainment. Free. Visit www.artontheavenue.org for more.

**Wag A Tale.** 10:11 a.m. at Kingstowne Towne Square, 6500 Landstowne Centre. Children ages 5-12 can register to read aloud to a therapy dog. Registration required, 703-674-4650

**Saturday Stories.** 11 a.m at Beatley Central Library, 5005 Duke St. Children can enjoy stories and songs. Free. 703-746-1702

**Booksigning: African Americans required. Call 703-971-0010.**

**Calendar, Page 29.**

**Special Thanks to** Alexandria Gazette Packet ❖ October 3-9, 2013 ❖ 23

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**Entertainment**

**Entertainment**

**1404 Composers Competition Opens**

The 2014 Kluge Young Composers Competition, a new competition for composers 18 years or younger, was announced in celebration of Maestro Kim Allen Kluge’s 25th anniversary concert with the Alexandria Symphony Orchestra (ASO). Established through the joint efforts of the ASO and the Symphony Orchestra League of Alexandria, the competition provides an opportunity for young composers to develop their talents. The winning composition, selected by Maestro Kluge, will be premiered at an ASO performance. The 2014 Kluge Young Composers Competition is open to any composer 18 years or younger who resides in the state of Virginia. Compositions should be 5 to 7 minutes in length and should use standard orchestra instrumentation and normal doublings. Submissions must be received by December 20, 2013. In addition to having their piece performed by the ASO, the winner will receive a $150 cash prize. For details, visit www.alexsym.org/kluge-young-composers-competition.

**Little One-Ders.** 10:30 a.m at Beatley Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more. Registration required, 703-746-1702 ext. 5

**Baby Time.** 11 a.m at Duncan Library, 2501 Commonwealth Ave. All ages can enjoy stories about dads and their children. Free. 703-746-1705

**Baby Rhyme Time.** 11:30 a.m at Beatley Central Library, 5005 Duke St. Children ages 11-12 months with adult. Free. 703-746-1705

**Libraries for Homeschoolers.** 2 p.m at Sherwood Library, 5600 Sherwood Hall Lane. Children ages 7-11 with adult can learn how the library can benefit families that homeschool. Free. 703-765-3645

**Read to the Dog.** 2 p.m at Martha Washington Library, 6614 Fort Hunt Road. Children ages 6-12 can read aloud to a trained therapy dog. Register for a 15-minute session. Free. 703-768-6700

**Wild and Wonderful: Hidden Pond.** 3-30 p.m at Kingstowne Library, 6900 Landstowne Centre. Children ages 6-12 learn about animals in nature. Free. Registration required, 703-339-4610

**Read, Sing & Play Baby.** 4 p.m at Barrett Branch Library, 717 Queen St. Children ages 11 months can enjoy stories and more. Free. 703-746-1703

**Fall Gardening.** 7 p.m at Burke Branch Library, 4701 Seminary Road. Learn what grows best during the fall and how to put gardens to sleep for the winter. Free. 703-746-1703

**Chillhanger Book Club.** 7 p.m at Martha Washington Library, 6614 Fort Hunt Road. Children ages 8-11 can listen to a story being read aloud. Free. Registration required, 703-768-6700

**TUESDAY/OCT. 8**

**Mother Goose Time.** 10:15 a.m at Barrett Branch Library, 717 Queen St. Children ages 1-2 years with adult. Free. 703-746-1705

**Time For 2s.** 10:30 a.m at Beatley Library, 5005 Duke St. Children ages 2-3 years can enjoy stories and more. Free. Registration required, 703-746-1703

**WEDNESDAY/OCT. 9**

**Rising Words, Rising Images.** 10:30-11:30 a.m at Beatley Library, 5005 Duke St. Explore the world of children’s literature with authors who reside in the state of Virginia. Compositions should be 5 to 7 minutes in length and should use standard orchestra instrumentation and normal doublings. Submissions must be received by December 20, 2013. In addition to having their piece performed by the ASO, the winner will receive a $150 cash prize. For details, visit www.alexsym.org/kluge-young-composers-competition.
**NEWS**

**Farmer’s Market in Bloom**

Ramon Camacho of Alexandria chooses honey crisp apples from Spring Valley Farm and Orchard. The Old Town Farmer’s Market operates Saturdays, 7 a.m.-noon, year round in Market Square, 301 King St. Free parking is available in the Market Square garage during the Saturday hours of the Farmers’ Market.

Willa Reddy of Blue Ridge Botanicals sells fresh herbs to Ellen Bradley of Alexandria.

Calvin Riggelman of Bigg Riggs in Loom, W.Va., with Kiersten Davidson.

K.C. Cromwell of Affinity and Sue Massey help out customers with their hand-turned wooden bowls made of walnut, maple and sycamore.

**Seminary Valley**

It is back-to-school season. The scholars have all been back for a month now. As usual, local parents are stepping up to volunteer for the PTA. A prime example is neighbor Patty Chamberlain, who is taking over the T.C. Williams PTAC presidency from none other than neighbor Marianne Hetzer. Patty will be assisted by other Seminary Valley parents, including Beth Richardson (membership secretary) and Eric Hylton (vice president). Patty reports that she and her team will do their utmost to support T.C.’s principal, Ms. Maxey; the PTAC will also be involved in the search for a new ACPS superintendent.

Other PTA presidents for our local schools include: Janese Bechtol at Francis C. Hammond Middle School and Christina Brennan at James K. Polk Elementary School. (Patrick Henry has not named a PTA president at this time.) The Polk PTA’s many projects include a new sign for the front of the school to display upcoming events, and the continued push to purchase new “smartboards” for the classrooms as well as playground equipment. For information on any ACPS school and opportunities to help our neighborhood children, go to www.acps.k12.va.us. The menu will direct you to individual schools and their PTAs.

Meanwhile, taking a break from her long involvement with the PTA, Marianne has taken on a new position with Alexandria’s renowned Campagna Center, where she is the interim director of the center’s Building Better Futures program. Building Better Futures provides at-risk ESL (English as a Second Language) high school students with the support and services they need to succeed in school and beyond. Serving more than 200 immigrant students at T.C. Williams High School, the program aims to establish a pro-learning environment, cultivate leadership qualities, strengthen English skills, and increase the number of students entering college or vocational school. For more information, go to www.campagnacenter.org.

Living as we do on busy Pegram Street, we get to see many students walk and ride their bikes to school, as well as the interesting traffic patterns that emerge every school day. Where would we be without the three great crossing guards at Taney Avenue, Richenbacher Avenue and Polk Avenue? Ms. Charlotte Ross, probably Alexandria’s most famous crossing guard, handles the duties at the Polk Avenue intersection. Ms. Lui Shuet, known as Faye, moved up from Taney to Richenbacher last year. The Taney Avenue crossing is not permanently assigned at this time. Give them a friendly wave or a word of thanks next time your paths cross.

Pat and I missed the Mile-Long Yard Sale, but BSCVA President Judy Cooper reports that it was very successful. The BSCVA gained a few members through table sign ups, and there was a wide variety of items available for customers, some of whom travelled from North Carolina to be there! The sale wrapped up just in time for the showers. Thanks to all who participated!

— Mia Jones
Art

Art Materials Market

Artists buy, sell and trade their used art materials inside the Torpedo Factory at the Art Materials Market in August.

Local artists such as Rosemary Felt Covey opened up their studios to sell art supplies as customers walked through the Torpedo Factory.

Art supplies such as oil paints, ink and used picture frames were for sale.

Photos by LaShawn Avery-Simon Gazette Packet

DASH Schedule Changes
Effective Sunday, October 20, 2013

- **AT1 Weekday:**
  Minor timetable adjustments to improve reliability

- **AT1 Weekend:**
  Most Northbound and Southbound trips will not service Mark Center Station

- **AT8 Weekday Westbound:**
  One additional A.M. trip added

- **AT10 Weekday:**
  Minor timetable adjustments on some trips

Please refer to the new DASH Ride Guide with the BLUE cover. For more information, visit dashbus.com or call 703.746-DASH (3274).
Cookbook Captures Market Square’s History

Author offers recipes based on foods sold at farmer’s market.

By Senitra T. McCombs

Alexandria’s Founders, Farmers and Food,” Pache provides readers with recipes based on foods sold at the market while also giving them a detailed pictorial/graphical history of the “how the market and square changed over time.”

“Market Square Cookbook” was released in August. And it is available in the square. If this were to change the sale would be declared void and the land revert back to Fairfax County,” she said.

As with many European cities, Alexandria had a market house or an actual building where the market was held. Some of the bricks on the Royal Street side of City Hall were a part of the market house’s doorway. In addition, the City Hall’s front door and steeple clock tower were also built for the market house.

“The most interesting thing I learned, was that there is a deed from 1757 in which the Trustees of Fairfax transfer ownership of the square to Alexandria for five shillings on the condition that there always be a market held on the square. If this were to change the sale would be declared void and the land revert back to Fairfax County,” she said.

She also touches on the market’s role during the British occupation, the Great Depression and the war years in the book’s introduction.

“George Washington drilled his troops on the square right in front of the market,” she said.

Moreover, he was the “first gentleman planter to sell his produce and goods” at the market and served as a trustee of the market. “So much of our history happened on this mere acre of land. Many of the decisions and events impacted and inspired our nation. This is no ordinary cookbook because this is not an ordinary market,” she said.

Besides the challenges of being a first-time author, she received much feedback from her husband, who helped her find a publisher, as well as from her sister and best friend.

Diwali is on Nov. 3 this year. Every year the Diwali Mela, a huge Diwali festival, is held at Peddla Field in Landover. For more information on the book or Diwali, see facebook.com/diwalibook.

Although she is not certain which Indian festival she will highlight in her next book, she is eager to start the writing process. During her spare time, she enjoys writing, reading and traveling with her husband and son.

Sood has lived in Northern Virginia for more than 22 years and she is a recent resident of Alexandria. She has a bachelor’s degree in international business from Virginia Tech and a master’s from George Washington University. After a career working with two multinationals, she became a stay-at-home mom and author.

Alexandria Resident’s Children’s Book Highlights Diwali

Her mother illustrated the book.

By Senitra T. McCombs

Alexandria resident and first-time author Sana U. Hoda Sood’s new children’s book “Diwali: A Cultural Adventure” brings to life the story behind the ancient Indian festival Diwali (the Indian Festival of Lights) for audiences of all ages, in particular the little ones.

Diwali is an Indian festival based on the story of Prince Rama who is banished to live in the forests for 14 years where he encounters many hardships and battles with an evil villain who has brought terror to the lands. In the end, he triumphs over the villain.

After finding a limited selection of children books on Diwali, Sood decided to write one herself to share and teach her young son, Aarish, about their rich Indian heritage.

“...Joining together my love of writing with having my baby in mind, was an amazing journey,” she said.

After a year of researching and writing and re-writing, “Diwali: A Cultural Adventure” was released in August. And it is available for purchase on the author’s website www.m y diwalibook.com.

Although her primary inspiration for writing the book came from her passion to share her Indian culture, she believes the core messages in “Diwali: A Cultural Adventure” are universal.

“Although Diwali has its roots in Indian culture and the Hindu religion, what it represents and teaches us goes far beyond India. The story of Diwali, and specifically the character of Rama, is an incredible lesson in the power of being a kind, honorable and courageous person,” she said.

The book also teaches children about how Diwali is celebrated. As a child, Sood remembers dressing up in fancy outfits and enjoying the delicious foods and fireworks especially the sparklers with her extended family during Diwali celebrations.

“It will make a wonderful introduction to a vibrant and beautiful aspect of Indian culture, and also teach some very important lessons on humanity.

Plus, the pictures are gorgeous and I hope kids would really enjoy them,” she said.

Sood wrote the book during her maternity leave. She used rhythm techniques and other child-friendly writing techniques to make it more understandable. The illustrations were all done by her mother, artist Rubina Hoda.

Since her mother lives in Istanbul, they communicated through phone calls and email.

Sood said that even though her mother and she have always had a close relationship, writing the book together “connected us creatively as well.”

“Working with my mother was an incredible experience ... I would explain my vision to her on the phone, and what she would produce artistically was exactly what I’d had in mind,” she said.

Despite the challenges of being a first-time author, she received much feedback from her husband, who helped her find a publisher, as well as from her sister and best friend.

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Historic Fashion

From Page 12

well-made cotton undergarments worn closest to body that could be washed.

In the 1790s, pockets were tied with a string and pouched around the waist, not sewn into the garments. Women also wore underpinnings called “panniers,” which were flexible baskets on each hip to create a wider shape. Later on, the emphasis moved to the rear, with “bum rolls” or false rumps — switching the interest from the hips to the rear. Women wore caps to keep their hair clean and kerchiefs around their necks.

In the show, Matthew West alias “Mr. McGroover,” dressed as a 1750s fur trader with waist coat, breeches, beaver skin, a hat cocked to one side (to hold a rifle), and Iroquois-style ties around the boots.

For men, the shirt served as an undergarment with only the collar and cuffs visible. And because summers in Old Town could reach 90-plus degrees, men wore unlined linen suits, not wool ones like their English counterparts. Regardless of the humidity, it was proper for men to leave their coats and hats on all day.

If a fashionable woman attended a ball in 1785, she might wear a formal gown (Robe a l’Anglaise) made of layers of silk damask with pleats down the back, a stomacher, panniers, buckled shoes, silk stockings and gloves. Prosperous women (and men) also wore wigs, said McClure — and for the ladies, the higher the wig, the better.

Lyn Padgett modeled a day-walking gown from the 1780s with a print chintz jacket, silk petticoat, ruffled neckerchief, with the sleeves cut like a man’s and a walking stick topped with a straw hat.

On Saturday, Oct. 26, the Carlyle House is hosting the “Re-enactment of the Death of John Carlyle,” from 6 to 9 p.m. The event partners with the Steps to the Past Walking Tour, and commemorates the funeral, death and burial of John Carlyle. The first Virginia Regiment will fire their muskets as a sign of respect.

Bonnie Fairbank models a white petticoat with a crescent moon “bum roll.”
Board Examines Waterfront Hotel Concept

The proposed building height ranges from 30 feet to 50 feet, which is three stories on part of the site and five stories on another.

THE CUMMINGS PROPERTY is one of the three sites slated for redevelopment that were at the heart of the waterfront small-area plan, an increase of density that ag-gravated neighbors so much they filed a series of lawsuits to stop the city from mov-ing forward. All of the challenges were swept aside, though, and now Carr Hospita-ilty has the green light to move forward with its development plans — if they are approved. The developer must now seek approval from a gauntlet of boards and com-missions, culminating in a development special-use permit from the Alexandria City Council.

“This is not just a hotel on a piece of land,” said Christine Merdon, who lives next to the Cummings property. “The rest of the wa-terfront will fall in line with the way this is developed.” Speaker after speaker said the building was too large, a scale that was out of pro-portion for Old Town. Some speakers criti-cized the architectural details of the build-ing, a list of grievances that includes every-thing from the design of the roof to the lo-cation of trash removal. Only two speakers supported the plan, both of whom were leaders of a group called Waterfront for All that was organized to support the increase in density.

“I’m very excited about the opportunity to have a hotel on the waterfront, to be able to have dinner there and to have my guests stay at this hotel,” said Lynn Hartman, one of the founders of Waterfront for All. “I think the Carr development company has listened very closely to the citizens of Al-lexandria and have reacted to make sure there is something that fits within the pa-rameters of what we want.”

THE HIST-ory of the property dates back to the earliest days of the city, a time when city leaders extended the water-front east into the river to create a zone for commerce. About half of the property was underwater when Alexandria was founded in 1749, although the parcel had been completely filled in by 1845. Origi-nally, it had a warehouse with piers run-ning east to the Strand. The current ware-house structure on the property was con-structed in the 1950s.

“Historically, waterfront buildings, often warehouses, were significantly larger and high-style than buildings in other parts of the city,” according to the staff report on the proposal. “Warehouses were often four stories in height and occupied the entire lot, without setbacks or open space.”

For Carr Hospitality, one of the problems is threading the needle of opposing inter-ests. The developer must please members of the general public and city officials as well as a host of elected and appointed members to boards and commissions. The proposal must also meet the guidelines in the waterfront small-area plan, a vision that exists in physical form as a model that is brought out and displayed at City Hall ev-ery time a potential development is consid-ered.

“And so what the architect has done is that he’s tried to satisfy both sides. He’s tried to make it a warehouse, but then he’s tried to break it up to reduce the mass,” said Oscar Fitzgerald, vice chairman of the Board of Architectural Review. “So essentially everybody’s unhappy.”

CITY GUIDELINES call for materials and design to be appropriate for the history of the neighborhood while still meeting mod-ern standards. Carr Hospitality’s approach to that challenge has been to offer a variety of forms and materials. One part of the building has paired windows while another part has single windows. One section has a mansard roof although another had dor-mers and a flat roof. The first floor has large plate-glass storefront windows while the upper stories have punched window open-ings in load-bearing masonry walls.

“The design is incoherent,” said Christine Roberts, one of the newest members of the board. “It’s completely different form the Strand Street elevation to the Union Street elevation.”

“So is the model,” the architect re-sponded, gesturing toward the model on display before the dais. “It would feel per-fectly comfortable going with one coherent type of architecture. I think that my client would really appreciate doing that because they want a single style of building. But, again, we were working from a model that shows two discrete types of warehouse structures.”

Park Service Shutters Mount Vernon Trail amid Budget Crisis

From Page 1

Haven Marina to make sure automobiles were not parked in spaces labeled “Trailer Parking Only.”

“I thought there would be some leniency,” said Kevin Johnson, who received an $85 Parking Only.”

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“I figured since there were no signs on the trail itself or no blocks on the trail that it was open for the moment,” said Mike Russell, a retired federal worker who lives in Wellington Heights. “This whole shut-down thing is just a lack of discipline and matur-ity that seems to be gone from our society more and more.”

For many federal workers and non-fed-eral workers, the idea that so many people would have an unexpected day off seemed to be a good thing. Until they got to a trail that was barricaded or a parking lot that was shut down. That’s when the abstract nature of the government shutdown became a reality — one that was impossible to ig-nore.

“I think it’s ridiculous,” said Margie Remmers of Alexandria. “I think that it’s open space and it’s public and we should be able to use it.”
**ENTERTAINMENT**

**FROM PAGE 23**


**THURSDAY/OCT. 10**

**Mother Goose Story Time.** 10 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 12-24 months eligible for prizes. Free. Call for registration. 703-765-3645.

**Story Time.** 10:30 a.m. or 3 p.m. at Beatley Library, 5005 Duke St. Children ages 3-5 can enjoy stories, activities and more. Free. Registration required, 703-746-1702 ext. 5.

**Who Goes There?** 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Children ages 4-6 learn about nocturnal creatures from a Huntley Meadows Park naturalist. Registration Required. 703-768-6700.

**Story Time.** 11 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 3-5 can enjoy stories and more. Free. 703-746-1702.

**Little Ones.** 11:15 a.m. at Beatley Library, 5005 Duke St. Children ages 3 and up can enjoy games, rhymes and more. Free. 703-746-1703.

**Oscar Film Series.** 6 p.m. at Burke Branch Library, 4701 Seminary Road. Call for title. Free. 703-746-1704.

Yoga. Enjoy free outdoor yoga classes at 1900 Mt. Vernon Ave., from 6-7 p.m. Taught by Master Trainer Prasada Yoga. Harvest Moon Yoga classes are suitable for all levels. Contact Maureen at yogaprasadayoga.com or 703-967-8884.

**Opening Reception.** 6:30-8 p.m. live music will be part of the reception of "Dustings" at the Art League Gallery in the torpedo Factory, 105 N. Union St. Composed of musicians, instruments and audiences, Cindy Lewis’ paintings allow viewers to enjoy a musical performance from a visual perspective. The display is open from Oct. 1-Nov. 18. Visit www.theartleague.org or 703-683-1790.

**Blockbuster Thursday.** 6:30 p.m. at Beatley Library, 5005 Duke St. Free. 703-746-1702 ext. 5.

**Pajama Party.** 7 p.m. at Burke Branch Library, 4701 Seminary Road. Children ages 3-6 can come dressed in their favorite outfit/pajamas and listen to stories. Free. 703-746-1704.

**Second Thursday Music.** 7 p.m. at The Athenaeum, 201 S. Prince St. Hear music by Rick Udler. $10/person. Visit www.nrfva.org or 703-548-0055.

**Night Time Tales.** 7 p.m. at John Marshall Library, 6209 Rose Hill Drive. Children ages 3-5 can listen to stories. Registration required. Call 703-971-0010.

**FRIDAY/OCT. 11**

**Puppet Show.** 10 a.m. at Kingstowne Library, 6500 Landstowne Center. Find items for all ages. Free. 703-339-4610.

**Potomac Poets Series.** 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Features poets Keith Monroe and Venjigah McMillan. An open mic will follow. Free. 703-768-1700.

**Reptiles and Amphibians.** 10:30 a.m. at John Marshall Library, 6209 Rose Hill Drive. Meet some animals native to the area and learn about their lives. Free. All ages. Registration required. Call 703-971-3391 ext. 10.

**Wag A Tale.** 10:30-11 a.m. at Kingstowne Library, 6500 Landstowne Center. Children ages 5-12 can register to read aloud to a reading therapy dog. Registration required, 703-339-4610.

**Free Meditation Workshop.** 11 a.m. at Burke Library, 4701 Seminary Road. Learn breathing techniques and more. Free. 703-746-1704.

**Saturday Story Time.** 11 a.m. at Beatley Library, 5005 Duke St. All ages can enjoy stories and songs. Free. 703-746-1702.

**Alexandra Arts Safari.** Noon-4 p.m. at Torpedo Factory Art Center, 105 N. Union St. Hands-on arts and craft activities for children and their families. Children should wear clothing that can get dirty. Free. Visit www.torpedofactory.org for more.

**Preschool Halloween.** 1:30 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Children ages 3-5 can enjoy stories, songs and fingerplays. Free. Registration required, 703-765-3645.

**Get Wicked Event.** 6-9 p.m. at The Christmas Attic. Enjoy story time, face painting, spooky craft activities and more. Get a free gift if you dress in costume. Visit www.christmasattic.com for more.

**Performance.** 6:30 p.m. at The Lyceum, 201 S. Washington St. The Washington Balalaika Society presents “Russian-Japanese.” $20 advance; $25/door; children are free. Visit www.balaika.org or 703-54-0766.

**SUNDAY/OCT. 13**


**Scavenger Hunt.** All day at Sherwood Library, 2501 Sherwood Hall Lane. Teens in grades 4-12 can hunt for clues around the library. Completed forms turned in by Oct. 19 will be eligible for prizes. 703-765-3645.

**Tuesdays.** 11 a.m. at Burke Branch Library, 4701 Seminary Road. Children ages 3-6 can enjoy stories and more. Free. 703-746-1704.

**Baby Rhyme Time.** 10:30 a.m. at Beatley Library, 5005 Duke St. Children under 18 months can enjoy rhymes and more. Registration required, 703-746-1702 ext. 5.

**Tuesday Tots.** 11 a.m. at Burke Branch Library, 4701 Seminary Road. Children ages 2-3 can enjoy stories and more. Free. 703-746-1704.

**Book Sale Preview Night.** 7 p.m. at Duncan Library, 4701 Seminary Road. Children’s books in all sizes from 1920-1995 can be browsed that are available for sale. Memberships available at the door. 703-746-1705.

**Family Story & Craft Night.** 7 p.m. at Beatley Library, 5005 Duke St. All ages can enjoy crafts and stories. Free. 703-746-1702.

**THURSDAY/OCT. 17**

**Annual Fashion Show and Luncheon.** 10 a.m. at Fort Belvoir Officers Club. Fashions for women of all sizes will be provided by Bloomingdales. Proceeds will be donated by Yacht Haven Garden Club to local charities and organizations. For tickets contact Terra at mmoney@verizon.net.

**Book Sale.** 10 a.m. at Duncan Library, 4701 Seminary Road. Free. 703-746-1702 ext. 5.

**Little Ones.** 11:15 a.m. at Beatley Library, 5005 Duke St. Children ages 12-24 months can play with their friends. Free. 703-746-1702 ext. 5.

**Story Time.** 10:30 a.m. at Beatley Library, 5005 Duke St. Children ages 3-5 can enjoy stories and more. Free. Registration required, 703-746-1702 ext. 5.
D.C. Williams defensive back Timmy Rattanaphone intercepted three passes against Woodson on Sept. 28.

T.C. Williams senior Philip Tyler returned a punt 77 yards for a touchdown against Woodson on Sept. 28.

**Rattanaphone’s 3 Interceptions Lead TC Past Woodson**

**Titans improved to 3-1, Cavaliers drop to 0-4**

By Jon Roetman
Gazette Packet

W ith five turnovers, including a lost fumble when victory was all but assured, the T.C. Williams offense allowed winless Woodson multiple opportunities to pull off an upset Saturday afternoon.

Luckily for the Titans, senior defensive back Timmy Rattanaphone was able to close the door on the resilient Cavaliers.

Making his first defensive start, Rattanaphone intercepted three passes, including one that ended Woodson’s final drive, as the Titans defeated the Cavaliers 21-14 on Sept. 28 at T.C. Williams High School.

Rattanaphone said he felt ill the night before the game, but showed up ready to play.

“I always knew he could play,” TC defensive back Philip Tyler said about Rattanaphone. “He has speed and stuff, but I didn’t know he was going to do it like that. I’m really proud of him.”

With standout defensive backs Rashawn Jackson and Tyrice Henry out due to injury, Rattanaphone, primarily a receiver, made his first start at safety. He ended Woodson’s opening possession with an interception, giving TC the ball at the Woodson 38-yard line. Four plays later, quarterback Darius Holland connected with Terry Jordan for an 11-yard touchdown, giving the Titans a 7-0 lead.

Rattanaphone’s second interception halted Woodson’s opening drive of the second half and set up a nine-play, 67-yard Titans scoring drive. Lamont Whiteside’s 9-yard touchdown run gave TC a 21-7 lead with 7:55 remaining in the third quarter.

No. 9’s final interception came with less than two minutes remaining in the fourth quarter and Woodson driving in TC territory with a chance to tie.

“He played outstanding,” TC defensive coordinator Avery Williams said. “He’s a smart football player. He’s an outstanding athlete — one of our top athletes. He got the coverages down, he knew exactly what he was supposed to be doing and he was in the right spots at the right time.”

The victory improved TC’s record to 3-1.

The Titans are off to their best start since 2005, when TC won its first three but lost its next six and finished 4-6.

The TC defense played a major role in Saturday’s win, forcing four turnovers.

“We played our style of ball,” Rattanaphone said. “We attacked, attacked, attacked.”

Titans’ special teams made an impact, as well. Tyler returned a punt 77 yards for a touchdown late in the first quarter, giving the TC a 14-0 advantage.

“It was return right, and I didn’t have a return right, so I just cut back,” said Tyler, who made his way up the left side of the field. “I saw Kevin Perry (make the) meanest crackback [block] and … my eyes just opened up and it was a touchdown.”

While defense and special teams played well, the TC offense struggled. The Titans turned the ball over five times, including four lost fumbles. **See Improve, Page 33**

**ODBC Select Crew Turns in Dominant Performance**

The Old Dominion Boat Club Select Crew team turned in a dominant performance in its first race of the Fall 2013 rowing season, a contest that saw the ODBC Select Girls not only win the first five places in the youth single sculling event, but capture first place in the youth eight.

Members of the ODBC Select girls’ first 8 sprint down the race course at the Head of the Potomac Regatta in Georgetown on Sept. 29. From bottom to top are: coxswain Rosa Procaccino and rowers Jessy Willis, Kyra McClary, Katie Pickup, Rebecca Gehring, Amelia Bender, Lilly Lane, Mavee Bradley and Eileen Gaffney. Also turning in a solid performance were ODBC Select Girls scullers in the Club 2x race, who not only had the added challenge of competing against adults because there was not a similar event for junior rowers, but who more than held their own against this more experienced field. Leading the way for ODBC in this regard were Mia Cleary and Sarah Beougher, members of the top junior boat in the competition who finished fourth overall.

‘The ODBC Select boys’ first 8 also turned in a solid performance in their first race of the season, coming in seventh out of 20 boats at the Head of the Potomac.’
News

Community Fair Offers Screenings

A bloodmobile and sight and hearing screenings were also included in the health fair, which was sponsored by the ASBC Health and Wellness Ministry.

“Research shows that five lifestyle changes can have a significant positive impact on health: Not smoking, exercising regularly, maintaining a healthy weight, eating a healthy diet and getting preventive care,” said ministry director Dawn Stafford. “Our health fair encourages participants to become active advocates for their own health and for the health of their loved ones.”

The daylong fair also featured free classes in kickboxing, Pilates, zumba and yoga.

“This is an awesome thing they do for the community,” Smith said. “I’m thankful to know that even without health insurance I can get these types of screenings.”

Senior Services Pays Tribute to Volunteers

Senior Services honored 100 of its volunteers at SSA’s Annual Appreciation luncheon at The Fountains at Washington House on Wednesday, Sept. 25.

Jane Collins, founder of “Get Out and Give Back,” an organization with the mission of “connecting people to create good,” gave an uplifting message on “Creating Good through Volunteer-ing.” In her “Top 10” list of why volunteering is good for everyone, she cited that volunteers save lives — being able to recognize signs of something not being quite right and letting the appropriate people know can make the difference in a senior’s life. She cited that over the past year, SSA volunteers logged in over 15,000 hours of volunteering. For more information on how to volunteer for SSA’s Meals on Wheels and Friendly Visitor Programs, go to www.seniorservicesalex.org or call 703-836-4414, ext 12 for meals on wheels and x20 for friendly visitors.
People

Fundraiser for Community Lodgings

This private backyard was the park-like setting for the fundraiser. The hostess, Marie Muscella, bid on the King Street Blues Barbecue Meal and King Street Bluegrass Concert at a Community Lodgings Silent Auction Fundraiser. She turned them into the basis for the backyard fundraiser.

Community Lodgings, a non-profit organization, supports homeless families. It gets families out of the shelter, into the program’s apartments, and offer resources such as job counseling, budget mentoring, family therapy and services to help their children achieve.

Hostess and event Chairwoman Marie Muscella thanks the guests for coming to support Community Lodgings.

Marie Muscella (center) chaired the Community Lodgings Fundraiser held at her home in August. Board Member Susan Fitzpatrick (left) served as co-chair for the event. Selma Hutchinson (right), another board member was on hand to lend her support.

The evening’s entertainment was provided by King Street Bluegrass. They donated their performance to the Silent Auction and donated the evening’s tips back to Community Lodgings, as well. They are part of a group of musicians who call themselves Cat Jammers and get together weekly, at King Street Blues, to play music to raise money for different charities.

Photos by Renee Ruggles Gazette Packet

TAKING NOTICE

The Alexandria City Council will hold a Retreat on aligning the work of the Strategic Plan and other items on Friday, October 4, 2013 from 2:00 to 6:00 p.m. and on Saturday, October 5, 2013, from 8:00 a.m. to 12:00 noon at 2800 Business Center Drive, Alexandria, Virginia, the offices of the Department of Transportation and Environmental Services and Recreation, Parks and Cultural Activities Maintenance Division. The Retreat is open to the public.

For information, please call the City Clerk and Clerk of Council’s Office at 703-746-4500.

Jackie M. Henderson
City Clerk and Clerk of Council

CITY OF ALEXANDRIA UNCLAIMED PROPERTY FOR REPORT YEAR 2013

In conformance with the Commonwealth of Virginia’s Unclaimed Property Act, the City of Alexandria is publishing a listing of unclaimed property held at June 30, 2012
School Bus Driver, PT
School Bus Driver Part-Time must have CDL and VA, DC or MD current driver’s license. School Bus driver for Catholic High School grades 9-12 in Alexandria, VA. Start immediately. Part time usually 2pm-7pm. Times can vary. Salary upon request. No telephone calls. Please send resume and reference information to: brownk@bishopireton.org

RETAIL SALES
Old Town boutique looking for someone 2-3/wk. Student or mature person welcome. Some weekend work necessary. Computer knowledge is a plus. Call Mrs. Lasker in the evening at 703-765-7583.

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26 Antiques

HISTORIC MANOR AUCTION

68R, 78A Manor House on 70+ Acres

Located in historic Mont Vernon District of Fairfax County. The Mont Vernon House, a senior living community, has recently renovated affordable 1 & 2 Bedroom units available. Each apartment has a fully stocked kitchen with all new appliances & cabinets, as well as nice carpeting and paint throughout. We also have an on-site Service Coordinator to assist residents and events.

Call or stop by our real estate office for an appointment today! 
703-778-9411. The Mont Vernon House will receive a 25% War Vet gift card after signing the lease. Income restrictions apply.

703-917-6400

The Alexandria Gazette Packet
October 3-9, 2013 www.ConnectionNewspapers.com

Zone 3: Alexandria
Zone 4: Mount Vernon

CLASSIFIED

HISTORIC MANOR AUCTION

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Located in historic Mont Vernon District of Fairfax County. The Mont Vernon House, a senior living community, has recently renovated affordable 1 & 2 Bedroom units available. Each apartment has a fully stocked kitchen with all new appliances & cabinets, as well as nice carpeting and paint throughout. We also have an on-site Service Coordinator to assist residents and events.

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The Alexandria Gazette Packet
October 3-9, 2013 www.ConnectionNewspapers.com

Zone 3: Alexandria
Zone 4: Mount Vernon

Under New Management!

Mount Vernon House Apartments
8199 TIne Well Drive
Alexandria, VA 22306

Located in historic Mont Vernon District of Fairfax County. The Mont Vernon House, a senior living community, has recently renovated affordable 1 & 2 Bedroom units available. Each apartment has a fully stocked kitchen with all new appliances & cabinets, as well as nice carpeting and paint throughout. We also have an on-site Service Coordinator to assist residents and events.

Call or stop by our real estate office for an appointment today! 
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703-917-6400

The Alexandria Gazette Packet
October 3-9, 2013 www.ConnectionNewspapers.com

Zone 3: Alexandria
Zone 4: Mount Vernon
(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: $2,199, CAMRY: $2,699, RAV4: $2,999), FIRST MONTH’S PAYMENT, $499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS WILL QUALIFY. TAX, REGISTRATION AND INSURANCES ARE EXTRA. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF $0.15 PER MILE IN EXCESS OF AGREEMENT’S MILES (COROLLA/RAV4: 36,000 MILES; CAMRY: 24,000 MILES). OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF $16.67 PER $1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO $2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. AMOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS. (6) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON TOYOTAS WITH APPROVED CREDIT THRU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 EPA-ESTIMATED MILEAGE. ACTUAL MILEAGE MAY VARY. (8) CUSTOMERS CAN RECEIVE A $500 INCENTIVE FROM TOYOTA UPON LEASING A NEW 2013 RAV4 AND TRADING IN A TOYOTA VEHICLE. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF $17.05 PER $1,000 BORROWED. ONE INCENTIVE PER TRANSACTION. ALL OFFERS EXPIRE 11/4/13.
Alexandria/Beaverly Hills
$390,000
Come Home to Comfort
This spacious five-bedroom, three-and-a-half bath Beaverly Hills Colonial has beautiful hardwoods and fantastic touches throughout. The stunning master suite with vaulted ceiling has a luxurious bath and private balcony. The large family room and stone patio with natural gas grill are perfect for entertaining. It’s close to L-935, parks and all the fun things in Springfield.

Elizabeth Larechesi
703.368.5676
Liz@Lakers.com
MLS# AX1188835

Alexandria
$850,000
Modern Renovation
Light-filled four-bedroom, four-bath house with two-car garage on four levels features an amazing renovated kitchen and baths. VAULTED ceilings and so much more! Excellent location near DC and Fort Belvoir commutes in much desired Westchester school district. Large, lush, park-like lot.

June Minstof
571.276.8116
JuneMinstofCom
MLS# FX8192416

Alexandria
$580,000
Live Large at The Royalton
Stylish, pristine condo with 10-foot ceilings, crown molding and high-end appliances throughout. Perfect one-level living, just minutes from the King Street Metro and all that Old Town has to offer! Come dine, shop, or even entertain at Whole Foods! Two parking spaces convey!

Ginger Quinn
703.721.1139
McEneaney.com
MLS# AX8184264

Alexandria/Forest Hunt
$997,500
Elegant Charm
Rarely available five-bedroom estate, set on a gorgeous lot with mature landscaping, features an open-concept floor plan, a large master suite with spa-like bath, a formal living and dining rooms, a separate office, and endless outdoor spaces. This home is perfect for entertaining or simply relaxing.

Jessica Richardson
703.864.2438
JessicaRichardsonCom
MLS# AX1848479

Alexandria
$849,000
Elegant Custom Colonial
The perfect blend of classic, modern design with stunning views of the Potomac River. This home features a grand entrance, an open-concept floor plan, a gourmet kitchen, a master suite with a spa-like bath, and a fully finished lower level with a theater room and more! Lovely yard and pool! Easy access to Metro.

Sandy McMaster
571.259.2673
SuzieMctMasterHomes.com
MLS# FX8101100

Alexandria
$819,000
Classic Beauty in Mason Hill
Five bedrooms on upper level and this spacious house is gleaming! The updated kitchen is open to the family room, the rear deck has hot tub and provides for an amazing backyard. Two-car garage, playroom, loads of space on three levels.

Janet Caterson Price
703.960.5058
janetp@homes.com
MLS# FX919978

Alexandria
$485,000
Stunning Townhouse
This first-floor unit with attached garage is perfect for the elegant Atrium Townhouse with custom granite, stainless steel appliances and high-end finishes throughout! Hardwoods downstairs, new carpet upstairs. Two parking spaces. Two parking spaces. Two parking spaces. Two parking spaces. Two parking spaces.

Susan Leavitt
703.355.2267
Marc-Asher Rible
703.210.8074

Alexandria
$595,000
Private Retreat
Notched on a large quiet lot in the City of Alexandria. Open floor plan expands to lovely patio area. Architecturally unique interior. Crown molding, hardwood floors, and picture-frame windows. Main level master bedroom with luxurious bath. Basement sunrise/pool in law suite. Second full bathroom, rec room, garage, minutes to 95 and Old Town!

Sue Goodhart
703.362.3221
TheGoodhartGroup.com
MLS# AX1197967

Alexandria/Beaverly Hills
$2,149,000
Historic Elegance
This circa 1800 S.E. quadrant home meticulously renovated in 2011. Marvel at the style, design and elegance of this center-pile, center-pile, center-pile home, featuring ten-foot ceilings, tall windows, plantation shutters, custom marble bathrooms, kitchen with Sub-Zero/Wolf range and marble countertops. English knot garden in front, private brick enclosed deck in back.

Susan Craft
703.216.4941
SusanCraft.com
MLS# AX1989994

Alexandria
$579,000
Style and Convenience
You’ll love the location of this updated classic. Delightful three-level, two-bedroom, two-bath home featuring restored hardwoods, an updated kitchen with granite counters and stainless steel appliances, a finished lower level, walk-in closets, updated baths, a private patio, and off-street parking.

Alexandria
$997,500
Del Ray Rosemont
Park your car and forget it. Walk to two Metro stations, fine restaurants, coffee shops, cream parlors. Three-level brick townhome with two bedrooms, one bath, two rooms. Freshly painted interior and exterior. Hardwood floors. Deep private gated yard. Minutes to Old Town, Pentagon City, and Potomac Yard.

Chris Robinson
703.998.3023
RobinsonBrookes.com
MLS# FX9194097

Anne Martone
703.717.6344
McEneaney.com
MLS# AX190710

Pinpoint Location
Perfectly positioned in the heart of Old Town Alexandria, this one-of-a-kind townhouse is the epitome of luxury living. Enjoy the grandeur of the axial interior design and the masterful blend of classic finishes and modern conveniences.

Alexandria
$599,000
Del Ray Charm
Charming completely renovated townhome in Del Ray. Delightful front porch, two bedrooms and two full baths. Updated kitchen with stainless steel appliances and hardwood floors throughout. A new family room in finished lower level with a walkout to the rear yard! Easy access to Metro.
**Senior Living Calendar**

**TUESDAY/OCT. 8**  
Caregiver Support Group, 7-8 p.m. Fairfax County’s free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dists/olderadultservices/caregiver.htm or call 703-324-5484,TTY 711.

**Family Caregiver Seminars.** 7-8:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. “Financial Issues for Caregivers.” To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

**WEDNESDAY/OCT. 9**  
Evelyn Mo Plays Piano. 10:30 a.m. at Alexandria. $50. Register at Company, 3950 Wheeler Ave., 5:30-8:30 p.m. at Port City Brewing at basics. Information and registration at www.olli.gmu.edu.

**THURSDAY/OCT. 10**  

**Medicare Open Season Workshop.** 11 a.m. at South County Senior Center, 8330 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dists/olderadultservices/vicap.htm.

**Can I Afford That?** 1:30 p.m. at Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dists/olderadultservices/vicap.htm.

**NARFE Meeting.** 7 p.m. Dinner meeting for Federal Employment Retirement and Benefits Presentation at Neighbor’s Restaurant, 252 Cedar Lane, Vienna. There is a cost. Sponsored by NARFE Chapter 1116 (Vienna-Oakton). If interested in attending, call 703-205-9041 or 703-938-7346 for reservations.

**WEDNESDAY/OCT. 16-NOV. 20**  
**THURSDAY/OCT. 17**  
Medicare 101. 10 a.m. at Shepherd’s Center of Oakton-Vienna, 541 Marshall Road, S.W., Vienna. Free. Six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/ElderLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-205-9041 or 703-938-7346. The program is held on Wednesdays/Oct. 16–Nov. 20.

**TUESDAY/OCT. 15**  
**Medicare Open Season Workshop.** 10:30 a.m. at Lincolnia Senior Center, 4715 N. Chambusa St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dists/olderadultservices/vicap.htm or call 703-914-0223.

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**Senior Living Calendar**

**THURSDAY/OCT. 3**  
Evelyn Mo Plays Piano. 2:15 p.m. at Reston Community Center, Center Stage, 2310 Colts Neck Road, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon “Meet the Artists” concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-350-3394, olfi@gmu.edu or www.oli.gmu.edu.

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**WEDNESDAY/OCT. 16**  
Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 55 years and older. Free. 703-435-6577 to register.

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**MEDICARE 101**

**Medicare Open Season Workshop.** 11 a.m. at South County Senior Center, 8330 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dists/olderadultservices/vicap.htm.

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**See Calendar, Page 5**
Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

By Marilyn Campbell

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins. Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

“We were getting older and keeping up a house and yard in Fairfax was getting harder,” said Jim Harkin, a retired Navy captain. “We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children.”

Phyllis Harkin, a former real estate appraiser, said, “We did it in time, but after living at The Fairfax, we wish we’d done it earlier. You have no idea how much fun it is over here.”

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent living retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. “I wanted to move into a community where there were people who had lifestyles that were similar to mine,” said Aust, a retired federal employee who has no children. “I like living in a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here.”

Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility’s birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

“We wish we’d (moved) earlier. You have no idea how much fun it is over here.” — Phyllis Harkin

“IT’S LIKE A TRIFECTA OR A THREE-LEGGED STOOL. It is hard to be stable if one leg isn’t working, it’s so much to be done here.” Aust

Where to Find Help for Seniors

CITY OF ALEXANDRIA
Center for Adult Services Community and Human Services
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community’s women’s group.

THESE TRANSITIONS were smooth and logical for them, based on their own choice.

But the decision to move out of one’s home and into a retirement community is often complicated and can be fraught with anxiety. Experts in geriatrics say that reasons to relocate to a retirement community usually boil down to three factors: social connections, physical condition and personal safety.

“It’s like a trifecta or a three-legged stool. It is hard to be stable if one leg isn’t working,” said Andrew Carle, an executive-in-residence at George Mason University’s program in senior housing administration in Fairfax. “A person might be physically healthy, but if they are isolated in their home and not driving or..."

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Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

By John Byrd

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportunity than a personal call to apply what he’d learned from personal experience in helping his son, Michael, who was born with cerebral palsy.

“As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to absorb the evolving strategies and technologies that were then beginning to evolve,” Glickman said. “I spent several years acquiring new certifications while continuing to execute full-scale remodeling projects.”

Starting initially as a helpful neighbor with sound advice, Glickman, who has operated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

“I was offering feasibility studies in special needs situations mostly on referral, but the inquiries pretty quickly became about half of my work,” he said. “It wasn’t that there weren’t other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so.”

His conclusion: an accessibility solution that’s tailored to an individual is always best, especially when designed to accommodate both current and probable future needs.

“Mastering guidelines and practices specific to a particular condition is a good starting point,” Glickman said. “The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well.”

On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

In the end, it is field experience that makes a mobility or access solution practical.

“This is an enormous societal issue, with a significant and growing practice literature that must be absorbed,” he said. “Having said this, I find that the best solutions arise from effectively collaborating with someone facing challenges who’s really passionate about making the most of their situation.”

IF THERE’S ONE TREND that’s well underway in Northern Virginia, it’s that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story elevator in their 10,000-plus-square-foot house. “The owners are in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve.”

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have lost touch with friends, they could become depressed.”

Carle, who has more than 25 years of experience in senior housing and dementia care experiences, said that if a person has had a stroke or another condition that affects mobility, living alone is challenging. “If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone,” she said.

Safety issues, such as a risk of falling or medication management, are other reasons some might not be safe living alone, said Carle. “If you fall and you hurt your head and nobody comes, you could die,” she said.

“There is also the medication issue. The average 75-year-old is on seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. There is medication issues, medication efficacy, dose or frequency, dose or duration, right dose, right time, right medication, right patient,” said Julie Sabag, director of marketing at The Westphalians, a drama group. “You can get to the point where it’s a matter of life or death.”

Gail, who has no children or family in the area and asked that her last name be withheld, moved to Reston Valley Senior Living because, she said, “That is where I want to be.”

Linda Gaudio, Ph.D., a professor of psychology at Montgomery College in Bethesda, who teaches aging psychology that despite illness and treatments and services that make retirement communities good for many people, the feeling of losing the ability to do things is a real problem. “When I talk about aging and living alone, I say, ‘That is where I want to be,’ ” she said.

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Living alone can become an opportunity for people who need help bathing and dressing. “We can deliver all of those services.” Delores Norberg, associate director of marketing at The Westphalians, said that in addition to assistance on campus, which includes a game and fitness rooms, there is support throughout the facility.

“There is a community aspect,” Norberg said. “If you don’t show up for a meal, we notice. We work as a team to make sure we all know the residents, and if they don’t show up for something, someone is going to go check on them.”

Activities such as a meal as a meal in the community can be helpful. “Some of these people were coming from situations where they were isolated,” she said. “This is a new chapter in their lives, and we give them a buddy and we have activities every single day of the week.”

Many assisted living facilities also offer mental health counseling services. “If we have a social work component that deals with the psycho-social issues,” said Norberg. “We can provide grief counseling and we have psychiatrists on call.”

There are senior care facilities that provide grief counseling and we have psychiatrists on call. “If we have a social work component that deals with the psycho-social issues,” said Norberg. “We can provide grief counseling and we have psychiatrists on call.”

Senior communities such as Bethesda’s Fox Hill, a gated luxury retirement community for those aged 60 and older, offers independent living condominium ownership, as well as access to assisted living and memory care.
Since elevator access within the home’s existing structure wasn’t feasible, Glickman’s plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

Not surprisingly, professionals regarded this as a highly specialized assignment.

“There aren’t lot of local contractors who could execute a project like this,” said Andria Gregory of Area Access, Inc, the firm that will install the elevator inside the new shaft.

“The specifications are always exacting, so it’s important to us to work with people who have a track record,” Gregory said.

Gregory notes that Glickman’s experience in mobility prescription puts him in a selective class. “He’s among a handful of our preferred contractors in Northern Virginia,” Gregory said. “It’s critical to us that the project satisfies the client in every respect.”

Meanwhile, in Arlington, a mobility plan with incremental components has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

“This wasn’t a surprise,” Janice Marquez said. “The research shows that polio survivors can have increased mobility challenges as they age, so we wanted a wheelchair-friendly plan even though it’s not a necessity right now.”

The biggest obstacles: a curving, ruggedly- steep front walk that links up with a front stoop, standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

“It had become difficult for Jaime to negotiate the house on crutches, so we were looking ahead,” Janice Marquez said. “Initially, I wasn’t sure if we should remain in this house, but I had read about Glickman and decided to get his feedback.”

Compounding the “move vs. improve” question was the couple’s mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

“I’ve seen accessibility modifications that become obstructive,” Janice Marquez said. “I wanted to see if we could make changes that would enhance the property — functionally and aesthetically.”

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a “zero step” entry.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

To facilitate Jaime Marquez’s access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez’s ability to move freely from driveway to front door and throughout the house. They’ve also bestowed an unexpected benefit.

“The interior now feels much more spacious,” Janice Marquez said, “and the wider doorways allow more natural light.”

Also, she notes, the new front walk adds considerable curb appeal. “Honestly,” she said, “I wish the walk had been in place when I was still pushing the girls in their stroller. It’s just a lot easier for everyone.”
**Senior Living Calendar**

**FROM PAGE 5**

National Capital Area Chapter, 3701 Fender Drive, Suite 400, Fairfax.

*Strategies for Difficult Conversations.* To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

**THURSDAY/NOV. 14**

Family Caregiver Seminars. 7-8:30 p.m. at Dulles Library, 1244 Oak Ridge Ave., McLean.

*Legal Tools for Caregivers.* O To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

**WEDNESDAY/NOV. 20**

Family Caregiver Seminars. Noon - 1 p.m. “Tools for Caregivers 3:” webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

**MONDAY/NOV. 18**

Family Caregiver Seminars. 7-8:30 p.m. at Herndon Formby Librarty, 768 Center St., Herndon.

**CHRONIC ILLNESS MANAGEMENT**

Free Workshops. Fairfax County is offering free Chronic Illness Management workshops. Topics include managing pain and emotions, using medication properly, communicating with healthcare providers, adopting exercise and nutrition goals and making informed medical decisions. Register and learn more at www.fairfaxcounty.gov/dfs/olderadultservices/chronic_disease.htm or call 703-324-5489, TTY 711.

**FROM PAGE 5**

12:30 p.m. at Great Falls Library, 768 Center St., Herndon.

*Register Now for workshops.* To register, visit www.athomeinalexandria.org. AHA! is a 501(c)3 organization that supports Alexandrians ages 55+ who prefer to remain independent in their own homes.

**Alzheimer’s Association support groups**

Free Mall Walking Program for Seniors. Tuesdays and Thursdays at 8:30 a.m. Walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff. Call 703-558-6859. Ballston Commons Mall (Food Court Level), 4238 Wilson Blvd.

**Strength & Stretch For Seniors**

Mondays and Thursdays at 1 p.m. at Virginia Hospital Center, 4238 Wilson Blvd.

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Active Seniors Compete for Glory

After 11 days of more than 50 events held Sept 7-19, the Northern Virginia Senior Olympics finished with a golf event at Forest Greens Golf Course in Triangle, Va. Other events ranged from cycling, swimming and pickle ball to Mexican train dominos and Scrabble.

NVSO Chairman Janet Garber said, “Nearly 750 adults, age 50 and over, competed in this year’s events which took place at 17 different venues throughout Northern Virginia. We are always impressed with the enthusiasm and camaraderie of the participants who ranged in age from 50 to 103.” She also said, “These seniors exemplify NVSO’s mission, living healthy longer, and are spectacular role models.” Results for each of the events are available at www.nvso.us.

NVSO is sponsored by the Parks and Recreation departments and other agencies in the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

The Hawaiian Stars, from the Senior Center, Without Walls took first place. The Hawaiian Stars are: Edna Noe, Annandale; Michelle Bo, Burke; Marilu Morada, Burke; Tessie Buri, Burke; Fran Cornett, Fairfax Station; Rita Perrotti, Springfield; and Melanie Willis, Fairfax.

Team Silver Diamond took second place. Silver Diamond dancers are: Susie Thomas, Burke; Cathy Byun, Annandale; JeeHeea Kim, Clifton; Chungsoon Yang, Fairfax; Kisook Garber, Woodbridge; and Youngsook Chon, Centreville.

The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauninger and Melissa Mendell, of Arlington; and Bill Wong, Fairfax.

Mia Bernette, a 94-year-old line dance competitor, receives a special award from event director Joan Silverman.

Shelia Gildea, of McLean, shoots the ball while Suzanne Spicer, from Arlington, watches.