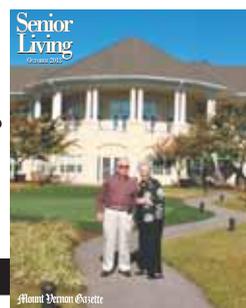


Mount Vernon Gazette

Inside
Senior
Living



MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

OCTOBER 3, 2013



PHOTOS BY RENÉE RUGGLES/THE GAZETTE

Officers, EMTs, and firefighters were honored in the Mount Vernon-Lee Chamber of Commerce 2013 Tribute at the Belle Haven Country Club on Sept. 27. Not present was firefighter Randall Schwartz of Penn Daw Station.

Tribute to Police And Firefighters

Fort Belvoir Firefighter of the Year, Lt. Kevin Good, has served since 2001 and is currently responsible for overseeing their Emergency Communications Center.



Barbara Doyle, past president and chairman of the Chamber of Commerce, was honored for all her efforts and wished well in her relocation to Boston.



Aaron Gilchrist, News4 Today anchor, served as the Tribute's emcee. Here he presents the award to Mount Vernon Detective of the Year Officer First Class James Lopez. Lopez was recognized by his peers for being "most likely the hardest working cop at Mount Vernon."



Emcee Aaron Gilchrist thanks Fairfax County Fire and Rescue Dept.'s EMT/Medic of the Year EMS Technician Christopher H. Kempton for his 19 years of dedicated service. Kempton is a nationally registered paramedic who has mentored many student interns.

Your Land, Shut Down

National Park Service shuts 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 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 ticket from the National Park Service Police. "It's not like we are out hurting people or anything. We're just working out."

Like thousands of other government employees across the region, Johnson was trying to enjoy the

SEE SHUTDOWN, PAGE 5

Library Opens at Mount Vernon Estate

\$106.4 million building dedicated.

BY STEVE HIBBARD
THE GAZETTE

The \$106.4 million Fred W. Smith National Library for the Study of George Washington opened in Mount Vernon last Friday, Sept. 27, with much fanfare.

Fred W. Smith, chairman of The Donald W. Reynolds Foundation, the largest donor, gave \$70 million, including a \$38 million lead gift, which was the largest single donation in Mount Vernon's history. It was seed money to create the museum, foundation and education center.

Funds were also collected by the Mount Vernon Ladies' Association, which came from 7,000 individuals, foundations and corporations from across America — not from any federal, state or local governments.

"This is a place where scholars and leaders can visit from all over the world," said Gov. Bob McDonnell, who referred to George Washington as only having a sixth-grade education — a man of "quiet faith, humility, and civility." And one of the best whiskey makers in America.

The gala attracted three living
SEE NATIONAL, PAGE 3

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National Library Opens at Mount Vernon Estate

FROM PAGE 1

Virginia senators — Tim Kaine, Mark Warner and John Warner — as well as governors Bob McDonnell and George Allen, Pulitzer-prize winner and author David McCullough (“1776” and “John Adams”), and Grammy winners Amy Grant and Vince Gill, who sang “America the Beautiful.”

The U-shaped library includes a three-level, 45,000-sq-ft. building and 6,000-sq-ft. scholars’ residence made of limestone, stucco metal and glass exterior finishes. There are 12-foot ceilings in public spaces to accentuate light; windows and doors are made of mahogany. Porches and terraces are paved in sandstone. The Architectural firm of Ayers Saint Gross of Baltimore designed the buildings with interiors by MFM Design of Bethesda — to convey the sensibilities of George Washington. Whiting Turner served as the general contractor.

The library has 25,000 sq.-ft. of veneer American Sycamore — a tree that grows in Mount Vernon. In climate-controlled rooms, it will hold more than 12,000 books, journals, audio-visual items, information files and electronic resources. It will house stacks of 2,500 rare books, 6,000 historical manuscripts, 5,000 special collection items (scrapbooks, photos, postcards) as well as articles and reference materials from George Washington as well as papers owned by the Mount Vernon Ladies’ Association. The library will host a variety of events, including lectures, education programs, symposia and meetings, said Library Director Douglas Bradburn, Ph.D.

Donald W. Reynolds was a media entrepreneur from Oklahoma whose Donrey Media Group grew to \$1 billion in holdings. He remained active in philanthropy until his death in 1993. In 2010, a Capital Campaign was launched to fund the construction.

Other major contributors were John and Adrienne Mars of McLean (of Mars candy) who gave \$10 million for the Rare Books and Manuscripts Room; as well as Richard and Helen DeVos, who gave \$10 million for the construction of the Richard and Helen



The new \$106.4 million Fred W. Smith National Library for the Study of George Washington.

DeVos House — a 7,300 sq.-ft. guest house for visiting scholars and fellows.

In February, philanthropist David M. Rubenstein contributed \$10 million, enabling Mount Vernon to exceed its \$100 million capital campaign goal seven months ahead of schedule. It also provides seed funding for a new fellowship program for college students. The largest meeting room named for Rubenstein will seat 100 people auditorium-style. Contributor’s names are written on a “Wall of Honor.”

Ann H. Bookout, the 20th Regent of the Mount Vernon Ladies Association, said the George Washington estate was purchased from the Washington family in 1858 for \$200,000. That included the mansion, out-buildings and 200 acres from John Augustine Washington III, a great-grandnephew of George Washington. She said that initiative started the historic preservation movement in the U.S. She added that 85 million visitors have walked through the doors since 1860 — making it the most visited historic home in America. Under their stewardship,

Details

- ❖ The elegant library is located on 15 acres near the Mount Vernon Inn Complex and the western visitor parking lot. The building footprint covers five acres. An additional 50 acres of woodlands surround the site.
- ❖ The three-level library is 45,000 square feet in size. The Richard and Helen DeVos House measures 7,300 sq.-ft., and will be a guesthouse for visiting fellows.
- ❖ Mount Vernon owns 103 original volumes, representing 62 titles of the 1,200 titles that were counted in the inventory at the time of his death.
- ❖ Michael Vergason Landscape Architects provided guidance for 15 acres of planted 937 trees, including dogwoods and redbuds, and 2,500 bushes and shrubs, which are under the care of arborists.
- ❖ To fund the construction, Mount Vernon launched a \$100 million capital campaign in February 2010 with a lead \$38 million gift from the Donald W. Reynolds Foundation. The campaign closed in June 2013 with \$106.4 million.
- ❖ A groundbreaking ceremony took place in April 2011, and construction commenced that fall. The building was completed in summer 2013.

the estate has been restored to its 1799 appearance — the year of George Washington’s death.

“This is a defining moment in the life of the Mount Vernon Ladies Association,” said the Rev. Donald D. Binder of Historic Pohick Church — the place where George Washington worshipped.

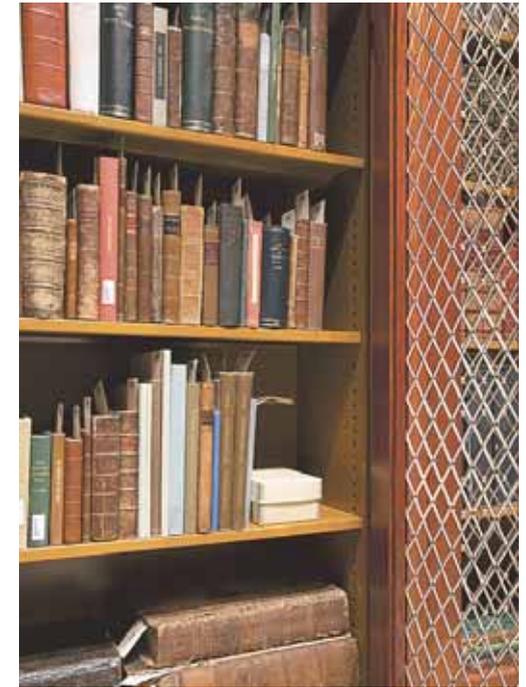
It was a “long-time in coming,” said Mark Warner, who reminded everyone that George Washington was a “fiscal conservative” who cautioned about spending, saying taxation was “vital.” He reminded everyone that George Washington’s name is attached to countless streets, towns and schools across the U.S., and referenced George Washington’s “The Rules of Civility,” written at age of 16 — Rule #35: “Let your discourse with men of business be short and comprehensive.”

Author McCullough cited George Washington’s patriotism and leadership, his attention to details and physical appearances. “George Washington was a man of action, and yes, actions speak louder than words,” he said. “But words can change history We can never know enough about George Washington.”

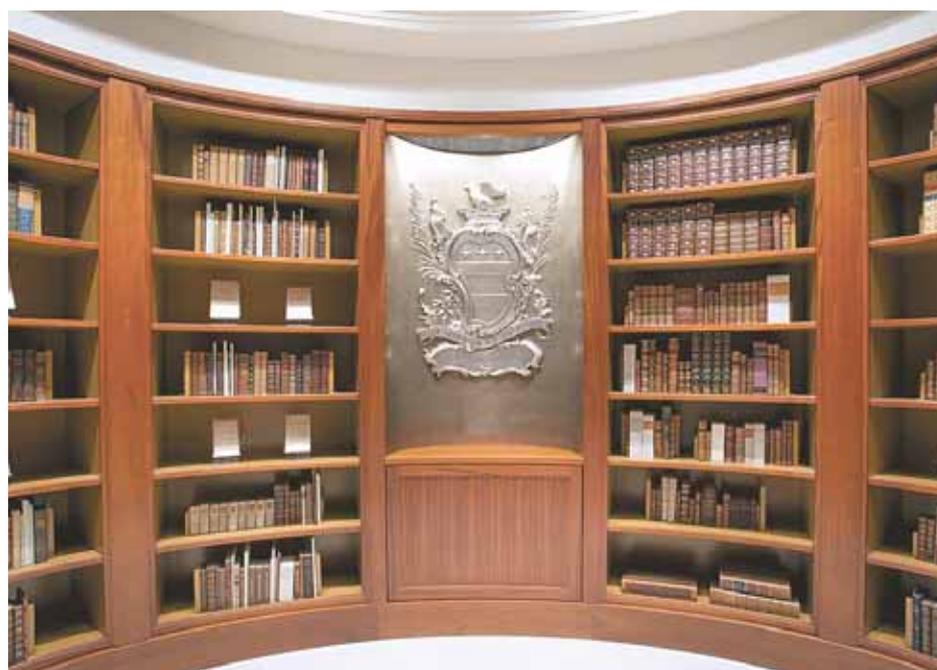
McCullough also praised the volunteers and benefactors for their “joint effort,” individually thanking those who made it happen. And with the pending government shutdown, he joked: “Maybe we should ask the Ladies Association of Mount Vernon to take over.”

After the grand-opening, hundreds of guests could tour the library and grounds.

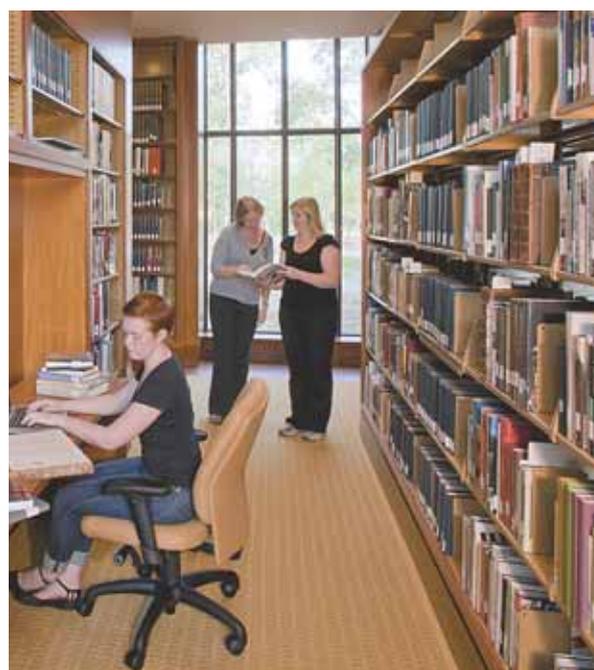
Public information: 703-780-2000; or www.mountvernon.org.



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NEWS



Dog owners and their dogs enjoy the Westgrove Off Leash Dog Park at 6801 Fort Hunt Road, immediately south of Bellevue Elementary School.

Something To Bark About

Park Authority approves Master Plan for Westgrove Park.

BY GERALD A. FILL
THE GAZETTE

The Park Authority approved the Master Plan for Westgrove Park on a permanent basis Sept. 25, ending several years of community debate between environmental advocates who wanted Westgrove Park to remain as a natural resources Park, and dog owners who wanted an Off Leash Dog Park (OLDA) added to the Park.

The final Master Plan incorporated both natural resources protection and enhancement features and the OLDA. A wastewater pump station originally established in

1961 to serve the surrounding neighborhoods continues to operate on the park property.

The final plan also provided for a nature trail to the nearby Belle View Elementary school, an outdoor classroom feature, and designated three resource protection zones covering 82 percent of the 21.3-acre park. The Park Authority has already added a parking feature. The OLDA has been in operation since November 2012 on an interim basis.

A local dog owners group that urged the addition of the OLDA, the Pumphouse Association for Canine Kindness (PACK) entered into an agreement with the Park Authority to serve as the volunteer manager of the OLDA. One of the stipulations of the partner agreement is for PACK to contribute a total of \$7,000 to the Park Authority for use in maintenance and enhancement

SEE DOG PARK, PAGE 9

Creating 'Vibrant Streets'

SFDC hosts Route 1 development forum.

BY GERALD A. FILL
THE GAZETTE

The Southeast Fairfax Development Corporation, a non-profit corporation financed by the Fairfax County Board of Supervisors, jump-started its fall season by inviting a panel of three business leaders who conducted what amounted to a workshop on how to turn underutilized commercial and mixed use property in the Richmond Highway corridor into viable self-sustaining community and government supported projects. Approximately 70 people attended the early morning summit.

Steve Bannister, managing partner, Capital Investment Advisors, discussed the importance of political and community interaction to mobilize support for rezoning, site plan approval, and project approval. He used as one example the steps taken by his



PHOTO BY GERALD A. FILL

From left: Heather Arnold, Streetsense; John Tschiderer, Federal Realty Investment Trust, and Steve Bannister, Capital Investment Advisors participated in the Sept. 25 "Vibrant Streets Summit" organized by the Southeast Fairfax Development Corporation and held at the Hampton Inn & Suites.

firm to turn what he characterized as previous poor use of the Fast Eddies (restaurant, bar) property into a successful redevelopment project. Bannister mentioned the value and support he received from Supervisors Gerry Hyland and Jeff McKay, the

SEE 'VIBRANT', PAGE 21

Barricades closed the Mount Vernon Trail and the parking lots at all the parks leading to the trail.



PHOTOS BY MICHAEL LEE POPE/GAZETTE PACKET

Shutdown Closes Mount Vernon Trail

FROM PAGE 1

downtime — a beautiful and sunny fall day. But National Park Service Police were out in force, issuing several tickets to people who parked in the parallel parking spots leading to the marina because the parking lot was closed.

“A lot of folks are off today and would probably want to exercise to feel better about what’s going on,” said Sylvia Roden of Alexandria. “It’s kind of sad.”

FROM SEA TO SHINING SEA, the government shutdown has disrupted life in these United States. That includes all 401 National Park Service site from Yosemite National Park in California to the Statue of Liberty in New York City and everything in between. But nowhere is the shutdown as visceral as the National Capital Region, a place so dense with National Park Service sites that people think of them as just another part of life in Northern Virginia.

“It’s just not fair,” said Evelyn Ayala of Woodbridge, who was turned away from the Belle Haven parking

lot by the barricades. “It’s a nice place to hang out, and what are we going to do? It’s disappointing.”

From the sacred to the profane, the government shutdown reached into every aspect of life in Northern Virginia — some expected and some unexpected. The Defense Department suspended all sports competitions at service academies. All Smithsonian Institutions were shuttered, as was the National Zoo. And about two dozen couples who were planning to get married on the National Mall may have to make other plans. “Park visitor centers, bathrooms, concession stands, and other facilities are closed,” said John Garder, director of budget and appropriations for the National Park Service, in a written statement. “Educational programs and special events are expected to be canceled, permits issued for special activities rescinded, hotels and campgrounds emptied, and entrances secured.”

UP AND DOWN the Mount Vernon Trail, runners and bikers continued to use the trail in defiance of the shutdown. A spokesman for the National Park Service said that while the trail was officially closed, the organization did not have the manpower to physically kick everyone off the property. That led to confusion among many who used the trail this week.

“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 shutdown thing is just a lack of discipline and maturity that seems to be gone from our society more and more.”

For many federal workers and non-federal 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 ignore.

“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.”



Although the parallel parking spaces leading to the Belle Haven Marina seem like they are available, National Park Service Police were out issuing \$85 parking tickets.



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5108 Mt. Vernon Memorial Hwy
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Alex./Mt. Vernon \$446,900
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NEW LISTING

Alex./Riverside Estates
\$519,900

8305 Cherry Valley Lane
 Beautiful 5 BR, 3 BA Split w/1-car garage on lovely, fenced yard in popular Riverside Estates. Spectacular kit, totally upgraded w/granite, cherry cabinets, & ceramic tile flr which opens to dining area. 2-story addition doubles size of master bedroom & adds 5th bedroom on lower lvl. Walk to elementary and high schools — 1 mile from M.V. Estate & G.W. Pkwy — 5 mins to Ft. Belvoir.



Alex./Riverwood \$768,500
3713 Riverwood Road

Fabulous 5 BR, 3.5 BA Colonial in prestigious river front community of Riverwood. 3 finished levels, updated & expanded kitchen w/plenty of storage — large sun room addition with wrap-around deck overlooking a beautiful, fenced bkyd. 425 SF of storage below sun room — remodeled baths — finished walkout lower level w/2 BRs, rec room, den and full bath. 5 minutes to Ft. Belvoir, 15 mins to Old Town, Alex, 25/30 mins to Pentagon/D.C.



UNDER CONTRACT

Alex./Mt. Vernon
\$469,400

8719 Badger Drive
 Stunning 4 BR, 2 BA Split, with carport, totally remodeled. Brand new kitchen w/ceramic tile floor, granite counters & maple cabinets, opening to a lovely screened porch, perfect for entertaining. Upgraded baths w/marble, refinished hdwd floors throughout main level, new carpet on lower level. 2 MBRs, one on each level. Energy efficient double pane windows, freshly painted interior & a large spectacular fenced bkyd. Great location in Mt. Vernon: 5 mins to Ft. Belvoir, 15 to Old Town, 25 to Ntl Airport. Great Price!



SOLD

Alex./Hollin Hall Village
\$510,000

1505 Dare Court
 Beautiful Brick Front-to-Back Split w/4 BRs, 3 BAs, 2 gas FPLs, located on a quiet cul-de-sac. Major ticket items replaced/updated: furnace, A/C, hot water heater, hdwd floors refinished, baths, windows, kitchen appliances and paint. It’s a Cream Puff! Waynewood Elementary, 10 minutes to Ft. Belvoir (S), 10 minutes to Old Town (N).



SOLD

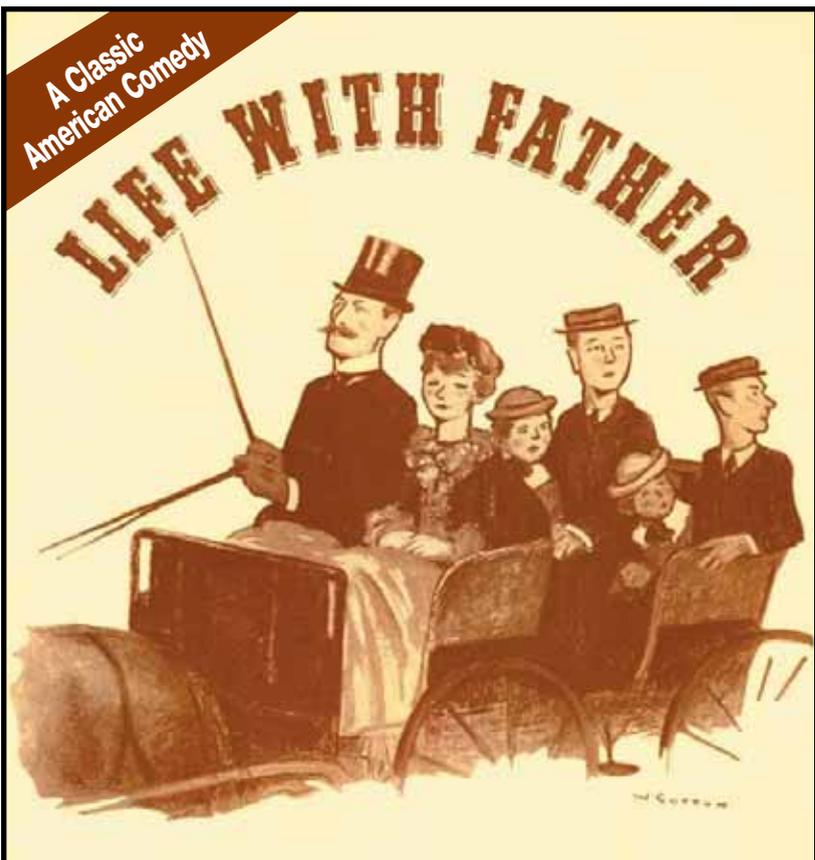
Alex./Hollin Hall \$443,000
7926 New Market Road

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

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PEOPLE

English by Eye aims to teach the written English language to both hearing and deaf students by simultaneously using visual cues, voiceover and American Sign Language.



The veterinarian ("vet") is listening to the dog's heartbeat and breathing to check his health. The vet is using a stethoscope to listen.

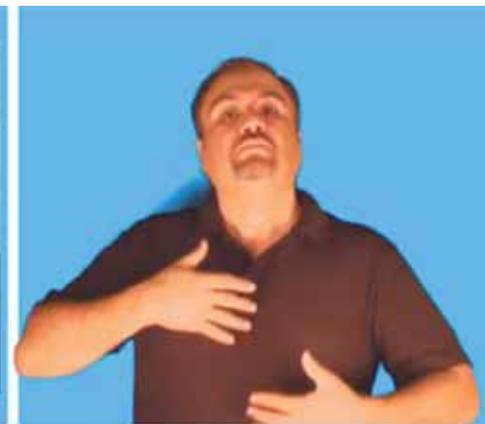


PHOTO CONTRIBUTED

Teaching English By Eye

Volunteers sought to work with videos.

By NAOMI SMOOT
THE GAZETTE

A Mount Vernon woman has found a way to teach the English language simultaneously to deaf and hearing students.

Christine Wixtrom's new program, known as English By Eye, incorporates a visual and written component, along with an oral presentation, and an American Sign Language interpreter. These four elements are joined together in a series of short videos that last approximately two to six minutes each.

"The goal is to make it a complete visual presentation," said Wixtrom, who recently received her master's of science in teaching English to speakers of other languages from Shenandoah University.

Wixtrom's videos, which are posted on Youtube.com, take on an array of topics from dogs and fishing to containers and computer assembly. Viewers are presented with a still photo in the upper left hand corner of the screen. Often, this image features text that individuals encounter in their daily lives, such as "pay at the pump." To the right of the photo, an American Sign Language interpreter explains the words that are pictured. At the bottom of the screen, a short one-sentence explanation of the scene is provided. A voiceover, meanwhile, gives an oral interpretation of the text found in both boxes.

"We call it linguistic mediation," said Wixtrom.

The goal, she said, is to give the student clues so they can decipher the text that is presented to them. The image, text and their interpretations will not match up identically, but Wixtrom said they do give

the viewer sufficient information to learn the meaning of the written text.

"They have to be trying. They have to be putting in the effort," she said, noting that this method of learning is an active process.

Wixtrom said her videos are targeted at adults, who are not native to the English language. They teach viewers about the multiple meanings of the written words they encounter in the world around them. The videos are aimed at both hearing and deaf individuals, she said.

This is not Wixtrom's first attempt to make language more accessible. In 1997, she formed a non-profit organization, ASL Access, which aims to make American Sign Language more easily accessible to the public. As part of their efforts, the organization placed nearly 5,600 videos about American Sign Language in libraries across the country. In some locations, Wixtrom said library staff reported that the ASL videos were used more than any of the library's other audio visual materials.

With the dawn of DVD, Blu-Ray and the Internet, however VHS became a technology that was no longer used. The videotapes fell out of circulation.

Now, Wixtrom is taking on a new project that will teach English to nonnative readers.

The project is in its earliest stages and Wixtrom said she is in need of volunteers to assist with editing and uploading the videos. So far, she has made roughly 14 videos, but said she has 10,000 pictures and numerous learning modules that she would like to add.

"At this point we're just working on it little by little. We really need technical help," she said.

To learn more about English By Eye visit the English By Eye channel at youtube.com, or contact Wixtrom at EnglishUnlocked@gmail.com.

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Saturday, October 19
11:00 am to 4:00 pm
Inova Mount Vernon Hospital
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BULLETIN BOARD

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

WEDNESDAYS/SEPT. 18-OCT. 23

Free Seminar Series. 1-3 p.m. at the Sherwood Regional Library, 2501 Sherwood Hall Lane. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or e-mail Jennifer.Edge@fairfaxcounty.gov.

COMMEMORATIVE SHIRT

Mount Vernon High School's boys varsity soccer team, 2013 AAA State Champions, are selling state championship t-shirts so the school and community can own a piece of their historic win in capturing the coveted VHSL AAA State Championship. This is Mount Vernon High School's first championship in 30 years, first ever for Boys Soccer - ranked #10 in the nation, #1 in the state of Virginia. T-shirts are black in color with white lettering. They are selling for \$12 (\$14 for XXL). For any questions or a form mail wagarza@fcps.edu or call 703-619-3142.

SATURDAY/OCT. 5

Open House. 9 a.m.-noon at Holmes Middle School, 6525 Monstrose St. Thomas Jefferson High School for Science and Technology will host an open house for students in grade 8 and their parents. The deadline for submitting applications for the 2014-15 freshman class to TJHSST is Friday, Oct. 18 at 4 p.m. Students can apply online or pick up an applications at all public middle schools. 571-423-3770.

MONDAY/OCT. 7

Fall Vegetable Gardening. 7-8 p.m. at Burke Library, 4701 Seminary Road. Learn how to extend the gardening season by planting broccoli, beets and spinach. Free, but registration requested. 703-228-6414. Visit mgnv.org for information.

TUESDAY/OCT. 8

Meet and Greet. 7-9 p.m. at Franconia Governmental Center, 6121 Franconia Road. Meet the candidates for sheriff and state delegates for districts 39, 43 and 44. Co-sponsored by the League of Women Voters of the Fairfax Area and the Lee District Association of Civic Organizations. Contact Peggy Knight at 703-532-4417 or peggy.knight1@verizon.net.

WEDNESDAY/OCT. 9

Candidate Meet and Greet. 7 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Hosted by The local League of Women Voters and American Association of University Women. Learn the candidates' positions on various topics. Free.

SATURDAY/OCT. 12

Fall Rummage Sale. 9 a.m.-noon at Fort Hunt Preschool, 1909 Windmill Lane. Browse items for infants, children and maternity such as clothing, toys, games and furniture. All sales benefit the preschool.

Fall Festival. Noon-4 p.m. at Hollin Meadows, 2310 Nordok Place. All families and friends from Hollin Meadows and the surrounding communities welcome. Free.

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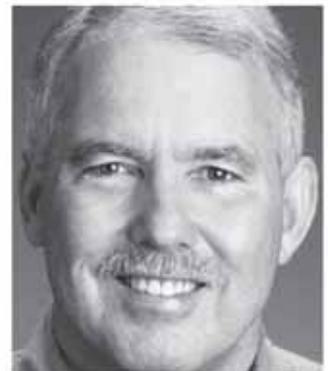
What's the

1 THING

you can do to impact your child for life?

In his only Washington, D.C.-area appearance, best-selling author John Trent leads a unique **Family Life Weekend** at Plymouth Haven Baptist Church.

Oct. 25 (7-9 pm) and Oct. 26 (9 am-noon)
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Register at www.plymouthhaven.org



Dr. John Trent is the author of the Blessing Series and one of the most sought-after speakers on enriching relationships, marriage and parenting.

Sessions and a workbook for this conference will discuss:

- We are to treat the people that God brings into our lives with high value.
- Stepping toward, not away from, our children and others we love is at the heart of building strong personal faith, a strong marriage and family.
- Ways you can encourage and build up children, couples, single parents, grandparents, friends and families.

Reserve your spot: www.plymouthhaven.org or call 703-360-4370. \$25 per couple or \$15 per person, including a light dinner on Friday. Pre-register for free child care by Oct. 18.





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Put the ZIP on Homelessness

ANNUAL JEANS DAY FAIRFAX

3rd Annual Jeans Day: Putting the ZIP on Homelessness

Friday, October 18, 2013

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Register and allow your employees or members to wear jeans to work on Friday, October 18, in exchange for a \$5 employee contribution to the Fairfax-Falls Church Community Partnership to Prevent & End Homelessness!

jeansday2013-eorg.eventbrite.com

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OPINION

Reacting to Shutdown

By TODDY PULLER
STATE SENATOR (D-36)

With the first shutdown of the federal government in 16 years in effect, Virginians are bracing for a rough week. As Congressman Jim Moran pointed out, "it would worsen the VA disabilities claims backlog ... halt new business loans through the SBA, stop food assistance, including school lunches for 13 million children ..."

Children must still go to school and learn and millions of veterans stuck in a sea of red tape are about to take another knock as claims sit while they suffer. This is unacceptable. I urge my federal delegation, which has done so much already, to continue to work hard to bring both sides together and broker a sensible compromise and get the federal government open for business. On top of pain and suffering, the government shutdown that began this morning will cause chaos and confusion to the Affordable Care Act ("Obamacare") Marketplace Exchange that goes into effect on Oct. 1.

The program is fully funded and is not affected by the shutdown. The Marketplace is going to be a valuable tool to millions of Americans and Virginians who will now be able to shop for health insurance. Even if your employer offers health insurance, it is a good idea to check out the marketplace and compare prices and plans. Many independent insurance brokers around the state have been studying up on the law and are ready to provide individualized advice to those who need help wading through all the facts and figures.

As I told the Virginia Young Democrats, the federally facilitated health exchange provides the opportunity for health insurance to about 140,000 Virginians between 18-24. While young people often feel invincible, participation can give young adults (and their parents) peace of mind. For those with health issues and entry-level jobs with no coverage, this is a vital lifeline. For those who are healthy, it provides a way to stay healthy. Young adults who engage regularly with the health care system can have minor issues caught before needing expensive treatment. Healthier young people lead to healthier middle-aged and elderly people, creating a healthier risk pool for insurers and, over time, healthier and longer-living Americans. Now that's something we can all support.

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Dog Park

FROM PAGE 4

of the OLDA. Steven Nixon, president of PACK, said his group has already raised \$3,000 and is making plans to raise the remaining amount. He said they were also in the process of applying for a 501C3 non-profit designation.

"We are thrilled the Park Authority Board gave final approval for the Westgrove off leash dog park. We already think this is the best dog park in the area, and can't wait to make it even better," Nixon said.

Reflecting the views of environmental advocates who opposed the OLDA, Mary Jo Detweiler, who represents the Friends of Westgrove Park, said, "We are disappointed that the Fairfax County Park Authority did not agree with our proposal to develop Westgrove Park as a wildlife corridor and natural resources park. We are pleased, however, that the final plan incorporates some of our suggestions such as access from Belle View Elementary School and nature trails. We hope the FCPA will put a higher priority on its natural resource conservation mission in the future."

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(en Español); 6:30 pm

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Friday, Mass followed by

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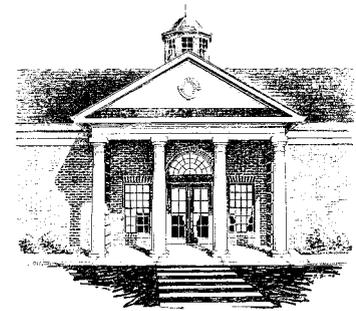
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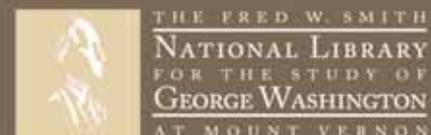
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SOLD
Stunning brick home on a double lot with water views from top two levels. Large rooms perfect for entertaining.



Gourmet kitchen with adjacent family room, luxurious master suite and 3 additional bedrooms, deep rear garden with professional landscaping, automatic gates to 3-4 car brick parking surface. ~ listed at **\$2,395,000**

109 Duke Street Alexandria, VA 22314

Classic Waterfront Estate



SOLD
Classic Potomac River waterfront home on .75 acres. Gorgeous interior details, five bedrooms, five full and two half baths on



three levels, 6,800 sq ft of living space, six fireplaces, four car garage, swimming pool and dock with two lifts. ~ listed at **\$2,750,000**

9515 Lynnhall Place Alexandria, VA 22309

Waynewood Designer Home



SOLD
This spacious colonial with its stunning renovation is simply the most elegant home in Waynewood. High end materials and



finishes, impeccable taste and attention to detail. A fabulous opportunity to live in style! 4 BD, 3.5 BA ~ listed at **\$875,000**

904 Waynewood Boulevard Alexandria, VA 22308

Canal Place With A View



SOLD
Charming one bedroom condo in Old Town with peek a boo view of the Potomac River. Gorgeous hardwood floors,



wood burning fireplace and windows on three sides. Community pool, storage unit and only 10 blocks to Metro. ~ listed at **\$289,000**

1207 North Pitt Street #3A Alexandria, VA 22314

Stunning Colonial



SOLD
Beautifully crafted home on over 1/2 acre in Wellington. 5 bedrooms, 4.5 baths, on 3 levels with over 5,100 finished sq ft. Large



rooms, great flow, gourmet kitchen overlooking huge family room and quiet back yard, sited on private graveled road at the end of a cul de sac. ~ listed at **\$1,245,000**

900 Clifton Drive Alexandria, VA 22308

Riverfront Estate



SOLD
Stunning custom built home on 2.3 acres with breathtaking interior. Over 7500 sq ft on 3 levels with large, bright



rooms and walls of glass overlooking the Potomac River. Gated entry, 3 car garage, elevator, pool and 140 foot lighted dock. ~ listed at **\$3,499,000**

4601 Neptune Drive Alexandria, VA 22309

We Brought The Buyer!



SOLD
Circa 1914 Georgian style home on corner lot. Large scaled rooms for grand entertaining, center hall with magnificent staircase, 10' ceilings, library, enclosed sun room and rear porch.



Gourmet kitchen with tin ceilings, Master bedroom with fireplace, 2 car garage, conservatory, lovely gardens and stone patio. ~ listed at **\$1,780,000**

100 Rosemont Avenue Alexandria, VA 22301

St Asaph Square



SOLD
Beautifully renovated with updated kitchen and bath. Features include, wood floors, white kitchen with granite counters, crown molding, neutral paint, master with walk in closet, fireplace flanked by built in cabinetry. Convenient location. ~ listed at **\$325,000**



801 South Pitt #223 Alexandria, VA 22314

Understated Elegance



SOLD
Simply beautiful Charleston style colonial with 9 foot ceilings and spacious rooms. Five bedroom, three full and two



half baths, two gorgeous fireplaces, renovated kitchen, 2 car garage, in sought after cul de sac of luxury homes, just steps to the Potomac River. ~ listed at **\$1,297,000**

9051 Tower House Place Alexandria, VA 22308



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NEW LISTING

Old Town Alexandria \$2,650,000
711 Princess Street, Alexandria, VA 22314
Rich in architectural detail, this grand 6-9 bedroom home is one of Old Town's finest properties. Magnificent woodwork, 4 fps, pine floors, gorgeous garden and 5 parking spaces.
Donnan C. Wintermute 703-518-6156



OPEN SUN 1-4PM

Arcturus On The Potomac \$1,950,000
7608 Southdown Road, Alexandria, VA 22308
A bit of the Med in Alexandria overlooking the Potomac. Offers European ambiance, stone veranda w/breathtaking views. Hosted by Realtor, Marie Meyer, 703-836-2080 mariemeyer@live.com
Phyllis Patterson 703-518-6158



Hallowing Point Rv Est \$1,395,000
5813 River Drive, Lorton, VA 22079
Contemporary waterfront home with 2 miles of Potomac River views, Open floor plan, soaring ceilings and walls of windows with swimming pool and gardens. 4BR/2.5BA/2CG.
Phyllis Patterson 703-518-6158



NEW LISTING

Stratford On The Potomac \$685,000
1909 Sword Lane, Alexandria, VA 22308
This home has it all. Lots of privacy backing to woods, eat in chef's kitchen, bright open lower level with walkout to patio, waterfall, kol pond, multi tier deck and large yard.
Phyllis Patterson 703-518-6158



NEW LISTING

Mason Hill \$813,000
1722 Hollinwood Drive, Alexandria, VA 22307
Beautiful Center Hall Colonial in Mason Hill. This home has been updated inside & out. Chef's gourmet kitchen, 4BR/3.5 remodeled BA. Professionally landscaped yard.
Greg Doherty 703-408-5068



JUST REDUCED

Belle Haven \$729,000
6128 Edgewood Terrace, Alexandria, VA 22307
Huge Price Reduction! Unique oppor in sought after Belle Haven. Renovate/expand/tear down. Endless possibilities. 6126 just sold. New owners are updating. Do the same w/ 6128.
Edward Pagett 703-518-6161



NEW LISTING

Manors At Stonegate \$369,000
4673 Longstreet Lane 104, Alexandria, VA 22311
Close-in 2BR/2BA S/L Condo w/new SS appliances, granite counters, ceramic tile kitchen flr, freshly painted, balcony, new W/D, gas FP, lg MBR, separate tub and shower in MBA.
Edward Pagett 703-518-6161



NEW LISTING

Huntington Forest \$600,000
3306 Wooden Valley Ct, Alexandria, VA 22310
Charming home in sought-after Wilton Woods area. Near Metro, Beltway, Old Town. 3BR/3.5BA, 3 lv, 2CG, h/w floors, family rm off kitchen, screened porch & dollhouse in bckyd.
Rita McCauley-Redmond 703-518-6164



NEW LISTING

Burgundy Village \$350,000
3118 Elmwood Dr, Alexandria, VA 22303
One-level living in this nicely updated home located near Huntington Metro. 3BR/1.5BA, updated kitchen and baths, new HVAC, hardwood floors. Must see.
Rita McCauley-Redmond 703-518-6164



NEW LISTING

Carlyle Towers \$539,000
2181 Jamieson Ave 706, Alexandria, VA 22314
A beautiful 2BR/2BA condo. Hdwd throughout, new SS appliances, enclosed balcony, lg garage spot, great amenities, close to metro, shopping & dining. Listing w/EJ Stone 7036278663.
Eileen Casamo 703-855-7233



OPEN SUN 1-4PM JUST REDUCED

Woodlawn Terrace \$349,900
8206 Ackley St., Alexandria, VA 22309
A place to call home, in this cozy split level with 4BR/2BA and Den. Updated Kitchen and Bathrooms. Family room with Gas Fireplace. Spacious back yard and more, priced to sell!
Janice Kendall 703-518-6168



JUST REDUCED

River Towers \$264,000
6621 Wakefield Drive 709, Alexandria, VA 22307
Here is a rare balcony unit! Move in ready all fresh w/neutral decor and lots of closets. Great location near shopping, GW Parkway and Potomac River. Ample free parking.
Denise Davis 571-332-8531



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JUST LISTED **OPEN SUN**

2208 Basset St
\$675,000
Stunning Opportunity!
 One of Fort Hunt area's best values! Exceptionally spacious 6 bedroom updated home on quiet cul de sac backing to conservation land. Bright, open floor plan. Custom features include: top quality updated eat-in kitchen, updated baths, large room sizes and garage parking. Large "Trex" deck overlooks gorgeous grounds. Must see-compares favorably with area homes priced over \$700K! **OPEN SUN 10/6, 1-4! GW Pky S, R-Stratford; L-Basset.**



OPEN SUN

9409 Ludgate Dr
\$2,000,000
Just Down River from Mount Vernon Estate!
 Stately Colonial Estate in the Virginia plantation tradition. Magnificent setting on high bluff overlooking Potomac. Views protected by conservation land. Home is truly spectacular with high ceilings, gourmet kit, 4BR, each with private bath, breathtaking master suite. Walls of windows capture magnificent views. **OPEN SUN 10/6, 1-4! GW Pky S, past Estate; L-Old Mount Vernon Rd; L-Washington Woods; R-Ludgate.**



OPEN SUN

4213 Sonica Ct
\$579,000
Spacious Home - Open Floor Plan!
 Feels like brand new model! Abundant large windows, high ceilings & open floor plan combine to bring light to every corner of this exceptionally spacious home. Features include: 3 fireplaces, full w/o LL with FP and full bath, gourmet kitchen open to family room, 4BRs including stunning MBR, 3.5 BAs, 2 car garage and deck. **OPEN SUN 10/6, 1-4! Rte 1 S; L-Radford Ave; L-Sonica Ct.**



NEW HOME

8520 Highland Ln
\$479,000
New Home at Unprecedented Price!
 Must see to believe-brand new home by leading custom builder intended for family member but circumstances changed. Result-unique opportunity to acquire top quality new SFH for less than a townhouse or used home. Features include: dramatic open interior, luxury kitchen & baths, screen porch, two car garage. Stone and stucco exterior. Prime location on quiet street.



9127 Continental Dr
\$598,500
Major Updates!
 Nothing like it for under \$600,000! Spacious home with numerous recent updates. Fabulous features include: large room sizes, bright open floor plan, brand new custom kitchen, updated baths, 4 bedrooms, gleaming hardwood floors, living room with fireplace, family room, and garage parking. Prime location on large lot—walk to neighborhood school!



4300 Sheridans Point Ct
\$875,000
Elegant Georgian Colonial!
 Abundant custom enhancements make this property a true showplace. 3 fire levels, open flr plan, updated kitchen and baths, sunroom, magnificent custom trim detail, luxury MBR, recently finished LL. Fab setting on private grounds. Huge deck and 2 car garage. Hard to find home with this size and luxurious appointments under \$1,000,000.



NEW PRICE

8412 Washington Ave
\$449,000
True One Story - No Stairs!
 Expanded Rambler on level lot in prime Mt. Vernon location. Major updates include: thermal windows, kitchen, baths, furnace, electrical panel, siding, gutters and more—in short, almost everything! Family room with fireplace and private master suite. Large back covered deck.



CONTRACT

2617 Woodlawn Trail
\$849,000
Former Model at Sacrifice Price!

5629 Old Mill Rd
\$625,000
Classic Colonial - Large Lot - Near Country Club!

CONTRACT




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This wonderful Dutch Colonial is ready for a new owner! Recent upgrades include a new eat-in kitchen, new cabinets, appliances and granite; hardwoods; new windows; all new bathrooms; freshly painted thru-out; LL rec room with half bath - plus a very nice room flow including 5BR/2.5BA. Close to GW Pkwy, Old Town, shops & more.

Dayna Blumel / Kerry Adams
703.587.7841




OPEN SUNDAY 1 - 4!
\$ 263,500
Alex. / Belle View
6610 10th ST. B-2

Move right in - everything has been done. Nicely upgraded kitchen and bath, newer windows, gorgeous hardwoods, crown molding and chair rail and carpet in both bedrooms. Perfect location on a quiet street, backs to tennis courts and green, and is only a few blocks to shopping, restaurants, bike trail, marina, rec ctr. And the bus to Metro.

Call for more information:
Margaret Keagle 571.332.5264




OPEN SUNDAY 1 - 4!
\$ 525,000
Alexandria
800 N JORDAN ST

Gorgeously updated 2 level, 3BR/2BA rambler in Bellewood-Seminary Valley! New kitchen cabinets, appliances and granite; refinished hardwoods thru-out; updated baths; finished lower level with 9ft ceilings and double paneled replacement windows. New HE HVAC, 200 amp service. 1/3 acre fenced lot.

Sean Satkus 703.731.8086




\$ 215,000
Alexandria
"UPDATED"

6300 Stevenson Ave #504. Stunning 2BR/2BA condo that sparkles with wood floors, new kitchen cabinets, granite, newer appliances, full size W/D, custom closets, extra storage unit, balcony and much more. One garage space and one assigned space. Amenities include pool, exercise room, convenience store, and picnic area. Walk to shops and dining.

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Sharon Edwards 703.408.8144




\$ 260,000
Alexandria
"VIRTUALLY STAGED CONDO"

2BR/2BA with balcony. Updated throughout to include kitchen, baths, new flooring, freshly painted, light fixtures and the list goes on... Plenty of parking, pet friendly. Manchester Lakes amenities; near Ft. Belvoir, Metro, I-495, and minutes to DC and Old Town Alexandria.

Inderjeet Juman 703.472.8804




OPEN SUNDAY 1 - 4!
\$ 649,000
Alex. / Mt Vernon
4516 FERRY LANDING RD

A Perfect 10! This charming Cape Cod with 4BR/2.5BA has it all. A beautiful screen porch floored in Italian tile, huge deck overlooking a large private level backyard, and green house. Beautiful kitchen with eat-in bar, granite, and SS, 3 remodeled bathrooms, and fresh paint.

Catherine.Foltz@longandfoster.com
Catherine Foltz 703.626.6914




OPEN SUNDAY 1 - 4!
\$ 535,000
Alexandria
8320 FT HUNT RD

This large 3 level 3BR/2.5BA home with solarium is a "Gardener's Paradise". Skylights and bay windows allow sunshine to flood in. The lush garden provides views of nature and greenery from every window. Freshly painted, replacement windows, warm hardwoods, dining room, family room with FP, fenced yard, new roof, gutter guards. LL easily converted into in-law or au-pair suite.

Martha Deal 703.622.6797




\$ 450,000
Hollin Hall Village
"NEW PRICE"

Beautiful 3BR/1.5BA home with new roof, dishwasher, wall-to-wall carpet in Great room (23x23), office and screened porch, interior painting. Brick walkway leads to deck. HVAC inspection with contract conveyed. Great access to shopping, public transportation and GW Parkway including bike/hike trail.

Bev Morrison 703.517.1252




OPEN SUNDAY 1 - 4!
\$ 625,000
Stratford on the Potomac
2617 CHILDS LN

LOCATION - backing to woody and watery vista along Little Hunting Creek. Renovated, refurbished and renewed - glassed-in sunroom addition with private wooded views. Enjoy the outdoors on the deck or in the lovely, roomy backyard. A True Find!

Leah Chapla 703.929.4875




OPEN SUNDAY 1 - 4!
\$ 869,900
Hollin Hills
2312 GLASGOW ROAD

Light and bright Hollin Hills contemporary with gracious living spaces and separate au-pair/in-law suite. 4BR/3BA, gorgeously renovated chef's kitchen and baths, and lovely landscaped yard with several patios and screened-in porch.

Bette Gorman, CRS 703.585.2235
Betsy Gorman 703.861.4825




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\$ 485,000
Alexandria
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Inderjeet Juman 703.472.8804




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Alexandria
8038 HOLLAND RD

Custom built 4BR/3.5BA home has a dramatic open floor plan, cathedral ceilings and 3,700 sq. ft. on more than 1/2 acre. Gourmet kitchen with granite, SSA. Large family room off kitchen with floor-to-ceiling stone fireplace. Oversized 3-car garage.

Derick Hammond 703.519.0184




*Source: Information based on data supplied by MRIS and its member Association (s) of REALTORS, who are not responsible for its accuracy. Does not reflect all activity in the marketplace. January 1, 2012 - December 31, 2012. Information contained in this report is deemed reliable but not guaranteed, should be independently verified, and does not constitute an opinion of MRIS or Long and Foster Real Estate Inc. ©2013 All rights reserved.

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Time to Sign Up for Affordable Care

BY JIM MORAN
U.S. REPRESENTATIVE (D-8)



age becoming available on Jan. 1.

Of course, changes in a law of this magnitude are not without their challenges. Technical glitches are sure to pop up in the coming days and weeks. Similar issues arose during the rollout of Medicare in the 1960s and the Part D prescription drug benefit in the mid-2000s. Both of these programs were successfully implemented, and today they stand as cornerstones in the U.S. health care safety net, consistently receiving high marks from participants.

Under the ACA, open enrollment nationwide will run from Oct. 1, 2013 through March 31, 2014. A Department of Health and Human Service's report recently found that individuals in Northern Virginia will have a total of 63 qualified health plans in our marketplace. Plans will be categorized as "gold," "silver," or "bronze," designating the level of coverage provided by each plan, gold being the highest level of coverage. In Virginia, the average premium for the lowest-cost silver plan will be \$323 and the lowest cost bronze plan will be \$237 before tax credits. Young adults will also have the option of purchasing a "catastrophic" plan that will be low cost, designed for gener-

ally healthy people in the event of an emergency.

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 overhead.

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.

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 stay on their parents' insurance plans. Women are no longer charged more simply because of their gender. And no American will ever be barred from buying insurance due to a pre-existing condition again.

Now the time has finally come for the 30 million Americans without insurance, over 100,000 of whom live in Virginia's 8th District, to sign up for affordable, accessible health care under the ACA. This was one of the main thrusts of the law, to provide healthcare security to the millions in our society who completely lack it.

In addition to the uninsured, the self-employed, small business employees, and those currently purchasing plans on the individual market will now find purchasing affordable coverage as simple as creating a Facebook account. Eligible participants can create an account through HealthCare.gov, confirm coverage eligibility, and then pick the plan that is best for them and their families, with cover-

COMMENTARY

LETTERS TO THE EDITOR

Public Shaming?

To the Editor:

No one should be surprised that some of the schools in the Mount Vernon area are "accredited with warning" because of low test scores ("Warning Bells," Sept. 26). As the article says, these schools have large numbers of students who "live in poverty." For several decades, politicians across the country have devised ways to identify such schools, when in fact they could readily be identified without more tests. When the educators responsible for these schools are "warned," (as though they hadn't been aware of the situation), they can only promise to improve things, because they know that "No Excuses" will be tolerated. I am not suggesting complacency, but I do question the value of a process that seems like public shaming. After several decades of intensive efforts, we surely know how difficult it is to raise achievement in such schools. I have no doubt that the Fairfax County Public Schools are aware of the research on this topic and are already making a determined effort. They do not require a "warning" from the state. Instead, they should have our support and encouragement.

Ron Brandt
Alexandria

Waste of Tax Dollars

To the Editor:

I drive the George Washington Parkway, the entire length, twice each day.

I find it extremely offensive that the Park Service has spent my tax dollars to blockade pull offs during this government pull back.

Here is why:

❖ There are no park personnel needed for

any of these pull offs.

❖ It is obvious that some Democrat in the Park Service has done this to try and inflict pain on the public.

❖ Since when has any government employee been given the legal option of using tax dollars to push a political view? That is explicitly illegal. What the Park Service appears to be doing is illegal and certainly is dumb, ill advised and wastes tax dollars.

❖ This is just another case of Democrats trying to force their religious dogma on the rest of us.

You would think that the middle class in Mount Vernon would wake up some day.

Bill Lange
Mount Vernon

Don't Attack TJ

To the Editor:

I found it odd that Del. [Scott] Surovell chose to attack Thomas Jefferson High School for Science and Technology (TJHSST) as the culprit for the Mount Vernon area schools that were "accredited with warning." His claim that our "over-investing" at TJ is hurting these schools doesn't quite hold up to facts. I checked the Fairfax County public schools funding documents for FY13 (Fairfax County Public Schools - FY 2013 Office/School Approved Detailed Budgets for Schools, pages 340-345 and pages 232-236) and Mount Vernon High School's operating fund budget per student is 98 percent that of TJHSST's. That doesn't sound like "over-investing" to me. I also think it is dangerous to compare different school budgets when they have different missions. Mount Vernon High School is a core high school with an International Baccalaureate Program and

TJHSST concentrates its curriculum on science, mathematics, and technology. Different schools have different needs and we need a proper mix of all programs.

Delegate Surovell's argument that the purchasing of "wind tunnels, optical lasers, and wave pools" takes away from other schools is not correct because almost all of the specialized equipment procurement is not done with public funds.

TJHSST has a parent-led non-profit Partnership Fund with the mission to engage in partnerships with, and soliciting private donations from, corporations, parents, alumni, and friends of the school to fund equipment and programs unique to TJHSST.

I don't know if Delegate Surovell has ever visited TJHSST, but if he did, he should have been embarrassed by the school's poor infrastructure. It is a disgrace that this school, built in 1960 and has never been extensively renovated, hasn't received funding for renovation earlier. I salute Principal Evan Glazer and his staff for enabling this school to thrive despite the poor conditions. I would hope in the future that we could learn from programs and schools that are successful rather than attack them.

Tim Gannon
Waynewood

Mean-Spirited

To the Editor:

President Obama's administration has now become legendary for its use of scare tactics to try to turn citizens against legislators in order to enact its agenda. Who can forget the predictions of gloom and doom, few of which took

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
gazette@connectionnewspapers.com

Steven Mauren
Editor, 703-778-9415
smauren@connectionnewspapers.com

Michael Lee Pope
Reporter, 703-615-0960
mpope@connectionnewspapers.com
@MichaelLeePope

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

Jon Roetman
Sports Editor, 703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

Louise Krafft
Photographer
lkrafft@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Julie Ferrill
Display Advertising, 703-778-9446
jferrill@connectionnewspapers.com

Helen Walutes
Display Advertising, 703-224-3028
hwalutes@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
asmith@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Publisher
Jerry Vernon
jvernon@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Editor in Chief
Steven Mauren
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

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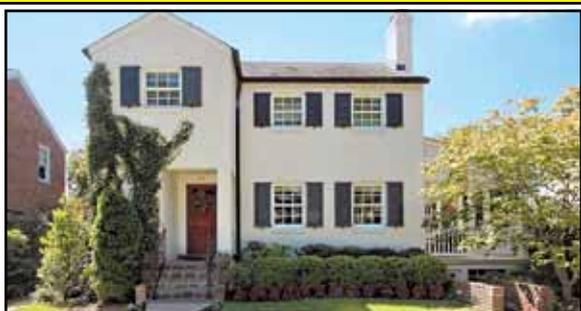
Malvern Hills \$1,070,000
1310 Trinity Drive. Beautifully expanded 4 bedroom, 3.5 bath brick home with approximately 3,300 sq ft of well-designed living space on 2 levels. Spacious light-filled rooms, gleaming wood floors, 3 fireplaces, custom finishes and wonderful flow...ideal entertaining. Gorgeous landscaped yard and off-street parking.
Christine Garner 703-587-4855



Alexandria \$859,000
5921 Ewing 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.
Jennifir Birtwhistle 703-786-3634



Seminary Ridge \$599,000
26 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 with fireplace, fabulous screened-in porch off of dining room & updated kitchen. Three main level bedrooms including Master Suite with tumbled marble bath and walk-in closet. Huge walk-out lower level with HIGH ceilings features family room, full bath & 4th bedroom. Lots of storage & off-street parking.
Christine Garner 703-587-4855



Jefferson Park \$1,100,000
514 Fontaine Street. Spacious 4/5 bedroom, 3.5+5 bath brick 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



Alexandria \$424,500
2217 N Dearing Street. Talk about PRISTINE! New kitchen. New baths. Beautiful! New Windows, New water heater, Newer washer/dryer, Newer heat and AC unit. Fantastic 2 BR, 2 BA with lovely back yard that opens to common area. Easy parking. Easy commute. Easy living!
Julie Hall 703-786-3654



Alexandria \$795,000
101 Bellefonte Avenue W. Perfectly charming Del Ray 1923 Sears Bungalow. 3 BR, 2 BA, 1.1 mi to Metro, 3 blks to Mt Vernon Ave. Original features incl 9-foot ceilings, hardwood floors, "5-cross panel" doors, crown moldings, classic 4-over-1 Craftsman windows, & glass bookcase colonnade b/t LR & DR. Finished lower level RR and attic. Lots of storage. Kit w/all stainless appl incl 5-burner stove.
Mary Hurlbut 703-980-9595 • Michael Seith 703-625-3739



Old Town \$799,000
206 Jefferson Street. One of Old Town's most charming blocks; walk to shops, cafés & restaurants. Convenient parking easement 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



Beverly Hills \$799,000
3207 Old Dominion Blvd. Thoughtfully updated, beautiful home. Handsome expanded kitchen. Window-wrapped family room. New Baths. Spacious patio. Lovely azalea gardens. Plus Garage. Don't miss it!
Sue Feintheil 703-819-1964



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



Alexandria \$324,800
200 Pickett Street N. #1012. STELLAR RENOVATION! 2 BR/2 BA, 1,295 sq. ft. Gorgeous high-end KITCHEN - luxury finishes. Stainless, granite and more! Tiger wood floors - dramatic. SEE VIRTUAL TOUR! HUGE rooms, Full-size Washer/Dryer. Large balcony - gas grills OK! Great garage + visitor parking. Pool, tennis, exercise, party room. Across St.: Park, Library, CVS, Harris Teeter. Commuter dream - bus stop in front - easy Metro! Home warranty.
Barbara Rosen 703-407-6481



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, 95 & 495. All new baths and kit Granite. Hdwd flrs, shed, ample storage in lower lv. Driveway parking, new windows, new roof, a great 10+.
Mary Smith 703-626-9207



Alexandria \$1,215,000
211 Royal Street. Rare opportunity to acquire this finely preserved Victorian residence. Handsome intricately carved wood moldings, high ceilings, tall windows & gorgeous mantels. Deep brick patio garden offers access to Pitt St. as well as expansion potential. Unusually large bdms & charming baths. Custom wood blinds. Spacious kitchen boasts south-facing windows for all-day sunshine.
Diann Hicks 703-628-2440

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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 to give a command performance at The White House and the only American tango group to give a command performance at the U.S. Embassy in 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 for a long time. "People should come to the



QuinTango: Jon Nazdin, Jeffery Watson, Lukaz Szyrner, Joan Singer and Eva Cappelletti-Chao



Emmanuel Trifilio teaching a young violinist how to play bandoneon.

concert because it is a rare opportunity to hear QuinTango for free and listen to the bandoneon instrument live. We will play waltzes, mongas, tangos, 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 sponsored by 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/.

— BARBARA BOLAND



Art on the Avenue Turns 18

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 craftspeople 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 Braddock 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 Hand'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. At 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

CALENDAR

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

ONGOING

Art Exhibit. Through Sunday, Oct. 6, see "Voyage in Tangible Space" by Mei Mei Chang at the Schlesinger Center Margaret W. & Joseph L. Fisher Gallery, 3001 N. Beauregard St. It is a mixed media exhibit. Free. Visit www.nvcc.edu/schlesingercenter/gallery.html for more information.

Art Exhibit. See "Collaborations" through Oct. 20 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 is open from 10 a.m.-6 p.m. everyday except on Thursdays when it is open from 10 a.m.-9 p.m. Visit www.potomacfiberartsgallery.com for more.

Art Exhibit. See "Deep, Full, and Not Quite Real" at The Athenaeum Gallery, 201 Prince St., through Oct. 20. Features four artists exploring concepts of depth and three-dimensionality. Visit www.nvfaa.org/ for more.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions to hone figure drawing skills. Drop-in

with your supplies to draw our live models. Fee: \$8-12. View the calendar at www.TheDelRayArtisans.org.

The **West End Farmers Market** will run Sundays from 8:30 a.m.-1 p.m. through November. Located at Ben Brenman 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.fortwardroad.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.

Computer Tutoring. At the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Individual assistance from a librarian. Call 703-746-1751.

Mobile Market. Thursdays through October, 11 a.m.-1 p.m. in the Landmark Mall parking lot 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 "Gee'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 Gee'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 703-548-9044.

Encore Chorale. Mondays 10:30 a.m.-noon at the George Washington Masonic National Memorial, 101 Callahan Dr. Register now for Encore Chorale'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 301-261-5747.

African American Activists

Exhibition. Through Saturday, Jan. 4, 2014, Living Legends of Alexandria is an ongoing 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 Exhibition. At The Lyceum, 201 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 703-339-0444 or visit www.metropolitanarts.org.

Art Exhibit. See the second Front Porch Installation by Ned Egan. "Leci 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, instruments and audiences, Cindi Lewis' paintings allow viewers to enjoy a musical performances from a visual perspective. The display is open from Oct. 10-No.v 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 Thursday-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.-8 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. Proceeds benefit many local charities including ALIVE, Carpenter's Shelter.

ENTERTAINMENT



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).

Autumn crafts and cookies, brownies, cake, candy, hearty soups, gourds, mini pumpkins, apple crisps, Indian corn and cornstalks are also available.

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 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.artatthecenter.org/registration.htm to register.

Art Classes. Wednesdays 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.artatthecenter.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.

THURSDAY/OCT. 3

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.

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 One-Ders. 11:15 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.

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 Beatley Library, 5005 Duke St. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1702 x5.

Yoga. Enjoy free outdoor yoga classes at 1900 Mt. Vernon Ave., from 6-7 p.m. Taught by Maureen Clyne of Prasadaya Yoga, Harvest Moon Yoga classes are suitable for all levels. Contact Maureen at yoga@prasadaya.com or 703-967-8884.

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-10 to RSVP.

Author Talk. 7 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Patty Cyrus will discuss her book "From Farmer to F.A.M.E. Free. 703-765-3645.

Movies at Martha. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Adults and teens age 13 and up can enjoy a movie. Call for title. 703-768-6700.

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. Waterford at Springfield, 6715 Commerce St. Annual dinner, dance and auction. Cost is \$1,500 each day to keep the doors open. Call 703-360-1976.

Benefit. 5:30-8:30 p.m. at Jack Taylor's dealership. Benefits The Run for Veterans.

Opening Reception. 7-10 p.m. see "Del-Ray-geous" at Del Ray Artisans, 2704 Mount Vernon Ave. The exhibit focuses on the outrageous parts of Del Ray and community. Free. Visit www.TheDelRayArtisans.org for more.

Friday Affair Market. Noon-4 p.m. at Hollin Hall, 1909 Windmill Lane. Browse baked goods, flowers or crafts. Heart2Heart Catering will have lunch for purchase. Free admission. 202-256-5332.

OCT. 4 THROUGH 27

Art Exhibit. See "Del-Ray-geous" at Del Ray Artisans, 2704 Mount Vernon Ave. The exhibit focuses on the outrageous parts of Del Ray and community. Free. Visit www.TheDelRayArtisans.org for more.

SATURDAY/OCT. 5

Family Dig Day. At Alexandria Archaeology 105 N. Union Street. Learn and assist City archaeologists as they examine soil and artifacts gathered from a real dig. The day begins with a lesson on the history and archaeology of Shuter's Hill and continues with a tour and an opportunity to sift through excavated soil in search of artifacts. \$5; children under 16 must be accompanied by an adult. Equipment



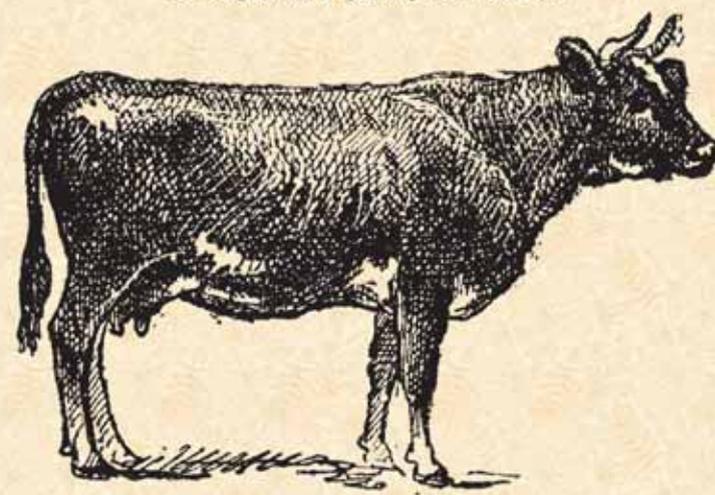
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ENTERTAINMENT

provided. Reservations required. Call 703-746-4399 or visit www.alexandriava.gov/Archaeology.

Flea Market. 9 a.m.-2 p.m. at Trinity United Methodist Church, 2911 Cameron Mills Road. Buy treasures 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. Pets will be individually blessed by pastors and receive a certificate. Dog treats and water provided. No retractable leashes. Pet blessing held outside in the courtyard on Cameron Mills Road. Contact Lucelle O'Flaherty at 703-408-4008 or lucelle@verizon.net.

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

Deadline. Share a favorite memory of Buggy'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 bugsys30th@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 craftspeople will be selling their works, food will be available, along with five stages for music. Free. Visit www.artontheavenue.org for more.

Dad-Urday Story Time. 10 a.m. or 3 p.m. at Duncan Library, 2501 Commonwealth Ave. All ages can enjoy stories about dads and their children. Free. 703-746-1705.

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

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

Booksigning: African Americans of Alexandria, Virginia. 2 p.m. at Beatley Library, 5005 Duke St. Local authors will discuss their book. Free. 703-746-1702.

Get Ready for the Orion Meteor Shower. 2 p.m. at Beatley Library, 5005 Duke St. Children ages 7-12 can enjoy stories and crafts about the Orion constellation and meteor shower. Free. 703-746-1702.

Ghost Hunting. 1 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults age 12 and up can join Darla and Steve Vasilas of PROBE, the Paranormal Research Organization for Bothersome Entities and learn about investigations into paranormal occurrences. Free. 703-765-3645.

Music Performance. 7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. SONiA will perform. \$18/general; \$15/advance at focusmusic.org. 703-380-3151.

Alexandria Symphony Performance. 8 p.m. at Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. Featuring Carlos Rodriguez on piano. Tickets start at \$20/adult and \$5/youth. Visit www.alexsym.org or 703-548-0885.

SUNDAY/OCT. 6

Fall Family Fest. Noon-4 p.m. at Woodlawn Plantation grounds, 9000 Richmond Highway. Meet the Arcadia staff, tour the farm and learn about sustainable agriculture, enjoy activities and more. Free. Visit www.woodlawnpopeleighey.org/.

MONDAY/OCT. 7

Early Words. 10:30 a.m. at Kingstowne Library, 6500

Landsdowne Centre. Children ages 12-23 months can enjoy songs and stories. Registration required, 703-339-4610.

Baby Lap Sits. 10:30 a.m. or 2:30 p.m. at John Marshall Library, 6209 Rose Hill Drive. Literacy programs for parents and babies. Ages birth through 12 months. Registration required. Call 703-971-0010.

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. Songs, fingerplays and bounces for babies up to 11 months. Free. 703-746-1705.

Baby Rhyme Time. 11:30 a.m. at Beatley Central Library, 5005 Duke St. Children up to 11 months with adult. Free. 703-746-1702.

Libraries for Homeschoolers. 2 p.m. at Sherwood Library, 2501 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. 703-768-6700.

Wild and Wonderful: Hidden Pond. 3:30 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 6-12 can 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 up to 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 months and how to put gardens to sleep for the winter. Free. 703-746-1703.

Cliffhanger Book Club. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Children ages 8-10 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 12-23 months can enjoy games, rhymes and more. Free. 703-746-1703.

Time For 2s. 10:30 a.m. at Beatley Library, 5005 Duke St. Children age 24-36 months can enjoy stories and more. Free. Registration required, 703-746-1702 ext. 5.

Stories and Songs. 11 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 1-4 can enjoy stories and more. Sign up half-hour before. Free. 703-746-1705.

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.

Stories to Grow On. 11 a.m. at Barrett Branch Library, 717 Queen St. Children age 2 and up can enjoy stories and more. Free. 703-746-1703.

Baby Rhyme Time. 11:30 a.m. at Beatley Central Library, 5005 Duke St. Children up to 11 months with adult. Free. 703-746-1702.

Paws to Read. 5:30 p.m. at Duncan Library, 2501 Commonwealth Ave. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1705.

Science Night. 7 p.m. at Beatley Library, 5005 Duke St. Children ages 8-12 can explore science with hands-on activities. Free. 703-746-1702.

Second Tuesday Book Group. 7 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Discuss "Northanger Abbey" by Jane Austen. Free. Visit

secondtuesdaybookgroup.blogspot.com or 703-339-4610.

Swing Dance. 9-10:30 p.m. at The Carlyle Club, 411 John Carlyle St. Swing dance with Shannon Gunn and the Bullettes. \$10. Visit www.gottaswing.com for more.

Evening Book Group. 7 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Call for title. Free. 703-768-6700.

WEDNESDAY/OCT. 9

Rising Words, Rising Images. 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Discuss "Ulysses" by James Joyce. For teens ages 13-18. Free. 703-765-3645.

Toddler Time: Fire Fire. 10:30 a.m. at John Marshall Library, 6209 Rose Hill Drive. Children ages 3-5 can learn about fire safety. Free. Registration required. Call 703-971-0010.

Mother Goose Time. 10:15 a.m. at Barrett Branch Library, 717 Queen St. Children ages 12-24 months can enjoy stories, activities and more. Limited to 25 children. Free. 703-746-1703.

Time For 2s. 10:30 a.m. at Beatley Library, 5005 Duke St. Children age 24-36 months can enjoy stories and more. Free. Registration required, 703-746-1702 ext. 5.

Baby Rhythm & Rhyme Time. 11 a.m. at Burke Branch Library, 4701 Seminary Road. Children ages 0-18 months can enjoy music, rhymes and movement. Free. 703-746-1704.

Stories to Grow On. 11 a.m. at Barrett Branch Library, 717 Queen St. Children age 2 and up can enjoy stories and more. Free. 703-746-1703.

KNCAA Book Group. 2 p.m. at Kingstowne Center for Active Adults, next door to the Kingstowne Library. "Tuesdays with Morrie" by Mitch Albom. 703-339-4610.

Children's Crafting. 3:30 p.m. at Duncan Library, 2501 Commonwealth Ave. Children in grades K-5 can enjoy a new craft each month. Free. 703-746-1705.

Pajama Story Time. 7 p.m. or 8 p.m. at Duncan Library, 2501 Commonwealth Ave. Children can come dressed in their favorite outfit/pajamas and listen to stories. Free. 703-746-1705.

Author Talk. 7 p.m. at Beatley Library, 5005 Duke St. Lizabeth Schuch will discuss her memoir "More Than Bipolar." Free. 703-746-1702.

Swing Dance. 9-11 p.m. at Nick's Nightclub, 642 S. Pickett St. Dance with music spun by DJ Dabe Murphy. \$6. Visit www.gottaswing.com.

THURSDAY/OCT. 10

Mother Goose Story Time. 10 a.m. at Duncan Library, 2501 Commonwealth Ave. Children ages 12-24 months can enjoy stories and more. Sign up half-hour before. Free. 703-746-1705.

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 6-12 can learn about nocturnal creatures from a Huntley Meadows Park naturalist. Free. Registration Required. Call 703-768-6700.

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

Little One-Ders. 11:15 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.

Story Time. 4 p.m. at Barrett Branch Library, 717 Queen St. Children ages

6th Annual Police & Firefighter Tribute Congratulations to the 2013 AWARD RECIPIENTS

FRANCONIA POLICE STATION

Auxiliary Officer of the Year: APO Tom Oliver
Meritorious Service Award: 2nd Lt. Mark Hopson
Detective of the Year: Tiffany Horton
Police Officer of the Year: MPO Jim Reid

MOUNT VERNON POLICE STATION

Auxiliary Officer of the Year: Juan "Rick" Lopez
Detective of the Year: James Lopez
Meritorious Service Award: Citizen Aide Connie Deortiz
Police Officer of the Year: OFC Dana Ferreira
Supervisor of the Year: 2nd Lt. Jerry Watts

FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

Volunteer Firefighter of the Year: John Reiman
Meritorious Service Award: Technician John Guy
Company Officer of the Year: Captain I Mark Menton
Firefighter of the Year: Technician Randall Schwartz
EMT/Medic of the Year: Christopher H. Kempton

FORT BELVOIR FIRE & EMERGENCY SERVICES

Firefighter of the Year: Lt. Kevin Good

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ENTERTAINMENT

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 Maureen Clyne of Prasada Yoga, Harvest Moon Yoga classes are suitable for all levels. Contact Maureen at yoga@prasadayoga.com or 703-967-8884.

Opening Reception. 6:30-8 p.m. live music will be part of the reception of "Onstage" at the Art League Gallery in the Torpedo Factory, 105 N. Union St. Composed of musicians, instruments and audiences, Cindi Lewis' paintings allow viewers to enjoy a musical performances from a visual perspective. The display is open from Oct. 10-Nov. 4. Visit www.theartleague.org or 703-683-1780.

Blockbuster Thursday. 6:30 p.m. at Beatley Library, 5005 Duke St. Free. Call 703-746-1702 for title.

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 Prince St. Hear music by Rick Udler. \$10/person. Visit www.nvfaa.org or 703-548-0035.

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. 10:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 3-8 can learn about fire safety through a puppet show. Children will receive a helmet, activity book and parent brochure. Free. 703-339-4610.

SATURDAY/OCT. 12

Boundary Stone Bike Tour. Meet at 9:15 a.m. at the entrance to East Falls Church Metro station. See 12 historic boundary stones in Arlington, Alexandria and Fairfax County. It is a leisurely bike ride with many stops. Bring lunch, water and any type of bike. \$2/person. Visit www.centerhikingclub.org for more.

Book Sale. 10 a.m. at Kingstowne Library, 6500 Landsdowne Center. Find items for all ages. 703-339-4610.

Potomac Poets Series. 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Features poets Keith

2014 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 year 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 premiere 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 \$1500 cash prize. For details, visit www.alexsym.org/kluge-young-composers-competition.

Monroe and Verjeigh McMillan. An open mic will follow. Free. 703-768-6700.

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 in the wild. All ages. Registration required. Call 703-971-0010.

Wag A Tale. 10:30-11:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. 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 technique 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.

Alexandria Arts Safari. Noon-4 p.m. at Torpedo Factory Art Center, 105 N. Union St. Enjoy 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 Story Time. 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, tarot card reading. Get a free gift if dressed in costume. Visit www.christmasattic.com for more.

Performance. 7:30 p.m. at The Lyceum, 201 S. Washington St. The Washington Balalaika Society presents "Russkie Musikanti." \$20/advance; \$25/door; children are free. Visit www.balalaika.org or 703-54-

0760.

SUNDAY/OCT. 13

Tift Merritt. Opening for Over the Rhine at The Birchmere 3701 Mt Vernon Ave. Tickets on sale now. Visit www.tiftmerritt.com or www.birchmere.com.

Scavenger Hunt. All day at Sherwood Library, 2501 Sherwood Hall Lane. Teens in grades 6-12 can hunt for clues around the library. Completed forms turned in by Oct. 19 will be eligible for prizes. Free. 703-765-3645.

TUESDAY/OCT. 15

Scavenger Hunt. All day at Sherwood Library, 2501 Sherwood Hall Lane. Teens in grades 6-12 can hunt for clues around the library. Completed forms turned in by Oct. 19 will be eligible for prizes. Free. 703-765-3645.

Time For 2s. 10:30 a.m. at Beatley Library, 5005 Duke St. Children age 24-36 months can enjoy stories and more. Free. Registration required, 703-746-1702 ext. 5.

Baby Rhyme Time. 11:30 a.m. at Beatley Library, 5005 Duke St. Children up to 11 months can enjoy rhymes and more. Free. Registration required, 703-746-1702 ext. 5.

Volunteer Information Night. 6:30 p.m. at Martha Washington Library, 6614 Fort Hunt Road. Teens can learn about volunteer opportunities in the area that will go towards community service hours. Free. 703-768-6700.

Craft Night. 7 p.m. at Barrett Branch Library, 717 Queen St. All skill levels can bring their own supplies and get help with their knitting, crochet or sewing project, or just come for the conversation. Free. 703-746-1703.

the parking lot is on park land. This surprised me because in over 15 years of having a Post Office box there, I don't recall ever seeing any Park Service official guarding the parking lot, visiting it to monitor its activities, or even being there. What purpose could there be in closing off that parking lot other than to inflict pain on tourists visiting our community and those using the post office?

Similarly, I am told the Belle Haven Marina located in the George Washington Parkway National Historic Park has also been closed off by the Park Service. The marina is not operated by the Park Service. Rather, it is operated by a concessionaire, an entity owned by Mount Vernon resident George

Stevens. I understand he pays the Park Service for the privilege of operating that concession. What national purpose is served by closing the marina and its operations? What purpose could there be other than to inappropriately inconvenience citizens who frequent the marina to use their boats and to launch and retrieve them? There is also a prominent sailing school on the premises.

These mean-spirited practices by the incumbent administration will not serve their intended purposes. Rather, they will likely be remembered by voters in November 2014.

H. Jay Spiegel
Mount Vernon



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LETTERS

FROM PAGE 10

place, in the run up to sequestration. Lost in all the hoopla was the fact that sequestration was President Obama's idea.

Now, history repeats itself again with the closure of our federal government over disagreements concerning what should be included in a continuing resolution to fund government operations. I visited the Mount Vernon Post Office yesterday and found the large parking lot in front of the Post Office closed off with temporary barricades. This surprised me since the Mount Vernon Ladies' Association is a private entity, not a government agency. The Mount Vernon postmaster told me that

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Spartans Field Hockey Beats Wolverines in Overtime

West Springfield extends winning streak to five games.

BY JON ROETMAN
THE GAZETTE

Twenty-one corners and quality ball movement provided the West Springfield field hockey team ample offensive opportunities against West Potomac on Oct. 1. But after finding the cage only once in regulation, the Spartans needed someone to make a play.

Kara Kachejian and Sydney Salter answered the call.

Kachejian flicked the ball toward the goal in overtime and Salter tapped it in the cage as the Spartans extended their winning streak to five games with a 2-1 victory over the Wolverines at West Potomac High School.

West Potomac captain Amy Holm scored late in the first half to give the Wolverines a 1-0 advantage. West Springfield captain Jocelyn Siveroni answered with 18:35 remaining in the second half, tying the score at 1. While West Springfield had many opportunities to win it, the Spartans had to sweat it out until Salter put in the game-winner.

"I took the shot and it went between [West Potomac goalkeeper Eve Hauptle's] pads," Kachejian said. "I went around her and I did a reverse flick and it started dribbling into the goal. We had no idea if it was going in and then my teammate [Salter] tapped it right in to make sure it was going in."

West Springfield head coach Rosie Donaldson said the Spartans moved the ball well but need to do a better job finishing.

"I think getting to the goal, we played



West Potomac senior Marjie Woods goes for the ball against West Springfield on Oct. 1.

PHOTO BY CRAIG STERBUTZEL/THE GAZETTE

really well," Donaldson said. "We were able to move the ball down the field, we had a good transition, we just couldn't finish. Twenty-one corners, you've got to put it in more than once."

After a 2-0-1 performance during the Under the Lights Tournament at Lee High School on Aug. 26 and 27, West Springfield lost four straight against strong competition: Fairfax (region semifinalist last season), Westfield (defending region champion), Herndon (started 9-1 this year) and South County (last year's region runner-up). The Spartans have responded with five consecutive victories, beating Hayfield, Robinson, Annandale, Woodson and West

Potomac to improve to 7-5-1.

Donaldson said the Spartans, who graduated many key players from last year's team that finished one win shy of the state tournament, can experience similar success if they can find a way to capitalize on opportunities.

"I think having [to face] those really good teams right at the beginning showed everyone they've got to pick up their level of play," Donaldson said. "Unfortunately, it didn't help us in the finishing area. ... We can do as well as we did last year as long as we can get that final piece."

West Potomac fell to 4-8, but head coach Dana Hubbard said the team's offense has

improve the weak areas of our game. All teams have the opportunity to play in the conference playoffs; I'm trying to have us hit our stride mentally and physically during playoffs.

"If someone wants to count us out now, that would be their mistake, but it won't be ours."

After a rough start, Mount Vernon earned its first win of the season on Sept. 30, beating Hayfield 2-1 at Hayfield Secondary School. Maura Ryan, a junior, and sophomore Jess Miller each scored a goal for the Majors.

"They were happy," Edwards wrote. "They've been putting in work. It was nice to have a little reward."

Junior goalkeeper McKenzie Moore, junior Amber Sable, senior Kelly Quigley, Ryan and Miller have been the Majors' top players this season, Edwards wrote.

Mount Vernon hosted Falls Church on Oct. 2, after The Gazette's deadline. The Majors will host Wakefield at 7:30 p.m. on Monday, Oct. 7.

— JON ROETMAN

improved.

"I think they played really well," Hubbard said. "It was probably one of the better games, offensively, that we've played. It's disappointing that we weren't able to put it away, but definitely a much better effort than our game against Woodson (3-0 loss on Sept. 24)."

Hubbard said junior forward Lizzie Wood and senior midfielder Marjie Woods, a captain, played well against West Springfield.

"We play in a rough district," Hubbard said. "If they can play this way offensively and we can fix the things that we need to defensively, I think we're in good shape for the postseason."

West Potomac will travel to face Lee at 5:30 p.m. on Friday, Oct. 4. West Springfield will host T.C. Williams at 7:30 p.m. on Monday, Oct. 7.

"We play in a rough district. If they can play this way offensively and we can fix the things that we need to defensively, I think we're in good shape for the postseason."

— West Potomac field hockey coach Dana Hubbard

SPORTS BRIEFS

Mount Vernon Field Hockey Gets First Win

Last season, the Mount Vernon field hockey team captured its third National District title in four seasons. Jessica Edwards was named National District Coach of the Year and the Majors earned their first Northern Region tournament victory since 2007, beating Chantilly 1-0.

While Mount Vernon has experienced success in recent seasons, including four consecutive trips to the district championship game, the 2013 campaign has been full of growing pains for the Majors.

After losing eight starters to graduation, Mount Vernon has taken its lumps. The Majors opened the season with a scoreless tie against Lee in the Under the Lights Tournament on Aug. 26 before losing their next 10 games by a combined score of 21-4. Mount Vernon faced some tough competition along the way, including games against

T.C. Williams (7-1 record), Oakton (9-4) and Chantilly (9-3).

Of the Majors' 10 losses, six have been decided by a single goal.

"Of course it is tough, but we continue to set our goals on improvement as we always have and we have been improving," Edwards wrote in an email. "The losses haven't been as tough as some of the emotional hurdles we've had to jump and are still jumping. We've had a lot of non-hockey related setbacks this season. That for me has been harder than the losses. We have had some very sad times this season, unrelated to our record."

"I've played on a losing team before, I've coached a losing team before, of course no one likes to lose, but it can be a positive thing in the long run. Failure forces you to focus on your weaknesses, because you know you need to be better and if you can recognize your weakness and make it a strength, then you are better the next game and the next game. I'm confident that we will be better our next game, because we all want to be better, and we are trying to

MV Football Smashes Stuart

The Mount Vernon football team defeated Stuart 59-6 on Sept. 27, improving the Majors' record to 2-2.

Mount Vernon will travel to face Edison at 7:30 p.m. on Friday, Oct. 4.

West Potomac Football Edged by Oakton

The West Potomac football team lost to Oakton 28-27 on Sept. 27. The Wolverines scored with less than five minutes remaining, but the potential tying PAT missed wide left. West Potomac's DeMornay Pierson-El rushed for 126 yards and two touchdowns, passed for 109 yards and a touchdown, and totaled 131 yards and a score in the return game. West Potomac (1-3) will host Lake Braddock (4-0) Friday, Oct. 4, 7:30 p.m.

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NEWS

'Vibrant Streets'

FROM PAGE 4

county agencies, and several community groups to gain the necessary input and support to move forward on the project. His presentation demonstrated how to overcome barriers to achieve a self-sustaining residential and commercial development project.

Heather Arnold, director of research for Streetsense, provided attendees with her definition of "Vibrant Streets:" a retail environment that is treasured by its residents, customers, and the retailer whose daily actions ensure its enduring vitality. Her company's effort to develop this concept and come up with strategies to assist a variety of neighborhood types was a result of her company's work as a vibrant streets consultant to the District of Columbia government. She discussed how to develop a model for a vibrant retail sector, depending on the type of retail interests of the community, retailers, the local government, and other factors that would go into creating a model for a viable self-sustaining local retail community. Arnold concluded her presentation by discussing three myths of retail development to guard against when designing a redevelopment project:

❖ Myth #1: You can never have too much retail.

❖ Myth #2: Retail creates walkability.

❖ Myth #3: A main street creates retail.

Edythe Kelleher, SFDC executive director, said, "The speakers did a great job relating the vibrant streets concept to the activity centers along Richmond Highway It was especially interesting to learn that each new residential unit supports only 10 square feet of retail, so it is not always appropriate to include retail in every development."

John Tschiderer, vice president of development, Federal Realty Investment Trust, discussed several developments which his firm had been instrumental in creating. He stressed the value of careful analysis of retail and community interests in order to design and build a sustainable neighborhood retail and residential community. He highlighted the positive aspects of the following projects which his firm was involved in from the inception to completion:

❖ The Village of Shirlington. 18 years of investment and redevelopment; added over one million square feet of development within the same 16.4 acres. This included a huge expansion of residential housing.

❖ Mount Vernon Plaza

❖ Bethesda Row

❖ Rockville Town Square

❖ Santana Row.

The event was attended by developers, Realtors, architects, planners and community leaders.

The first public meeting of the Route 1 Multimodal Alternatives Transportation Analysis study, facilitated by the Virginia Department of Rail and Public Transportation, and in partnership with Prince William County and Fairfax County will be held on Oct. 9, 6-8 p.m., at the South County Government Center, 8350 Richmond Highway. Other public meetings will be held in early spring 2014, and late spring 2014.

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21 Announcements

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21 Announcements

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21 Announcements

The docket for this hearing may be obtained by contacting the Department of Real Estate Assessments, 301 King Street, City Hall, Room 2600, Alexandria, VA 22314, between 8:00 a.m. and 5:00 p.m., Monday through Friday in person or by calling 703.746.4180.

The deadline for filing an appeal was June 1, 2013, however this appeal deadline is not applicable to appeals of assessments for real estate that was newly constructed pursuant to Virginia Code §58.1-3292.

21 Announcements

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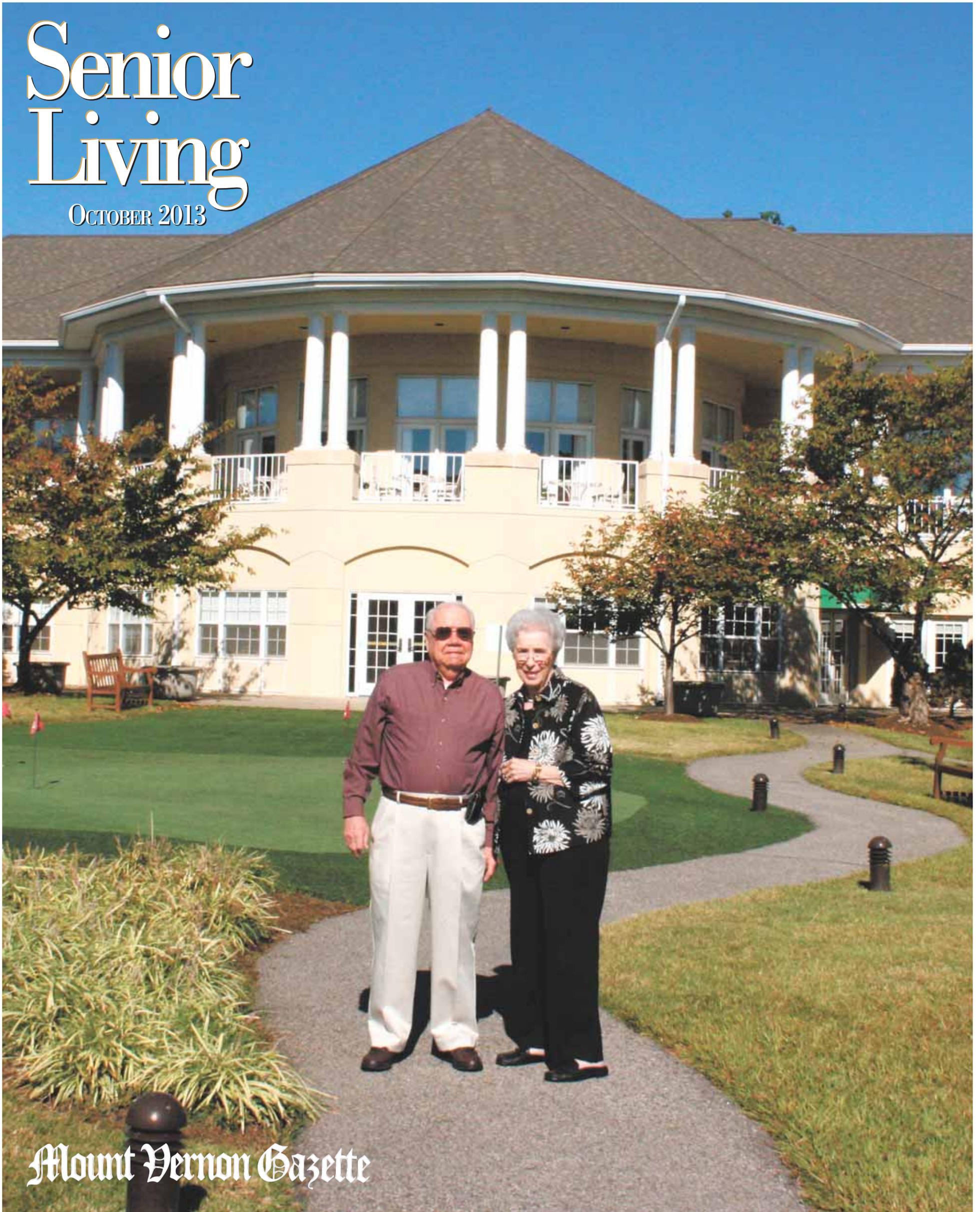
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OCTOBER 2013



Mount Vernon Gazette

Senior Living

POTOMAC

SUNDAY/OCT. 13

Senior Expos. Noo-4 p.m. at Silver Spring Civic Building at Veterans Plaza, Silver Spring, Md. The Expo will feature speakers, health screenings, resources, information and entertainment for older adults and their families. Dr. Luigi Ferrucci will give the keynote address. Call 301-949-9766.

ONGOING

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

VIRGINIA

THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, 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. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

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/dfs/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

Health Expo. 10 a.m.-2 p.m. at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, booths and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare 101. 3-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5205.

Oktoberfest Tour and Tasting. 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at www.seniorservicesalex.org.

THURSDAY/OCT. 10

Medicare 101. 10 a.m.-noon at Shepherd's Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

NARFE Meeting. 1:30 p.m. at the Vienna Community Center 120 Cherry St., Vienna. National Association of Federal and Active Retired Employees, Chapter 1116 Vienna-Oakton presents Gayle Nelson from Blue Cross, Blue Shield. Also Del. Mark Keam and challenger Leiann Luse. Free and is open to all members and their guests. Call 703-938-7346.

TUESDAY/OCT. 15

Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-914-0223.

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. Call 703-435-6577 to register.

Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 8350 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Can I Afford That? 1:30 p.m. at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Free educational program. A financial manager will lead the discussion on the cost of long term care, options available, and steps to prepare for future care needs. Call 703-204-4664 to RSVP.

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.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Management. 10 a.m.-noon at The 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 703-281-0538. Contact Maureen Riddel, Shepherd's Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.




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—John Mutchler

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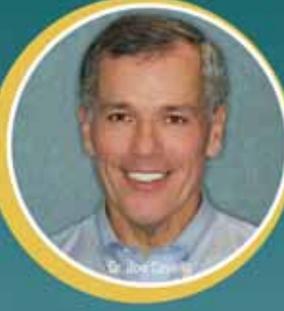
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Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL
THE CONNECTION

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 liv-



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.

ing 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." Aust volunteers on the Heritage Hunt community task force and with the

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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 triffecta 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 have lost touch with friends, they could become depressed."

Carle, who has more than 25 years of

"We wish we'd [moved] earlier. You have no idea how much fun it is over here."

— Phyllis Harkin

SEE CHOOSING A HOME, PAGE 4

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 op-

erated 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."

SEE DIVERSE NEEDS, PAGE 6

Mount Vernon Gazette

Senior Living

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 3

executive-level senior housing and health care experience, adds 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," he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. "If you fall and hit your head and nobody comes, you could die," he said. "There is also the medication issue. The average 75-year-old is on between seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. The number one cause of death due to injury in seniors is falls."

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. "I want to go back to my house," she said. "That is where I want to be."

Linda Guly, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one's life makes many seniors resistant to leaving their homes.

"One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing," she said. "Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring."

Andrew Carle said, "The very best strategy for a resistant parent is respite stay, which is essentially a short-term stay. The family goes on vacation and lets the senior stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after about a week or two the senior realizes that living alone in their home and watching television all day isn't all it is cracked up to be."

WHEN ONE DECIDES that living alone

is no longer wise, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide different levels of care for those who need help with small tasks such as medication administration, to those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are another option.

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from independent living to nursing care in the same facility as conditions change.

"Independent living basically meets a person's social needs," said Carle. "Assisted living is for people who have physical needs or limitations. I don't think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy."

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, "We have everything from



Jim Harkin, a resident of The Fairfax in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

people who are totally independent to people who need help bathing and dressing. We can deliver all of those services."

Debra Norberg, associate director of mar-

keting at The Hermitage, said that in addition to amenities on campus, which include a game and fitness rooms, there is support throughout the facility.



Retirement communities like Heritage Hunt Golf and Country Club in Northern Virginia offer seniors options for maintaining an active lifestyle such as indoor and outdoor pools, tennis and golf.

"There is a community aspect," Norberg said. "If someone doesn'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 check on them."

Activities as simple as a meal in the dining room can become an opportunity for socializing. "Some of these people were coming from situations where they were isolated," she said. "This is a new chapter in their lives. We try to pair people up and give them a buddy and we have activities every single day of the week."

Many assisted living facilities also offer



John Mutchler



Peg Bixler



Dorothy Lavoie

mental health counseling services. "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 staff."

"Fox Hill's... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very attractive and very accessible," said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening.

"We have the Westminsters, a choir and the Westphalians, a drama group," said Carolyn Crosby, assistant administrator at Westminster. "We also have a resident garden, which the residents tend themselves.

They grow vegetables and leave overflow produce for other residents to take."

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer's disease and dementia.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. "And I didn't want to be a burden to my children," Bixler, a retired oncology nurse, added. "I do miss my career and I miss traveling, but I've traveled all over the world."

Bixler says living in an assisted living community allows her to maintain an active

SEE CHOOSING A HOME. PAGE 7

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Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 3

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



A McLean couple in their late-60s had Glickman design a 60-foot 4-level elevator tower on the home's right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Details

Russ Glickman periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com or call 301-444-4663

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 wheel-chair 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're 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."



When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a "zero step" entry and widening interior doors and halls.



The original front walk — which included stairs in several places — was too steep for Jaime, who now requires crutches to get around the house.

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a

wheel-chair — yet would preserve the home's resale value should the couple eventually decide to move to a retirement home.

"It's a three-level single-family home," Glickman said. "So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking."

The couple's desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-

foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home's front door has been equipped with a security camera linked to the couple's laptop.

"Our goal was to satisfy immediate needs while implementing a makeover that will add resale value," Glickman said. "In this sense, the house has simply been redefined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."

PHOTOS COURTESY OF HOME FRONTS NEWS



Arlington seniors Jaime Marquez and Janice Shack-Marquez on their newly designed accessible front walk.

Senior Living

Choosing a Home

FROM PAGE 5

lifestyle and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, and for the USO at Washington Reagan National Airport, greeting veterans and passing out flags.

"I'm busy 24 hours a day. I get out and walk every single day," said Bixler. "I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about."

Most importantly, said Bixler, she's still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland. She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. "I don't

have any children, but I am close to my niece" said Lavoie, a former nurse who served in World War II and the Korean War. "I was living in California, and my niece who lived here wanted me to live near her."

Another Hermitage resident, John Mutchler, a retired chemist who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. "It is no problem for me to visit with my family often, which is nice for me," he said. "I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group."

"It is a great way to retire and a great way to live," said Jarad Smith, director of marketing and sales at The Fairfax. "Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We're on 60 acres. There are a lot of nature trails."



PHOTO COURTESY OF FOX HILL

Retirement communities such as Bethesda's Fox Hill, a gated luxury retirement community for those aged 60 and above, offers independent living condominium ownership, as well as access to assisted living and memory care.



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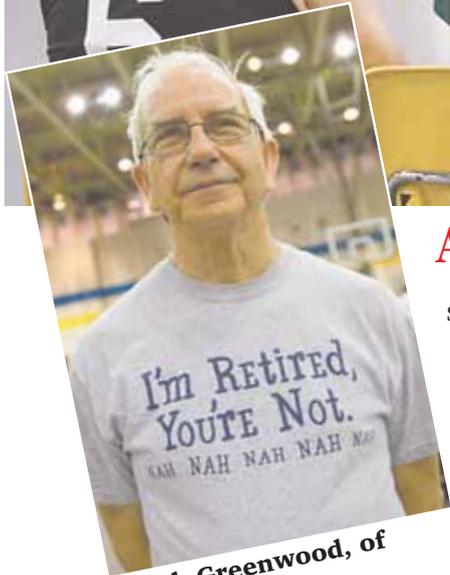


SENIOR LIVING



PHOTOS BY
LAUREN
SCHNEIDERMAN

Jim Martin, of Rosslyn, talks to members of an opposing team while waiting for the basketball game to begin.



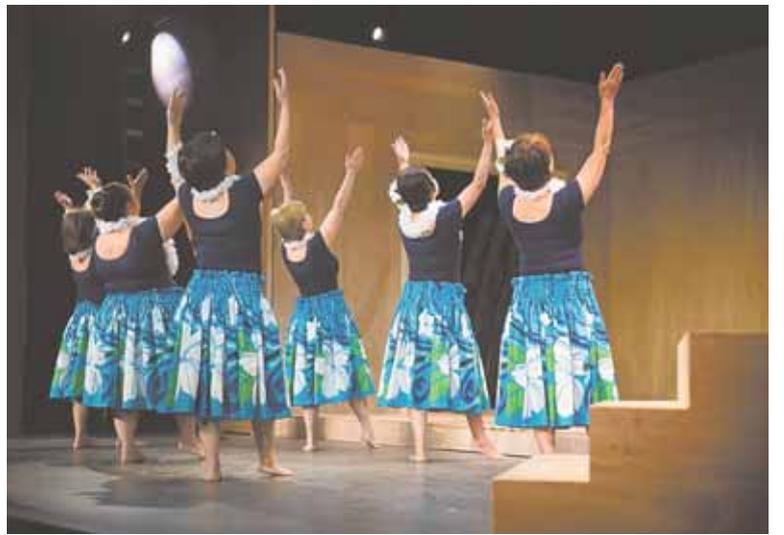
Ralph Greenwood, of Reston.

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 Ro, 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.



Mary Lou D'alessandris, of Falls Church.



Judy Massabny, of Arlington, awards Ed Ladd (Falcons Landing, Va.) a bronze medal for the field goal competition.



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



The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauningner 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.



Mia Bernette, Jeanette Wurster, Gloria Reisman, Phebe Masson and Jane McKeel, from Goodwin House in Bailey's Crossroads, make up The Silver Steppers. The Silver Steppers came in fourth.

