

Alexandria Gazette Packet



25 CENTS

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SEPTEMBER 4, 2014



PHOTO BY LOUISE KRAFT/GAZETTE PACKET

200 Years Later

Morgan Taylor strolls through the drill field at Waterfront Park on stilts during the Alexandria History Festival commemorating the conclusion of the War of 1812. More photos, pages 20-21.

First Day Of School

New superintendent, five new principals, reorganized middle schools and new elementary school.

BY MICHAEL LEE POPE
GAZETTE PACKET

Tuesday was not just the first day of school for most of the 13,000 students enrolled in Alexandria City Public Schools. It was also the first day of school for new Superintendent Alvin Crawley, who took control of the public-school system back in February. He spent the first day of school visiting all 16 schools, a task that took all day and required braving the withering summertime humidity.

"It was hot," Crawley acknowledged with a chuckle. "But it was a nice day to be out in the schools and to spend the entire day visiting all of our schools and greeting the staff and the students and the parents."

Crawley is not the only new administrator on the scene. Five schools have new principals: John Adams Elementary School, Gero



PHOTO BY LOUISE KRAFT/GAZETTE PACKET

Alexandria Superintendent Dr. Alvin Crawley visits with students at Douglas MacArthur Elementary School on Tuesday morning, Sept. 2.

Mason Elementary School, Jefferson-Houston School, George

SEE FIRST DAY, PAGE 26

West Nile Case Reported

Alexandria resident diagnosed with West Nile viral paralysis.

BY MICHAEL LEE POPE
GAZETTE PACKET

The diagnosis came on Labor Day, a shock for family and friends of an Old Town resident who was diagnosed with West Nile viral paralysis and

West Nile viral encephalitis. Health officials say West Nile virus has been endemic in Northern Virginia since 2001, and more than a dozen confirmed cases have been logged.

"We have a very active surveillance program here in the city and

SEE WEST NILE, PAGE 26

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Light and Heat

This week, members of the Alexandria School Board will be considering a feasibility study for having lights for the fields at T.C. Williams High School, a long-simmering controversy that is about to take center stage this fall. City officials made promises to the community that the high school would not have lights back in the 1960s when the original school was constructed. And those same promises were reiterated when the new school was constructed a decade ago.

But now things have changed.

Mayor **Bill Euille** publicly announced his support for lights at the school when City Council members were considering adding lights to tennis courts along King Street. Since that time, the School Board launched a feasibility study to investigate the issue. Now the study has been completed, and School Board members will consider the issue this week.

"I will not vote for those lights. It's just not fiscally possible right now," said School Board member **Pat Hennig**. "The state has a shortfall, which means we are going to get a cut in state funding. And the city certainly doesn't have it."

Hennig said that she will be looking to see a price tag that includes any legal fees associated with potential challenges to the lights as well as landscaping costs.

"First you come to a conclusion that you want lights, then you find out how to pay for it," said Euille, a graduate of T.C. Williams. "So we don't want to throw the baby out with the bathwater because the private sector can step up and share the cost of this."

New Hire

Now that **Bettina Deynes** has left City Hall to become vice president of human resources for the Society for Human Resources Management, City Manager **Rashad Young** has tapped **Bill Mitchell** as acting director of Human Resources. He'll assume the position Sept. 11.

"Bill has already helped guide many key initiatives to strengthen our workforce and modernize our human resources practices," said Young in a written statement. "I look forward to Bill's continuing leadership while the search for a permanent director is conducted." Mitchell joined the city government in 2011 as assistant director of human resources. In that position, he was responsible for developing a compensation system that maximizes market competitiveness and employee engagement. Before coming to Alexandria, he served for 23 years in Prince George's County, Md., and Montgomery County, Md., followed by 15 years in private consulting.

Chairwoman's Son

School Board Chairwoman **Karen Graf** knows firsthand how administrators at the newly reorganized George Washington Middle School worked to make the first day of school seamless. In addition to changing the organizational structure from two schools to one, leaders at G.W. also opened up the third floor to sixth graders. And then there's new Principal **Jesse Mazur**. So when the students arrived for the first day of classes, administrators were managing a bunch of moving pieces.

One of those pieces was Graf's son.

"Apparently he lost his schedule and they couldn't find him for a while," said Graf. "But they figured it out very quickly, so things seemed to be running very smoothly."

Growing Debt

Servicing the city's growing debt has become an increasing burden for taxpayers. A decade ago, the debt service was about 4.5 percent of the General Fund. Since that time, the percentage has more than doubled. Now city leaders say they are taking steps to make sure the debt does not spiral out of control. City Council members are directing the city manager to preserve the current cash funding level for capital-improvement projects.

"We refused to take the easy alternative of simply increasing the debt to make it through a difficult budget," wrote Councilman **Justin Wilson** in a letter to supporters.

— MICHAEL LEE POPE

News

ALEXANDRIA GAZETTE EDITOR STEVEN MAUREN
703-778-9415 OR GAZETTE@CONNECTIONNEWSPAPERS.COM



PHOTOS BY VERONICA BRUNO/GAZETTE PACKET

From left: Gant Redmon, Mary Lee Anderson, David Baker and Jeanne Jacob with the exhibit award winners Kyras Drasheff, Virgilio Rollamas, Jackquelyn Foster, Michele Frantz, Gloria Spellman, Robert Tsukayama, Alice Kayle and Concetta Scott.

Young at Art Exhibit Marks 28 Years

Artists 55 and older celebrate their work in exhibit sponsored by Senior Services of Alexandria and Goodwin House Foundation.

The juried show, "Young at Art" held its reception at the Durant Center on Wednesday, Aug. 27. Celebrating its 28th annual show, the juried exhibit featured the works of artists from the Washington, D.C. metropolitan area who are 55 or older. More than 200 pieces were submitted and accepted in various artistic mediums by teachers, professionals and amateurs.

First place went to Virgilio Rollamas for his oil painting "Quiet Afternoon," second place to Michele

Frantz for her pastel "Simple Life," and third place awarded to Kyras Drasheff for an acrylic work titled "Heeled." Among the honorable mentions were artists Francesca DiLorenzo, Jackquelyn Foster, Alice Kale, Virgilio Rollamas (winning twice), Concetta Scott, Gloria Spellman and Robert Tsukayama.

Young at Art stays at the Durant Center through Nov. 20. Many of the pieces are also for sale. The Durant Arts Center is located at 1605 Cameron St.

— VERONICA BRUNO



David Baker, board chair of Senior Services of Alexandria and administrator of operations at Goodwin House Alexandria congratulates Virgilio Rollamas, 75, from Oxon Hill, Md., who won first place in the show with his oil painting, "Quiet Afternoon."



Third Place was awarded to "Heeled," an acrylic piece painted by Kyras Drasheff.



Jackquelyn Foster poses in front of her work, "Ouch!" with her honorable mention certificate.



Kyras Drasheff, a third place artist with the exhibit, socializes with her husband John von Senden and Lynnwood Campbell, a Senior Services board member.



Gloria Spellman, of McLean, enjoys seeing her work, a digital photograph titled "Morning Joe" with its honorable mention ribbon.



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NEWS



PHOTO BY LOUISE KRAFT/GAZETTE PACKET

Making Impact on Traffic

Route 1 south was closed Friday, Aug. 29, early afternoon while repairmen work on a downed power line pole at North Henry and First Street.

BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is

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BLOOD DONATION OPPORTUNITIES
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SEE BULLETIN BOARD. PAGE 21

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PEOPLE

Creating New from Old

Artist recycles fabric into pieces of art.

BY SHIRLEY RUHE
GAZETTE PACKET

Jen Athanas picked up her shears and began cutting out the apron pattern that she had designed and laid out, one of many things she creates with recycled materials. This fabric was brand new, but someone wasn't going to use it so it got a new life. She has been at Studio 320 in the Torpedo Factory for about a year. Along with a being a creator of aprons herself, sewing aprons has been a tradition in her family starting back with her grandmother. "But this is not my grandmother's pattern."

Athanas designs aprons out of mostly scraps or pieces of used material and each is a unique design and a piece of art. "This one is a simple design, but sometimes they can have ruffles. I call these aprons the dry cleaner's enemy." She adds that until three years ago she had an old Singer sewing machine. "You don't have to have fancy equipment." She chooses the appropriate thread from the box of spools and loads it; the machine purrs as it winds the thread on the spool ready to begin sewing the seams on the apron.

Athanas opens a box of fabric and thinks, "what can I make?" Bits and pieces of material, buttons, a feedbag, and bags of remnants sit around her small space ready for an idea to take hold. She gets inspiration from fabric. "I create something nice, well made; recycling can be quite beautiful." With a laugh, she says she once designed a purse using a toilet seat. The credit cards were inserted on the lid. "It got a lot of laughs."

She points to a large, fabric purse lined up with several others along the wall. "The top of this purse was made from patterned curtains my mother made



Jen Athanas cuts a piece of fabric in Studio 320 at the Alexandria Torpedo Factory using an original pattern for an apron.

PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

for me as a kid. And the overlay was a vintage white lace tablecloth." She says she likes to fuse something old and something new into something unique. She likes to produce a functional item but "it's also nice to do art for art's sake."

Athanas has been sewing for close to 30 years since she was a little kid and sat down with her grandmother who was a seamstress at Macy's. Her mother sewed, too. "In a lot of ways I taught myself. The sewing machine was my babysitter. You never know how a childhood interest can become your profession."

She started out with a major in photography but realized in college she was going the wrong direction. She learned that people are two-dimen-

sional or three-dimensional and she was the latter so transferred and got a degree in fashion design. Before coming to the Torpedo Factory she had been working at the Workhouse Art Center in Lorton which, she points out, was a former penitentiary.

When Athanas was 8 years old, her mother said she was not going to buy her fabric. Her mother would give her an old pair of jeans, fabric with a paint smear. "My mother was a leftover hippie, into recycling. But sometimes people miss the point that that it's not about buying smarter; it's about living smarter." She said, "My family have always been environmentalists, always reuse. It's part of who I am."

Customers stop in, attracted by the display of purses and aprons as well as the boxes of special sale give-away fabrics inside the door and other good deals on remnants.

One of the customers says she will use her newly-purchased padded fabric for the inside of pot holders and will use the flowered piece she has just bought to line the inside of frayed books. "Sometimes people come back and show me what they have made from the scraps they bought here." Athanas is at the Torpedo Factory in Old Town Alexandria from Thursday-Saturday. Other days she works at home or attends local shows. In addition, she sometimes teaches classes in Del Rey and other places and volunteers at D.C.-based Scrap, an organization that takes art supplies and sells them back at a profit. "It's good. I'm evolving as an artist and no day is the same."

After cutting a newly created pattern, Jen Athanas takes the next step to begin sewing the pieces together into an original apron.



Wooded Retreat

Katy Dehmlow sits by one of the creeks in the Winkler Botanical Preserve where she spotted a hummingbird moments before. Originally of Minnesota, Dehmlow now lives in Alexandria, not far from the park.



Anora, 4, plays near the stream in the Winkler Botanical Preserve in Alexandria.

PHOTOS BY
SALLY B. MACKLIN
GAZETTE PACKET



A fawn is camouflaged-among the trees, and not that shy, as it is a protected area.



This waterfall at the Winkler Botanical Preserve is one of the man-made aspects of the park in Alexandria.

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LIVING LEGENDS

'Mango Mike' — A Taste for Giving Back

Mike Anderson sees his philanthropic efforts as paying it forward.

By JEANNE THEISMANN
GAZETTE PACKET

It's a fairly common name, with more than 40 Mike Anderson's listed as living in Alexandria. But there is only one "Mango Mike," a man whose zest for life has helped shape the community for decades.

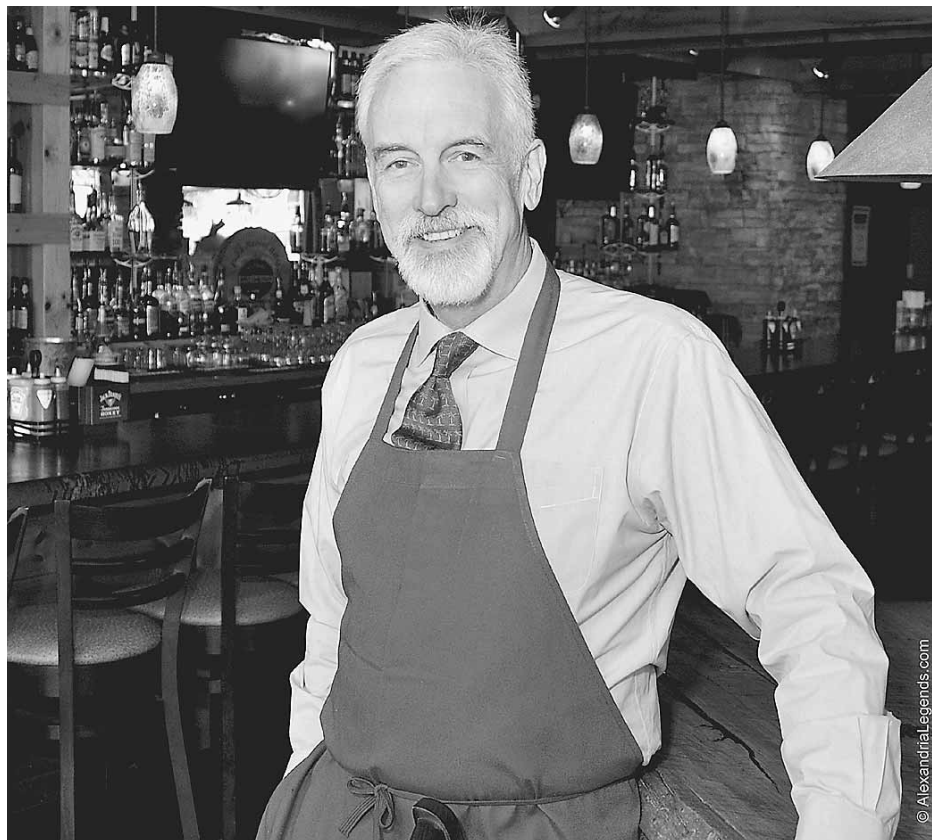
"From the minute his feet hit the floor, Mike is excited about going to work every day," said Donna Anderson, his wife of 26 years. "He loves being part of this community and the city of Alexandria is his passion."

Born in Detroit, Anderson moved to Alexandria in 1972 armed with a degree in management from Eastern Michigan University. He opened his first restaurant – Shooter McGee's – in 1979 and never looked back.

"Like most people, I kind of stumbled into this as a profession," said Anderson as he reflected on his 42 years in the restaurant business. "Just out of school, you find something to do part-time never thinking that it will become a life-long ambition."

As a newcomer to Alexandria, Anderson found a job in 1972 working at Kings Landing restaurant in Old Town and never seemed to get out of the business since then.

"Mike has opened more restaurants in Alexandria than any other businessman in the history of the city," said Bill Blackburn, Anderson's partner in several recent ventures including Pork Barrel BBQ, The Sushi Bar, Sweet Fire Donna's and Tres Hermanas. "Mike's enthusiasm for life is infectious. He loves the business, loves the community and loves giving back."



2014 Living Legend of Alexandria Mike Anderson is quick to praise those he calls the "sled dogs" of the community.

Anderson's philanthropic contributions to the community are many, dating back to the 1980s when his Shooter McGee's Alexandria Autumn 10K raised more than \$50,000 for Special Olympics. Additional charity funds were raised with Radio Free Italy's tuxedo-themed 10K as well as funds for the Make-A-Wish Foundation through Anderson's personal participation in various triathlons and Chesapeake Bay swims.

Today, in an innovative partnership with ACT for Alexandria, Anderson gives back to more than 75 local nonprofits by donating 25 cents for every burger sold at Holy Cow, Del Ray's Gourmet Burger Joint.

"Mike was the inspiration behind the 25 cents per burger donation to local charities,"

said ACT Executive Director John Porter of the initiative that has donated more than 70,000 quarters to various charities in less than one year. "Because of him, thousands of dollars have been raised to help nonprofits provide vital services to those in need."

Recognition for Anderson's leadership in the food service industry includes a 1997 RAMMY (Restaurant Association of Metropolitan Washington) Award for Mango Mike's as Best New Restaurant, the 2013 Chamber of Commerce Small Business of the Year Award for Holy Cow, and the Restaurateur of the Year Award from the Virginia Tourism Bureau.

Anderson was named the Alexandria

Living Legends: The 2014 Project

This is one of a series of profiles that will appear this year. For information, to volunteer, become a sponsor or nominate a future Legend, visit www.AlexandriaLegends.com or contact Info@AlexandriaLegends.com. The deadline for 2015 nominations is Oct. 15.

Chamber of Commerce Business Leader of the Year in 1999 and served as the organization's chairman of the board in 2011. Additionally, he was a founding board member of the Alexandria Convention and Visitors Association and past chair of the Alexandria Small Business Development Center. Currently, he serves on the board of First Night Alexandria as well as the Chamber of Commerce, where he is co-chair of the Business Philanthropy Summit. He also serves on the city's Food Truck Advisory Committee.

"Mike is someone who truly cares about making the community better on both the business and nonprofit fronts," Porter said. "I've never known him to say 'no' to a charity asking him for food to support an event or activity."

A father of three daughters – Danielle, 25, Chelsea, 22, and Dakota, 19 – Anderson is equally generous with his time, serving for many years as volunteer coach of the Mighty Mangos co-ed youth soccer team.

"Mike gives back to the community in ways people never see," Blackburn said. "He goes out of his way to hire students from T.C. Williams to teach kids in their first jobs. And he gives people jobs that other employers would not, giving many second, third and fourth chances in life."

Anderson, however, sees things differently. "It's a worn-out phrase 'giving back to the community,'" Anderson said. "It's almost a cliché. But for me, this is more like paying it forward."

Known for his visionary leadership skills and philanthropic spirit, Anderson is quick to praise those he calls the "sled dogs" of the community.

"The heroic efforts of the volunteers and staff of Alexandria's many nonprofits are what makes this city so special," Anderson said. "I really think, at least in my case, you become a product of your environment. I'm a much better community person because of the great people in this town like John Porter, Lyles Carr, Val Hawkins and David Speck. When you are in a city full of people who really get involved, it rubs off on you."

At 65 years old, Anderson is showing no signs of slowing down. His daughters and wife have all followed him into the restaurant business and now, with the recent transformation of his landmark Mango Mike's restaurant into Tres Hermanas in the West End completed, he coyly hints at things to come.

"I may have one more in me," Anderson said with a laugh. "There are so many vibrant and exciting neighborhoods in Alexandria and the community spirit really brings out the best in a person. It's the reason why, once I moved here, I never left."



Years of Service The Alexandria Library Board recently honored Richard R.G. "Dick" Hobson, Library Board member and past president of the Alexandria Library Company, for his 10 years of service on the board. Library Board Chair Kathleen Schloeder read a resolution at the meeting on June 16, held at the Beatley Central Library. Hobson played a pivotal role in the reopening of the Ellen Coolidge Burke Branch in March 2002 after being closed for two years, and was appointed by the Alexandria Library Company to serve on the Library Board in September 2002. Hobson served as Investment Committee chair for the Alexandria Library Board, the Alexandria Library Foundation Board, and the James M. Duncan, Jr. Library Foundation Board.



Library Board Chair Kathleen Schloeder and Library Director Rose T. Dawson present a resolution to Friends of Beatley Central Library President Eileen Bradley for her years of dedicated service and support to the Library system. Bradley is stepping down as president.

PEOPLE

Wright to Read, Together

Student and volunteer share their story.

BY ANTHONY

Each week I read books with my tutor, Ms. Rashida. I like reading with Ms. Rashida. She is nice! We read books about superheroes and villains, science, animals, and stories about camping. My favorite book is "The Cat in the Hat" by Dr. Seuss. I have been reading with Ms.

MENTOR OF THE MONTH

Rashida for one year. I have read 38 books and I have learned new words from working with her. Ms. Rashida and I go to museums, eat ice cream, and paint together. My favorite day was when she took my brother and me to the water park. My tutor deserves to be Mentor of the Month, because she has helped me with my reading.



Anthony with mentor Rashida Johnson



BY RASHIDA JOHNSON

Reading with Anthony through the Wright to Read program has been a wonderful opportunity and learning experience for me as well. Our weekly reading sessions give me a chance, within the workday, to get a small break from the daily grind.

I get to hear entertaining stories about his favorite characters from comic books, cartoons, and games that he plays. Some of the books we read allow us a glimpse into communities around the world, and those in imaginary worlds.

One of the books that we both really enjoyed incorporated basic life lessons about treating people with kindness and respect.

SEE MENTORING, PAGE 13

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LETTERS

Problem with Cheap Parking

To the Editor:

The correlation between drivers cruising for parking and cheap or free parking is well established in the research: In the book by Donald Shoup, FAICP (professor of urban planning, University of California) "The High Cost of Free Parking," research is presented — summarized on page 337 — that shows that cheap or free parking significantly increases the number of cruisers for cheap parking, the duration and distance of cruising and the length of parking duration.

Besides metering all parking near the commercial areas, Old Town also needs to provide clear real time signage for off street parking and their vacancy status.

People driving into Old Town will go to off street parking quicker if the street parking is priced higher than the off street parking.

But it is clear that the increased number of drivers cruising for free parking increases the risk of accidents with pedestrians, bicyclists, joggers and other vehicles and that waterfront development plus development at National Harbor will increase visitors to Old Town.

Bicyclists failure to stop at stop signs when others are present will also exacerbate the safety risks.

It is prudent, for the public's safety, that the city respond to the current research on cheap parking and problematic cruising.

Chris Hubbard
Alexandria

Renew Green Canopy

To the Editor:

Jefferson-Houston School, as predicted, opens DOA. The 2013-2014 SOL scores continue to tank and the new building opens half empty. Even the city's newly planted maple trees are dead on arrival. Obviously dead, symbolically dead. A year ago environmentalists expressed outrage West Street's aged oak trees were sacrificed in the name of construction. Maybe not all of the trees were healthy, but most surely were. The then sidewalk canopy was green and inviting.

Did the city replace the fallen trees with like type? Of course not.

If perception is fact, not all change is progress. May I suggest the arborist replace the dead trees, oak tree for oak tree?

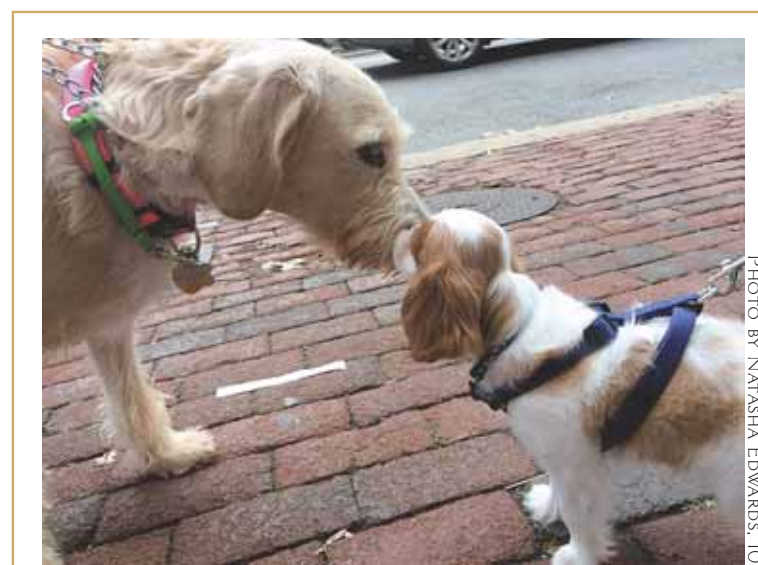
Charles Conway
Alexandria

Protect Pedestrians

To the Editor:

Due to the location of my office, I have been observing one of the Alexandria motorcycle police sitting in front of 1900 Duke St. on a regular basis over the last few years.

This officer stands there with his speed gun and points at drivers to pull over for speeding as they come down the hill and through the green light at Diagonal and Duke. It is here that the speed limit



Snapshot

Margo and Cola met while shopping at the Dog Park on King Street.

changes from 35 to 25 mph so there is no time for drivers to adjust their speed before they are pulled over, especially if the light is green.

This particular area is not known for accidents so I can't help but wonder if this is just an easy way to get numerous tickets. I find it hard to believe that this is the best use of public safety resources in Alexandria.

There have been several times I have almost been hit by a vehicle while crossing Duke Street due to drivers failing to give pedestrians the right of way.

This happens throughout Alexandria particularly near the Metros and would certainly be a better use of the police in helping to prevent pedestrians from being

hit by a vehicle.

Marykay Wallk
Alexandria

Not Safest Driving City

To the Editor:

I am sure that most Alexandrians think that our streets are among the safest in the nation. Well, the bad news is that they are not. Allstate just released its "America's Safest Driving City" study, which compares traffic volume, population, and weather conditions in 200 U.S. cities to prepare its rankings. Out of these 200 cities, Alexandria is ranked 193rd, which places us solidly in the bottom 10, along with Philadelphia, Pa.; Baltimore, Md.; Glendale, Calif., and Providence, R.I. to name just a few.

This dismal statistic is no doubt a result of so-called city planning, which continues to dump additional traffic of all kinds, (whether it be automobiles or bicycles), on many of our streets without apparent forethought as to its consequences. As an example, the new developments on and around Potomac Yard will spill thousands of additional cars onto Route 1, and the lack of any real set-back of the townhomes could create major safety issues. Hopefully, no one owning a home that is set back just a few feet away from Route 1 will be hit by a car, truck, or bus. So what does the city do to reduce these impacts? They create a Bus Rapid Transit (BRT) on Route 1, which removes automobile lanes.

Another example is increased bicycle traffic in general, and specifically on Union Street, which is currently a major disaster. The

SEE LETTERS, PAGE 11



STEVE ARTLEY/GAZETTE PACKET

Alexandria Gazette Packet

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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A Connection Newspaper

The Alexandria Gazette Packet is distributed weekly to selected homes in the City of Alexandria.

Any owners or occupants of premises that do not wish to receive the paper can notify the publisher by telephone at 703-917-6480 or by email to circulation@connectionnewspapers.com, and the distributor will be notified to discontinue service.



LETTERS

FROM PAGE 10

police are rarely, if ever, seen ticketing traffic offenders on Union Street, but cyclists on this street refuse to stop at any of the stop signs, they weave in and out of car traffic, and they barely acknowledge pedestrians. The police (in my opinion) have essentially abandoned Old Town. Chasing traffic offenders just doesn't rate very high on their priority list.

However, it's not "if," but "when" someone will be killed It's going to happen. The real emphasis ought to be the enforcement of our traffic laws for all by the Police Department. To add insult to injury, the city is trying to mitigate the existing bike traffic by creating bicycle lanes on streets that heretofore have been used very little by cyclists. Moreover,

the city has added numerous bike share venues without regard to actual demand, which is a solution that is looking for a problem.

All of these issues have been brought up repeatedly in a number of local forums, yet to no avail. Based on my experience, little annoyances have a way of turning into big annoyances, if not nipped in the bud.

Consequently, we are now seeing automobiles and bicycles rolling through the stop signs and pedestrians to a much lesser degree doing likewise. All of these problems need to be solved if Alexandria is going to move up on Allstate's 2015 survey. Let's do better, Alexandria!

Townsend A. Van Fleet
Alexandria

City Extends Old Town Pool Season

The Department of Recreation, Parks and Cultural Activities will continue to operate the Old Town Pool, located at 1609 Cameron St., for limited hours through Friday, Sept. 19.

Extended operating hours are:

Monday through Friday: 6 a.m. to 10 a.m. and 4-8 p.m.

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HISTORY

Alexandria Looted – August and September 1814

BY TED PULLIAM

This is the ninth of a series of articles telling how Alexandrians were affected 200 years ago by the War of 1812. For earlier articles in this series, go to alexandriagazette.com.

On Aug. 29, 1814, Alexandrians had no soldiers to defend them, only two cannons with no ammunition, no prospect of aid from the federal government, and seven warships of the British navy anchored opposite their waterfront with numerous cannons aimed at their town. Having no other choice, they surrendered.

The British commander, Captain James Gordon, agreed not to destroy the town or molest its inhabitants if the town did not fight and surrendered all its naval stores, ships in the harbor, and merchandise in the town intended for export.

That afternoon the British, helped by slaves, began emptying the warehouses lining Alexandria's harbor of flour, tobacco, cotton, rice, wine, and other goods. They placed the goods in ships' boats

and rowed them out to the warships or loaded them onto captured American vessels in the harbor to take with them later as prizes. Alexandria merchants stood by "viewing with melancholy countenance the British sailors gutting their warehouses of their contents," a newspaperman reported.

John Lloyd, a successful merchant and future owner of the Lloyd House and Lloyd's Row on Washington Street, probably was one of these merchants. Later he swore under oath that the British "forcibly took from his possession in Alexandria three hundred and fifty two barrels of superfine flour."

Many Alexandrians, however, had left or were sent from town to avoid the British. The frightened parents of seven-year-old Matilda Roberts bundled her into a four-horse wagon, her precious tea set sitting in her lap, to be driven to a location 10 miles out of town. Very likely also leaving Alexandria to stay with relatives in the Virginia countryside were seven-year-old Robert E. Lee, his mother, two brothers, and two sisters. A visi-



Near the foot of Prince Street, a mounted American naval officer in civilian clothes grabs British midshipman John Fraser by his neckerchief in an attempt to capture him.

tor to Alexandria at this time found the town "almost deserted."

Other people also were leaving the Alexandria area, but for a different reason. At midnight on the first night that the British ships were anchored off Alexandria, twenty-four escaped slaves, at

least some of them owned by Alexandrians, boarded one of those ships.

The movement of people, however, was not all one way. At least two British sailors deserted from British ships in Alexandria.

The British did keep their agree-

ment not to molest Alexandrians. Mayor Charles Simms, the 59-year-old Revolutionary War veteran had remained in town. He wrote his wife Nancy, who had left Alexandria with their children, "It is impossible that men could behave better than the British behaved while the town was in their power, not a single inhabitant was insulted or injured by them in their persons or homes."

All did not go entirely smoothly, however, because of the actions of three American navy officers, Captain David Porter, Captain John Creighton, and Lieutenant Charles Platt.

Captain Porter had just returned to the U.S. from the Pacific Ocean where he had harassed British whaling ships and had fought a valiant battle against a superior British naval force in the harbor of Valparaiso, Chile. When he arrived in Philadelphia in July, he was given a hero's welcome. Just outside the city, Philadelphians even removed the horses from his carriage, substituted themselves, and pulled the carriage and the triumphant Porter into the city. The secretary of the navy then ordered Porter to report to Washington to help defend it against the British. He arrived too late to save the capital, however, and was ordered to Alexandria to help develop a plan to stop the British navy.

Unlike Porter, Captain Creighton had been in Washington only a week earlier as the British approached the city. Then he had helped burn the Washington Navy Yard to keep it from falling into British hands. Destroyed in the fire was the ship Creighton was to command.

On Sept. 1, both officers plus Lieutenant Platt were on Shutters Hill in Alexandria.

What appears to have happened that day (accounts differ) is that the three officers donned civilian clothes and rode their horses into Alexandria. They stopped first at the Washington Tavern on King Street with the sign showing George Washington on horseback mounted over the door. Finding no Englishmen there, they rode on down King to Union Street.

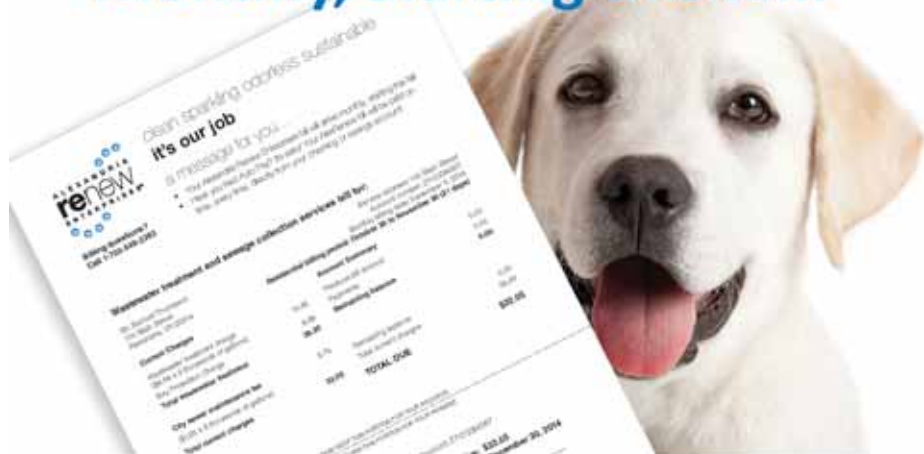
Once there they looked to their right and saw British midshipman John Fraser, no older than his early teens, "sauntering leisurely" back to a ship's barge tied to the wharf at the foot of Prince Street. Either Porter or Creighton (again accounts differ) immediately spurred his horse down Union

SEE ALEXANDRIA, PAGE 19

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PEOPLE

Mentoring

FROM PAGE 9

The mentoring aspect of the program has exposed him to new places and activities within the D.C. metro region that are outside of his immediate community. Going to the water park, as Anthony mentioned, was one of my favorite activities also.

The staff at Wright to Read has been more than wonderful in providing books, educational supplements, and helpful tips and strategies for our weekly reading sessions. Anthony and I really appreciate all their support.

Celebrating 35 years of giving the gift of literacy, Wright to Read has been serving elementary school students who are reading below grade level. Volunteers meet with their student once a week for an hour in the evenings or on the weekend. Wright to Read is a member of the Alexandria Mentoring Partnership.

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***Classes begin on Saturday, September 13th and end on Saturday, October 11th. They will be held on Tuesday and Thursday evenings from 6:00pm - 9:30pm and on Saturdays, 9:00am - 5:00pm during the day.



Cindy Nelson 703.965.7562
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Catherine Foltz 703.626.6914
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Mary Bourke 703.906.5825
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Traditional Colonial featuring 4BR plus bonus room, 3.5BA and 2-car garage. 9' ft ceilings on first floor and cathedral ceiling in foyer. Main level bedroom. Handicapped accessible bath. Large eat-in kitchen and much more.



Pat Tierney & Mary Taylor 703.850.5630 or 785.5619
ALEXANDRIA / Skyline Village \$569,000

Move-in ready 4-level townhouse - recently renovated kitchen with granite, breakfast island, formal living/dining rooms, LL rec room with gas fireplace. Hardwoods, fresh paint thru-out, new backyard patio. Garage parking. Convenient location.



Ruth Guirard 703.609.3343
ALEXANDRIA \$479,000

JUST LISTED! 1920's charm around the corner from million dollar new build! 2-level townhouse in Parker Grey historic district! Gas heat and electric central air! Hardwoods! Skylight! 2BR/1FBA. Charming patio and garden. No HOA or condo fees.



Peggy Baldwin 703.772.5236
ARLINGTON \$372,500 OPEN SUNDAY 1 - 4

4638 31st RD Great Value! Immaculate condo with large living room, separate dining room, spacious family room, and den/2nd BR. Deck, W/D, hardwoods, new carpeting, fresh paint. 2007 New HVAC and windows. Tot lot, pools, tennis. Close to Mark Ctr., Pentagon.



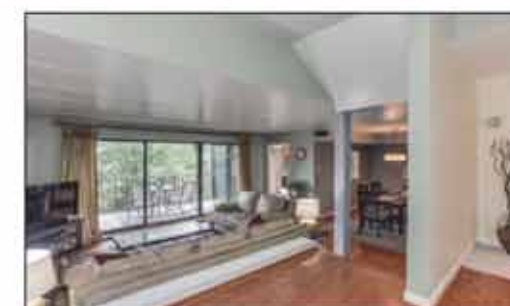
Mary Taylor 703.785.5619
ALEXANDRIA \$685,000

Upscale boutique condo with over 1,750 sq ft. 3BR, gourmet kitchen, renovated baths, 9' ft ceilings, plantation shutters, hardwoods and closets galore. Amazing rooftop deck with great views. Garage parking for 2 cars. One light to DC, bus to Metro, shops and more!



Melissa Rosario 919.518.7288
ALEXANDRIA \$555,000 OPEN SEPT 6 & 7, 1 - 4

4601 MANOR DR Large traditional brick home on beautiful corner lot with many builder upgrades. Granite kitchen, extra cabinets, double master suites, 2-car garage, hardwoods on LL. Interior freshly painted and move-in ready. EZ access to Ft. Belvoir and Metro bus lines.



Deborah Alea 703.447.1315
ALEXANDRIA \$355,000 OPEN SUNDAY 1 - 4

108 ROBERTS LN #201 Immaculate recently renovated condo near King St Metro and Old Town Alexandria. Kitchen with granite, subway tile, table space, opens to balcony with treed views. High ceilings living/dining rooms. 2BR/2BA. Reserved parking, tennis, pool & more!



Pia Taylor 301.661.9974
ALEXANDRIA \$639,000 OPEN SUNDAY 1 - 4

4119 ROBERTSON BLVD Conveniently located center hall Colonial with 3 finished levels and oversized 2-car garage just minutes from Ft. Belvoir/Old Town/DC. Designed for entertaining, gourmet kitchen, family room, formal living/dining rooms, LL rec room. 4BR/2.5BA.



Randy Bender 703.906.1749
ALEX / Mt Vernon \$939,900 OPEN SUNDAY 1 - 4

8105 YORKTOWN DR Three finished levels, 5BR/4.5BA, 2 year old beautiful home with professional landscaping, fenced rear yard with deck and patio. Hardwood floors main level, granite countertops thru-out, high ceilings, upgraded fixtures and more!



Renee Reymond 703.507.5330
ALEX / Old Town \$564,900 OPEN SUNDAY 1 - 4

1023 N PITT ST New listing in charming Watergate of Old Town just remodeled with new granite kitchen, SSA, tile flooring, custom tile master bath, fireplace, private patio, garage parking, convenient to DC, airport, shopping, river.

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ENTERTAINMENT

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

“Fire.” Through Sept. 7. 10 a.m.-5 p.m. at Studio 18 of the Torpedo Factory Art Center at 105 North Union St. The artists’ imagination is “fired” by heat, flames, burning, passion, fiery tempers, anger, explosive situations, camp fires, BBQs, and fireflies to name just a few possible interpretations. Free. Call 703-838-4565 or visit www.torpedofactory.org.

Art Exhibit. Through Sept. 8, 6:30-8 p.m.; Monday-Saturday, 10 a.m.-6 p.m.; Sunday, noon-6 p.m. at the Torpedo Factory, 105 N. Union St. An art exhibit titled, “Scapes and Structures.” Free. Visit www.theartleague.org for more.

Doggy Happy Hours. 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Thursdays during the summer. Free, drinks sold separately. Treats and water for dogs, with pet boutique and service vendors. Portions of proceeds benefit People. Animals. Love. Visit www.Monaco-Alexandria.com/alexandria-hotel/doggy-happy-hour.html.

Port City Playhouse’s 37th Season. Port City Playhouse, 1819 N. Quaker Lane. Port City Playhouse will begin its 2014-15 season of outstanding plays with the premiere of Black Hole by Jean Koppen. Performances are Friday-Saturday, Sept. 12-13, 19-20 and 26-27, and Tuesday, Sept. 23, at 8 p.m., with matinees on Saturday, Sept. 20 and 27, at 2 p.m. General admission tickets are \$18 for adults, \$16 for seniors, military and students, and \$14 for groups of ten or more. Visit portcityplayhouse.org for more information.

Art Exhibit. Through Sept. 21 at The Athenaeum, 201 Prince Street. “Influence and Inspiration: The Art League Faculty Celebrates 60 Years.” Exhibit showcases Washington Color School Artists to present League faculty. Reception Sunday, Sept. 7 from 4-6 p.m. Exhibit open Thursdays and Fridays noon-4 p.m., Saturdays 1-4 p.m., Sundays noon-4 p.m., and closed Mondays-Wednesdays. Visit www.theartleague.org/content/influence_inspiration or call 703-683-1780 for more.

Saving Mount Vernon. Saturdays and Sundays through Oct. 26. 3:30 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. Visit the rarely seen basement and wander the historic area to learn the heroics of the estates caretakers. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

Through My Eyes. Saturdays and Sundays through Oct. 26. 1:30 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. Join people from Washington’s world as they go about their daily activities, making several stops along the way. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

National Treasure Tour. Through Oct. 31. 1-3 p.m. at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A tour dedicated to the behind the scenes filming of “National Treasure 2: Book of Secrets.” \$5 in addition to estate admission. Visit www.mountvernon.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 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.

Alexandria Cars & Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina’s, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

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.

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. Visit www.PresPassport.Monticello.org for more.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m. to 5 p.m., Sundays noon to 5 p.m. Fort Ward Museum 4301 West Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-4848.

Dinner for the Washingtons. Noon at George Washington’s Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

Second Thursday Music. Athenaeum, 201 Prince St. 7 pm. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

CAMPS, CLASSES & WORKSHOPS

Art Classes. Fall registration has begun at Art at the Center, 2804 Sherwood Hall Lane. Register by Friday, Aug. 29 to take advantage of the early bird discount. Art at the Center is located at 2804 Sherwood Hall Lane. Call 703-201-1250 or visit www.artatthecenter.org class listings and registration information.

Creating and Portraying a Living History Character. This four-part workshop taught by an experienced first-person interpreter will demonstrate how to research and develop a first-person character, select appropriate period clothes, offer practice sessions in character, and provide an opportunity (and goal) to step out onto the “stage” during Gadsby’s Tavern Museum’s 2014 Candlelight Tour Program. Meant for beginners, participation in



Dedication Ceremony

The Contrabands and Freedmen Cemetery Memorial along Church Street, just west of the intersection with South Washington St. will be dedicated with a weekend of activities. The City has created a new webpage for the event on the homepage of the Office of Historic Alexandria, at www.historicalexandria.org. Visit for additional activities surrounding the dedication.

all four classes is recommended. Classes are held at Gadsby’s Tavern Museum, 134 N. Royal Street 2-4 p.m. on Sundays, Sept. 7, Oct. 5, Nov. 2, and Dec. 7. Cost is \$40 for the series, \$12 per class as space allows; tickets must be purchased in advance either through the online shop at <http://shop.alexandriava.gov> or by calling 703-746-4242. Visit www.gadsbystavern.org for more.

Metropolitan School of the Arts Classes. 5775 Barclay Drive, Suite 4. The Metropolitan School of the Arts will begin classes on Monday, Sept. 8. The studios offer beginner and advanced instruction in a variety of different dance forms, including tap, jazz, ballet, Pointe, Irish dance, contemporary, acting, combination classes, hip-hop or theatre as well as piano and guitar lessons. Registration is available online at www.metropolitanarts.org.

The Artist’s Way: a Spiritual Path to Higher Creativity. A 12-week course in discovering and recovering one’s creative self. Wednesday, Sept. 10, 7 p.m. informational meeting, then small groups will be formed and continue every Wednesday, Sept. 17 through Dec. 10. Using the principles, practices, and guidelines from the book, “The Artist’s Way: A Spiritual Path to Higher Creativity,” by Julia Cameron, anyone who is interested will explore their own contemplative creativity as individuals in one or more small-group settings, depending on numbers. Free and open to the

public. Christ Church, 118 N. Washington St. Call 703-549-1450, visit www.historicchristchurch.org or email parishlife@ccalex.org.

Photography Workshop. 10:30 a.m.-noon at Multiple Exposures Gallery on 105 N. Union St. 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.

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.

MONDAY/AUG. 25-FRIDAY/NOV. 21

Young at Art. Opening Reception, Aug. 27. 5:30-7:30 p.m. at Durant Arts Center, 1605 Cameron St. An exhibit for artists who are 55 or older. Free. Call 703-836-4414 or 703-824-1345 for more.

TUESDAY/SEPT. 2-SUNDAY/OCT. 12

Photography Exhibit. Opening Reception on Sunday, Sept. 7, 2-4 p.m. Gallery Hours 11 a.m.-5 p.m. daily and 2-9 p.m. on Thursdays at Multiple Exposures Gallery, Torpedo

Factory Art Center #312, 105 N. Union St. E.E. McCollum will be showing images from his “Shadow Series” and Danny Conant will be showing “French Impressions.” Visit www.dannyconant.com or www.eemccollum.com for more.

THURSDAY/SEPT. 4

Live Music. 6-9 p.m. Mount Vernon Inn restaurant, 3200 Mount Vernon Memorial Highway. The Kevin Kline Band performs covers of many familiar Billy Joel, Elton John and Bruce Hornsby tunes. Free. Visit www.mountvernon.org/Inn for more.

History Presentation. 7:30-8:30 p.m. at George Washington Masonic National Memorial, 101 Callahan Drive. British naval historian Andrew Lambert presents “When John Bull Came to Town: Alexandria in the War of 1812.” \$10 per person. Seating is limited. Purchase tickets at shop.alexandriava.gov or call 703-746-4242 for more.

THURSDAY-SATURDAY/SEPT. 4-27

Banned Books Exchange. At the Athenaeum, 201 Prince St. Drop off a book that has been banned or challenged. Let’s keep banned books circulating — it’s a great way to fight censorship. Take a book — read what they don’t want you to read. Not sure what books have been banned? Visit www.ala.org/bbooks/bannedbooksweek. free and open to the public. Call 703-548-0035 or visit www.nvfaa.org.

FRIDAY/SEPT. 5

Volunteers Wanted for Memorial Vigil. 8-9 p.m. at the Lee Center, 1108 Jefferson St. Friends of Alexandria Archaeology (FOAA) is organizing volunteers to assist with the City of Alexandria’s Freedmen’s Cemetery Memorial vigil. The event, which is free and open to the public, will begin at the Lee Center. Participants, carrying battery-operated candles, will walk together five blocks to the Freedmen’s Cemetery for a short ceremony. Preceding the vigil is a musical performance of “The Journey to be Free: Descendants Returning to Alexandria” at the Lee Center from 7-8 p.m.. This event is also free and open to the public. Visit www.foaa.info for more.

FRIDAY-SUNDAY/SEPT. 5-OCT. 5

Electronic Athletics. 10 a.m.-5 p.m. Opening reception is Sept. 6, 4-6 p.m. Schlesinger Center, Margaret W. & Joseph L. Fisher Gallery, 4915 East Campus Lane. Exhibit of artwork by Eric Celarier and Glen Kessler. Free. Visit <http://www.nvcc.edu/schlesingercenter/calendar.html> for more.

Live Music. 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Euge Groove performs live. \$39.50. Visit www.birchmere.com or www.eugegroove.com.

SATURDAY/SEPT. 6

Sculpture Workshop. 9 a.m.-1 p.m. Del Ray Artisans, 2704 Mount Ave. Artist Laura Hummel teaches a mixed-media sculpture workshop about how to repurpose new or vintage metals and more. \$55-\$65. Visit www.thedelrayartisans.org/birdworkshop for more.

Dedication Ceremony. 10 a.m. at the Contrabands and Freedmen Cemetery Memorial along Church Street, just west of the intersection with South Washington St. The City has created a new webpage for the event on the homepage of the Office of Historic Alexandria, at

ENTERTAINMENT

www.historicaalexandria.org. Visit for additional activities surrounding the dedication.

All the President's Pups. 10 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Bring dogs to explore the Estate and learn about canine life at Mount Vernon. \$5 for dogs, in addition to estate admission for humans. Visit www.mountvernon.org/ for more.

Dance. Lessons at 6:30 p.m., dance at 7-9:30 p.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Country-Western themed dance with music provided by a DJ. Smoke and alcohol free. Bring your own refreshments. NVCWDA members, \$10; non-members, \$12; children under 18 with a paying adult, \$5. Visit www.nvcwda.org or call 703-860-4941 for more.

SUNDAY/SEPT. 7

Lyceum Summer Chamber Series. 3 p.m. The Lyceum, 201 S. Washington St. Pianist Haskell Small performs. Free, donations accepted at the door. Visit www.wmpamusic.org or call 703-799-8229 for more.

Live Music. 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. Asleep at the Wheel. \$35. Visit www.asleepatthewheel.com or www.Birchmere.com for more.

SUNDAY-SATURDAY/SEPT. 7-13

The Magic of Music. At Spring Hills Mount Vernon, 3709 Shannons Green Way, Alexandria. A flurry of musical activities will bring a broad spectrum of entertaining and educational musical events to Spring Hills Mount Vernon Assisted Living Community. The highlight of the week is the "Spring Hills Got Talent Show," featuring performances by residents, staff and community members on Sunday, September 7 at 6 p.m. The public is welcome. Call 703-780-7100 or visit www.springhillsmountvernon.com.

TUESDAY-WEDNESDAY/SER 9-10

Live Music. 7:30 p.m. at the Birchmere, 3071 Mount Vernon Ave. Chris Isaak performs. \$89.50. visit www.chrisisaak.com or www.Birchmere.com for more.

WEDNESDAY-SUNDAY/SEPT. 3-7

Chance to Win a Car. 6-11 p.m. Register at Topgolf Alexandria and hit a hole in one in the Chrysler challenge lane, to be entered into a drawing for a chance to win an all new redesigned 2015 Chrysler 200 sedan in the fall. Visit topgolf.com/us/alexandria/ for more.

SEPT. 9-OCT. 14

Art Gallery. 10 a.m.-5 p.m. at Studio 18 of the Torpedo Factory, 105 N Union St. In "Architectural Interpretation," artists create fiber art inspired by architecture. Free. Visit www.Potomacfiberartsgallery.com for more.

WEDNESDAY/SEPT. 10

Cute Animals. 7 p.m. at Charles Beatley Central Library, 5005 Duke St. A performance project with dogs and owners. At the dog park, most people know the names of the dogs, but not the name of the owner. Participate along with a casual community of animal lovers and spark a connection with those who share this common interest. Free. Email jane franklindance@gmail.com for more.

Dyke Marsh Presentation. 7:30 p.m. at Huntley Meadows Park Visitor Center, 3701 Lockheed Blvd. The Friends of Dyke Marsh will host a

presentation by Molly Mitchell, a wetland scientist with the Virginia Institute for Marine Science. She will examine the impact of climate change and sea level rise on the Potomac River and the role of tidal wetlands like Dyke Marsh in buffering storm energy, absorbing floodwaters and performing other ecological services. She grew up near Dyke Marsh and has expertise in wetlands management and upland water interface. Free. Visit www.fairfaxcounty.gov/parks for directions. Call 703-768-2525 for more.

THURSDAY/SEPT. 11

Live Music. 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Ellie Holcomb performs, opens for Amy Grant. Visit www.ellieholcomb.com or www.Birchmere.com for more.

Nature Presentation. 7:30-9 p.m. at Green Spring Gardens, 4603 Green Spring Road. "Native Woodland Grasses and Glades of Forested Natural Communities," a presentation by Rod Simmons. Free and open to the public. No reservations are necessary for lectures. Call 703 642-5173 for more.

FRIDAY/SEPT. 12

Live Music. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Melissa Ferrick opened by Natalia Zukerman. \$25. Visit www.birchmere.com or call 703-549-7500.

SATURDAY/SEPT. 13

Craft and Family Fun Fair. 9 a.m.-3 p.m. at St. Luke's Episcopal Church, 8009 Fort Hunt Road. Connect with old friends and neighbors. Cold drinks and luncheon items from the St. Luke's grill will be available, along with a gourmet bake sale featuring cakes, pies, cookies and brownies made by St. Luke's finest cooks. There also will be fresh produce from a nearby farm. Entertainment will be provided by a guest guitarist and two local pianists. For children, there will be a moon-bounce, face-painting and games. Visit www.saintlukeschurch.net or call 703-765-4342 for more.

Alexandria Art Market. 10 a.m.-4 p.m. in Colasanto Park, 2704 Mount Vernon Ave. Local artists will perform. Browse artwork by local artists and more. Visit www.TheDelRayArtisans.org/ ArtMarket for more.

Alexandria Multicultural Fest. Noon-4 p.m. at the Conservatory Center at Four Mile Run, 4109 Mt. Vernon Ave. Designed to bring community members together to celebrate Alexandria's diversity, the Alexandria Multicultural Fest features entertainment for all ages including live music and activities representing the region's cultures. Admission is free. Visit www.alexandriava.gov/Recreation, or contact Kelly Gilfillen, Marketing Manager, at 703-746-4644 or Kelly.Gilfillen@alexandriava.gov.
"Victorian Mourning Practices." Lecture at 1:30 p.m. and 2:30 p.m. at Ivy Hill Cemetery, 2823 King St. Ivy Hill Cemetery and the Victorian Society of Falls Church present "Victorian Mourning Practices." The program will include a display of mourning jewelry, as well as clothing. Take the opportunity to learn about more customs as you visit Victorian Society members as they picnic on the cemetery lawn, as was the practice of the day. The lecture and display will be in the vault at Ivy Hill Cemetery. Cost is \$10 per person. Call 301-395-9541 or 703-549-7413 for more.

Live Music: The Manhattans. 7:30

p.m. at the Birchmere, 3071 Mount Vernon Ave. The Manhattans perform. \$49.50. Visit www.kissandsaygoodbye.com or www.Birchmere.com for more.

SATURDAY-WEDNESDAY/SEPT. 13-24

Senior Olympics. 19 locations. Participants must be 50 years old by Dec. 30, 2014. Deadline to register is Aug. 29 by mail, and Sept. 5 online. Registration is \$12, additional fees may apply. To find a location and register, visit a local senior center, or visit www.nvso.us.

SUNDAY/SEPT. 14

Lyceum Summer Chamber Series. 3 p.m. The Lyceum, 201 S. Washington St. Guitarist Piotr Pakhomkin performs. Free, donations accepted at the door. Visit www.wmpamusic.org or call 703-799-8229 for more.

Presidential Salon with James Madison. 3 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. President James Madison, as portrayed by John Douglas Hall, shares his thoughts about events 200 years ago to the day at Gadsby's Tavern Museum. Guests are invited to share their opinion on the War and ask questions during this intimate conversation with the President. \$15 per person. Visit www.alexandriava.gov/GadsbysTavern or call 703-746-4242.

Live Music. 7:30 at the Birchmere, 3701 Mount Vernon Ave. The Paul Thorn Band. Prices range. Visit www.paulthorn.com or www.Birchmere.com for more.

MONDAY/SEPT. 15

Stop, Drop & Roll — Call for Participants. 6:30 p.m. at Charles Beatley Central Library, 5005 Duke St. A practice and performance project for two groups in an opposing structure of athletic-inspired movement. Rehearsals take place Monday, Sept. 15 and 22. Performance is Wednesday, Sept. 24. Free. Email jane franklindance@gmail.com for more.

WEDNESDAY/SEPT. 17

Antiques Club Program. 9:30-11 a.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. The Alexandria/Mount Vernon Antiques Club will have an informal program where members will "Bring Your Summer Find," or bring an antique from their home for show and tell. Free, the public is invited. Call Ann Connell at 703-360-4979.

Heel and Wheels. 4-8 p.m. at Beyer Automotive Group, 7416 Richmond Highway. Experience driving the Nationwide Insurance NASCAR simulator and visit vehicles from fire and police departments. \$10. Visit www.alexchamber.com for more.

Celebrate Recovery Month. 4-7 p.m. at Lee Center, 1108 Jefferson St. Join Alexandrians as they celebrate the 25th anniversary of National Recovery Month at a family celebration featuring food, music, a moon bounce, snow cones, popcorn and a variety of speakers, some of whom will talk about their own experiences with mental illness, addiction or both. The "Art Uniting People" exhibit, experience recovery through art can also be visited inside the Center. Visit the Mental Health Anti-Stigma HOPE Campaign Facebook page for more.

THURSDAY/SEPT. 18

Ford Evening Book Talks. 7 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Ave. A book talk that features authors and historians discussing their latest books about

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ENTERTAINMENT

George Washington and the nation's founding era. Space is limited and registration is required. Free and open to the public. Visit www.mountvernon.org/ for more.

Live Music: 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Gary Puckett & the Union Gap performs live. \$35. Visit www.birchmere.com or www.garypuckettmusic.com.

FRIDAY-SATURDAY/SEPT. 19-20

Live Music: 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. The Wailin' Jennys. \$39.50. Visit www.thewailinjennys.com or www.birchmere.com or call 703-549-7500.

SATURDAY/SEPT. 20

Art and Craft Fair. 10 a.m.-3 p.m. at St. James' Episcopal Church of Mount Vernon, 5614 Old Mill Road. The Art and Craft Fair offers a wide variety of art and crafts from a variety of local and regional artists and vendors, plus food and fun for the whole family. Visit www.stjamesmv.org or call 703-780-3081.

Living Legends Theater Night at MetroStage. 7 p.m. reception, 8 p.m. play, at MetroStage, 1201 N. Royal St., in North Old Town. In observation of the 50th anniversary of the Civil Rights Act, the occasion will honor those Living Legends of Alexandria who played key roles in fostering civil rights in Alexandria in the '60s. The play, "Three Sistahs" is an elegant, intimate musical which exposes the souls of three strong women as they reflect the promise of the future while revealing the pain of the present and their regrets of the

past. \$75 (tickets held at door). Purchase tickets at llatheatreinight.eventbrite.com.

Live Music: Slaid Cleaves. 7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road, between Fort Hunt Road and Route 1. Focus Music in Mount Vernon presents Americana/ folk singer-songwriter Slaid Cleaves, with Mary Gordon Hall. Tickets are \$20 general, \$18 in advance at www.focusmusic.org.

SATURDAY-SUNDAY/SEPT. 20-21

Mount Vernon Marketplace. 9 a.m.-5 p.m. 3200 Mount Vernon Memorial Highway, Mount Vernon. Visit a recreation of an early American marketplace with crafts, entertainment and more. Try your hand at 18th century cricket and enjoy evening programs. Children \$9, adults \$18. Call 703-780-2000; 703-799-8697 or visit www.MountVernon.org for more.

WEDNESDAY/SEPT. 24

Stop, Drop & Roll. 7 p.m. at Charles Beatley Central Library, 5005 Duke St. A performance project for two groups in an opposing structure of athletic-inspired movement. Free. Email janefranklindance@gmail.com.

THURSDAY/SEPT. 25

Live Music: 7:30 p.m. in the Music Hall at the Birchmere, 3701 Mount Vernon Ave. Tower of Power. \$55. Visit www.towerofpower.com or www.Birchmere.com for more.

THURSDAY-SUNDAY/SEPT. 25-OCT. 5

Arts on the Horizon. 10:30 a.m. The

FOOD & DRINK

Mount Vernon Farmers Market. 8 a.m.-noon, Wednesdays, through Dec. 17. Fresh local food, artisan crafts. Sherwood Library, 2501 Sherwood Hall Lane. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mtvernonmkt.htm for more.

Kingstowne Farmers Market. 4-7 p.m., Fridays, through Oct. 31. Giant parking lot, 5955 Kingstowne Towne Center. Products include fresh organic honey, pies and rolls. Visit www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm for more.

Old Town Farmers Market. 7 a.m.-noon, Saturdays year round. Local farmers and artists have been selling products there since 1753. Located at Market Square, 301 King St. Call 703-746-3200 or email oldtownfarmersmarket@alexandriava.gov.

Del Ray Farmers Market. 8 a.m.-noon, Saturdays year round. Features fresh vegetables and fruits in season, meats, eggs, fresh pasta and sauces, Amish cheese, yogurt, bakery goods and more. Located at the corner of East Oxford and Mount Vernon avenues. Contact pmiller1806@comcast.net for more.

Four Mile Run Farmers & Artisans Market. 9 a.m.-1 p.m. Sundays through November. Brings fresh nutritious foods to people of all income levels. Located at the entrance to Four Mile Run Park at 4109 Mount Vernon Ave. Visit www.4mrmarket.org/ for more.

West End Farmers Market. 8:30 a.m.-1 p.m. Sundays through November. Fresh, locally grown, in-season vegetables as well as sweet juicy berries, apples, pears, and seasonal peaches. Vendors also sell fresh-squeezed orange juice, fresh-baked pastries, gourmet cheeses and more. Located at Ben Brenman Park, 4800 Brenman Park Drive. Visit www.westendfarmersmarket.org/#FarmersMarket for more.

Athenaeum, 201 Prince St. Imagine a theatrical world designed especially for babies and young toddlers to enjoy, inspired by the wonders of the rainforest. Whistling flowers, a clacking caterpillar, and brightly colored umbrella birds await. Under the Canopy is a 20-minute, interactive, nonverbal show geared for children 0-2 (and their 3-4 year old pals). Performances are Sept. 25-26, 28, and Oct. 1-3, 5. Tickets are \$5 for children and adults and can be purchased online at www.artsonthehorizon.org or at the door on the day of the performance.

Call the box office at 703-967-0437.

SATURDAY/SEPT. 27

Live Music: 7:30 at the Birchmere, 3701 Mount Vernon Ave. Maysa performs. \$55.00. Visit www.maysa.com or www.birchmere.com for more.

SUNDAY/SEPT. 28

Live Music: 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Ralph Stanley and the Clinch Mountain Boys. \$35. Visit http://

drralphstanleymusic.com or www.birchmere.com or call 703-549-7500.

WEDNESDAY/OCT. 1

Live Music: Uriah Heep. 7:30 p.m. at the Birchmere, 3701 Mount Vernon Ave. Performance by Uriah Heep. \$39.50. Visit www.birchmere.com or call 703-549-7500 for more.

THURSDAY/OCT. 2

Ford Evening Book Talks. 7 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Ave. A book talk that features authors and historians discussing their latest books about George Washington and the nation's founding era. Space is limited and registration is required. Free and open to the public. Visit www.mountvernon.org/ for more.

FRIDAY-SUNDAY/OCT. 3-5

Wine Festival. 6-9 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Live music and a view of the potomac while sampling wine from 16 Virginia wineries. \$38 per person Friday and Sunday and \$44 on Saturday. Fruit and cheese boxes are \$26. Visit www.mountvernon.org/ for more.

SUNDAY/OCT. 5

Woodrow Wilson Bridge Marathon. 7 a.m. Starts at Washington's Mount Vernon Estate, 3200 Mount Vernon Memorial Highway and ends at National Harbor, Md. Visit register.wilsonbridgehalf.com.



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6:30 pm Vigil Mass (en Español)

Sunday
7:30 am; 9:00 am (with Sign Language Interpreter & Children's Liturgy of the Word);
10:30 am; 12:00 Noon; 2:00 pm (en Español); 6:30 pm
8710 Mount Vernon Highway, Alexandria VA, 22309
Tel: 703-780-4055 Fax: 703-360-5385 www.gs-cc.org

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HOME SALES

In July 2014, 233 Alexandria homes sold between \$2,575,000-\$85,000. This week's list represents those homes sold in the \$2,575,000-\$649,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code
14 WOLFE ST	3	4	3		ALEXANDRIA	\$2,575,000	Townhouse		22314
210 NORTH VIEW TER	6	7	1		ALEXANDRIA	\$2,375,000	Detached	0.34	22301
815 PRINCE ST	4	4	1		ALEXANDRIA	\$2,300,000	Attach/Row Hse	0.05	22314
2 ALEXANDER ST	3	3	2		ALEXANDRIA	\$2,290,000	Semi-Detached	0.04	22314
601 FAIRFAX ST N #315	2	2	1		ALEXANDRIA	\$1,495,000	Mid-Rise 5-8 Floors		22314
15 OAK ST W	4	3	1		ALEXANDRIA	\$1,277,500	Detached	0.15	22301
609 FAIRFAX ST S	4	3	1		ALEXANDRIA	\$1,255,000	Townhouse	0.05	22314
29 WALNUT ST E	4	4	1		ALEXANDRIA	\$1,225,000	Detached	0.10	22301
712 WYTHE ST	5	4	1		ALEXANDRIA	\$1,180,000	Semi-Detached	0.06	22314
334 COLUMBUS ST N	3	2	1		ALEXANDRIA	\$1,117,000	Townhouse	0.05	22314
414 FAYETTE ST S	3	3	1		ALEXANDRIA	\$1,100,000	Townhouse	0.03	22314
211 ROYAL ST S	3	2	1		ALEXANDRIA	\$1,087,500	Townhouse	0.06	22314
403 ALFRED ST N	4	3	1		ALEXANDRIA	\$1,077,000	Townhouse	0.05	22314
700 LEE ST S	3	2	1		ALEXANDRIA	\$1,075,000	Townhouse	0.05	22314
423 COLUMBUS ST N	3	2	1		ALEXANDRIA	\$1,060,000	Townhouse	0.05	22314
802 LEE ST	3	2	1		ALEXANDRIA	\$1,020,000	Townhouse	0.09	22314
3813 COLONEL ELLIS AVE	3	3	1		ALEXANDRIA	\$990,000	Detached	0.28	22304
314 FAIRFAX ST	3	2	2		ALEXANDRIA	\$958,360	Townhouse	0.03	22314
501 CROWN VIEW DR	4	2	1		ALEXANDRIA	\$927,000	Detached	0.29	22314
1123 ROYAL ST N	3	2	1		ALEXANDRIA	\$920,000	Townhouse		22314
110 CAMERON MEWS	3	2	3		ALEXANDRIA	\$913,000	Townhouse	0.04	22314
900 LITTLE ST	4	3	0		ALEXANDRIA	\$900,000	Detached	0.13	22301
2420 TAYLOR AVE	4	4	0		ALEXANDRIA	\$900,000	Detached	0.20	22302
206 E OAK ST	4	3	1		ALEXANDRIA	\$896,500	Detached	0.11	22301
109 QUAY ST	3	2	1		ALEXANDRIA	\$890,000	Townhouse	0.03	22314
417 EUILLE ST	3	3	2		ALEXANDRIA	\$875,000	Townhouse	0.02	22314
427 SAINT ASAPH ST N	3	2	1		ALEXANDRIA	\$875,000	Townhouse	0.06	22314
2702 VALLEY DR	4	4	1		ALEXANDRIA	\$874,000	Detached	0.15	22302
509 JANNEYS LN	4	4	0		ALEXANDRIA	\$861,000	Detached	0.15	22302
4905 DONOVAN DR	4	3	1		ALEXANDRIA	\$860,000	Townhouse	0.05	22304
910 SLATERS LN #12	4	4	1		ALEXANDRIA	\$860,000	Townhouse		22314
728 ANNIE ROSE AVE	3	3	1		ALEXANDRIA	\$855,000	Semi-Detached	0.04	22301
17 MASONIC VIEW AVE W	5	3	1		ALEXANDRIA	\$853,500	Detached	0.10	22301
1206 PITT ST	3	3	1		ALEXANDRIA	\$853,000	Townhouse	0.03	22314
1802 JAMIESON AVE	3	3	1		ALEXANDRIA	\$850,000	Townhouse	0.02	22314
3604 OVAL DR	4	4	1		ALEXANDRIA	\$845,000	Detached	0.15	22305
924 PETE JONES WAY	3	3	1		ALEXANDRIA	\$841,760	Townhouse	0.02	22314
204 FRANKLIN ST	2	3	1		ALEXANDRIA	\$825,000	Townhouse	0.02	22314
707 DAY LN	4	4	1		ALEXANDRIA	\$825,000	Townhouse	0.02	22314
104 ADAMS AVE	3	2	1		ALEXANDRIA	\$790,000	Detached	0.11	22301
1102 DUKE ST	3	2	1		ALEXANDRIA	\$785,000	Townhouse	0.02	22314
8 UHLER AVE W	4	3	0		ALEXANDRIA	\$780,000	Detached	0.11	22301
1102 TRINITY DR	3	3	0		ALEXANDRIA	\$780,000	Detached	0.19	22314
637 SAINT ASAPH ST S	3	2	1		ALEXANDRIA	\$780,000	Townhouse	0.03	22314
17 GLENDALE AVE W	5	2	0		ALEXANDRIA	\$765,000	Detached	0.11	22301
105 ALEXANDRIA AVE W	3	2	0		ALEXANDRIA	\$765,000	Detached	0.15	22301
501 ROYAL ST S	3	2	1		ALEXANDRIA	\$752,500	Townhouse	0.03	22314
2107 MAIN LINE BLVD #102	3	2	1		ALEXANDRIA	\$746,000	Townhouse		22301
4 WALNUT ST	3	2	0		ALEXANDRIA	\$739,000	Detached	0.00	22301
273 MURTHA ST	3	3	1		ALEXANDRIA	\$737,000	Townhouse	0.03	22304

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Alexandria Looted — in 1814

FROM PAGE 12

Street, grabbed the midshipman by a handkerchief tied around his neck and began pulling him onto his horse's back. "The youngster, quite astonished, kicked and squalled most lustily," relates one account. The attempted abduction failed, however, when the midshipman's neckerchief became untied, and the midshipman fell to the ground.

The Americans rode rapidly down Union Street, up Duke, and out of town while the midshipman ran to the barge, whose men rowed him quickly back to their ship.

British Captain Gordon was informed of what had happened. Immediately he ordered the warships' portholes opened and cannons run out. Throughout

the town women and children fled "screaming through the streets," Mayor Simms later wrote.

Simms, however, acted quickly. He informed Gordon the town lacked control over the three naval officers, and the crisis was averted.

Earlier that same day, orders reached Captain Gordon to return to the fleet, and he ordered his warships to begin sailing back downriver with the prizes.

Meanwhile, the Americans had developed a plan that would ensure Gordon's passage downriver would be unpleasant, and for a change, the Alexandria militia finally would fight the British.

MAIN SOURCES:

"To Annoy or Destroy the Enemy" by Patrick O'Neill; *The Burning of Washington* by Anthony Pitch; Sims Papers, Library of Congress.

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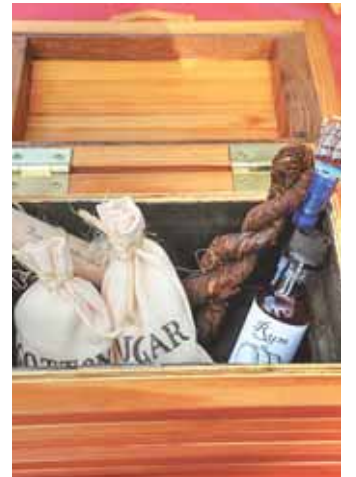
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PHOTOS BY LOUISE KRAFT/GAZETTE PACKET



Tyler Shively plays the Jingling Game with friends on the drill field. Jingling was a game that became popular in the mid-1800s in rural England. The game is played with up to twenty one players, all but one, the jingler, are blindfolded. The jingler is dressed in sleigh-bells and must prance around the playingfield while the other blindfolded players attempt to tackle them. The first person to tackle the jingler wins.



A gift box made of wood from Gadsby's Tavern and filled with items that the invading British stocked up with during the War of 1812 was presented to the British ambassador.

Team Alexandria (City of Alexandria firefighters, IAFF Local 2141) competes in Challenge #3, the tug of war. From right are Medic Michael Kohrt, Fire Marshals Duane Perry, Andrea Buchanan and Russell Furr.

Alexandria War of 1812 Commemoration

The Old Guard Fife & Drum Corps took the drill field at Waterfront Park to officially open Sunday afternoon's celebration of the conclusion of the War of 1812. The Old Guard was followed by fencing demonstrations, games for children, USN Sea Chanters, an 1812 play and the weekend challenge of a tug of war between Team Alexandria (City of Alexandria Fire Fighters, IAFF Local 2141) vs Team Britain (British Defense Staff, UK Embassy). Two previous challenges, the cricket match and the yacht race had both been won by Team Alexandria. The Alexandria team also prevailed and won two out of three tug of war heats winning the third challenge on Sunday after-

noon.

The Alexandria Seaport Foundation offered boat rides on the Potomac River Doryboat and the Lapstrake Rowing Gig.

Alexandria War of 1812 Commemoration sponsors included: City of Alexandria, British Embassy Washington, Alexandria Convention & Visitors Association, Virginia Tourism Corporation, Virginia War of 1812 Commission, National Park Service, Old Dominion Boat Club, Covanta, Long and Foster, Fairfax Water, American Water, AlexandriaNews.org, National Capital Flag, Alexandria Historical Society, Potomac Riverboat Company, Washington Cricket League and Fire Fighters Inc. IAFF Local 2141.



Cathleen Zaret talks with friends at the afternoon festivities.



Gemma and Shane Kippenhan talk with Dan McMahon.



Duncan Robbins talks with the ship's lieutenant and bow gunner Joe Abernethy.



Staff and volunteers from the Alexandria Seaport Foundation offered river rides and cruises on the Potomac River Doryboat and the Lapstrake Rowing Gig.



The Old Guard Fife & Drum Corps take the drill field for an afternoon performance at Waterfront Park.

News



PHOTOS BY CAROL STALLIN

1812 Commemorative Wreath Laying

As part of the city's commemoration of the War of 1812, a wreath-laying ceremony was held Saturday, Aug. 30, at the grave of Robert Allison, Jr. at the Old Presbyterian Meeting House Cemetery and Columbarium.

BULLETIN BOARD

FROM PAGE 5

September. Call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and

other donors 18 years of age and younger also have to meet certain height and weight requirements.

- ❖ Wednesday/Sept. 10, 9 a.m.-2:30 p.m. at Alexandria City Hall, 301 King St.
- ❖ Thursday/Sept. 11, 2:30-8 p.m. at Alexandria Chapter House, 123 North Alfred St.

After School Fun

The Department of Recreation, Parks and Cultural Activities is currently accepting registrations for the 2014-2015 School Year Power-On and Power-Up after school recreation programs. Organized by age groups, youth will maintain a full schedule of

age-appropriate activities incorporating play, learning, cultural enrichment and positive social interaction. Activities include creative and performing arts, homework time, sports, fitness, holiday and family events and much more. Call 703-746-5414 for more information or visit our website at alexandriava.gov/Recreation.

- ❖ Power-On for grades K-6 is offered weekdays from 2:30-6 p.m. at John Adams Elementary School, Douglas MacArthur Elementary School, Charles Barrett Recreation Center, Charles Houston Recreation Center, Cora Kelly Recreation Center, Mount

Vernon Recreation Center, Patrick Henry Recreation Center and William Ramsay Recreation Center.

- ❖ Power-Up for grades 6-8 is offered at Francis C. Hammond Middle School, weekdays from 3:15-6 p.m. A transportation option is available for students attending George Washington Middle School.

survey and interactive map can be accessed from the project webpage www.alexandriava.gov/pedbikeplan. Visit alexandriava.gov/PedBikePlan for more on the Pedestrian and Bicycle Master Plan.

THURSDAY/SEPT. 4

Public Meeting. 6-8 p.m. at Commonwealth Academy School, 1321 Leslie Ave. The City's Department of Transportation & Environmental Services (T&ES), Transportation Planning Division will

SEE BULLETIN BOARD. PAGE 22

PUBLIC INPUT

The City of Alexandria is seeking community input on existing walking and bicycle issues and needs, and ideas for improving the environment for walking and biking. An online

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PHOTOS BY MICHAEL K. BOHN



Team Alexandria, rear, gets underway from the Old Dominion Boat Club pier and passes astern of Team UK's boat, Shadowfax.

Yacht Race Challenge

Royal Navy Captain John Smythe-Whyte, skipper of Team UK is third from left, front. Alexandria Vice Mayor Allison Silberberg is fourth from left, front; on her left is Doug Savage, captain of Team Alexandria. Other UK team members are to Smythe-Whyte's right, and Savage's crew is to his left. All are in front of the Old Dominion Boat Club before the start of the challenge races on the Potomac.



Old Dominion Boat Club member Doug Savage and his team on board Savage's sailboat, Dark Star.



With its spinnaker aloft, Team Alexandria leads the downwind leg in the first challenge race. Team Alexandria won all three heats in the sail boat challenge on Sunday, Aug. 31.

BULLETIN BOARD

FROM PAGE 21
hold a project public meeting on the Monroe Avenue Complete Streets project to seek input on proposed pedestrian and bicycle improvements on Monroe Avenue, between Leslie Avenue and Stonewall Road. Visit <http://alexandriava.gov/localmotion/info/default.aspx?id=74369> for more.

Resource Allocation and Cost Recovery Policy Sorting Workshop. 7-8:30 p.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. Policy will be explained and categories of service will be sorted according to the amount of community benefit they provide. Space limited, RSVP to Elsie Akinbobola at elsie.akinbobola@alexandriava.gov or 703-746-5556.

SUNDAY/SEPT. 7

Waterway Cleanup. 1-3 p.m. at Four Mile Run Park or Hume Springs Park. Volunteers will meet and sign in at one of the two locations below:

- ❖ Four Mile Run Park is located along Four Mile Run stream between Mt. Vernon Avenue and Commonwealth Avenue. Volunteers will meet at the parking lot at 4131 Mt. Vernon Ave. Parking is available at the Four Mile Run Community Center, located at 4109 Mt. Vernon Ave.
- ❖ Hume Springs Park is located at 100 Dale Street (located just behind Cora Kelly School, 3600 Commonwealth Ave.). Volunteers will meet at 100 Dale St. Parking is available on Dale Street and along W. Reed Avenue. Volunteers should wear shoes and clothes that they do not mind getting dirty; trash bags and gloves will be provided. Volunteers should RSVP to Rod.Simmons@alexandriava.gov. Visit alexandriava.gov/Environment for more.

for more.

MONDAY/SEPT. 8

Steering Committee Meeting. 7-9 p.m. in the mini auditorium and multi-purpose room of Samuel Tucker Elementary School, 435 Ferdinand Day Drive. Steering Committee meetings are open to the public and members of the community are encouraged to attend and participate in these meetings, as well as the larger community meetings that are being held to solicit input on developing the Eisenhower West Small Area Plan. Visit www.alexandriava.gov/eisenhowerwest to see a list of Steering Committee members and view updates throughout the planning process. For additional information or to get involved, contact Radhika Mohan at 703-746-3850 or

radhika.mohan@alexandriava.gov.

WEDNESDAY/SEPT. 10

Seniors and Their Pets. 9:30 a.m.-noon at Animal Welfare League of Alexandria, 4101 Eisenhower Ave. Hear local experts and enjoy a visit with the adorable animals at the Shelter. Seating is limited, so RSVP early. Call 703-836-4414 ext 10.

THURSDAY/SEPT. 11

Resource Allocation and Cost Recovery Policy Sorting Workshop. 7-8:30 p.m. at Patrick Henry Recreation Center, 4643 Taney Ave. Policy will be explained and categories of service will be sorted according to the amount of community benefit they provide. Space limited, RSVP to Bryan Williams at bryan.williams@alexandriava.gov or 703-746-5557.

Prevention of Blindness Society Meeting. 1:30-3 p.m. at Charles E. Beatley, Jr. Library, 5005 Duke St. Learn how houses and apartments can be designed with greater safety, comfort and convenience. Call 703-746-1762.

FRIDAY/SEPT. 12

Regional Economy Discussion. Noon-2 p.m. at National PTA, 1250 East Pitt Street, #1. This session, sponsored by the Nonprofit Roundtable, will feature the report's co-authors from The Commonwealth Institute for Fiscal Analysis and the DC Fiscal Policy Institute, discussing issues faced by low and moderate income households in Northern Virginia and offering recommendations for how to address them. This is a free event, but registration is requested. Visit <http://nonprofitroundtable.org/news-events/events/event/603> to register.

WWW.CONNECTIONNEWSPAPERS.COM

Bishop Ireton's Sofield To Play Lacrosse at North Carolina

Cardinal co-captain named 2014 WCAC Player of the Year.

Charlotte Sofield was the best player on the area's best high school girls' lacrosse team in the spring of 2014. Sofield led Bishop Ireton to the WCAC championship and the VISAA state title during her junior season. Playing for her father, Ireton head coach Rick Sofield, Charlotte Sofield finished with 48 goals and 67 assists, and received Under Armour Underclass All-American honors. She was also a first-team all-state selection, and was named WCAC Player of the Year.

Now a senior, Sofield is committed to the University of North Carolina and will try to help the Cardinals repeat as champions during her fourth year on the Ireton varsity. Sofield recently participated in a Q&A

Q: You're committed to the University of North Carolina, correct? What made UNC the right choice for you?

Sofield: While taking my recruiting visits, one of the coaches I met told me to look for my next home, somewhere if I didn't have lacrosse; I'd still want to be. UNC just felt like home. The fact that the school is a top academic and lacrosse school made it the perfect fit.

Q: What is the best part of having your father as your head coach?

Sofield: He is always honest with me and I know he has my best interests at heart. And at the end of the day, no matter how well or poorly I played, I know he loves me.

Q: What is the most difficult part of having your father as your head coach?

Sofield: Everything he says sounds like "clean your room." I know he's coaching me, but it gets hard to separate coach from dad. Imagine living 24/7 with your coach ... or your dad being at school every day.

Register for After-School Recreation Programs

The Department of Recreation, Parks and Cultural Activities is currently accepting registrations for the 2014-2015 School Year Power-On and Power-Up after-school recreation programs. Organized by age groups, youth will maintain a full schedule of age-appropriate activities incorporating play, learning, cultural enrichment and positive social interaction. Activities include creative and performing arts, homework time, sports, fitness, holiday and family events and much more.

❖ Power-On for grades K-6 is offered weekdays from 2:30-6 p.m. at the following locations: John Adams Elementary School, 5651 Rayburn Ave.; Douglas MacArthur Elementary School, 1101

Q: At what age did you start playing lacrosse? When did you realize playing college lacrosse was a possibility for you?

Sofield: I started playing organized lacrosse when I was 6. I always wanted to play, but it didn't really seem realistic until about seventh or eighth grade.

Q: Now that you're a senior, how do you feel about your lacrosse game compared to when you were younger?

Sofield: It's a lot more creative and free. When you're younger, you are taught how to play and you conform to the style your coach wants. Now that I've had this much lacrosse experience with teammates I've had forever, and have had coaches who promote and encourage creative play, I like to try new things, spice things up, and just have fun with it. I think a lot of people lose sight of the fun during recruiting. Now that that pressure is gone, I focus more on the fun and freedom of lacrosse.

Q: The Bishop Ireton girls' lacrosse team won the WCAC championship and VISAA state title in 2014. How do you stay focused entering this year when you've already reached the top?

Sofield: My teammates are the hardest working girls I know. We've been in the weight room and working with our trainer since June. Once isn't good enough, we're not just a flash in the pan. We know that defending a title is hard, but we're embracing that challenge.

Q: Do you play any other sports at

Janney's Ln.; Charles Barrett Recreation Center, 1115 Martha Custis Dr.; Charles Houston Recreation Center, 901 Wythe St.; Cora Kelly Recreation Center, 25 West Reed Ave.; Mount Vernon Recreation Center, 2701 Commonwealth Ave.; Patrick Henry Recreation Center, 4643 Taney Ave.; and William Ramsay Recreation Center, 5650 Sanger Ave.

❖ Power-Up for grades 6-8 is offered at Francis C. Hammond Middle School, 4646 Seminary Road, weekdays from 3:15-6 p.m. A transportation option is available for students attending George Washington Middle School.

Call 703-746-5414 for more information or visit alexandriava.gov/Recreation.



Charlotte Sofield helped the Bishop Ireton girls' lacrosse team win the WCAC title and state championship in 2014.

at Bishop Ireton?

Sofield: Standing by one of my longtime teammates (and co-captain), Kaitlin Luzik, during the last few seconds of the state title game against St. Stephen's and just knowing that we won. After three years of working toward a goal, we finally accomplished it.

Q: What is your favorite food?

Sofield: Loaded baked potato.

Q: Who is your favorite music artist? Why?

Sofield: I don't have one. I like a lot of different types of music.

Q: What is your favorite movie? Why?

Sofield: "Shrek." I can quote that movie verbatim.

Q: What is your favorite hobby outside of lacrosse?

Sofield: I really like to bake.

Q: What location is the farthest you have traveled from the Washington, D.C. metro area?

Sofield: My parents like to travel, so we've been a lot of places, but I think Stockholm, Sweden is probably the farthest.

Ireton?

Sofield: Varsity basketball.

Q: How much time do you spend working on your lacrosse skills in the offseason?

Sofield: Monday, Wednesday and Friday, we'll see you in the gym at 6:30. Yes, a.m.

Q: What is your favorite lacrosse moment from your first three years

Q: Are you a pro sports fan? If so, who are your favorite teams?

Sofield: Yes! I love watching pro sports. The Washington Capitals are by far my favorite.

Q: Do you have a favorite pro athlete(s)?

Sofield: Tom Wilson, No. 43 for the Caps.
— JON ROETMAN

More Bikeshare Stations Added

The City of Alexandria has added eight Capital Bikeshare stations in Del Ray and Carlyle, doubling the size of the Capital Bikeshare system in Alexandria. Alexandria joined the Bikeshare program in 2012 and now has a total of 16 stations throughout the city.

The new stations are located at:

- ❖ Eisenhower Avenue and Mill Race Lane
- ❖ Ballenger Avenue and Dulany Street
- ❖ Duke Street and John Carlyle Street
- ❖ Mount Vernon Avenue and East

Nelson Avenue

- ❖ Mount Vernon Avenue and East Del Ray Avenue
- ❖ Mount Vernon Avenue and Kennedy Street
- ❖ Monroe Avenue and Leslie Avenue
- ❖ Potomac Greens Drive and Slater's Lane

To sign up for Capital Bikeshare or learn more about the program visit www.capitalbikeshare.com.

For more information about Alexandria's transportation options visit www.alexandriava.gov/LocalMotion.



PHOTO CONTRIBUTED

B.E.A.R.: Be Enchanted About Reading

This summer the Nannie J. Lee Memorial Recreation Center was taken over by bears. An acronym for Be Enchanted About Reading, the B.E.A.R. program was one of the many activities that the recreation center participants were engaged in this summer. Each camper was encouraged to read 15 books for the summer. In a six-week period, participants read a combined total of 600 books during their free time. In an effort to bridge the gap between summer break and when school is in session, the center partnered with the Dream Dog Foundation and the Alexandria Book Shelf program where their motto is "Reading is at the Core of All Education." The ABS program donated more than 2,000 books to the center. For more information about the B.E.A.R. program or other programs being offered at the Nannie J. Lee Memorial Recreation Center, call 703-746-5422 or visit www.alexandriava.gov/Recreation.

Chamber Lists Awards Finalists

Finalists for the Alexandria Chamber of Commerce's 2014 Business Awards were named last week in the following categories: Large Business, Medium Business, Small Business, Rising Star and Association/Non-Profit. The winners in each category, along with the Overall Business of the Year, will be announced at the chamber's Business Leader and Awards reception, sponsored by EagleBank. The event will be held on Oct. 22 at the George Washington Masonic National Memorial and will feature catering by Chef Cathal Armstrong.

This year's nominees include:

- ❖ Burke & Herbert Bank
- ❖ Circe Spa
- ❖ Decorium Gift & Home
- ❖ Fleet Transportation
- ❖ Fluet Huber + Hoang
- ❖ Guest House Events
- ❖ Hoffman Company
- ❖ Living Legends of Alexandria
- ❖ LizLuke, LLC
- ❖ MacNair Travel Management
- ❖ Minuteman Press
- ❖ Offender Aid & Restoration (OAR)
- ❖ Rooftop Chimney Sweeps LLC
- ❖ Senior Services of Alexandria
- ❖ Skyline Wellness Center
- ❖ State Department Federal Credit Union.

Tickets for the event can be purchased at www.alexchamber.com.


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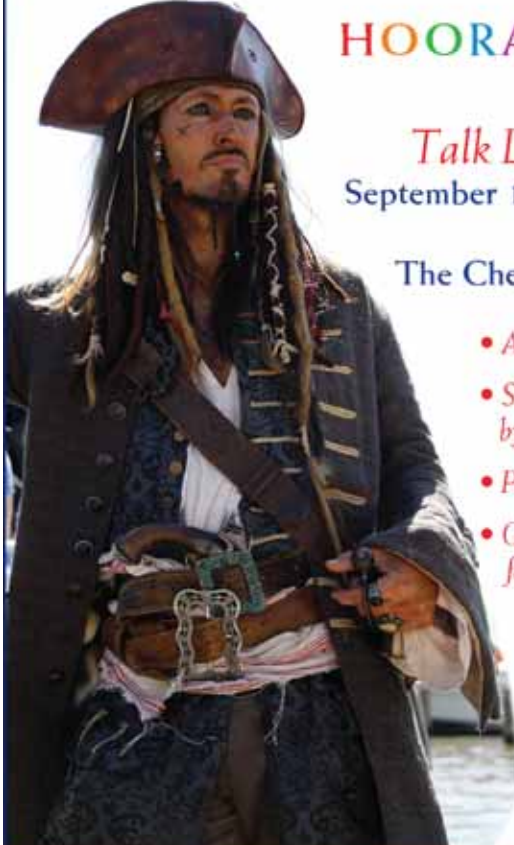
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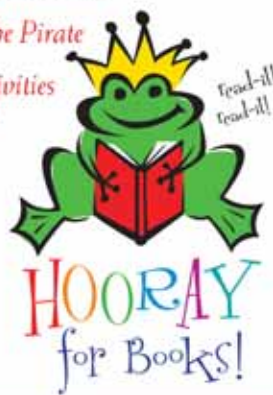


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21 Announcements

21 Announcements

TRUSTEES' SALE OF VALUABLE REAL ESTATE LOCATED AT 6035 Woodlake Lane, Alexandria, VA 22315

In execution of a Deed of Trust (the "Deed of Trust") given by Jack W. Daly and Kay R. Daly, Grantors, dated May 10, 2007, and recorded in Deed Book 19328, Page 0461 among the land records of Fairfax County, Virginia, default having been made in payment of the debt secured thereby, and having been requested to do so by the Beneficiary of the Deed of Trust, after giving due notice of the sale to the present owner and any subordinate lienholders required to receive notice, and subject to the rights, if any, of parties in possession, and any matters of record having priority over the Deed of Trust, if any, as well as filed or unfilled mechanic's liens, the undersigned Trustees (having been appointed Substituted Trustees in a Deed of Appointment of Substitute Trustees recorded among said land records), will offer for sale, "AS IS", at public auction on: September 9, 2014 at 2:00 p.m. at the front exterior entrance of the Fairfax County Circuit Court Courthouse, 4110 Chain Bridge Road, Fairfax, Virginia 22030, the following described real estate: 6035 Woodlake Lane, Alexandria, VA 22315, Lot Twenty-Eight (28), Section Thirty-Three A (33-A), Kingstowne, as the same appears duly dedicated, platted and recorded in Deed Book 7697 at Page 1427, among the land records of Fairfax County, Virginia, Tax Identification No. 091-2-14-33-0028.

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NEWS

First Day of School

FROM PAGE 1

Washington Middle School and Hammond Middle School. In addition to receiving new principals, the middle schools have also been reorganized into two schools instead of five.

"It's about improving instruction," said Crawley. "It's also about improving the school climate."

THE DAY marked the opening of the \$45 million new facility for Jefferson-Houston School, which has Kindergarten through the eighth grade. It's a new start for the long-troubled school, where test scores have been so low for so long that state officials threatened a takeover until the Virginia Supreme Court declared the effort unconstitutional. The latest round of test scores show English performance has plummeted to just 41 percent, an indication that school officials have some heavy lifting ahead in the new building. The last major restructuring happened three years ago, when a new principal arrived and restructured the school.

"When she first came in they brought in a CEO, they brought in other staff, new principals, new vice-principals," said Bea Porter, who has two grandchildren at the school. "They took away half the teachers, brought in new teachers. That hasn't made a difference."

Now Crawley has reorganized the school once again, hiring Christopher Phillips of Suffolk to lead the transition. The new administration team has an academic principal for grades Kindergarten through second grade and another academic principal for grades six through eight. Phillips will be responsible for grades three through five. The school has also adopted a new math textbook, and a new accountability system for monitoring instruction. Crawley is also hoping to hold quarterly meetings for parents and community members to communicate with school officials.

"Given my experience with school turnaround, I believe firmly that the initiatives we are putting in place are the right initiatives to move Jefferson-Houston forward," said Crawley. "I am confident that the different pieces we are putting into place now



For the first day of school, Superintendent Dr. Alvin Crawley toured all of the city public schools opening for the fall semester.

as a part of successful school turnaround are the right pieces."

THIS YEAR also marks the end of a middle school reorganization back in 2009, when former Superintendent Morton Sherman split the city's two middle schools into five separate administrative units. After new School Board members were elected in 2012, the reorganization became a target of criticism. They eventually voted to return to a traditional organization for the middle schools, and bought Sherman out of the remainder of his contract. Now the middle schools have been returned to a traditional structure of one school on one campus. "I think this will improve middle-school performance," said School Board member Pat Hennig. "Splitting them into different schools created a fragmented sense of leadership, and it wasn't working."

The new school year also marked a beginning for new uniforms at Mount Vernon Community School, making it the fifth elementary school to require students to wear uniforms. They have red tops and Navy bottoms, adding the latest fashion trend to a school system where almost half of the elementary schools have standardized clothing. School officials say a survey of parents at the school overwhelmingly supported the change, although approval has not been unanimous.

"There's always controversy with making that kind of change," said School Board Chairwoman Karen Graf. "But they kids seemed really excited, and they all looked great."

West Nile Case Reported

FROM PAGE 1

an active mosquito control program to reduce the number of mosquitoes," said Bob Custard, Environmental Health division chief. "People should pay attention and take the steps necessary to protect themselves."

Mosquitoes can breed in as little as two tablespoons of water. That means that bird-baths and toys that might collect standing water could become breeding grounds for disease. Health officials are urging Alexandria residents to wear insect repellent and wear long-sleeve clothing when out in the early morning or early evening. Experts say most people who are infected with West Nile virus have no symptoms at all, and only a few end up with serious illness.

Safety Tips

- ❖ Wear insect repellent
- ❖ Wear light and long-sleeve clothing
- ❖ Empty pools of standing water

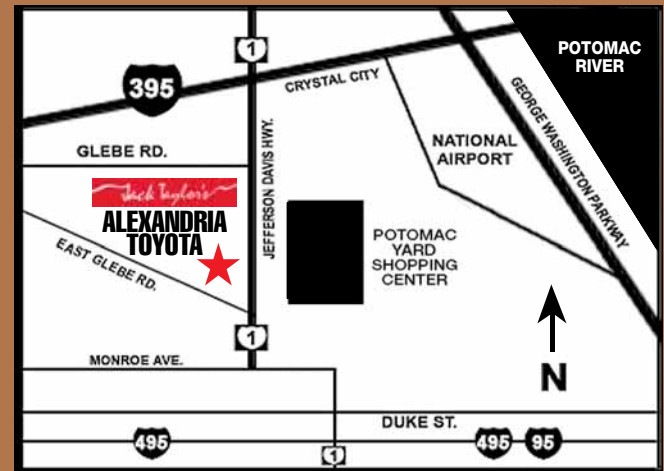
"There may be some other cases that have occurred or were not detected because people didn't have symptoms or they weren't severe enough to go to a doctor," said Kathryn Jacobsen, associate professor at the College of Health and Human Services at George Mason University. "One case out of many million residents is not a significant threat to public health, but individuals who are worried about their own health can take steps to avoid mosquito bites."

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Senior Living

SEPTEMBER 2014

Alexandria
Gazette Packet

Senior Living

PUBLIC INPUT

The City of Alexandria is seeking community input on existing walking and bicycle issues and needs, and ideas for improving the environment for walking and biking. An online survey and interactive map can be accessed from the project webpage www.alexandriava.gov/pedbikeplan. Visit alexandriava.gov/PedBikePlan for more on the Pedestrian and Bicycle Master Plan.

THURSDAY/SEPT. 11

Resource Allocation and Cost Recovery Policy Sorting Workshop. 7-8:30 p.m. at Patrick Henry Recreation Center, 4643 Taney Ave. Policy will be explained and categories of service will be sorted according to the amount of community benefit they provide. Space limited, RSVP to Bryan Williams at bryan.williams@alexandriava.gov or 703-746-5557.

Prevention of Blindness Society Meeting. 1:30-3 p.m. at Charles E. Beatley, Jr. Library, 5005 Duke St. Learn how houses and apartments can be designed with greater safety, comfort and convenience. Call 703-746-1762..

WEDNESDAY/OCT. 15

Nomination Deadline. Living Legends of Alexandria is looking for nominees who have contributed at least one tangible improvement to the quality of the City's life that would likely be missing without this person's vision and energy. Those currently running for or holding political office are not eligible for consideration. Visit www.alexandrialegends.com/nominationform.htm. Email nominations to info@alexandrialegends.com.

NEW ALEXANDRIA LIBRARY APP

The Alexandria Library introduced a new mobile app via Apple iOS and Google Android devices so customers can access the library and their accounts. Library users can place holds, renew library materials, browse databases and search online catalog content from this app. Contact Linda Wesson at 703-746-1727.

GARDEN SEASON

Make a Reservation. The Department of Recreation, Parks and Cultural Activities announces procedures for the 2014 Community Garden season. Visit www.alexandriava.gov/uploadedFiles/recreation/parks/CommunityGardenRegulations2014.pdf for the terms and conditions for the reservation of 194 community garden plots located in Chinquapin Park, 3210 King St., and Holmes Run Parkway. Community plots are available as follows: full-size community garden plot (15 feet by 20 feet): \$55/resident and \$75/nonresident; half-size plot (10 feet by 15 feet): \$28/resident and \$35/nonresident. Individuals interested in receiving information to apply for a garden plot contact John Walsh, Horticulturalist, at 703-746-4654 or john.walsh@alexandriava.gov.

Soil Testing. Virginia Cooperative Extension is offering soil testing services to analyze soil and determine what is needed to condition soil for plantings. Recommendations generated usually within three working days of receipt. Pick up soil sampling box at the Virginia Cooperative Extension Alexandria office, 1108 Jefferson St., 8 a.m.-5 p.m. Monday-Friday. Send filled soil sample box with form and fee to the Virginia Tech Lab for analysis. Fees vary, visit www.soiltest.vt.edu/Files/testing-process-and-fees.html.

The Groveton High School class of 1964 is looking for contact information for as many classmates as possible. The planning for the 50th reunion is underway, however only a small number of people have been contacted. Groveton graduates of '64 interested in attending September's reunion should email contact information to GHS64@verizon.net.

Be Heard at the City's monthly Public Hearings. A schedule of the meetings can be found at www.alexandriava.gov. Voice opinions, speak about something on the docket or just speak about something you are concerned about. Sign up in advance to speak through the city's website. Anyone is welcome at any of the public hearings.

Alexandria Gazette Packet

Senior Living

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Senior Living Time to Downsize?

BY MARILYN CAMPBELL
THE GAZETTE PACKET

When Beverly Quinn's fourth child, a daughter, got married, she decided it was time to downsize. The 69-year-old widow moved out of the 4,000-square-foot home in Vienna, Va., where she and her husband raised their children and into a 1,300-square-foot townhouse in North Potomac, Md., which meets her new needs perfectly.

"It's a big change," she said. "But I guess that is part of downsizing."

One of the most difficult parts of Quinn's transition was boxing up more than 30 years of memories, and deciding which items to move into her new home, which to give to her children and deciding which to donate or discard. It's a familiar conundrum for many seniors: organizing, decluttering and resisting the desire to take more than their new, smaller homes can accommodate.

"We see it all the time with our members," said Barbara Sullivan, executive director of Mount Vernon At Home, a nonprofit that helps senior citizens age in their own homes. "Our volunteers help with downsizing by reorganizing, cleaning out closets, and decluttering."

Downsizing is also emotional: "Moving from a 4,000-square-foot home into a retirement community or small 800- to 1,200-square-foot apartment can be difficult," said Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company. "There is often a conflict between what Mom and Dad want them to take with them and what they can actually accom-



PHOTO COURTESY OF FOUR SALE

Daniel Sanders, president and CEO of Four Sales LTD, a professional estate sales, auctions and personal property appraisals company, helps clear out a garage. Such services make it easier for seniors down move from a large home into a smaller house.

modate."

When tackling the downsizing process, Sanders suggests a few guidelines: "We strongly recommend using an emotional yard stick to determine whether to keep or not keep something," he said. "Look for things that have a memory associated with them. Like, 'Remember when Mom and

Dad went to Rehoboth [Beach] and bought this Murano glass bird? It was one of the best days of their lives.'"

"A personal space is like an autobiography. People are complex so it is often difficult to find just one style that fits every impulse."

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

Those mementos go on a list of items to consider keeping, said Sanders. He recommends waiting 24 hours and then trying to cut the list in half. "Depending on the age of the parent, it's good to work in two to

three hour shifts, take a break and do another two to three hour shift.

"We want to build mild frustration because you begin to make decisive decisions that are more precise," he said. "And you are less likely to rethink and over-think."

When cleaning a larger home in preparation for a downsize, Sanders suggests that families go through each room of the house in a systematic fashion, collecting family photos; family records like birth, death and marriage certificates; and financial records.

"You'd be surprised by how much you accumulate over the years," said Quinn. "The process is draining, both physically and mentally. The only bright spot was that I was going to be living closer to my children and grandchildren and I liked my new town house."

Once seniors have pared down their belongings and begun the moving process, some, like Quinn, begin to look forward to starting anew and designing their new homes to reflect their new styles and needs. However, it's not only important to arrange furniture and accessories tastefully, but in a way that takes issues like safety hazards and new lifestyle issues into consideration.

"The best advice is understanding that personal style is rooted in your past, places that you love, the present, what you love today, and the future," said Susan Hergenrather, Ph.D. associate professor of interior design at Marymount University in Arlington, Va. "A personal space is like an autobiography. People are complex, so it is often difficult to find just one style that fits every impulse."

When it comes to creating a comfortable

SEE DOWNSIZE, PAGE 5

Quilting Studio Adds to Dream Home

At 72, Wanda Rogers engages in an early American craft she first learned from her grandmother.

BY JOHN BYRD
THE GAZETTE PACKET

Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one's own.

Such are the reflections of Wanda Rogers, 72, who is now tapering off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain-state handicraft she learned from her mother and grandmother.

"We were all quilters where I grew up in West Virginia," Rogers recalls. "My mother, my grandmother, my aunt. The originality of a quilt's pattern is the larger artistic goal,

but it takes a lot of concentrated quiet time to achieve it. Between raising children, moving frequently and then working, there just weren't a lot hours for quilting before now, much as I love it."

The particularly hectic phase of Rogers' young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980s, the family finally settled into a 2,533-square-foot ranch house on two acres near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David

SEE QUILTING STUDIO, PAGE 4



PHOTO COURTESY OF HOME FRONTS NEWS

Wanda and her daughter Janyce preparing fabrics at the studio's work table. The marble counter surface also has a role in the studio's kitchenette.

Quilting Studio Adds to Dream Home

FROM PAGE 3

Foster in transforming the ranch into a substantially enlarged and upgraded “dream house,” complete with a two-car garage topped by a future quilting studio.

“I knew my plans were getting closer to reality when we added drywall to the attic room above the garage,” Rogers says. “Once the space was shelled-in, I began to see how the studio would look and function.”

For the next three years, however, Rogers kept up her a daily work schedule with a healthcare consulting firm, a job that required frequent out-of-town meetings.

“We had installed temperature controls in the studio when we remodeled the house,” Rogers says. “Everything was well-insulated and bright, so I moved-in an easy chair and started thinking about what I wanted to do.”

Last year, Ted presented Wanda with a professional quality Bernina Sewing Machine, and the studio makeover got underway in earnest.

“We designed the suite specifically to support Wanda’s creative process,” says Foster, who has operated Foster Remodeling Solutions for more than 35 years. “We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach.”

AT 400 SQUARE FEET, with large windows on both the eastern- and western-facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring, apart from its lovely aesthetics, is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other



PHOTOS COURTESY OF HOME FRONTS NEWS
Three generations (from left): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.

essentials. Rogers says some of the fabrics date back to the 1930s and were passed down from her grandmother.

“All the women in the family were active in quilting bees” Rogers recalls. “One of my aunts’ designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium”.

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Bernina “surger” which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety of colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would

allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

“I don’t have to run back to the house for lunch, or a cup of tea,” Rogers says. “The amenities simply allow me to concentrate on the project at hand. That’s what it takes to do this kind of work well.”

While the full bath and refined finishwork will also allow the attic to double as a guest room when needed, Rogers says the studio is fundamentally designed for quilting. By inserting a specially designed cutting board

over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There’s even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

“I see the studio as an integral part to my life ahead,” says Rogers, adding that that her 10-year old granddaughter now wants to learn quilting from her. “This kind of fulfillment isn’t just good luck; it’s something you have to plan.”

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy-five percent of his current clients are now over 55; as of last year, 44 percent had come back to him for a second project.

“We’re seeing a lot more interest in a phased development approach to retrofitting the family house for retirement,” Foster says. “To save money on future projects,

a remodeling client sometimes asks us to insulate and dry-wall a part of the house they don’t plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn’t appreciably increase the existing remodeling budget. There’s a kind of generational search for more enduring

housing solutions that’s now underway, and it’s evolving rapidly.”

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit www.fosterremodeling.com for more. John Byrd (byrdmatx@gmail.com) has been writing about home improvement topics for 30 years.



Pattern originality is one of quilting’s primary artistic goals, Rogers says, adding: “it’s a process that can’t be rushed.”



Situated above the family’s two car garage, the new quilting studio provides the privacy Wanda Rogers was seeking when she decided to resume the craft she learned from her grandmother more than 60 years ago.



Wanda Rogers, 71, displays some of her quilts.

Tips for Right-sizing the Next Phase

FROM PAGE 3

but elegant living space, Hergenrather says, “First, think about the work the space needs to do.”

WAITING TOO LONG before making the decision to downsize can complicate the process. “It’s always better for someone to downsize to a smaller home before they are in a crisis situation, [for example] suddenly, they can no longer climb a lot of stairs and must move to a single-level dwelling, but often a person will put off that decision until it’s nearly too late,” said Cele Garrett, Executive Director of At Home in Alexandria. “We have some members facing that decision right now and they’ll often admit they should have done it sooner.”

For many seniors, a living space needs to keep them safe. “You might need to add grab bars,” said Sullivan. “Also watch for trip hazards like throw rugs and clutter. Check for furniture that needs to be moved back to make the house more accessible for moving around. Relocate plates, cups and saucers so that they are in easy reach for seniors.”

Sullivan’s organization has volunteers who can help with enlarging bathrooms and widening doorways to accommodate wheelchairs and walkers.

When designing a new, smaller space,

Sanders recommends interior design magnetic floor planning kits, which help determine a person’s furniture needs and placement before they actually move. “The starting point for every good move is the floor plan at the receiving location,” he said.

When moving out of a familiar environment and into new surroundings, there are a few factors that can be overlooked when striving to maintain one’s quality of life.

“Personal style is rooted in your past, places that you love, the present, what you love today, and the future.”

— Susan Hergenrather, Ph.D., professor of interior design, Marymount University

If a senior chooses to live alone, there are several issues that should be monitored, advises Maura Barillaro, a registered nurse with Home Care Assistance in Bethesda, McLean and Fairfax. “Basically, there are so many needs that we see in the elderly, including boredom, frailty, loneliness, mobility issues, progressing illnesses,” she said.

“We would all like to maintain cognitive functioning throughout our lives and this is especially important late in life,” said Pam

Greenwood, Ph.D., associate professor of psychology, George Mason University in Fairfax, Va. So when looking for a new place to live, make sure there are opportunities for physical exercise, mental stimulation and social stimulation.

“The strongest evidence concerns aerobic exercise – there are real benefits for mind and brain of moving physically daily,”

said Greenwood.

“There is also growing evidence of the benefits of cognitive training for everyday functioning – perhaps the strongest evidence is perception training – visual and auditory perception. Several studies, including our own, have shown broad transfer of benefits from perception training to everyday functioning.”



When remodeling this bathroom, Glickman Design Build added a bench to this shower. Such features can help seniors to downsize and live alone safely.

PHOTOS COURTESY OF GLICKMAN DESIGN BUILD



PHOTO COURTESY OF MOUNT VERNON AT HOME

A volunteer helps change a light bulb for a Mount Vernon at Home member.



PHOTOS COURTESY OF ALEXANDRIA AT HOME

An Alexandria at Home volunteer hangs a painting for one of the organization’s seniors who chose to downsize and live alone.



Alexandria at Home volunteers help a member with yard work. Such services allow seniors to downsize and live alone more easily.

Engaging over the New Yorker

Members enjoy intellectual stimulation, camaraderie over long term.

BY MARILYN CAMPBELL
THE GAZETTE PACKET

There was a time when 83-year-old Bob Kanchuger spent most Friday mornings on a 30-mile bike ride with friends. The group of retirees would pedal toward a local destination – Bethesda, Md., to Old Town Alexandria, Va., was a favorite trek — where they would have coffee and spirited debates on everything from foreign policy to economic inequality before making the return trip.

“One of the things that kept people coming together is that we would have a defined day of riding and we would make sure we had an interesting place to stop and have coffee and discussions,” said Kanchuger, a resident of Potomac, Md., and an attorney who retired from the World Bank Group.

While outdoor exercise was a definite benefit, it wasn’t the best part for all of the group members. “The most enjoyable part was the discussion at our mid-way point,” said Dr. Elliot C. Wilner, a retired neurologist who lives in Bethesda.

Kanchuger wanted to preserve the stimulating discussions even after the bike rides were no longer possible. “It was likely that biking would come to an end because of our age and physical health,” said Kanchuger. “Several of us subscribed to the New Yorker and enjoyed discussing the articles, and that was an activity that would meet some of our social needs of retirement.”

So Kanchuger approached Wilner with the idea of forming a New Yorker magazine discussion group. They invited a few like-minded friends from the biking group. The men meet on the first Wednesday afternoon



PHOTO COURTESY OF DAWN LANDSMAN

Before the New Yorker Group, spirited discussions took place as part of the Friday morning bicycling group. Here, Tony Abrams, Dawn Landsman, Mark Zweig, Elliot Wilner, Ian McDonald and Bob Kanchuger pictured in 2009.

of each month for two hours of insightful conversation. Group members choose three to four stories from the magazine to read and analyze. Each article discussion is led by a group member who prepares ideas for analysis ahead of time and emails them to the group.

“I’ve gained and reinvigorated friendships,” said Wilner. “I enjoy the intellectually stimulating discussions with bright, educated, well-informed people.”

FOR THE SEPTEMBER MEETING, Wilner suggested two of James Surowiecki’s

columns. “Because they present both sides of an important issue,” Wilner said. “Corporate America has, over the past 40 years or so, evolved a business model that has been almost totally devoted to the personal enrichment of executives and shareholders, with very little concern for the welfare of workers or the nation; and yet there is another, more socially conscious business model that has been shown to be successful but is not widely emulated,” said Wilner.

The men are united, in part, by their affinity for mental rigor. “We all enjoy the intellectual stimulation, but the camaraderie is one of the best aspects,” said Peter

Kimm of Potomac, a retired foreign aid official who was for 30-years Director of Housing and Urban Programs at the U.S. Agency for International Development. “We like each other. We’re a diverse group of people – retired doctors, lawyers, engineers ... with a wide range of interests. Everybody in the group is successful.”

Light snacks, coffee and spirited debates characterize most of the meetings.

“We don’t agree on everything,” said 80-year-old Victor Kimm, Peter Kimm’s brother, of McLean, Va., an engineer and retired senior executive for the Environmental Protection Agency. “We’ve seen people who’ve had very different views, but there is a mutual respect. We have different ways of looking at an issue and moving on. I think it has something to do with the age of the group members.”

Victor Kimm, who is also the executive director of SHARE, a non-profit organization in McLean that helps meet the emergency needs of those with limited financial resources, says the men have explored articles ranging from the growing inequity of income in the United States to stories about the group of Chilean miners trapped underground for more than two months.

“There is a certain rigor or discipline in having a monthly meeting where you read and prepare in advance,” he said. “You have to stick with it.”

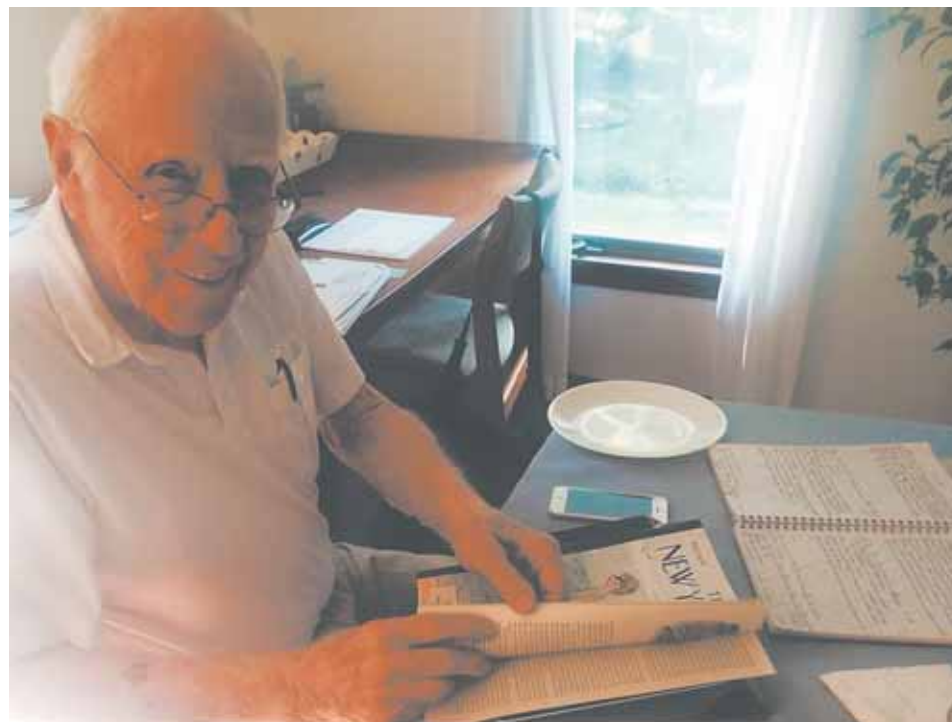
The bond between the men, however, extends beyond erudition.

“We all greatly value the friendships of this group,” said Ian MacDonald, a resident of Chevy Chase, Md., a former journalist who retired from the International Monetary Fund and who grew up in Great Britain and graduated from the University of Oxford. “And we’ve been there for each other during difficult times.”



PHOTO COURTESY OF ELLIOT WILNER

Elliot Wilner reads to his granddaughter, Yael Fritschie, who is not yet a member of either the New Yorker or bicycle group.



Peter Kimm

Senior Living

Feedback Wanted. The City of Alexandria's Department of Recreation, Parks and Cultural Activities is looking for feedback to determine the best method to modify/expand their pool facilities at the existing Chinquapin Center. Visit <http://studentvoice.com/p/?uuid=750b3323364547e9b16b319dc3494a37> to take the survey.

Information Technology Services. Open through Aug. 30. ITS is looking for feedback on its new online system of interactive maps. Visit <http://www.alexandriava.gov/gis/info/default.aspx?id=76912> to leave feedback.

Public Space Recycling. Alexandria has placed more than 80 bright blue recycling containers next to public trash cans in the commercial districts along Mount Vernon Avenue and King Street, as well as other public spaces, including parks, recreation fields, and other high-traffic pedestrian areas. Visit alexandriava.gov/Recycling.

Composting & Food Waste. Alexandria now has Resource Recovery Stations, located at the City's Farmers' Markets (Old Town, Del Ray) to collect food waste. More than 270 people have participated in the food waste program over the last several months. Participants drop off items weekly, over eight tons of waste has been collected, to be composted to make a natural fertilizer. To learn more about composting visit alexandriava.gov/YardWaste.

English as a Second Language Class. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Tuesdays and Thursdays, all levels 10 a.m.-noon, intermediate workshop 3-5 p.m. All classes free. Call the information desk, 703-746-1702, ext. 3.

The Talking Book Service at Alexandria Library will now operate Monday through Friday, 10 a.m. to 3 p.m. or by appointment. Patrons may also reach the service at 703-746-1760 or talkingbooks@alexandria.lib.va.us.

Amazon.com supporting Alexandria Libraries. The city of Alexandria can now support its local library when purchasing from Amazon.com through the Alexandria Library website. Alexandria Library introduces the "Buy

It Now" feature, allowing anyone to purchase any item—not just books—through its website with a simple click of a button, and a portion of the proceeds will be donated back to the library.

Foreclosure Prevention Clinics. At the Office of Housing, 421 King Street, Suite 200. The clinics will be held weekly, and will offer both group and individual counseling sessions to assist homeowners with financial difficulties. Call 202-667-7006.

Digital Magazines. Patrons of Alexandria Library will have unlimited access to read digital magazines, which can be viewed on most Internet-enabled devices inside or outside of the library. Accessible through www.rbdigital.com/alexandriava/zinio.

Eligible low income households can now use their SNAP benefits to buy local foods at the **Old Town Farmers' Market**. SNAP customers are able to use their electronic benefits transfer cards to purchase fresh fruits, vegetables and other eligible food products at the market. The Old Town Farmer's Market is located on King Street between N. Royal and N. Fairfax Streets, and is open on Saturdays, year round from 7 a.m. to noon.

The **Military Officers Association of America's** scholarship fund gives out loans and grants to children of military families. To learn more, apply or donate visit www.moaa.org/scholarshipfund.

The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.

Training Courses. The American Red Cross in the National Capital Region will host training courses in CPR, First Aid, and AED in the Alexandria and Fort Belvoir offices. These classes offer a two-year certification. Classes

range from \$70-\$110 and will be held on Tuesdays, Wednesdays, Thursdays, or Saturdays, dependent upon the participant's choice. Advance registration is required. To register for a class or find another class in your area, call 1-800-RED-CROSS or visit redcross.org/takeaclass.

Plant Clinics. 10 a.m.-1 p.m. Thursdays at Alexandria Lee Center, 1108 Jefferson St. From late-April to late-October, the Master Gardeners of Northern Virginia will be holding a plant clinic for the community. Gardeners also staff the Horticulture Help Desk, 9 a.m.-noon weekdays year-round at the VCE office in the Fairlington Community Center, 3308 S. Stafford St. Contact 703-228-6414, mgarlalex@gmail.com or www.ext.vt.edu.

At Home in Alexandria! Those interested in becoming AHA! Friends should call AHA! at 703-231-0824 or download the application form from the AHA! website at www.athomeinalexandria.org. AHA! supports Alexandrians ages 55+ who prefer to remain independent in their own homes.

VOLUNTEERS NEEDED

Alexandria's Juvenile Court Services and Seaport Foundation seek **adult male mentors** for the new SOHO (Space of His Own) creative mentorship program. Seaport SOHO will meet throughout the school year on Wednesday evenings, from 5:30-8 p.m., at the Alexandria Seaport Foundation, 2 Duke St. Seaport SOHO will provide boys from fragile and fragmented homes with yearlong one-to-one mentoring through engagement in carpentry, fishing and sports activities. No mentoring or carpentry experience is required; SOHO is looking for enthusiastic and innovative men to serve as mentors. Email ashley.snyder@alexandriava.gov.

The Mount Vernon Adult Day Health Care Center is looking for social companions for participants on Fridays from 3-5 p.m. and front desk volunteers on Tuesdays and Wednesdays from 11 a.m.-noon and 3:30-4:30 p.m. Located at 8350 Richmond Highway. For these and other volunteer opportunities call 703-324-5406 or visit www.fairfaxcounty.gov/olderadults.

Do you have a family member or a neighbor who could use some help to make daily life a little easier?

At Home in Alexandria (AHA) is a grassroots, not-for-profit organization of caring neighbors and volunteers helping people in Alexandria ages 55+ remain independent and living in their own homes. We provide valuable help in a variety of ways: transportation to medical appointments, social events, technology support, modest yard work, prescription pick-up and so much more.

The annual membership fee covers an unlimited number of your requests for assistance.

Volunteer or join AHA and become part of a nationwide "village" movement!



www.athomeinalexandria.org

aha@athomeinalexandria.org

703.231.0824

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

HomeLifeStyle.....9/10/14
A+ Camps & Schools.....9/17/14
Fall Fun & Arts Preview.....9/24/14

OCTOBER

Wellbeing.....10/1/14
HomeLifeStyle PULLOUT:
Deadline is 9/25/14.....10/8/14
A+ Camps & Schools.....10/15/14
Election Preview I10/22/14
Election Preview II.....10/29/14



NOVEMBER

Election Day is Tuesday,
November 4.
Wellbeing.....11/5/14

E-mail sales@connectionnewspapers.com for more information.

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- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
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After The Fall

BY ANN EMMONS
PETRI

It started off like any other February day with our usual trip to the fitness club for morning exercises. What made this day different was that Bill, my 93-year-old husband, slipped and fell on some ice on our driveway, striking the back of his head. He said it didn't hurt.

But the next day he complained of feeling tired and each day after that he felt a little worse. Still, we didn't see any connection to his fall. By the fourth day, however, he was so weak he couldn't even get out of his chair for lunch. It finally dawned on me that something was seriously wrong and I needed to call 911.

It turned out I was four days too late. All this time, because he was on a blood thinner for his high blood pressure, he had been bleeding in his brain. The neurologist at the hospital where the ambulance took him later told me that it was one of the worst cerebral hemorrhages she had ever seen.

IN MY OWN WORDS

The symptoms are similar to those of a stroke and by then he was unable to talk coherently, remember things, or walk. This was a man, who, before he retired, had been a successful United States Government chemical and aeronautical engineer, someone who had his own chem lab in the basement next to a beautiful woodworking shop furnished with tools handed down from his craftsman father. A man who could fix anything.

After the first week in Intensive Care he was moved to a floor which specialized in stroke victims where he spent the next month. Little by little he began to show improvement. His next stop after six weeks in the regular hospital would be a rehabilitation facility where he could receive the daily intensive speech, physical, and occupational therapy he needed. There he would have to relearn the simplest tasks like how to speak, how to feed himself, how to get out of a bed and into a wheelchair, and how to care for himself in general.

A rehab hospital very close to our home in McLean, Virginia was found which had a bed available and he was transferred there by ambulance. Here, he was kept busy most of the day with one kind of therapy or another. After several weeks he graduated from using a wheelchair to a walker and when he wasn't occupied with therapy we



Ann and Bill Petri

PHOTO BY WILLIAM ARTHUR PETRI, JR.

practiced using his walker in the halls and some days we even had time to take in a movie in the rehab center's small theater! There was also a Happy Hour on Tuesdays that I especially liked with wine, snacks, and lively conversation!

As I look back during all this time, probably the most positive factor in his long slow recovery has been his attitude. He never stops trying, no matter how discouraging his progress must seem. His attitude is simply amazing. He is always upbeat.

Another positive aspect is that we are the parents of three doctors (and one lawyer) which kind of made us celebrities in a medical setting. One or the other of them was often visiting and conferring with the rehab staff on their father's care even though their specialties (rheumatology, infectious diseases, and oncology) were far afield.

After several months, it was decided that Bill could continue his recovery at home. And so, on May 8, 2014, exactly three months after the initial injury he returned home.

While he was in the rehabilitation hospital I had taken the opportunity to prepare our two story home for his return with grab bars in the bathrooms and shower, and a stair lift so that he could sleep in his own bed.

So, now, here we are, six months later, settled in our own house, with Bill dependent on me for almost everything, including something I was not expecting: making all the decisions by myself. I won't say it's been easy. It hasn't. I have to say, though, that after 61 years of being the dependent one, I am getting pretty good at being the boss!

Senior Living Calendar

SUNDAY-SATURDAY/SEPT. 7-13

The Magic of Music. At Spring Hills Mount Vernon, 3709 Shannons Green Way, Alexandria. A flurry of musical activities will bring a broad spectrum of entertaining and educational musical events to Spring Hills Mount Vernon Assisted Living Community. The highlight of the week is the "Spring Hills Got Talent Show," featuring performances by residents, staff and community members on Sunday, September 7 at 6 p.m. The public is welcome. Call 703-780-7100 or visit www.springhillsmountvernon.com.

SATURDAY-WEDNESDAY/SEPT. 13-24

Northern Virginia Senior Olympics.

Online registration open. Various venues around Northern Virginia. Events include badminton, volleyball, cycling, a 5k road race, and many more. \$12 per person to register, free to spectators. Visit www.nvso.us for more.

MONDAY/SEPT. 15

Adult Resource Fair. 10 a.m.-2 p.m. or 6-8:30 p.m. at Gum Springs Community Center, 8100 Fordson Road. Get information on training programs, employment, academic resources and more. Call 703-324-4600 or 703-360-6088.

FRIDAY/SEPT. 26

"Fall-Risk" Assessment. 1-4 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road, Arlington. Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring your risk for falling down. The appointment includes a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess balance and risk for a fall. A physical therapist will review results and give a personalized evaluation, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, call 703-558-6861.

SUNDAY/SEPT. 28

Walk to End Alzheimer's. 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org>.

FRIDAY/OCT. 24

Healthy Aging Lecture Series. 11 a.m.-noon at 601 S. Carlin Springs Road, Arlington. 2014-2015 Medicare Update with John Glowacki of Arlington County ADSD. Every year there are changes made with the Medicare coverage. It is always advised to stay up to date with these changes to avoid any medical billing mishaps. Free. Call 703-558-6859 to RSVP.

THURSDAY/NOV. 13

Memory Screening. 9 a.m.-noon at Langston Brown Senior Center, 2121 N Culpeper St., Arlington. Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to 10 minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, call 703-237-9048.

ONGOING

Yoga for Everybody. Wednesdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. This traditional approach to yoga reduces stress and increases strength and flexibility. Classes begin Wednesday, July 9 and Saturday, July 12. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

Adaptive/Seated Yoga. Tuesdays, 11:15 a.m.-12:15 p.m.; Sundays, 3-4 p.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. Classes begin Sunday, July 13. \$66. Health Pavilion, 601 S. Carlin Springs Road, Arlington. Call 703-558-6859.

Alzheimer's Association Support Group has meetings on the third Wednesday at 10:30 a.m. at Carlin Springs Health Pavilion,

A sampling of calendar items from around the region.

601 S. Carlin Springs Road, Arlington and also the first and third Thursday at 10 a.m. at St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. They are open to people with Alzheimer's, their caregivers, family members and friends. Free. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be found at www.alz.org/nca.

Instruments Wanted. Instruments of any type or size — from a piano to a piccolo, in response to school's needs. Donations are tax exempt. Contact Miriam Miller, Opera NOVA for pick up. 703-536-7557; mcdm1@verizon.net; www.operaguildnova.org.

The Talking Book Service at Alexandria Library will now operate Monday through Friday, 10 a.m.-3 p.m. or by appointment. Patrons may also reach the service at 703-746-1760 or talkingbooks@alexandria.lib.va.us.

Free **Medicare counseling** is available for City of Alexandria residents through the Virginia Insurance Counseling and Assistance Program (VICAP) to help individuals understand and navigate Medicare insurance programs. VICAP Medicare counselors will be available on Thursdays from 1-5 p.m., by appointment only, at the Alexandria Department of Community and Human Services, located at 2525 Mount Vernon Ave. Speakers are also available to present information on Medicare Basic to community groups. Call 703-228-1726.

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Training Courses. The American Red Cross in the National Capital Region will host training courses in CPR, First Aid, and AED in the Alexandria and Fort Belvoir offices. These classes offer a two-year certification. Classes range from \$70-\$110 and will be held on Tuesdays, Wednesdays, Thursdays, or Saturdays, dependent upon the participant's choice. Advance registration is required. To register for a class or find another class in your area, call 1-800-RED-CROSS or visit redcross.org/takeaclass.

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Band musicians are invited to join the **Mount Vernon Community Band**. Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or www.mvbands.com.

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. There is a meeting on the second Thursday of the month at 7:30 p.m. at Good Shepherd Catholic Church, 8710 Mount Vernon Highway, Mount Vernon. Call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

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