

How Best To Restore Dyke Marsh?

Full restoration option will restore 245 acres of wetland.

BY JANELLE GERMANOS
THE GAZETTE

The draft Dyke Marsh Restoration Plan and Long-Term Management Plan/Environmental Impact Statement is available for public comment until March 18.

The National Park Service presented three options for the restoration and long-term management of Dyke Marsh at a public meeting on Feb. 26. NPS is recommending alternative C, which would restore up to 245 acres of wetland. This alternative allows for Dyke Marsh to be restored as much as possible, using hydrologic restoration.

In October 2013, the U.S. Department of the Interior announced that Dyke Marsh would receive \$25 million for restoration.

"What we witnessed during Hurricane Sandy was that our public lands and other natural areas are often the best defense against Mother Nature," Secretary of the Interior Sally Jewell said in a statement in October. "By stabilizing marshes and beaches, restoring wetlands, and improving the resiliency of coastal areas, we not only create opportunities for people to connect with nature and support jobs through increased outdoor recreation, but we can also provide an effective buffer that protects local communities from powerful storm surges and devastating floods when a storm like Sandy hits."

Dyke Marsh lost about 270 acres of wetland from 1940-1972, as it was dredged for sand and gravel. According to NPS, the restoration is necessary to halt shoreline erosion of 1.5 to 2.0 acres per year.

Mount Vernon resident Glenda Booth, who is president of Friends of Dyke Marsh, said she is in favor of full restoration of the marsh.

"We believe the restored marsh
SEE DRAFT DYKE, PAGE 20



PHOTO BY JOHN BORDNER

Last Snowfall of the Season?

The George Washington Parkway is barely recognizable during the March 3 storm that dumped several inches of snow on the region.

Honored for Promoting Peace

The Student Peace Awards of Fairfax County honors 22 students.

BY JANELLE GERMANOS
THE GAZETTE

The Student Peace Awards of Fairfax County, presented by the Herndon Friends Meeting, honored a group of 22 juniors and seniors who were nominated for their dedication to peace and conflict resolution on March 2.

The students, involved in activities such as Amnesty International, Best Buddies, Gay Straight Alliance, Girl Scouts, Student Government, Islamic Presence Club, mission trips, and much more, were recognized for promoting peace and working to remove the effects of war in the community.

Barbara Wien, a peace educator and human rights activist, was the guest speaker.

Wien spoke about her experiences as an advocate for peace, including her role in protecting civilians in Colombia from a death squad, and reminded students that

war is not an inevitable part of human nature and can be eradicated.

"Many children are also raised to believe that war is inevitable. They're raised to believe that the human race is inherently violent and will always live with war. Well, I'm here to challenge that notion," Wien said.

STUDENTS WERE AWARDED \$150 and were also able to donate \$100 to an organization of their choice. They also received a copy of the book "Sweet Fruit from a Bitter Tree," by Mark Andreas.

Margaret Fischer, the reception coordinator, read each student's accomplishments and contributions to the community as they received their award from Sharon Bulova, chairman of the Fairfax County Board of Supervisors, and Providence District School Board member Patty Reed.

"Our last presentation demonstrates the bittersweet nature of
SEE STUDENTS, PAGE 22



West Potomac High student Pamela Molnar was recognized with a Student Peace Award. Molnar, who is an active participant in the Best Buddies program at West Potomac, was honored for making a substantial contribution to "understanding, peacemaking, and conflict resolution."

Supervisors Pick Higher Tax Rate

Rate gives board flexibility, options in determining final budget.

The Fairfax County Board of Supervisors voted 8-2 Tuesday to advertise a higher real estate tax rate that could add about \$100 to annual tax bills, which will be on top of the \$332 county homeowners will see this year as a result of higher real estate assessments.

Setting the advertised tax rate formally begins the two-month public process to adopt the Fiscal Year 2015 budget, and the rate represents the maximum potential tax rate for FY2015.

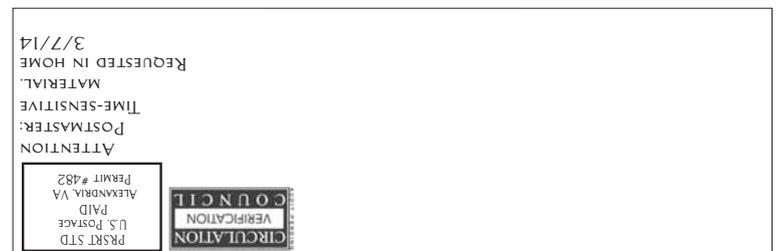
"Advertising a higher rate sets an upper threshold as budget decisions are considered," said Board Chairman Sharon Bulova (D-at-large).

"Our action today does not mean that the advertised rate is necessarily what will be adopted in April when the board 'marks up' and formally adopts the Fiscal Year 2015 Budget," Bulova said, adding that the higher rate gives the board some flexibility "so that debate and discussion is not cut off at the very beginning of the budget process."

According to the County Executive's proposed budget, one penny of the tax rate is equal to roughly \$21.9 million in general fund revenue and \$50 for the average Fairfax County residential tax bill.

"This year, the board must take into account that property owners are seeing an average increase of

SEE HIGHER TAX, PAGE 22





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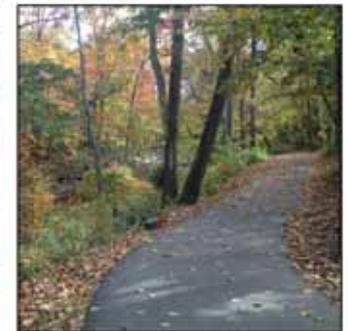


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U.S. Rep. Moran surrounded by MVDDC committee members event co-chairs Destiny Agibe and Kate Spears (left) as well as Karen Stallings and Laura Sonnenmark on the right.



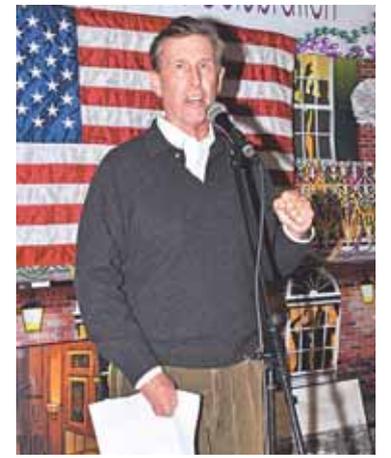
PHOTO BY MARY PADEN

The straw poll and fundraising event also included a tribute to U.S. Rep. Jim Moran with presentations and songs. MVDDC Committee members wrote new lyrics to and performed two songs: "Stay (a Little Bit Longer)," and "This Man is Our Man," (to the tune of "This Land is Your Land)." Singers with Moran include Dawn Drennan, Karen Stallings, Laura Sonnenmark and Kate Spears .



VERONICA BRUNO/THE GAZETTE

Del. Charniele Herring — the first African-American to be elected chair of the Democratic Party of Virginia — made a case for her candidacy by highlighting her initiatives: providing housing services to families who need it, growing the economy along Route 1, and extending the Yellow Line to this area. Herring added, "I know how to fight and get things done."



VERONICA BRUNO/THE GAZETTE

Former ambassador and former Lieutenant Governor Don Beyer told the crowd at the straw poll event: "We're each put on this earth to build something larger than ourselves and to serve others." He offered "real, practical solutions as long as we have the courage to lead and the courage to act." Among the issues he said he would fight for included increasing pay for federal employees, enhanced firearms background checks, and protecting women's reproductive rights.

Beyer Wins MVDCC Straw Poll

Former ambassador Donald Beyer won the first straw poll battle for the outgoing U.S. Rep. Jim Moran's 8th district seat on Saturday night, March 1 with 25 percent of the vote (105 votes). Community leader Lavern Chatman came in second with 20 percent of the vote, and Del. Patrick Hope of Arlington received 19 percent. 419 of those in attendance coast their votes in the primary straw poll and about 470 Democratic activists attended the event. Bruce Shuttleworth did not attend because of a previous engagement.

Further straw poll results showed the other primary candidates with the following votes: Del. Mark Sickles (12 percent); Sen. Adam Ebbin (10 percent); Del. Charniele Herring (3 percent); Alexandria Mayor Bill Euille and Del. Alfonso Lopez (2

SEE BEYER, PAGE 4



PHOTO BY VERONICA BRUNO/THE GAZETTE

U.S. Rep. Jim Moran, who was honored at the Mardi-Gras themed event, with candidate Lavern Chatman, who came in second with 20 percent in the straw poll results.



PHOTO BY VERONICA BRUNO/THE GAZETTE

Democratic primary candidates Mark Levine and Derek Hyra talk together after the two-minute speeches.



PHOTO BY VERONICA BRUNO/THE GAZETTE

Alexandria Mayor Bill Euille gave the first candidate speech. He highlighted his long career in public service to the area. "I was born and raised in Alexandria," Euille said. He mentioned the many constituent services he worked on and congratulated U.S. Rep. Jim Moran on his "long-time service" to the community.



PHOTO BY VERONICA BRUNO/THE GAZETTE

Community leader Lavern Chatman emphasized her community roots during her speech. Her father had been an auto mechanic and her mother a postal worker here, still living in the Mount Vernon area. Chatman said she will employ a "new approach" to "get things done in the government. I've been getting things done in the community and now I want to do it in the House. If we put a community organizer in the White House, we can put a community leader in the House."



PHOTO BY VERONICA BRUNO/THE GAZETTE

State Sen. Adam Ebbin talked about the projects he had worked on, including ending the hybrid tax — an effort coordinated with Del. Scott Surovell, expanding Medicaid for immigrant mothers, raising the minimum wage, increasing pay for federal workers, and making pre-Kindergarten schooling universal. Ebbin emphasized, "I'm going to stand up for anyone who's got it tough."



PHOTO BY VERONICA BRUNO/THE GAZETTE

Del. Mark Sickles outlined the initiatives he worked on in his 11 years of service to his constituents. He underlined the transportation and infrastructure projects he made possible and the endorsements he's received by several local boards within the community. Sickles explained that the "decisions on what we're going to build are going to be made right here by people and local government." He further asked the crowd to "come together and make things happen."



PHOTO BY VERONICA BRUNO/THE GAZETTE

Del. Scott Surovell (D-44) announces the winners of the silent auction items. The event raised funds for the Mount Vernon District Democratic Committee.

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NEWS



PHOTO BY VERONICA BRUNO/THE GAZETTE

Del. Patrick Hope spoke about the need to “generate economic activity” and “invest more in our schools.” Hope advocated for more investment in the Fairfax County school system, health care improvement, extending the Yellow Line, and regulating pay day loan businesses. “It’s time for a new generation of progressive leadership.”



PHOTO BY VERONICA BRUNO/THE GAZETTE

Candidate Derek Hyra outlined his 4 E platform: the economy, education, the environment, and equity. The crowd laughed as he mentioned taking his children to Chuck E Cheeses along Route 1. Using his Alexandria Planning Commission experience, he is looking to “economically stimulate this area in an equitable way.” Among his initia



PHOTO BY VERONICA BRUNO/THE GAZETTE

Del. Alfonso Lopez told the crowd he would fight for Virginia families. Lopez talked about his father’s immigrant roots and how education and hard work made a big difference in their lives. “My dad fought for me to have a better life.” Lopez said he will “continue to fight for families who work hard and play by the rules but feel the American dream is slipping through their fingers. Together we can build the brighter future we all deserve.”



PHOTO BY VERONICA BRUNO/THE GAZETTE

Radio personality and former chief legislative counsel to U.S. Rep. Barney Frank (D-Mass.) Mark Levine introduced himself as the “aggressive progressive” and told the crowd he would “challenge the Democratic party” from the left. He spoke about students “drowning in debt” and wants to subsidize student loans. He would like to expand social security, make it easy and affordable for students to go to school, and help ensure that federal workers get a raise. “If you work full time, you should not live in poverty in America.”

Beyer Wins Democrats’ Straw Poll

FROM PAGE 3

percent); and Derek Hyra, Mark Levine, and Bruce Shuttleworth with less than 2 percent.

Eleven people are vying for the seat being vacated by Moran. The Mardi-Gras event was sponsored by the Mount Vernon District Democratic Committee and included a tribute to Moran with presentations and songs.

This was the sixth year the primary straw poll was held at the Mount Vernon District Democratic Committee’s annual fundraiser. The fundraiser included a silent and live auction and was held at the Don Beyer Volvo showroom on Route 1 in the Mount Vernon District for the fourth year in a row.

The next MVDDC-sponsored moderated public forum will take place on April 12 at Mount Vernon High School.

— VERONICA BRUNO



PHOTO BY VERONICA BRUNO/THE GAZETTE

Del. Patrick Hope’s wife, Kristen Anne Satariano, and their three children, share a light moment during his speech. The theme of the fundraiser was Mardi Gras and Hope’s children had fun dressing for the occasion.



Kate Castle (left) and Olivia Morton present their history exhibit to the judges, during the National History Day Competition held March 1 at Mount Vernon High School. Students competed in several categories, with projects inspired by the theme "Rights and Responsibilities in History."

MVHS Hosts History Day Competition

PHOTOS BY
RENÉE RUGGLES
THE GAZETTE



Robert Marchibroda (left) and Nick Phan share their Senior Group Exhibit. They are interested in economics and spent two months on research for their project. This is their first time entering and their "Breaking the Bank: How the failure of the U.S. banking system was responsible for the Great Depression" display took third place.



Abdullah Choudhury was awarded first place for his rotating, interactive Senior Individual Exhibit. His project focused on "The Role of Japanese Americans In World War II." He also submitted entries to the TSA competition being held in another part of the building.



Lillian Garland (left), as historical figure Elizabeth Keckey, was the emcee for the Awards Ceremony. Here, she congratulates Annette Schlitt whose Jr. Individual Website "Nellie Bly" was awarded first place.



Several Special Awards were given out, sponsored by different groups. Elizabeth Kelly shows her first place Citizenship History medal awarded by the Virginia Society of the Sons of the American Revolution. Her winning Jr. Individual Exhibit was focused on "Coercive Acts of 1774."



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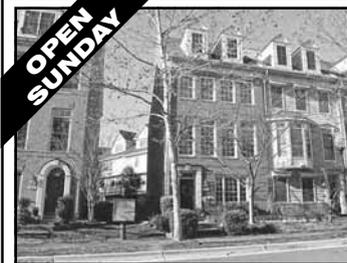


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NEWS

Braunstein Retiring from CSB

He led agency through transformation, advocated for mental health services.

BY JANELLE GERMANOS
THE CONNECTION



PHOTO CONTRIBUTED

George Braunstein said he entered the field of mental health services almost accidentally.

"My first college degree was in history and education. I was going to be a high school history teacher," Braunstein said.

His plans changed after finishing with the Coast Guard during the Vietnam War, and there weren't as many teaching jobs available as he expected.

"I had always had a desire to do some form of public service. Somebody suggested, why don't you try nursing? I didn't think I had any aptitude for anything to do with the medical field, but I tried it, and I did fairly well," Braunstein said.

Braunstein's first job was working as a nurse in a multi-county inpatient mental health facility in Wisconsin, eventually becoming the administrator and manager in 1986.

"I ended up eventually running the place because I had some previous management experiences," he said.

Now, Braunstein is retiring from his role as executive director of the Fairfax-Falls

Church Community Services Board, a public agency that provides services for members of the community with mental illness, substance use disorders, and intellectual disabilities.

Braunstein

Since becoming CSB's director in 2008, colleagues say Braunstein has worked tirelessly to inform the public of the need for community mental health services.

"George is a master at being able to succinctly describe for news reporters and for the general public the big picture and the importance of what we do at the Community Services Board and how important these services are for the most vulnerable people in our local community," said Belinda Buescher, communications director for the CSB.

Braunstein's ability to remain calm and focused in stressful times was evident in November 2013, when Buescher said the

SEE BRAUNSTEIN, PAGE 22

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Take the Money

No downside to gaining health care for 200,000 or more; 30,000 jobs and millions of dollars for hospitals from expansion of Medicaid.

Gov. Terry McAuliffe is right to make expansion of health coverage part of the budget process. Any measure that would create 30,000 jobs, that could save \$1 billion in the state budget over 12 years, that could provide health insurance for 35,000 people who don't have it in Fairfax County alone, that is supported overwhelmingly by the business community and hospitals, actually deserves to be a part of the budget. As many as 400,000 people in Virginia currently without health insurance could be covered.

Under the Affordable Care Act, if states opt in to the expansion of Medicaid, Federal dollars would pay the costs for five years to cover people with incomes up to 138 percent of pov-

erty, \$15,856 for an individual or \$26,951 for a family of three in 2013. After five years, federal dollars would still cover 90 percent.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. The amount of the subsidy, provided via tax credit, is based on income and the cost of insurance, and are only available to people who are not eligible for other coverage, such as Medicaid/CHIP, Medicare, or employer coverage, and who are citizens or lawfully-present immigrants. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty

are not eligible for Marketplace subsidies. At least 190,000, and as many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies. [Source: Kaiser Family Foundation]

Elections have consequences. McAuliffe made expansion of Medicaid a key element of his campaign, and Virginia voters chose McAuliffe. The Virginia Senate approved a plan to expand health coverage using Medicaid dollars to purchase private health insurance.

There must be a way forward that doesn't involve stifling economic growth and the health of poor Virginians.

EDITORIAL

One Week Left for General Assembly

BY SCOTT A. SUROVELL
DELEGATE (D-44)

We have one more week before the General Assembly Session is scheduled to adjourn, and pressure is mounting to finish our work.

On Friday, live on WTOP, Governor McAuliffe signed legislation repealing the \$64 per year Hybrid Tax and mandating refunds to everyone who paid. I am pleased that we will no longer be taxing virtuous conduct and that the wishes of 7,700 Virginians expressed in the petition I circulated with Sen. Adam Ebbin were honored.

Closing the healthcare coverage gap or the Medicaid expansion continues to dominate the discussion in Richmond. Republicans in the State Senate have proposed a compromise plan which would use federal monies to fund a state



insurance program to cover some, but not all of the individuals currently not insured. It is not as comprehensive as a full Medicaid expansion, but it is at least something.

Unfortunately, the House of Delegates has continued to refuse to

COMMENTARY

negotiate on expanding Medicaid and continued to insist that we need to go slow. Families' lack of health insurance is an urgent matter along with escalating health insurance premiums. Virginians are also paying a whole series of new taxes due to the Affordable Care Act that are being diverted around the U.S. I also do not think it is right to fund a \$400 million new office building for ourselves while telling 400,000 Virginians we cannot afford to expand health coverage at virtually no cost to Virginia taxpayers.

Both sides are now threatening to refuse to pass a budget which means our session will either go into overtime or we will adjourn and immediately convene a special session to consider a budget.

We also continued work on ethics legislation last week. The House Republicans agreed to include my proposal to limit gifts to the Governor and Attorney General during litigation. However, they limited it to tangible gifts and still allowed intangible gifts so Johnnie Williams' \$1,500 turkey dinner for Ken Cuccinelli will still be allowed. Also, the Senate is pushing back on restrictions on the House's version of ethics reform. I am concerned that the bill that ultimately emerges might not be strict enough.

We also passed legislation last week reducing the number of Standards of Learning (SOL) exams. SOL reform has been a bipartisan goal this year. That moves closer to reality.

Legislation attempting to make "revenge porn" a misdemeanor was approved this week.

I voted against this legislation a number of reasons. First, nearly all "revenge porn" websites are outside Virginia and Commonwealth's Attorneys rarely extradict accused person's charged with misdemeanors. The legislation also could have unintended consequences, and the crime is extremely difficult to prove as a matter of evidence. The better course of action was a civil cause of action instead of involving our Commonwealth's Attorneys in one more series of crimes that are very time-intensive and difficult to prove. I have written a fuller explanation on my online newsletter at scottsurovell.blogspot.com.

Some of my government efficiency legislation is closer to law. For five years, I have been pressing legislation allowing Fairfax County to charge a \$5 per ticket fee to fund software and equipment that will allow police computers to communicate directly with court computers when writing tickets. This will keep police officers' out of danger on highway shoulders. It will also improve ticket accuracy and free up eight Fairfax County Police employees who currently are required to hand-enter over 200,000 summonses per year to focus on actual law enforcement.

Finally, the Governor also signed my legislation clarifying the control of a real estate brokerage upon death of the owner. This will protect consumers from nasty collateral family disputes when selling or buying real estate. This bill was suggested to me by 44th District resident and Estates Attorney Deborah Matthews.

There is still much to be done during this last week of session as we continue to reconcile competing bills. The budget is the biggest dispute, but ethics legislation, A-F schools grades, SOL reforms, and judge allocations remain outstanding.

If you have any feedback, always feel free to send email to me at scottsurovell@gmail.com. Thank you for allowing me to serve as your state delegate.



PHOTO BY LOUISE KRAFT/THE GAZETTE

Snapshot 1:45 p.m., Feb. 24,
Woodlawn Plantation

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LETTER

Divided MVCCA

To the Editor:

Last week, the MVCCA suffered a mini-implosion resulting from the controversial request by Furnace Associates, Inc. for a Special Exemption Amendment (SEA) permitting them to continue operating a landfill in the Lorton area until the year 2040, 22 years beyond the deadline imposed by the current Special Exemption. At last Wednesday's MVCCA's Council meeting, a resolution originating from its Environment & Recreation (E&R) Committee was debated and passed, after a contentious debate, by the slim margin of 10-9. The resolution was in opposition to the proposed SEA. Noteworthy to me is the fact that the MVCCA resolution makes no mention whatsoever of the position of the South County Federation (SCF) in opposition to the proposed SEA. During my brief time as chairman of the MVCCA's Planning & Zoning (P&Z) Committee, it was my strict policy to defer to the wishes of the SCF concerning any land use issues on lands in the South County area where its residents were most directly impacted. The MVCCA's continuing paternalistic attitude toward the SCF and its member associations and residents significantly reduces the MVCCA's influence concerning such issues. This needs to change.

Moreover, the 2010 decision of the U.S. District Court for the Eastern District of Virginia in the New Cingular Wireless PCS case made it clear that the most closely adjacent residents to a proposed development carry the most weight concerning governmental decisions regarding those proposed developments. In that case, the MVCCA favored placement of a cell tower at the Masonic Lodge on Fort Hunt Road. The proposed cell tower was opposed by the adjacent residents on Plymouth Road who did not even have a citizens' association nor were they members of the MVCCA. Judge Brinkema sided with the Plymouth Road residents and her decision was affirmed by the 4th Circuit Court of Appeals in Richmond. Thus, the MVCCA may as well have simply ratified the SCF's position on the issue since the SCF's position in opposition to the SEA is the one the Board of Supervisors and any Court would abide by.

The MVCCA currently has 55 member associations and requires 1/5 of them (11) to be present to constitute a quorum. As such, the MVCCA vote, split almost down

SEE LETTERS, PAGE 12

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OPINION

Take Care of the Uninsured

BY LINDA T. "TODDY" PULLER
STATE SENATOR (D-36)



they cannot pay, they default on their bills, face bankruptcy and losing their homes, simply because even though they work hard and pay their taxes, they are not offered health insurance through their

employers and cannot afford it on their own. And who pays for these bills? All of us — the hospitals, people with insurance who see their premiums go up and businesses who must make the hard decision of whether or not to keep offering insurance for their employees. By accepting reality that the Affordable Care Act is the law of the land and coming up with a sensible solution we can stop these scenarios from happening and affecting our economy.

The Virginia Chamber of Commerce is asking us to do something. The hospitals are asking us to do something. My constituents email and call me daily asking for us to find a solution. We need to keep our hard earned tax dollars in the state and working for the benefit of Virginians. Expanding Medicaid will expand our job base and economic opportunities. I'm hard pressed to remember a time this esteemed legislature argued against economic opportunities for Virginia. The Senate budget provides a market-based path toward accepting federal funds to close the coverage gap. It will serve as a foundation for covering more people and, over the biennium, will save the state \$306 million. It could save as much as \$1 billion over the next eight years. We must stop saying "no" and make sure that we hold the line with the Senate budget and include health care expansion.

As always I am honored to represent the 36th senatorial district of Virginia and look forward to working hard for my constituents. Anyone with an issue or concern should contact my office in Richmond at district36@senate.virginia.gov or by phone: 804-698-7536.

in her role as E&R Chairman while she simultaneously serves on the County Wetlands Board. This is in clear violation of the MVCCA's Bylaws which forbid a member of their board from simultaneously serving on a policy determining board of the County.

In the aftermath of Wednesday's MVCCA's Council meeting, one of its three co-chairs Christopher Low resigned his position as did the MVCCA Secretary Carol Coyle and Treasurer Patricia Gowland. Now the question is who will replace these resignees, particularly for the co-chair position? In recent years, co-chair positions have operated like a revolving door. Each co-chair is permitted to serve only three consecutive years and then must cycle out. Thus, co-chairs often serve for up to three years, wait a period of time, and then cycle back in. It would be refreshing if the MVCCA Board chose new blood. We will soon see.

H. Jay Spiegel
Mount Vernon

As Session winds down, we turn our focus to the budget. House Appropriations Chairman, Del. Chris Jones said it best — we are so close, we could knock this out in a day or two. Sadly, the chairman and other Republicans are threatening to hold the budget, and the Commonwealth's financial health, hostage unless the Senate caves to their demands that we give our hard-earned tax dollars up to other states and force 400,000 Virginians — many of whom are veterans and children — to continue to live in fear of getting sick because they don't have health insurance.

COMMENTARY

I understand many in our Commonwealth believe expanding health care coverage to all our citizens, and accepting federal dollars to do so, is not the best course of action. However, I have been a strong advocate for Medicaid expansion and the Affordable Care Act since the beginning. I fail to understand how we can accept upwards of 21 percent of our revenue funds from the federal government for defense, agriculture and other industries while rejecting billions for health care.

Governor McDonnell first included health care expansion in his 2011 budget. He laid out a plan that would have closed the coverage gap with his proposed 2012-2014 budget. Governor McAuliffe made it clear in his State of the Commonwealth Address that he believes closing the coverage gap by expanding Medicaid is a moral and economic imperative. I completely agree. Many of the uninsured are children. By providing these children insurance and access to doctors, we give them a path to lifelong health.

The uninsured will be able stop using the emergency room as their primary care. The constant use of ERs causes unnecessary burdens on the entire health care system. When families are handed outlandish bills

LETTER TO THE EDITOR

FROM PAGE 11
the middle, did not even have as many proponents as minimally required for a quorum. The split vote in and of itself rendered the MVCCA resolution inconsequential.

After that vote took place, MVCCA Transportation Committee Chairman Catherine Voorhees proposed an alternative resolution favoring the proposed SEA. That proposal failed on a 9-9 vote.

Last Thursday, the Planning Commission took up the SEA for consideration and vote. E&R Chairman Elizabeth Martin requested that she be permitted to represent the MVCCA's position at the Planning Commission meeting. The MVCCA co-chairs denied the request. This is not surprising since a vote of barely 1/3 the members of the MVCCA, split down the middle as it was, evidences a lack of consensus on the issue. The appropriate course of action was to let the resolution speak for itself. Moreover, it remains surprising that the MVCCA Board continues to allow Ms. Martin to continue



Teachers and students came dressed as their favorite storybook characters on Feb. 28 as they celebrated the birthday of Dr. Seuss with a book parade around Hollin Meadows Elementary School.

Celebrating Birthday of Dr. Seuss

Storybook characters of all types could be found in the parade.

PHOTOS BY
RENÉE RUGGLES
THE GAZETTE



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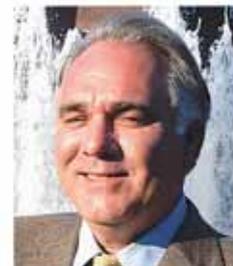
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ENTERTAINMENT

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

ONGOING

Celebrate Black History Month. 9 a.m.-4 p.m. Through Feb. 28 at Mount Vernon Estate. In observance of Black History Month, George Washington's Mount Vernon highlights the lives and contributions of the slaves who built and operated the plantation home of George and Martha Washington. A wreathlaying and presentation occurs daily at the slave memorial site throughout the month of February. Black History Month activities are included in admission: adults, \$18; senior citizens, \$17; children age 6-11, when accompanied by an adult, \$9; and children under age 5, free. Visit www.mountvernon.org or 703-780-2000.

Songwriter's Showcase. Every Tuesday at 8 p.m. at The Old Town Theater, 815 1/2 King St. Features a different Songwriter's Association of Washington artist each week. Visit www.theoldtowntheater.com for tickets.

Art Exhibit. See "Songs of the Shore," archival inkjet prints by Chantilly resident Peter Toth in the Margaret W. and Joseph L. Fisher Art Gallery, of the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. Runs through March 16. Visit www.nvcc.edu/schlesingercenter/gallery.html.

Art Exhibit. See Katie Rannerstrom's drawings and paintings through March 16 at the Athenaeum, 201 Prince St. The show reflects her exploration of several areas of science such as mycology and the study of jellyfish. Free. Visit nvfaa.org or 703-548-0035.

Theater Performance. See "Ella Fitzgerald: First Lady of Song" at MetroStage, 1201 N. Royal St., through March 16. Performances are 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. Tickets may be ordered by calling 1-800-494-8497 or online at boxoffice.tickets.com. For group sales and information call the theatre at 703-548-9044. Visit www.metrostage.org for more.

Art Exhibit. See "7th and H Streets, NW: The Hidden Refrain of Inner City DC" by Fred Zafran at Multiple Exposures Gallery, in the Torpedo Factory, 105 N. Union St. Runs Feb. 18-March 30. Visit www.multipleexposuresgallery.com.

Occupied City: Life in Civil War Alexandria Exhibition. At The Lyceum, 201 South Washington St., through Sunday, March 23. 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.

Exhibition Fundraiser. From March 8-23 at the Target Gallery in the

Torpedo Factory, 105 N. Union St. The exhibition features nearly 200 panels of artwork created by local artists. \$150/panel. The panels will be for sale and proceeds will benefit March of Dimes and the Target Gallery's outreach programming. Visit www.torpedofactory.org.

Art Exhibit. "Portraits of Pop Culture art exhibit will be on display at Del Ray Artisans, 2704 Mount Vernon Ave. Come see artists' interpretation of pop culture, featuring compelling cartoons, lampoons and caricatures of celebrities, politicians, pundits and other pop figures. Show runs March 7-30. Visit www.thedelrayartisans.org for more.

Woodlawn Exhibit. See work of needlers from across the country, including objects created by First Ladies and First Family members, including items by Edith Roosevelt, Dolley Madison and Barbara Bush. The exhibit runs March 1-31 at Woodlawn, 9000 Richmond Highway. Hours are 10 a.m.-4 p.m., Wednesday through Monday. Lunch is available from 11:30 a.m.-2 p.m. for a fee. Admission is \$10/adult; \$5/student. Visit www.woodlawnpopeleigh.org.

Art Exhibit. See photographer E.E. McCollum transform the figure in "The Cocoon Series" March 13 through April 7 in the Art League Gallery at the Torpedo Factory, 105 N. Union St. Through a series of black and white photographs, McCollum transforms the human figure by using nylon tubing to encase the body. Free. Visit www.theartleague.org or 703-683-1780.

Art Exhibit. See "REVOLUTION: Art and Technology" art exhibit from April 4-27 at Del Ray Artisans, 2704 Mount Vernon Ave. Artists explore their relationship with technology in computer-created art, digitally manipulated art, art made from electronic parts, mixed-media pieces expressing feelings about technology, and more. Hours are Thursdays noon-6 p.m.; Friday & Saturday noon-9 p.m.; Sunday noon-6 p.m. Visit www.TheDelRayArtisans.org for more.

Art Exhibit. See "LOULOU DI Flower/ To Flower" at The Athenaeum, 201 Prince St. The exhibit explores the natural process of flowering and its metaphorical context through object making and installation. Free. The exhibit runs March 20-May 4. Call 703-548-0035 or visit www.nvfaa.org.

Art Exhibit. See "Spirit of Place: Dyke Marsh," an exhibition of photography by Anthony Peritore and sculptural works by Megan Peritore from March 26 through May 18 in the Crossroads Gallery, located in Goodwin House Bailey's Crossroads, 3440 S. Jefferson St., Falls Church. Free.

Attics and Alleys Tour. Tickets are now on sale for the Attics and Alleys tour, a three-hour walking tour featuring rarely seen spaces of four sites — the Lee-Fendall House, Gadsby's Tavern Museum, The Stabler-Leadbeater Apothecary Museum and Carlyle House. Tours will be offered Saturdays in May, 9 a.m.-noon. \$35/peron. Reservations



Modern Dance

The Choreographers Collaboration Project presents their Spring Modern Dance Concert on Saturday, March 8 at the Athenaeum, 901 Prince St. This concert will feature works in progress by CCP choreographers, guest artist ACW Dances and will include performances by CCP's youth dancers. Adults \$10; 12-17 \$5; 12 and younger free. Visit www.ccpdance.org, email cpdance@gmail.com, or call 703-683-2070.

required. Visit shop.alexandriava.gov or 703-746-4242.

Art Exhibit. "Women Legends of Alexandria: 2007-2013" art exhibit will be on display at Prudential PenFed Realty, 300 N. Washington St., suite 100. The exhibit will showcase portraits from the Living Legends of Alexandria project with selected works from the Del Ray Artisans. Show runs March 3-June 27. Hours are Mondays-Fridays 9 a.m.-5 p.m. Visit www.thedelrayartisans.org for more.

New Exhibit. Mount Vernon invites visitors to explore George Washington's design for the grounds of his estate, through a new exhibition, "Gardens & Groves: George Washington's Landscape" at Mount Vernon opening Feb. 22 through Jan. 12, 2016. Gardens & Groves is the first museum exhibition to focus specifically on Washington's landmark achievements as a landscape designer combining rarely-seen original documents, artwork, and books with period garden tools, landscape photography, and a scale model of the Mount Vernon estate. Included in admission \$18/adult; \$17/senior citizen; \$9/child age 6-11; children under 5 are free. Visit www.mountvernon.org for more.

George Washington's Mount Vernon has joined Thomas Jefferson's Monticello and James Madison's Montpelier to expand the "Presidents Passport," Virginia's premier presidential trail. As an added bonus to this year's program, visitors to the Alexandria Visitors Center at 221 King St. showing or purchasing a ticket to any of the three presidential estates will, upon request, receive for free Alexandria's "Key to the City" pass, which grants access into nine historic sites and museums in Alexandria - a \$26 added value. Learn more at PresPassport.Monticello.org.

Art Exhibit. See "Sit Down and Take a Stand: Samuel W. Tucker and the 1939 Alexandria Library Sit-In" at the

Alexandria Black History Museum, 902 Wythe St. The exhibit focuses on the life of famed civil rights attorney Samuel Wilber Tucker, and highlights the role of Robert Strange, who was a runner between the library and Tucker's office, keeping Tucker abreast of developments. The exhibit runs through August. Free. 703-746-4356.

CLASSES & WORKSHOPS

Metro Club After-School Program.

Through June, 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.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Just drop-in for the session and bring your supplies to draw or paint our live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit www.TheDelRayArtisans.org for a schedule.

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.

SUMMER CAMP

Camp Offering. Mount Vernon Community Children's Theatre will

hold sessions starting June 30 to Aug. 22. There are two-week sessions with morning, afternoon or all day sessions, and one-week sessions that go all day. To register, visit www.mvcc.org.

CHERRY BLOSSOM FUN

Cherry Blossom Food Tour. On Wednesdays at 11:30 a.m. and Saturdays at 2 p.m., take a guided tour of Alexandria, exploring the architecture, while pausing in locally-owned eateries to sample cherry-centric dishes and learn about cherry blossom history. \$49/person. Runs March 22-April 12. Visit www.dcmetrofoodtours.com/cherry_blossom_food_tour.html for more.

Blossoms by Bike River Ride. On Fridays, Saturdays and Sundays at 1 p.m., enjoy a three-hour bike tour along the Mount Vernon Trail, into DC and around the tidal basin to see the blossoms up close. Runs March 22-April 13. \$40/person age 13 and older. Visit www.bikethestates.com/tours for reservations.

Cherry Blossom Boat Tour. Departing Saturdays and Sundays at 11:30 a.m., 1:30 p.m., 3:30 p.m. or 5:30 p.m. at Cameron and Union Streets. Take a boat cruise and view the blossoms along the river. Runs March 29-April 13. \$26/adult; \$14/child age 2-11. Visit www.potomacriverboatco.com/blossoms2014.php to register.

THURSDAY/MARCH 6

Children's Concert. 7:30 pm. at Northern Virginia Community College, Rachel M. Schlesinger Concert Hall and Arts Center, 3001 N. Beauregard St. The NOVA Alexandria Band and the John Adams Elementary Orff Ensemble will perform a variety of selections. Free. 703-845-6252 or e-mail leckstein@nvcc.edu for more.

Music Performance. 8 p.m. at The

Supporting Boys & Girls Clubs

Boys & Girls Clubs of Greater Washington's Fairfax County Region will hold its inaugural Casino Night fundraiser March 7, 6:30-11:30 p.m. at The Ritz-Carlton, Tyson's Corner, 1700 Tysons Blvd., McLean. The Fairfax Regional Board will bring a bit of friendly Vegas-like fun to support the programming for the region's two Clubs.

To purchase tickets for Casino Night and for more about Fairfax Region of Boys & Girls Clubs of Greater Washington visit: www.bgcgw.org/fairfax/casino-night. The evening includes Ritz-Carlton dinner buffet, open bar, casino games, raffle, dancing, DJ and more, for \$95 a person or \$175 per couple. Special overnight room rate of \$119 available.

ENTERTAINMENT

Lyceum, 201 S. Washington St. The United States Air Force Band will perform music for the jazz quartet. Free. Visit www.usafband.af.mil or 202-767-5658.

THURSDAY-SUNDAY/MARCH 6-9

Ikebana Show. The Art League Gallery in the Torpedo Factory, 105 N. Union St., will be host to The Sogestu School, which promotes Ikebana, the art of Japanese flower arranging. Sogetsu members have selected works of art by Art League and Torpedo Factory artists to inspire and complete their harmonious installations. There will be a reception from 6-9 on March 6, performances on March 8 at 2 p.m. and flower arranging demonstration on March 9 at 2 p.m. Free. Visit www.theartleague.org or 703-683-1780.

FRIDAY/MARCH 7

Reception. Meet some of the artists of "Portraits of Pop Culture" from 7-10 p.m. at Del Ray Artisans, 2704 Mount Vernon Ave. Come see artists' interpretation of pop culture, featuring compelling cartoons, lampoons and caricatures of celebrities, politicians, pundits and other pop figures. Show runs March 7-30. Visit www.thedelrayartisans.org for more.

Theater Performance. 7:30 p.m. at St. Stephen's & St. Agnes School, Chapel/Performing Arts Center, 1000 St. Stephen's Road. See a production of "Once Upon a Mattress." \$5/person. Visit www.sssas.org/arts or 703-212-2950.

Casino Night Fundraiser. 6:30-11:30 p.m. at Ritz-Carlton, Tysons

Corner, 1700 Tysons Blvd., McLean. The Boys & Girls Clubs of Greater Washington's Fairfax County Region will hold live and silent auctions, dinner, casino-like games, dancing and more. \$95/person; \$175/couple. To purchase tickets for Casino Night and for more about Fairfax Region of Boys & Girls Clubs of Greater Washington visit: www.bgcgw.org/fairfax/casino-night.

SATURDAY/MARCH 8

Celebration. 10 a.m.-1 p.m. at Christ Church, 118 N. Washington St. Celebrate women and their achievements in the entrepreneurial world. Enjoy stories, art, homemade Egyptian food and more. \$12/person. RSVP by calling 571-312-4781.

Swordsmen's Rendezvous. Noon-4 p.m. at Gadsby's Tavern, 138 N. Royal St. Enjoy a re-enactment of 18th-century swordplay, displays, discussions and more. Includes audience participation. \$6/person. Reservations required, shop.alexandriava.gov or 703-746-4242.

Music Performance. Alexandria resident Marquita Renee Ntim will perform from noon-3 p.m. at the John 3:16 Christian Bookstore, 7953 Annapolis Road, Lanham, Md. Free. Visit www.tatemusicgroup.com/epk/?id=14752 for more.

"A Talent of Women" Arts & Crafts Show. 2-5 p.m. at 1451 Belle Haven Road, #420. Browse crafts, photography, art, jewelry and more. Free. Complimentary wine and hors d'oeuvres.

Symphony Ball and Auction. 6 p.m. at the Westin Hotel, 400 Courthouse Square. The Symphony Orchestra League of Alexandria is celebrating 70 years with an auction, food,

dancing and more. \$200/person. E-mail Anna Russi for tickets at annarussi@live.com.

Music Performance. 7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. Country/folk singer Kate Campbell will perform with Jeep Rosenberg. \$18/general; \$15/advance. Visit www.focusmusic.org.

Music Performance. 7-9 p.m. at The Lyceum, 201 S. Washington St. Adolphe Sax Bicentennial Concert. \$17/advance; \$20/door. Visit classicalsaxophonist.com or 703-244-3710.

Spring Modern Dance Concert. 7 p.m. at The Athenaeum, 201 Prince St. The concert will feature works in progress by Choreographers Collaboration Project. \$10/adult; \$5/child age 12-17; free/child under 12. Visit www.ccpdance.org for more.

Theater Performance. 7:30 p.m. at St. Stephen's & St. Agnes School, Chapel/Performing Arts Center, 1000 St. Stephen's Road. See a production of "Once Upon a Mattress." \$5/person. Visit www.sssas.org/arts or 703-212-2950.

Fundraising Gala. 8 p.m. at Convergence, 1801 N. Quaker Lane. Alexandria Choral Society will perform Dvorak's Mass in D Major in its original version for choir, soli, and organ. A reception and silent auction will follow. \$25/adult; \$15/senior, military; \$10/student. Youth age 13 and under are free. Visit www.alexandriachoralsociety.org.

International Women's Day. Ten Thousand Villages, 915 King St., will honor women by donating 15 percent of proceeds to the City of Alexandria's Women's Initiatives and their programs to prevent domestic violence. Visit www.alexandria.ten-thousandvillages.com or 703-684-1435.



"Ella" cast members Roz White, Freda Payne and Wynonna Smith with Julian Bond after Saturday's performance.

'Ella Fitzgerald: First Lady of Song'

Julian Bond, former chairman of the NAACP, and his wife Pamela attended "Ella Fitzgerald: First Lady of Song" Saturday, March 1. The show is in its final two weeks. Shows are selling out, and cannot be extended because Freda Payne will head to London for her next engagement. There are a few tickets left for select performances. Call the theatre box office at 703-548-9044.

SUNDAY/MARCH 9

Talk. 2 p.m. at Mount Vernon Estate. A symposium will discuss "Women with a View," about three women who

were instrumental in preserving Mount Vernon. \$30 includes a tour of the View and Mount Vernon and reception. Visit www.mountvernon.org/womenwithaview to register.

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ENTERTAINMENT

Still Life Techniques. 2 p.m. at The Athenaeum, 201 Prince St. Children age 8 and older can learn basic still life painting techniques. Free. RSVP to admin@nvfaa.org.

Winter Warmer Tea. 3-4:30 p.m. at Gadsby's Tavern, 138 N. Royal St. Eat period-inspired delicacies while enjoying tea and American Heritage Chocolate. A historic guest will be visiting. \$35/person and is all inclusive. Reservations required, shop.alexandriava.gov or 703-746-4242.

Show and Auction. 5 p.m. at MetroStage, 1201 N. Royal St. Enjoy "Ella! First Lady of Song" with the Parent Leadership Training Institute of Alexandria. There will also be a dinner buffet and silent auction. \$75/person. Visit www.plti-alex.org/ella.html for information.

Choral Evensong. 7 p.m. at St. Paul's Episcopal Church, 228 S. Pitt St. Grant Hellmers, organist-choirmaster of St. Paul's Episcopal Church, will direct the adult choir in a choral lenten evensong. This will be preceded by mezzo soprano Barbara Hollinshead and lutenist Howard Bass performing devotional songs by 16th century English composer John Dowland. Free, with donations going to St. Paul's Lazarus Ministry. A reception will follow. Contact Grant Hellmers at 703-549-3312 or e-mail grant@stpaulsalexandria.com.

Buy Cookies. During store hours, Together We Bake will set-up a pop-up store and sell cookies at Ten Thousand Villages, 915 King St. Together We Bake is a workforce training and personal development program for women in need of a second chance, run in collaboration with Friends of Guest House, a transitional housing program in Alexandria. Together We Bake is



Barbara Hollinshead and Howard Bass

'Early Music' at St. Paul's Old Town

Barbara Hollinshead, mezzo soprano, and Howard Bass, lutenist, will perform a program of Devotional Songs by 16th century English composer, John Dowland at St. Paul's, at the corner of Duke and Pitt streets, on Sunday, March 9, 7 p.m. The performance is free to the public. It will precede a Lenten Choral Evensong service at St. Paul's Old Town, directed by Grant Hellmers, organist-choirmaster. Evensong is an evening service with a musical focus in addition to prayers and scripture reading, and it may be with or without a sermon. Free-will donations will go to St. Paul's Lazarus Ministry which provides hope and help to people in crisis. A reception will follow the evensong.

centered around a micro-baking business. Visit www.alexandria.ten-thousandvillages.com or 703-684-1435.

MONDAY/MARCH 10

Music Performance. 7:30 p.m. at Westminster Presbyterian Church, 2701 Cameron Mills Road. the Duke University Chorale will perform a free concert. 703-549-4766.

Poetry Reading. 8 p.m. at at Duncan Library, 2501 Commonwealth Ave. Del Ray resident Jodi Hollander will read selections from her collection of poetry published under the title, "The Humane Society." Copies of the book will be available for sale at the Library. Free, open to the public. Visit www.alexandria.lib.va.us or call 703-746-1705.

THURSDAY/MARCH 13

Toast to Fashion. 6:30-10 p.m. at Belle Haven Country Club, 6023 Fort Hunt Road. Hosted by the Junior Friends of the Campagna Center, the event features a fashion show, marketplace, raffle, cocktail reception. All the proceeds will benefit programs operated by the center. \$55/advance or \$65/door. Visit www.campagnacenter.org.

Opening Reception. 6:30-8 p.m., meet the photographer of "The Cocoon Series" E.E. McCollum, in the Art League Gallery at the Torpedo Factory, 105 N. Union St. Through a series of black and white photographs, McCollum transforms the human figure by using nylon tubing to encase the body. Free. Visit www.theartleague.org or 703-683-1780.

Music Performance. 8 p.m. at The Lyceum, 201 S. Washington St. The United States Air Force Band will perform music for mixed chamber wind ensembles. Free. Visit www.usafband.af.mil or 202-767-5658.

FRIDAY/MARCH 14

Art Party. 7-10 p.m. in Target Gallery at Torpedo Factory, 105 N. Union St. Meet the artists who created panels, enjoy prizes, food, wing-off competition and more. Panels will cost \$100 at the event, with proceeds benefiting March of Dimes and the Target Gallery's outreach programming. \$15/advance or \$20/door. Visit www.torpedofactory.org.

Performance. 7 p.m. at Convergence, 1801 N. Quaker Lane. The Singers' Theater of Washington presents "Suor Angelica," a one-act opera from Giacomo Puccini's "Il Trittico." \$20/general; \$15/student, senior, group. Visit www.singerstheater.com for tickets.

Music Performance. 8 p.m. at The Old Town Theater, 815 1/2 King St. Patty Reese Band will perform. Visit www.theoldtowntheater.com for tickets.

SATURDAY/MARCH 15

Touch-a-Truck Event. 10 a.m.-4 p.m. at Walt Whitman Middle School, 2500 Parkers Lane. Children can explore, climb and press buttons on trucks of all sizes. \$5/person older than 2 years of age. Visit www.forthuntpreschool.com/events.html for more.

Vegetable Gardening 101. 10 a.m.-1 p.m. at Burke Branch Library, 4701 Seminary Road. Horticultural agent Kirsten Buhls, assisted by Master

Gardeners of Arlington/Alexandria, will discuss the basics of vegetable gardening including seed starting, soil preparation and when and where to plant. Free. Registration is requested, e-mail mgarlalex@gmail.com or 703-228-6414.

Children's Program. 11 a.m. at the Old Town Theater, 815 1/2 King St. "Dezmo & the Secret Power of Knowledge." There will be music, dancing, audience participation and more. Visit www.theoldtowntheater.com for more.

Country-Western Dance. 7:30-10 p.m. at Lincolnia Senior Center, 4710 N. Chambliss St. Lessons begin at 6:30 p.m. Couples and singles welcome. \$10/member; \$12nonmember; \$5/child under 18. Bring your own refreshments. Visit www.nvcwda.org or 703-860-4941.

SUNDAY/MARCH 16

Special Tours and Demonstrations. 1-4 p.m. at Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. Discover items from poison bottles to dragon's blood and find out how they were used and if they worked. There will also be demonstrations. Recommended for children in 3rd grade and older. \$6/person. Reservations recommended. Visit shop.alexandriava.gov or 703-746-3852.

Music. 2 p.m. at The Athenaeum, 201 Prince St. Cynthia Marie will perform. Free. Visit www.nvfaa.org.

Music Performance. 4 p.m. at Beverley Hills Community UM Church, 3512 Old Dominion Blvd. The folk duo Simple Gifts will perform. All ages. Free. Visit

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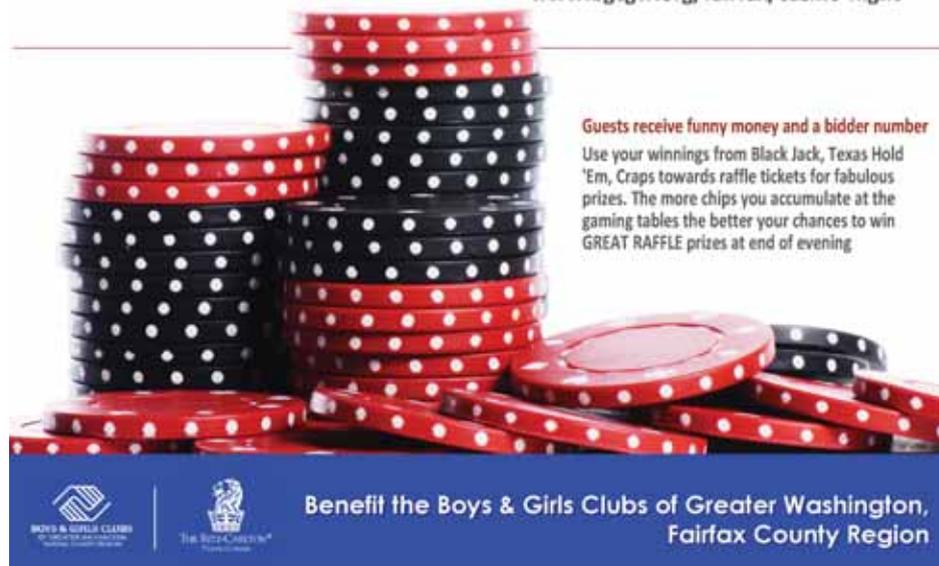
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ENTERTAINMENT

www.bhccmc.org for more.

Dance Performance. 4:30 p.m. at The Athenaeum, 201 Prince St. Jane Franklin Dance will perform "Mouse in House," adapted from the book "The Mouse of Amherst" by Elizabeth Spiers. \$12/adult; \$10/child. Visit www.janefranklin.com for tickets.

Music Performance. 7 p.m. at Episcopal Church of the Resurrection, 2280 N. Beauregard St. Folk duo Mustard's Retreat will perform with Kipyn Martin. \$18/general; \$15/advance. Visit www.focusmusic.org or 703-380-3151.

TUESDAY/MARCH 18

Music Performance. Don Williams will perform at the Birchmere Music Hall, 3701 Mount Vernon Ave. \$59.50/person. Visit www.birchmere.com for tickets.

WEDNESDAY/MARCH 19

Music Performance. The Marshall Tucker Band will perform at 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Visit www.birchmere.com or call 703-549-7500 for tickets.

Talk. 7:30 p.m. at the Lloyd House, 220 N. Washington St. Wanda S. Dowell will discuss the daily lives of women in Union-occupied Alexandria during the Civil War. Free. 703-746-4554.

THURSDAY/MARCH 20

Reception. 6 p.m. at Patent & Trademark Office, 600 Dulany St. "Meet the Legends" reception. \$45/door. Register at meet-the-legends.eventbrite.com.

Music Performance. 8 p.m. at The Lyceum, 201 S. Washington St. The

Toast to Fashion

The Junior Friends of The Campagna Center presents the 15th Annual Toast to Fashion on Thursday, March 13, 6:30-10 p.m. at Belle Haven Country Club, 6023 Fort Hunt Road. This annual event combines a fashion show, marketplace, raffle, and cocktail reception. For the fourth year, ABC-7/WJLA and NewsChannel 8's Britt McHenry will serve as emcee. Proceeds from this event help support programs of The Campagna Center. For nearly 70 years, The Campagna Center has been committed to fostering a dedication to learning for Alexandria's children and families. Through effective and visionary leadership, the Center has responded to the changing needs of the community with quality programming and services. Visit www.campagnacenter.org/events/toast-fashion. Advance tickets are \$55 online through March 7 or \$65 at the door.

United States Air Force Band will play music for the String Quartet. Free. Visit www.usafband.af.mil or 202-767-5658.

FRIDAY/MARCH 21

Community Dance. 7:30-9:30 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Enjoy music by the Mount Vernon Swing Band. \$4. 703-765-4573 TTY: 711.

Theater Performance. 7:30 p.m. at Bryant High School, 2709 Popkins Lane. See "Once Upon a Mattress." \$12. Visit mvctt.org for more.

SATURDAY/MARCH 22

Bus Tour on the Civil War Defenses of Washington. 8:30 a.m.-5 p.m., meet at Fort Ward, 4301 W. Braddock Road. The itinerary includes Forts Reno, DeRussy and Totten, and highlights Fort Stevens and Battleground National Cemetery. Pre-registration required, \$85/members of the Friends of Fort Ward;

\$100/non-member. Call the Museum at 703-746-4848 to register.

Reptiles Alive! Noon at the Old Town Theater, 815 1/2 King St. See snakes, crocodiles and more. Fun for the family. Visit www.theoldtowntheater.com for tickets and more.

Theater Performance. 6:30 p.m. See "The Foreigner" at Lee Center, 1108 Jefferson St. Proceeds benefit Empowers, Inc., an after-school program for at-risk children and youth of the area. Appropriate for children age 11 and older. \$12/online. Increased cost at the door. Buy tickets at showtix4u.com or 703-855-4444.

Cheesetopia Event. 2-5 p.m. at Balducci's Food Lover's Market, 600 Franklin St. Taste gourmet cheeses, enjoy demos, meet renowned tastemakers, a raffle and more. Free. Visit www.balduccis.com.

Theater Performance. 7:30 p.m. at Bryant High School, 2709 Popkins Lane. See "Once Upon a Mattress." \$12. Visit mvctt.org for more.

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Children's Liturgy of the Word);
10:30 am; 12:00 Noon; 2:00 pm
(en Español); 6:30 pm

**Weekday
& Saturday**
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Friday, Mass followed by
Eucharistic Adoration)
Thursday & First Friday
of the Month:
7:30 pm Mass en Español

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Mar 13, 5:30-7:00 pm @ Good Shepherd Housing

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Draft Dyke Marsh Restoration Plan Available for Comment

FROM PAGE 1

can be what's called a natural defense, which helps buffer against storms, and reduces the likelihood of flooding, because wetlands act as natural sponges. They can soak up a lot of floodwaters. Therefore, a restored marsh can do a better job with that," Booth said

Booth said the plan is well-thought out scientifically, pointing to the U.S. Geological Survey Study released in 2010 that demonstrated the severe erosion occurring in the marsh.

"Wetlands also are natural filters of pollutants," Booth said. "We know the Potomac River and Fairfax county streams are in very bad shape, so it would be helpful in that regard. We believe that this plan is very well thought out scientifically and has a strong scientific base."

Ned Stone, vice president of Friends of Dyke Marsh, has noticed the erosion at the marsh. Stone often kayaks at Dyke Marsh.

"One of the things that I am very well aware of, having been out there since I retired in the last six years or so, going up and down the shores, is that the shores are going back. They are retreating at an enormous rate. It's just appalling to see how they are going back," Stone said. "We constantly see shorelines, some of which are fairly solid gravel, but many of which are muck, just being washed gradually away and everything going gradually back," Stone said. "I've seen it with my own eyes."

Friends of Dyke Marsh has been pushing to get some sort of restoration to take place for a while, Stone said.

"We're somewhat ecstatic, somewhat anxious, as to whether this can actually be pulled off," Stone said. "It looks like we simply need to move ahead in linear time. I don't see the park service changing very much on the basis of present comments," Stone said.

The plan is available for comment at <http://parkplanning.nps.gov/projectHome.cfm?projectID=20293>. NPS is expected to prepare and release the final plan in Summer/Fall 2014.



Ryan Stewart and Andrea Reese of the Northern Virginia Conservation Trust read a sign explaining the draft Dyke Marsh Restoration Plan and Long-Term Management Plan/ Environmental Impact Statement at a public meeting on Feb. 26



National Park Service Ranger Miguel Robertson shows Belle View Elementary School students a beaver pelt. Beavers make their home in Dyke Marsh.



Rob Young admires sailboats from the Dyke Marsh pathway.

PHOTOS BY
SALLY B. MACKLIN
THE GAZETTE

Upcoming Friends of Dyke Marsh events:

- ❖ Spring Cleanup, April 5
- ❖ Spring Walk, April 19
- ❖ Earth Day, Raptor Rapture, April 26



PHOTO BY GLENDA BOOTH

National Park Service Ranger Miguel Robertson shows Belle View Elementary School students a beaver pelt. Beavers make their home in Dyke Marsh.



One of the educational signs along the trail at Dyke Marsh.



Everyone's looking for food.



PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

Keeping Family Life Happy

Local experts offer tips for creating harmony.

BY MARILYN CAMPBELL
THE GAZETTE

As Elizabeth Rees drove her daughter and two of her daughter's friends to a library reading group recently, the Alexandria mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this balance as hard as everyone else and am absolutely preaching to myself," said Rees.

EXPERTS SAY living in a competitive area like the Washington, D.C., region can make creating balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

Parents play a critical role in helping children create a healthy balance of work and

play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time from other activities," said Moynihan.

Rees suggests being present and engaged. "So much of life is spent in work and preparation and accomplishments that it's hard sometimes to live in the moment," she said. "Maybe some days the only time you have together is in the car. ... Try to remember to make the most of even those moments."

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University, said "It's also important to find joy in the mundane and to give one's self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn't mean not holding everyone accountable to the family system, which is also critical."

"Parents might consider the importance of quality time versus quantity of time spent together and prioritize what they value most," said Colleen Vesely, Ph.D., an assistant professor of early childhood education

SEE KEEPING FAMILY, PAGE 27

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Students Receive Peace Awards

FROM PAGE 1

working for peace,” said Fischer of the award to Woodson High School senior Jordan Felcorn, who was recognized for his restoration of Woodson’s Students Against Destructive Decisions Club.

Felcorn said he began his involvement with the club after observing bullying at his school, as well as volunteering with Fairfax County Medical Services and responding to calls including on drugs and drunk driving.

“The club works towards trying to prevent teens from making decisions such as drinking and driving, bullying, distracted driving, drug use and abuse, and suicide,” Felcorn said. “Unfortunately, this past week at my high school, W.T. Woodson, we experienced the tragic loss of life of two students.”

Felcorn asked the audience to observe a moment of silence in remembrance of two Woodson students who died the week before.

West Potomac High School senior Pamela Molnar was among the students honored for promoting peace in the community. Molnar helped to start and grow the West Potomac chapter of Best Buddies, an organization that advocates for people with dis-



The Student Peace Awards of Fairfax County on March 2 honored 22 juniors and seniors for their work of promoting peace and removing the causes of war in the community.

abilities. “My mom is a special education teacher, which has inspired me,” Molnar said. “I think the group has had a big impact on the school.”

FOR THE FIRST TIME since the Student Peace Awards began, a school nominated a group of students for the award. The Mountain View Brave Girls Club of

Mountain View High School was recognized for its work of supporting others through making “truth cards,” which provide messages of support and are sent to women throughout the community, including the Bethany House of Northern Virginia, the Cancer Center at Lake Manassas, sex trafficking victims, and Mountain View faculty and students during turbulent times.

2014 Award Recipients

- Malaz Namir**
Junior, Chantilly High School
- Emma Celeste Munis**
Senior, Thomas A. Edison High School
- Andrew Jhu**
Junior, Fairfax High School
- Hamima Nasrin**
Hayfield Secondary School
- John Strangfeld**
Senior, Herndon High School
- Adam Abutaa**
Senior, The Islamic Saudi Academy
- Huong ‘Helen’ Tran**
Langley High School
- Melissa Schwartz**
Senior, Robert E. Lee High School
- Kaylee McGuffin**
Senior, James Madison High School
- Kareem El-Ghazawi**
Senior, George C. Marshall High School
- Brooke Inglese**
Senior, McLean High School
- Nora Elshiekh**
Senior, Mount Vernon High School
- Mountain View Brave Girls Club**
Mountain View High School
- Hannah Piester**
Junior, Oakton High School
- Mary Krollicki**
Senior, Paul VI Catholic High School
- Daniel Bermudez**
Senior, Quander Road School
- Beau Sloane**
Senior, South County High School
- Seema Sethi**
Senior, South Lakes High School
- Anwar Omeish**
Senior, Thomas Jefferson High School for Science and Technology
- Pamela Molnar**
Senior, West Potomac High School
- Elizabeth Maria Hiatt**
Senior, Westfield High School
- Jordan Felcorn**
Senior, W.T. Woodson High School

Higher Tax Rate

FROM PAGE 1

\$330 in property tax assessments due to a recovery in the housing market,” Bulova said.

“When we adopt the budget, the Board of Supervisors will be challenged with funding essential services such as our top-tier school system and keeping taxes affordable for residents.”

A public hearing on the effective tax rate will be held on Tuesday, April 8 at 3 p.m. in the Fairfax County Government Center Board Auditorium.

In addition, public hearings on the proposed FY 2015 Budget, the advertised capital improvement plan (CIP) and the proposed tax rate are Tuesday, April 8, at 6 p.m.; Wednesday, April 9, at 3 p.m.; and Thursday, April 10, at 3 p.m.

Those wishing to speak at a public hearing can sign up online to place their name on the speakers list, or contact the Office of the Clerk to the Board at 703-324-3151, TTY 703-324-3903.

The public hearings will be held in the Board Auditorium, Fairfax County Government Center, and will be televised live on Fairfax County Government Channel 16.

Town hall meetings are being held throughout the county to give residents the opportunity to ask questions and provide input. The Board of Supervisors will hold public hearings April 8, 9, and 10, and will formally adopt a budget on April 29.

For information on public hearings, town halls, and opportunities to participate in the budget process, visit www.fairfaxcounty.gov/dmb. Residents may also provide feedback and comments on the proposed budget through mid-April at dmbinfo@fairfaxcounty.gov.

— VICTORIA ROSS

Braunstein Retiring as CSB Director

FROM PAGE 8

unfortunate Creigh Deeds tragedy gave Braunstein the opportunity to put things in perspective for reporters and the community.

“He was able to remind people that individuals with serious mental illness are far more likely to wind up being victims of violent crime, rather than perpetrators, and to remind people about the importance of putting in place community services that can help people before they reach a crisis stage,” Buescher said. “He was able to put an issue like the importance of having emergency psychiatric hospital beds, which is important, into perspective and remind people that it is not the only solution to our problems with not having sufficient services for people with mental illness.”

According to Jane Woods, a board member of the Fairfax-Falls Church Community Services Board, Braunstein has worked tirelessly with staff on transforming the mindset of the agency and making the client the center of services.

“The essence of the changes we’ve done in Fairfax in the last five years is creating an environment that supports getting people who are homeless into housing, providing a wrap-around service for those people, providing more job training, and providing more integrated health care, so that people who haven’t been to a primary care doctor for years can get primary care services,” Braunstein said.

Braunstein’s most satisfying experience at CSB has been working with what he describes as dedicated, skilled and caring staff and providers.

“The Fairfax providers are so skilled and so effective. They deal with some of the most challenging situations because of where we are in the greater D.C. area. We have a lot of folks with very complex problems, a combination of urban and suburban issues, and the staff is just fantastic to work with, both in administration and the service delivery areas,” he said.

According to Braunstein, government officials like Chairman Sharon Bulova understand the need for local funding for mental health services.

“Not all local government officials get it. This is really unique here. Even compared to some other surrounding localities, Fairfax for the most part gets what is important about serving these very vulnerable people,” Braunstein said. “It’s really rare for someone in the public sector to find local government officials who understand.”

Bulova presented Braunstein with a proclamation honoring his contributions to the CSB, and declared Feb. 27, 2014 to be George Braunstein day in Fairfax County.

According to Bulova’s proclamation, Braunstein “has steered the CSB through a major organizational transformation, pioneered nationally recognized best practices throughout the service system, and advocated with courage, skill and tenacity for services to meet the needs

of the most vulnerable people in our community.”

Braunstein said a frustrating part of working in the mental health field has been challenging the idea that problems such as drug and alcohol addiction are a weakness of character.

“Probably the most difficult part of working in the mental health field is that it has taken an awful long time even making short strides so that people understand the legitimacy of the services that we do, and see it as equally valid as any other services in the health care field,” he said.

Mary Ann Bergeron, the executive director of the Virginia Association of Community Services Board, said Braunstein has been a great leader ever since moving to Virginia in 2000.

“He is a master at taking very complex issues, and being able to identify solutions to an issue,” Bergeron said. “He’s been a wonderful source of inspiration.”

Braunstein’s colleagues say his leadership and guidance will be missed.

“George was at the helm of the CSB’s transformation from a siloed system that offered specific services for certain diagnoses into an integrated system based upon the level of care he or she needs, with a focus on helping all individuals gain access to cross-cutting services such as primary care, housing, employment and peer supports,” said Jeannie Cummins, investment and development manager at the CSB.

SCHOOLS



PHOTOS CONTRIBUTED

Visiting experts came from West Potomac High School and the Geological Society of America. WPHS science teachers Kathy Bowdring and Steve Rezendez accompanied a group of WPHS advanced academic science students to Stratford Landing Elementary School.

Storck Sets Community Office Hours

Dan Storck, Mount Vernon District School Board Member for Fairfax County Public Schools will host community office hours at the Sherwood Regional Library, Conference Room 3, on Saturday, March 8, from 12:30-2:30 p.m. Members of the community are invited to stop by to ask questions or to discuss concerns, no appointment necessary. Those with questions about the community office hours should contact Storck at Dan.Storck@fcps.edu or his assistant, Mary Ellen Hook at mehoo@fcps.edu.

Stratford Landing Hosts Annual Science and Engineering Fair

Stratford Landing Elementary School students presented 304 projects at the annual Science and Engineering Fair on Tuesday, Feb. 25. Students displayed and explained their investigations to 25 visiting experts from West Potomac High School and the Geological Society of America.

All of the visiting experts engage in teaching and studying advanced biology, chemistry, geology, and physics. In addition, visiting demonstrators presented hands-on activities for the SLES students. Under the Sea presented a live touch tank and ocean artifacts.

WPHS Electronics I students displayed their agile, wrestling, Lego NXT Mindstorm robots. WPHS AP Environmental Science students created a tornado in a box. The PTA



Students talk with Dr. Jessica Ball.

provided the financial support for the event, including t-shirts for all of the participants featuring a student-created design.

Under the Sea provided a live touch tank and ocean artifacts.



WPHS Students Named To All District Honor Bands

The following West Potomac High School students successfully auditioned into the All District Honor Bands:

All District Symphonic Band

Juliana Sprague, Sami Al-Saadawi*, Sean Franklin, Connor Hayes, Grace Callahan, Maxwell Jenkins, Zoe Mann, Alexandra Burgard, Alex Richwine, Lucas Makinen, Jake Tupitza, Tom Kanuch, David Joo, Nathan Pho*, Susan Chatfield, Jake Raman, and Jarod Worden

All District Wind Ensemble

Kiersten Jenne*, Erika Larsen*, Rachel Wiley, Rene Bundy, Pablo O'Connell*, Mia Genuario, Jennifer Fiedler, Lillian Michaud, Kruti Shah, Pam Molnar, Karly Clayton*, Patrick Rhoads*, Cambry Cohen, Alexandra Woodbury, Kendell Haywood*, and Philip Drembus

* denotes first chair.



PHOTO CONTRIBUTED

At Science Olympiad

The Carl Sandburg Middle School Science Olympiad team participated in the regional competition in Charlottesville on Saturday, Feb. 22. The two teams that participated placed 5th overall in the middle school division. The teams also took home awards in the following categories: Anatomy, boomilever, experimental design, heredity, mystery architecture, rocks and minerals, rotor egg drop, sounds of music, and wheeled vehicles. In the event Shock Value, Carl Sandburg placed second in their division. The team will be moving onto the state competition later this month. Above are 8th grader Brain Trigg (left), 7th grade Life Science teacher Samantha Wilson, and 7th grader Austin Houck.



PHOTO CONTRIBUTED

Learning about State Government

Del. Scott Surovell hosted the fourth annual Amundson Institute — named after its founder former Del. Kris Amundson which offers student leaders in the 44th District the opportunity to learn about state government first hand. The group included Regine Victoria, junior at Mount Vernon High School; Colleen Grady, senior at West Potomac High School; Dorothy Bowerfind, junior at West Potomac High School; Nia White, junior at West Potomac High School, and Carla Castro Claire, senior at Edison High School. The students visited with two cabinet members: Secretary of Public Safety Brian Moran and the Secretary of the Commonwealth Levar Stoney. They also met with state Sen. Linda "Toddy" Puller and state Sen. Adam Ebbin along with Amundson and former Del. Chris Saxman, and a number of government relations professionals. Above, from left are: Carla Castro Claire, Jane O'Hara, Colleen Grady, former Del. Kris Amundson, Regine Victoria, Del. Scott Surovell, Nia White, Dorothy Bowerfind, and former Del. Chris Saxman.

Mount Vernon Girls' Basketball Qualifies for States

Majors finished 5A North region runner-up to Edison.

BY JON ROETMAN
THE GAZETTE

The Mount Vernon girls' basketball team qualified for the state tournament with a 56-47 win over Potomac on Feb. 27 in the 5A North region semifinals. Two nights later, the Majors faced Edison in the region championship game. It was the fourth meeting between the schools this season and for the fourth time, Edison came out on top.

Now, Mount Vernon is working toward one more chance to knock off the Eagles.

Mount Vernon will travel for its state semifinal contest this week, but as of Tuesday night, the Majors were unsure of when, where and who they would play. Inclement weather pushed the 5A South region championship game back to Wednesday. The Majors will face the winner of Princess Anne and Highland Springs. The game will be held March 7 or 8 at either VCU or Old Dominion, with time to be announced.

The loser of Princess Anne-Highland Springs will face Edison in the other semifinal matchup at 1:45 p.m. on March 8 at Robinson Secondary School.

Mount Vernon's state tournament berth is believed to be its first in more than a decade. The Majors have had talented teams in recent years, but they fell short in the region tournament.

"It definitely feels good," Mount Vernon head coach Courtney Coffey said. "At the same time, we know that we didn't play our best the other night, but we took care of business when we needed to ... to play in



Mount Vernon's Elisa Solomon (5) and Chanel Shannon swarm a Wakefield player while Mount Vernon head coach Courtney Coffey watches from the sideline during the teams' regular-season finale on Feb. 15.

the state final four. ... [We're] definitely happy to be here but we're not satisfied."

Mount Vernon won three straight games in the region tournament to qualify for states. The Majors defeated Tuscarora 69-46 in the opening round on Feb. 24, beat Albemarle 88-65 in the quarterfinals on Feb. 25 and knocked off Potomac in the semifinals. If Mount Vernon can win one more, the Majors could face Edison for a fifth time in the state championship game.

The Majors lost to the Eagles twice during the regular season (62-39 on Jan. 10 and 59-54 on Feb. 4), fell short in the Conference 13 championship game (59-43 on Feb. 21) and lost in the region final (65-47 on March 1). Coffey said most of the games were close entering the fourth quarter.

"We just haven't played well against that team," Coffey said.

Coffey said the Majors have less talent than other Mount Vernon squads, but have become a better team. Unlike past seasons, where Mount Vernon dominated much of



Mount Vernon senior Samantha Porter earned first-team all-region honors this season.

PHOTOS BY
CRAIG STERBUTZEL
THE GAZETTE

its competition and ended up peaking too early, this year's group has taken some lumps along the way, which has helped keep the Majors focused.

Mount Vernon opened the season with a 60-32 loss at Centreville. The Majors lost to a strong Eleanor Roosevelt team in a holiday tournament final and fell short against Edison four times. However, Mount Vernon continued to bounce back and has

a 22-6 record. "For me, it's an incredible thing that these kids are doing," Coffey said. "... I'm extremely proud of these kids and what they've accomplished. The sky is the limit ... moving forward. ... This team has peaked at the right time."

Senior post Samantha Porter earned first-team all-region honors for Mount Vernon. Senior point guard DJ Jean-Pierre was named second-team all-region.



PHOTO CONTRIBUTED

Bound for Polar Bear Regatta

The Mount Vernon crew team will open the 2014 season at the Polar Bear Regatta on March 22 at Sandy Run Regional Park.

Named to All-Virginia Band

The following West Potomac High School students were selected for the 2014 All-Vir-

ginia Band, from left, Patrick Rhoads, alto saxophone; Kendell Haywood, percussion, and Erika Larsen, flute. These students auditioned for the 2014 All-Virginia Band at James Madison University, in Harrisonburg, on Feb. 22. The band will meet in Blacksburg, April 3 - 5, and will perform a concert at the Moss Arts Center at Virginia Tech on the final day of rehearsal, April 5. The following WPHS students also auditioned for the 2014 All-Virginia Band: Kiersten Jenne (piccolo), Rene Bundy (flute), Rachel Wiley (flute), Mia Genuario (clarinet), Jenny Fiedler (clarinet), Lilly Michaud (clarinet), Pablo O'Connell (oboe, English horn) and Sami Al Sadaawi (bassoon).



PHOTO CONTRIBUTED

NEWS



Shirley Marshall (right), UCM executive director, accepts a check from The Friends of UCM, host of the 22nd annual Capitol Steps performance benefiting UCM in January. Representing The Friends of UCM are (from left) event co-chairs Janice Surovell and Priscilla Flattery, along with Sandy Doyle. More than \$66,500 was raised at the event.

Capitol Steps Raises Funds for UCM

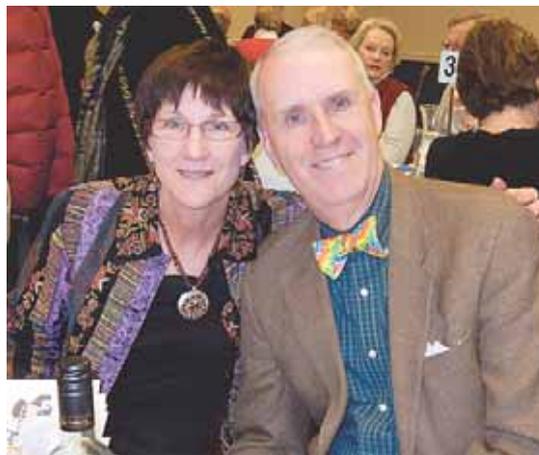
Benefit yields more than \$66,500.

The Friends of UCM hosted a sold-out crowd at Knights of Columbus Hall in Alexandria for the 22nd annual Capitol Steps Benefit for UCM on Jan. 26. The event raised more than \$66,500 for UCM to help impoverished families and individuals in the community.

The presenting sponsor was Doug and Eileen Kennett. Other event sponsors included Anniversary Partners: Fairfax County Professional Firefighters & Paramedics I.A.F.F. Local 2068, Gigi Hyland and Chris Revere, Information Technology Solutions & Consulting, LLC (ITSC), and Elaine Kolish and David FitzGerald — as well as founder sponsor Drs. James and Melissa Thiel.

The full list of sponsors is available at the UCM website at www.ucmagency.org.

UCM is celebrating its 45th anniversary of service to the community in 2014. The Friends of UCM are hosting the 45th Anniversary Spring Gala on Saturday, March 29, at the Madison Atrium, U.S. Patent and Trademark Office, in Old Town Alexandria. The event includes cocktails, silent and live auction, a



PHOTOS CONTRIBUTED

Friend of UCM Suzy Coffey and husband Jack of Alexandria enjoy the sold-out benefit show at Knights of Columbus Hall.

raffle for a resort vacation, dinner, and dancing with Tower House. Tickets can be purchased online via www.ucmagency.org and event sponsorships — ranging from \$500 to \$10,000 — are available. For more information about sponsoring the Gala, contact UCM Development and Communications Director Christine Lucas at christine.lucas@ucmagency.org.

BULLETIN BOARD

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

TAX HELP

AARP Tax-Aide, the nation's largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Please bring Government-issued picture IDs, and social security cards for all persons that will be included in your tax return. Also bring a printed copy of last year's tax return, if you itemized. Located at Sherwood Library, 2501 Sherwood Hall Lane, Mondays-Saturdays from 10:15 a.m.-2 p.m. and Mondays-Thursdays from 5-8 p.m. Walk-ins welcome. Visit www.aarp.org/taxaide.

THURSDAY/MARCH 6

Business Lunch and Discussion. 11:30 a.m.-1:30 p.m. at Springhill Suites, 6065 Richmond Highway. Alexandra Piotrowski will discuss "Affordable Care Act and Small Business: From Payments to Tax Credits." \$10/advance; \$20/door. Lunch will be provided by Roy

Rogers Restaurants. To register visit www.MtVernon-LeeChamber.org or call 703-360-6925.

SATURDAY/MARCH 8

Journey into Sound Healing. Triz Remedios a master musician will lead three "Sound Healing Circle" workshops at Mount Vernon Unitarian Church, 1909 Windmill Lane. The workshops are: Yoga and Sound, 2-3:30 p.m., \$30; Intro to Sound Healing, 4-5:30 p.m., \$50; and Sound Healing Circle, 7:30-10:30 p.m., \$50. Register by March 5. Contact Jeneen Piccuiro, 202-288-2370, info@zalya.com or visit www.studiointhewoods.com.

THURSDAY/MARCH 13

Talk. 10 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Ed Raduazo will talk about different types of mushrooms and how to grow them at home. Free. 703-765-4573.

Tax Relief Program. 10 a.m.-1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Seniors 65 and older and citizens who are permanently and totally disabled may be able to reduce their Fairfax County real estate and personal property taxes. Applicants must meet certain income and asset eligibility requirements. Free, open to the public. Registration required, call

703-765-4573.

Information Program. 11 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Fairfax County Police crime prevention officer Greg Kotteman will present a program on senior scams and frauds. Free. 703-324-4600.

FRIDAY/MARCH 14

Speaker Series. 8:30 a.m. at SpringHill Suites, 6065 Richmond Highway. "Creating Business Opportunities in Southeast Fairfax" will discuss how to start a business all the way to managing a successful franchise. Free. E-mail info@sfdc.org to RSVP. Visit www.sfdc.org.

SATURDAY/MARCH 15

Reception. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Meet some of the artists displaying their work at the center. Free. 703-765-4573.

MONDAY/MARCH 17

Sober Ride. 4 p.m. Monday-4 a.m. Tuesday Washington Regional Alcohol Program will offers free cab rides (up to a \$30 value) to would-be drunk drivers in the metro-Washington, D.C. area. Call 1-800-200-TAXI (8294). Visit www.soberide.com for more.

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SKILL EVALUATION: MVHS Field (or Woodley Hills ES Gym if bad weather) – SUNDAY, MARCH 9. 1:00-2:00 for coach-pitch, 2:00-3:30 for 12u, and 3:30-5:00 for 18u.

Join the fun! Learn the game! Live the dream!

Special thanks to Mount Vernon Gazette

Happy St. Patrick's Day!

You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.



Charlie, delivered by St. Catrick, is available for adoption

- ♣ Foster Crew Members will answer questions about the most important thing you can do to help.
- ♣ Adoption Center Coordinators will provide information about volunteering at PetSmart centers.
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Can't make it, but still want to help?
Email cats@lostdogrescue.org for more information

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21 Announcements

LEGAL NOTICE
Route 1 Public Meeting on March 26
The Virginia Department of Rail and Public Transportation (DRPT) will host its second public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, March 26 from 6-8 pm. at the South County Government Center, located at 8350 Richmond Highway, Alexandria, VA. The public is invited to participate and learn the latest on this study to improve transit, bicycle, pedestrian and vehicular travel along a 15-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1multimodalaa.com or call 804-786-4440. DRPT is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT's nondiscrimination policies and procedures or to file a complaint, please visit the website at www.drpt.virginia.gov or contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 2102, Richmond, VA 23219.

Legal Notices

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

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21 Announcements

ABC LICENSE
Samurai Hibachi & Sushi Bar, LLC trading as Samurai Hibachi & Sushi Bar, 4603 Duke St. Alexandria, VA 22304.
The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises, Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages.
Kuang Hui Li, owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices.
Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

NOTICE
Auction to be held At Holly Hill Self Storage on March 19, 2014 at 12:00 pm, ph# 703-765-3115 units to be auctioned- 6235,7120,7123,7238,7243.

Seasonal Garden Center Merchandiser
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21 Announcements

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Joseph Francis Dodd (aged 78) of Alexandria, VA passed away on February 19, 2014. Mr. Dodd was born in Alexandria, VA on July 16, 1935. He was the youngest son of 6 boys and one daughter of Joseph Wilford Dodd, Jr. and Effie Victoria Rawlings Dodd of Alexandria, VA. Joe was a graduate of George Washington High School in Alexandria. He spent 10 years with the U.S. Navy, followed by a career with Hahn Shoe Company. He was an avid patron of the Alexandria Public Library. Married to the late Geraldine Brennan Dodd in 1959 by whom he had two sons before they divorced in 1978. He married his second wife, Carol Vodra Dodd, on April 11, 1981 at Christ Church, Alexandria. Joseph lived his entire life, except for his time spent with the Navy, in Alexandria.
He is survived by his wife, Carol Dodd; step-son William W. Vodra II (Stacie) and step granddaughter Courtney Vodra of Laytonsville, MD; his sons from his first marriage Gregory Francis Dodd (Mary) of Colonial Beach; Eric Laren Dodd; 4 grandchildren and 5 great-grandchildren. Joseph was predeceased by five brothers and one sister.
He was cremated at the Everly-Wheatley Funeral Home; a private service will be at a later date. Memorial donations may be made to the Alexandria Library Foundation at 5005 Duke Street, Alexandria 22304-2903.

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21 Announcements

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Keeping Family Life Happy

FROM PAGE 21

and human development and family science at George Mason University. "Be purposeful. Children will likely remember quality time spent with a parent who was fully present than whether the house was perfect or the laundry folded."

Rees encourages stressed parents to give themselves time alone as well. "I am part of a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that's my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a walk in the woods or coffee with a good friend, or an hour at the gym. It's hard to make space for yourself, but it can make a big difference in how you treat the people around you."

When it comes to building a harmonious family life, which elements matter most? "Love, obviously, is essential," said Rees. "But that's a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels."

The willingness to forgive oneself and one's family members is also vital to family harmony. "We all do and say things without thinking all the time with our families," said Rees. "They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges."

Sometimes, says Rees, it's small, often overlooked actions that can have a major impact. "Little things matter so much in family life," she said. "Replacing the soap in the soap dish, or asking someone about their day and really caring about the answer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for."

Leticq said, "With myriad external stressors and pressures on family systems, it is really important that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolu-

tion practices and support their children's positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation and patience."

"Learn and implement effective communication skills," said Rees. "Share what you are feeling with those all-important 'I statements' that we know about but find so hard to use in the heat of the moment. Stop what

we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying 'I love you,' 'I'm sorry,' 'I forgive you,' 'thank you.'"

Manage expectations. "Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners," said Rees. "Remember to step back and think about what really matters and try to place less importance on the rest." Parents are a child's best role models for dealing with setbacks. "Parents must help their children be resilient when goals are not met," said Pfeffer. "Sometimes the best growth can be gained by resilience after a disappointment."

"The most significant obstacles to harmonious family life today are over scheduling and over connectedness. ... The solution is to schedule family time together — without electronic devices to interrupt being present to each other — and to protect this time from other activities."

— Michael Moynihan, head of Upper School, The Heights School

LAUGHTER HELPS A LOT, too. "Try not to take things so seriously and to see the humor

even in the mistakes and the impossible moments," said Rees. Practice gratitude. "Lately, I keep reading about the link between practicing gratitude and feeling happiness. I find it true in my own life," said Rees. "When I consciously look for things to be grateful for, I am much more aware of the moments of love and beauty in my life. So practice gratitude for each member of our families, for the good that we see in them, for the moments that we have with them. When, after a long day, I get to sit down and read a book with my arms around my kids, I try to remember to thank God for that moment. "There really is not one 'right' way to parent a child or engage in family life," said Leticq. "Every parent-child relationship, every family system is unique in terms of what each person brings to the relationship: temperaments, interests, skill-sets, personality traits, personal histories, past familial experience, health issues, etc. ... There is a range of parenting styles, but what seems most important is to do what works best with your child's temperament and what is going to be most supportive and least stressful for the entire family."

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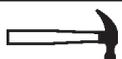
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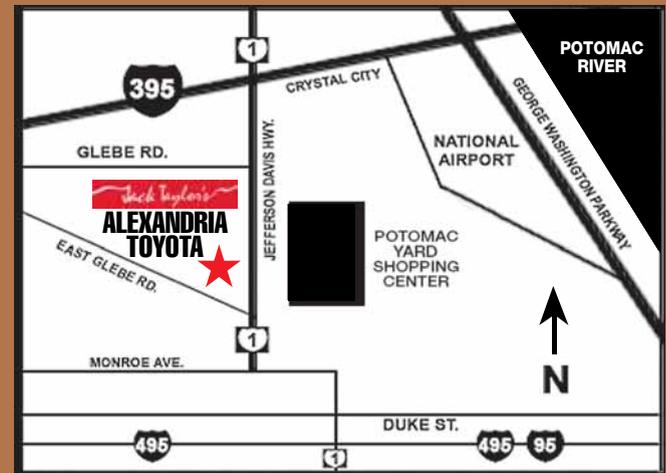
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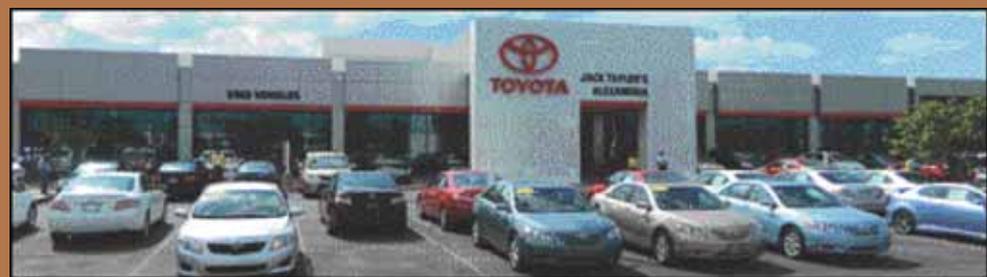
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<p>BRAKE SPECIAL</p> <p>\$99⁹⁵</p> <p>PADS</p> <p>PLUS \$50 VISA GIFT CARD</p> <p>SERVICE PRICE \$99.95 \$50 VISA CARD \$50.00 YOUR COST \$49.95</p> <p>Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.</p> <p>MACHINE ROTORS AN ADDITIONAL \$199.95.</p> <p><small>DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>TRUE START BATTERY SPECIAL</p> <p>\$139⁹⁵</p> <p>INCLUDES BATTERY INSTALLATION</p> <p>Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.</p> <p><small>Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>BUY 3 TIRES AND GET 4TH FOR \$1⁰⁰</p> <p>GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>DETAIL SPECIALS</p> <p>\$39⁹⁵ Wash & Vacuum</p> <p>\$139⁹⁵ Hand wash, wax & interior cleaning</p> <p>\$295⁹⁵ Full premium detail</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>
<p>BREATHE EASY SPECIAL</p> <p>\$59⁹⁵</p> <p>Includes: Replace cabin air filter and inspect Air conditioning system</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>COMPLIMENTARY MULTI-POINT INSPECTION</p> <p>Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>BASIC MINOR SERVICE PERFORMED EVERY 5,000 MILES OR 6 MONTHS WHICHEVER COMES FIRST</p> <p>\$79⁸⁸</p> <p>2003 & NEWER</p> <p>INCLUDES: Replace engine oil, replace engine oil filter, drain plug washer, check & top off fluids(as needed), inspect brake linings/drums & brake pads/discs, rotate best tires to front, clean brakes(if applicable), perform multi-point inspection, & road test vehicle(as needed).</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>HEADLIGHT RESTORATION SPECIAL</p> <p>\$89⁹⁵</p> <p>Plastic lenses can yellow with age, reducing the vehicle's market value. Headlight brightness & the overall safety during nighttime driving. The headlight lens restoration from us allows you to shine and restore headlights to like-new conditions.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>
<p>WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>ROTATE & BALANCE SPECIAL</p> <p>\$49⁹⁵</p> <p>Includes: Rotate and balance all 4 wheels and inspect brakes and tires.</p> <p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p><small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	

Jack Taylor's
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