

Mount Vernon Gazette

Mount Vernon's Hometown Newspaper • A Connection Newspaper

October 8, 2015



Fighting Hunger Firsthand **Woodley Hills Food 4 Thought helps families with food insecurity.**

By Tim Peterson
The Gazette

Dina Koch and Sara Boehm of the Mount Vernon area of Alexandria want to teach children when they see a problem, they should step in, reach out and fix it.

"There are times when we feel like it's a lot of effort, just doing a little piece of it," Koch said, "but that's how things get changed."

Koch and Boehm organize Food 4 Thought at Woodley Hills Elementary School, a program in partnership with Our Daily Bread and Fairfax County Public Schools to address some of the food needs of students who don't receive the same free and reduced meals over the weekend that they do during the week at school.

At Woodley Hills, more than 72 percent of the student population qualified for free or reduced meals in the 2014-2015 school year according to the Fairfax County Public Schools profile, up from 69 percent the previous school year.

"Our four children are going to school with people who are hungry, who need food," said Koch. "We never knew it was a problem. To be able to do something about it, with my kids seeing that, feels great."

In January, 2015, Koch and Boehm, an assistant librarian at Woodley Hills, noticed there was a real need for more long-term support for students at the school whose families are struggling, out of work, or qualify as homeless. They began looking for organizations to sponsor food packing



Food 4 Thought volunteers at the Woodley Hills Elementary School community packing night included (back row from left) Barb Baker, Linda Gower, Karen Clark, Sara Boehm, Emily Boehm, Emily Wild, Henry Wild, Alicia Brooks, Jennifer Forsythe, Emma Forsythe, (front row from left) Jack Boehm, Matthew Boehm, Dina Koch, Charlotte Koch and Aidan Koch.

events and soliciting support from their own community.

The name "Food 4 Thought" came to the women as a possible moniker for starting a non-profit to formalize this work. When they looked to see if it was taken, they discovered a program by the same name run by Our Daily Bread, an emergency food and financial assistance provider in Fairfax. Thier Food4Thought was already working with several Fairfax County elementary schools to achieve the same goals Koch and Boehm had.

Chris Garris, the Food Bridge

program manager for Our Daily Bread, explained their program began when a social worker from Marshall Road Elementary School came to them six years ago. She told them about "teachers with children on Mondays that were hungry, lethargic, not ready to be school," said Garris. "She just felt pretty desperate.

"We decided as an organization, our part would be helping them understand how to coordinate their PTA, getting approval from the principal, social worker and school counselor," Garris contin-

ued, "we would support them, having them be self-sufficient within their school."

Our Daily bread partnered with human services charity Food For Others and obtained a grant from Fairfax County to go into half a dozen elementary schools and work with social workers to identify students in need.

"Woodley Hills was a little concerned because of the amount of their need," Garris said. "We always tell them, start small, see what you can handle. They've been surprised, how you put it out there that there

are hungry students coming to your school, people really want to help, you just have to tell them how."

"It is very powerful to be able to place these food packs right into the hands of the child who needs them."

— Sara Boehm

Koch and Boehm are well on the way to a \$12,000 fundraising goal, which Koch said is the estimated cost for providing 50 packs of food for every week throughout the school year. Most of it has come from friends and neighbors in their 150-home neighborhood, including relatives donating from across the

country.

See Hunger, Page 9



Charlotte Koch (left) and Karen Clark (right) help organize food for packing at Woodley Hills Elementary School.

Photos courtesy of Sara Boehm

Shooting Death Under Investigation

A community member reported hearing a gunshot and a man lying in the road around 3 a.m. on Sunday morning, Oct. 4, Fairfax County Police said.

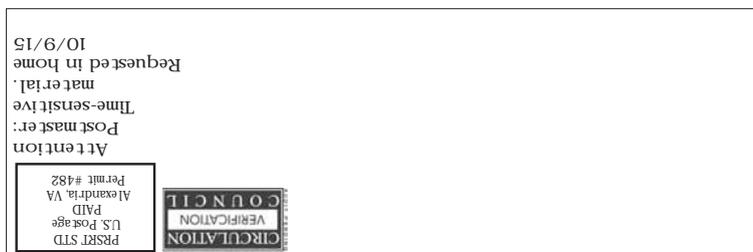
When police responded to the report on the 7100 block of Groveton Gardens Road in the Hybla Valley area, they found the man to have a gunshot wound in his upper body. He was pronounced dead after being transported to a local hospital.

The victim has been identified as 34-year-old, Jose Anibar Cisneros, of the 7200 block of Harrison Lane. The Office of the Chief Medical Examiner will determine official cause and manner of death.

The only suspect information at this time is that two men were seen running from the area after the gunshot was heard.

Police are asking anyone with information that could help Homicide and Crime Scene detectives in their investigation to contact Crime Solvers through www.fairfaxcrimesolvers.org, by texting "TIP187" plus a message to CRIMES(274637) or by calling 1-866-411-TIPS(8477), or Fairfax County Police at 703-691-2131.

— Tim Peterson





Alexandria \$549,900

4 beds and 3.5 baths home with completely renovated kitchen, new carpets throughout and freshly painted. Open floor plan great for entertaining. Finished, large walk-out basement. Backyard backs to Huntley Meadows Park. Easy access to shopping & metro. 4109bedrock.mceneaney.com

Sue Goodhart

703.362.3221
www.TheGoodhartGroup.com



Alexandria \$849,000

Incredible 3 level, 5 bedroom, 4.5 bath light-filled home features fantastic designer choices. Freshly renovated open-concept main level is stunning. Gourmet kitchen features over-sized butlers pantry. Quality designer upgrades abound throughout. 7604 Range Road

Sandy McMaster

571.259.2673
www.FischerMcMasterHomes.com



Alexandria \$497,500

Immaculate light-filled split level with new deck and patio, updated kitchen, 4 bedrooms, 3 full baths, wood-burning fireplace in rec room and adorable kitchenette/wine bar on lower level! Attached 1-car garage. Close to Ft Belvoir/ Kingstown and new Wegman's. 4512 Lantern Place

Bob Bazzle

703.599.8964
www.BobBazzle.com



Alexandria/Beverly Hills \$899,900

Expanded Beverly Hills home offers 3 bedrooms plus den & 3 baths. OMG master suite and family room addition, passive solar sunroom & generous room sizes on oversized, flat lot in George Mason School District. Style and substance! 3201 Edgehill Drive

Susan Taylor

703.927.3000
www.CallSusanTaylor.com



Alexandria \$849,900

Perfect for entertaining, this home has large living spaces, a separate dining room and a downstairs rec room for casual gatherings. There are 4 bedrooms upstairs and the one-car garage is attached. Set on almost a 1/4 acre of level land in the city. 2601 Ridge Road Drive

Elizabeth Lucchesi

703.868.5676
www.LizLuke.com



Alexandria \$549,900

Rarely available floor plan! 2 bedroom, 2 bath with high-end finishes throughout including brand new induction range, high ceilings, Brazilian cherry floors, marble baths, tons of closet space and more. Walk to Braddock Metro and Harris Teeter. 900 N. Washington St #105E

Jennifer Halm

703.851.2255
www.JenniferHalmRealEstate.com



Alexandria \$639,900

Super 4-level mews townhouse at Braddock Rd. Metro. Master suite, 3 full baths, delightful family room, 2 woodburning fireplaces. Sunny kitchen walks out to private terrace and off-street parking. Near shopping, restaurants, King Street, GW Parkway. 558 Colecroft Court

Susan Bruce Anthony

703.795.9536
www.SusanBruceAnthony.com



Alexandria \$415,000

Light filled end-unit conveniently located minutes from Fort Belvoir. 3 bedrooms, 3.5 baths. Kitchen includes granite counters, cherry cabinets. Master bedroom with tray ceiling and huge walk-in closet. Rec room with fireplace, walk-out to fully fenced yard and 2-car garage. 8535 Wyngate Manor Court

Bob Bazzle

703.599.8964
www.BobBazzle.com



Alexandria \$510,000

Car not required! Enjoy the Old Town urban lifestyle, and walk to Metro, shopping, restaurants, new rec center. 3 bedroom, 2 bath brick townhouse has three finished levels and is move-in ready. Harwood floors, new paint and carpet. 1022 Vernon Street

Robin Arnold

703.966.5457
www.RobinArnoldSells.com

MVCCA Honors Retiring Elected Officials

Recognizing 85 years of public service.

By Gerald A. Fill
The Gazette

The Mount Vernon Council of Citizens Associations (MVCCA) honored retiring elected officials U.S. Rep. Jim Moran (D-8), state Sen. Linda “Toddy” Puller (D-36) and Mount Vernon District Supervisor Gerald Hyland on Sept. 23.

The three cumulatively served for approximately 85 years in elected office: Moran for 35 years, Hyland for 28 years and Puller for 22 years. They were thanked formally by the MVCCA and presented with gifts for their years of dedicated public service.

“The Mount Vernon Council of Citizens Associations is honoring three very special people this evening. These individuals have championed the health and welfare of the Mount Vernon District for many many years. Their accomplishments have been too numerous to recite so I’m going to highlight just a few for each one of them,” said Katherine Ward, co-chair of the council. Ellen Young also collaborated to plan the event in behalf of the MVCCA.

Moran was cited for his 35 years of dedicated public service as a member of the Alexandria City Council, Mayor of Alexandria, and Eighth District U.S. congressman. He “worked tirelessly to ensure Richmond Highway improvements were funded adequately to reduce traffic congestion caused by the BRAC expansion at Fort Belvoir ... [and] ... championed the funding of Dyke Marsh restoration.”



In foreground, from left: Former U.S. Rep. Jim Moran, Supervisor Gerry Hyland and state Sen. Linda “Toddy” Puller.



Photo By Gerald A. Fill/The Gazette

Representing 50 years of elected public service to the Mount Vernon District: Linda “Toddy” Puller with 22 years as state delegate and senator and Supervisor Gerry Hyland with 28 years.

The MVCCA presented Moran with a book entitled, “Acts Passed by the Congress of the U.S., 1789” which describes the legislation passed during George Washington’s first term as President of the United States.

Puller served 22 years as 44th District state delegate and 36th District state senator representing the Mount Vernon area. She was praised for “the enactment of legislation which will lead to a Constitutional Amendment to authorize tax exemption status for spouses of our military

killed in combat ... passage of legislation better known as ‘Ashley’s law’ requiring emergency and first responder vehicles to use flashing lights and sirens when operating in the line of duty.” This law was named for Ashley McIntosh, a local resident who was killed on Richmond Highway by a police officer driving through a red light

without a siren or flashing light while responding to an emergency call. Puller also “supported efforts by the MVCCA to waive the fees and costs of very expensive transportation analysis studies that enabled the MVCCA to move forward to change the Comprehensive Plan to meet our vision for a revitalized Richmond Highway. She also successfully sponsored efforts in the General Assembly to secure the funds to determine what kind of mass transit improvements should be implemented for Richmond Highway.”

In recognition of her years of dedicated service, the MVCCA presented Puller with a book entitled, “The Mount Vernon Ladies Association-150 Years of Restoring the Home of George Washington.”

Hyland’s record of 28 years of public service was highlighted or “we would be here all night if all his accomplishments were listed.” He was praised for supporting the MVCCA Comprehensive plan changes for the Richmond Highway; supporting the funding of studies necessary to plan for

widening the Richmond Highway and bringing mass transit to the area; providing the leadership to keep Inova Mount Vernon Hospital open and prevented it from being moved from its present location; supporting the expansion of affordable housing at North Hill; leading the successful effort to authorize a bond referendum to pay for flood mitigation of the Huntington neighborhood which has been heavily impacted by floods in recent years; supporting the creation of an arts center, the development of new communities and the creation of two new public schools after Lorton Prison was closed; supporting the closing of the Lorton Landfill; establishing an annual Town Hall Meeting and Bus Tour as a standard for reaching out and listening to his constituents; and regularly consulting with the MVCCA prior to taking a position on the many policy issues coming before the Board of Supervisors for a decision.

The MVCCA presented Hyland with a newly released book, “General Washington’s Gardens.”

Mormons Participating in 5th Annual Day To Serve

Local members of The Church of Jesus Christ of Latter-day Saints (“Mormon” or “LDS”) are once again answering Gov. Terry McAuliffe’s invitation to join the annual “Day to Serve” event. The annual initiative that started as a one-day blitz of service a few years ago has expanded this year to an entire month of events from Sept. 11 through Oct. 10 in Virginia, Maryland, and West Virginia, and the District of Columbia.

The 5,500 Mormons in the Mount Vernon Virginia Stake — roughly the equivalent of a diocese and comprised of 13 local congregations — have joined seven other participating stakes in Northern Virginia.

The emphasis this year for the Mount Vernon stake is on local food drives, including:

- ❖ Members in Mount Vernon and Fort Belvoir teaming up with Heritage Presbyterian to do weekend food bags.
- ❖ Another group partnering with Arlington Regional Transit for a “Stuff the Bus” event.
- ❖ Members in the Kingstowne/Franconia area joining forces with several different churches to collect food and money for the Koinonia Foundation: Franconia United Methodist, Faith Evangelical Presby

See Day of Service, Page 7



Local members of The Church of Jesus Christ of Latter-day Saints sort food for those in need.



Photos Contributed

The Arlington Food Assistance Center benefits from the Day of Service efforts.

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Alexandria/Old Town **\$2,550,000**
213 North Fairfax Street. Historic residence circa 1815 in fabulous location 2 blocks from the riverfront and King St. with 3-4 off-street parking spaces! Over 4,600 sq. ft. of living space with original architectural features, 4 bedrooms, 3.5 baths, 3 fireplaces and a 2-story glass gazebo addition that floods the rear of the home with light and provides views of the spacious walled gardens and patios.
Christine Garner 703-587-4855



OPEN SUNDAY

**Alexandria/
Old Town**
\$1,099,000

507 S. Fairfax St. Historic Charm located in the southeast quadrant near the river, this 1820s home is surprisingly large with over 3,000 sq. ft. of usable space and classic detailing including three fireplaces, lovely moldings, and beautiful wood floors. With three bedrooms and 3.5 baths, other spaces include a living room and a library, a large dining room and a family room overlooking the rear porch, brick patio and garden, a rec room and tons of storage. Open 10/11, 2-4 p.m. To see, call Mary Hurlbut at 703-980-9595.

*Mary Hurlbut
703-980-9595*



OPEN SUNDAY

Alexandria/Rosemont **\$899,999**

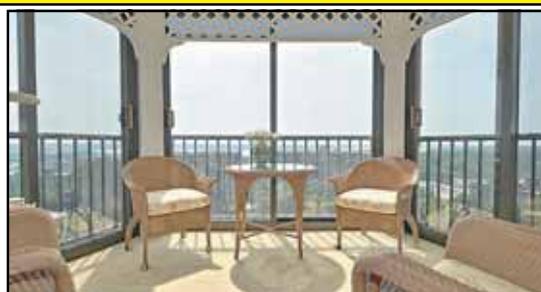
1215 Russell Road. Charming Bungalow where classic meets contemporary. 4 Beds/3.5 Baths. Gorgeous hardwood floors. Beautifully updated kitchen with quartz countertops, natural stone backsplash, porcelain tile. Contemporary updated family room. 2 large bedrooms with cedar closets. His & Her vanities in upper level bath.

Michelle Zelsman 202-390-8714



HUGE PRICE ADJUSTMENT

Alexandria/Belle Haven **\$849,000**
6212 Tally Ho Lane. Over 3,500 SQ FT. Great home for entertaining. 5 BRs, 4 full baths and 3 Wood-Burning fireplaces. Wood floors! Updated appliances in Kitchen. 5-star kitchen oven. Light-filled family and living room with fireplace. Professionally landscaped yard with multiple levels of lights. Amazing backyard and renovated.
Gary Chute 703-371-9926



Alexandria/Montebello **\$775,000**

5901 Mount Eagle Dr. #1617 & 1618. Welcome home! This condo has stunning Villeroy & Boch foyer, lovely Potomac River sunrise view w/180-degree sweep to treed view w/sunsets. 2 gourmet kitchens, 2 BA, 4 BR, 3 encl. balconies, all recently renovated. Built-in cabinetry, FP & 10 closets. 2,545 SF condo perfect for a home office, in-law suite, guests & entertaining. Indoor & outdoor pools, tennis, gym, café, & shuttle bus; pet-friendly, 24/7 security. 2 lights from Old Town. Never has had a special assessment!
Cindy Baggett 703-593-1418 & Leslie Rodriguez 703-400-3010



OPEN SUNDAY 2-4

Alexandria/Fort Hunt **\$629,000**

1203 Falster Rd. Fabulously updated home with sun-filled kitchen and open main level. Easily put tables from bay windows to sunroom to seat up to 20 for the holidays. Short walk to Wayneswood Elementary. Spacious lower level w/ guest room/rec room, fireplace, open area & full bath/jetted tub. Plus a huge .43 acre lot with flat backyard, large shed, stone outdoor oven & patio. Must see.
Greg Koons 703-209-7678 • Joni Koons 703-209-7277



NEW LISTING

Alexandria **\$185,000**
820A South Washington Street. SOPHISTICATED STUDIO! Ideal "toe-hold" in Old Town. Wood floors, updated kitchen & bath. Walk to markets and cafés.
Diann Hicks-Carlson 703-628-2440



LOCATION! LOCATION!

Alexandria/Wayneswood **\$599,000**

8522 Cyrus Place. Wonderful in sought-after Wayneswood! Fantastic expansive yard, Stunning Kit., Wood Flrs. & Lower Lvl. w/ Rec. Rm./4th BR & Office. Open Kit. w/tons of maple cabs, granite, breakfast bar & stainless. Oversized Gar & newer windows. Living Rm. w/cozy fplc. & door to great yard & patio. Steps to Park, Wayneswood Elem & Bike Path along G.W. Pkwy & River. Mins. to Old Town, Ft. Belvoir, D.C. & Metro!
Lisa McCaskill 703-615-6036



NEW LISTING

**Alexandria/
Landmark Mews**
\$584,900

5205 Cottingham Place. Quality-built 4 level, 3,000+ sq.ft. town house in a beautiful, convenient community. Totally renovated new eat-in kitchen, 3 large bedrooms, all with updated baths, 2 updated half baths, large family room with granite wet bar counters, recessed lighting, hardwood floors, new carpet, 2 fireplaces, lots of storage, beautiful, private patio. Great buy!
*Nancie Williams
703-608-6959*



10K PRICE DROP

Alexandria/Montebello **\$475,000**

5902 Mount Eagle Drive #908. Renovated, bright & light contemporary w/1,695 SF in a park-like oasis just 2 lights from Old Town! 3 bedroom, 2 bath, new flooring thru-out, high-end kitchen. Garage parking. Amenity-rich gated Montebello; pet-friendly & financially strong w/no special assessments ever! Call for private showing. Potomac, city, sunrise & sunset views from 2 enclosed balconies.
Cindy Baggett 703-593-1418 & Leslie Rodriguez 703-400-3010



UNDER CONTRACT

Alexandria/Montebello **\$375,000**

5903 Mount Eagle Dr 916. Rarely-available, amazing 180-degree views of Potomac River, National Harbor & trees from enclosed balcony w/French doors. Spacious & bright 1,195 SF features a contemporary & stylish renovation w/Brazilian cherry floors, high-end kitchen w/induction cooking & updated baths. Garage parking. Pet-friendly. Vacation from home in close-in Montebello. No special assessments ever!
Cindy Baggett 703-593-1418 & Leslie Rodriguez 703-400-3010



Alexandria/Harbor Terrace **\$259,000**

1313 E. Abingdon Drive. Price and location! This beautifully updated 1 bedroom, 1 bath condo with a balcony is just 1 light from D.C. and a few blocks to the river, shops and restaurants. Living room with wood-burning fireplace, kitchen with granite counters, breakfast bar, SS appliances and new cabinets. Carrara marble bath, stacked washer & dryer and extra storage unit.
Christine Garner 703-587-4855

Interested in a Career in Real Estate? Pre-licensing courses are available soon. Call Managing Broker, Mark Ackermann, at 703-851-8100 for further information.



Alexandria/Old Town Office
 703-549-8700 • 121 N. Pitt Street

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Police Taser Incident Questioned

Suspect's lawyer calls for more investigation.

Elton Cansler of Alexandria was arrested on Sept. 24 for committing larceny and assaulting a police officer, an incident captured on two independent witnesses' mobile phones during which the Fairfax County Police officer used a taser to force him to comply with orders.

Cansler had been approached by an officer and admitted to stealing a pair of sunglasses from the employee break room of SunTrust Bank in the Rose Hill area of Alexandria.

Cansler's lawyer Victor M. Glasberg submitted a letter to Fairfax Chief of Police Edwin Roessler on Oct. 1, demanding an internal affairs investigation of the incident. In his letter, Glasberg explained that Cansler had cerebral palsy and mental difficulties.

Following the incident, Roessler announced such an investigation would be taking place. On Sept. 28, an expanded release from Roessler concluded, "The officer's discretion was appropriately used to deploy a form of a less-lethal force and in compliance with all policies and laws in this matter." The report explained Cansler kept his arms straight against the police cruiser while the officer was initiating the arrest and pushed back against him.

According to a Fairfax County Police spokesperson, the Internal Affairs investigation is still underway.

Glasberg responded to the Sept. 28 statement in his letter to Roessler by calling for another investi-



Photo courtesy of Fairfax County Police Department/Video provided by independent witness

One of two cell phone videos of the incident shows a Fairfax County police officer use a taser on Elton Cansler and then handcuff him, with help from another officer.

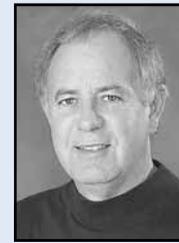
gation "into your and your department's public, on-line, full-throated defense of what the officer did before your investigation has even gotten off the ground."

Roessler has not responded to Glasberg's letter, the police spokesperson said.

— Tim Peterson

Breast Cancer Awareness Month 5:30pm-8:30pm
 Thursday, October 15th, 2015
 703-660-6300
 EVOO at Mamma's Market
 7609 Fordson Road
 Alexandria, Virginia 22306

Come eat, drink, and sample our oils and vinegars while raising money to support the Breast Cancer Program at Inova Mount Vernon Hospital



Rex Reiley
RE/MAX Allegiance
703-768-7730
rex.reiley@rmxtalk.com



Alex/Riverside Est. \$724,900
8425 Mt. Vernon Highway
 Beautiful home w/over 4000 sq ft & 2 lvl addition in lovely Riverside Estates. Great rm on main lvl w/gas fpl & wet bar. Adjacent family rm w/wood burning fpl, an office adjoins the gorgeous 20'x32' master bedrm addition w/vaulted Douglas Fir ceiling & skylights.

Library /studio on upper lvl addition. Both HVAC systems. HWH & roof rplcd 2011. Close to Ft. Belvoir.



Alex/Mt. Vernon Woods \$449,900
4006 Buckman Road

Builders - Beautiful .73 acre lot, zoned R-3. Dominion Surveys has done preliminary survey report for subdivision which can be emailed upon request - looking for quick sale/settlement and priced the property accordingly.



Alex/Mt. Vernon Hills \$2400
8506 Mt. Vernon Hwy

Lovely, well-maintained Mt. Vernon home w/4 bedrooms & 2 baths on .38 acre. Kitchen w/granite counters opens to living rm & dining rm. New windows. French doors off living rm to deck overlooking fenced bkdy. Soaking tub. Walk out lower level

w/2 bedrms, a bathrm & large family rm. Double lot 8506 & 8504. Close to Ft. Belvoir - 1 mile to GW Pkwy.



Alex/Riverside Estates \$519,900
8602 Cherry Valley Lane

Stunning 4BR, 2.5BA Colonial w/2-car garage & sunroom on a beautiful lot. Meticulously maintained. Many updates: newer kitchen & baths, refinished hardwood floors, freshly painted interior. Family rm w/fireplace off the kitchen. Partially finished LL has an L shaped recreation room/den w/new carpeting. 10 minutes to Ft. Belvoir, 15 mins to Old Town, Alex, 25 to Nat'l Airport.



Alex/Olive Park \$494,900
8732 Lea Lane

Lovely 3000+ sq ft Colonial w/5BRs /4BAs on a beautiful .5 acre lot. A 2005 upper level addition offers a true master bedroom/master bath suite, both w/vaulted ceilings along w/2 other bedrooms & a bath. The main level has 2BRs, 2BAs plus a large kitchen which opens to a great room, both w/vaulted ceilings. A wood burning FPL in the living room & wood stove in the great room adds to the charm. 5 mins to Ft. Belvoir, 25 mins to NTL Airport.



Alex/Fairfield \$398,500
4212 Alcott Street

"Postcard Perfect" Best describes this lovely 3BR, 2BA, meticulously maintained split w/ fireplace, refinished hdwd floors, updated kit & baths & oversized 1 car garage. Add a spectacular yard that backs to county land & forest. Beautiful views of wild life, quiet & serenity awaits your

pleasure from this remarkable setting. 8 mins to Ft. Belvoir, 20 mins to Huntington Metro & Old Town Alex. This is a Gem!

For more information: www.RexReiley.com



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McLEAN NEW PRICE: \$5,495,000 | 1100 Dogwood Drive
Elegant 1.9-acre estate with 7 bedrooms and 8.5 baths in sought-after Langley Farms. Perfect for entertaining with a large center hall leading to a formal dining room and living room with fireplace and beamed ceiling. Open eat-in kitchen leading to family room. Wood-paneled library with fireplace. Large master suite with two master baths. Heated pool. Separate carriage house with 2-car garage.
RUSSELL FIRESTONE +1 202 271 1701



PHILLIPS PARK, DC \$4,195,000
2101 Foxhall Road NW
Inspired by the estates of Brittany, France, this exceptional 8,100 square foot residence was designed by Barnes Vanze Architects and newly built by Mauck Zantinger & Associates. Luxurious finishes, spa baths, open kitchen and family room, high ceilings, and formal public rooms.
MICHAEL RANKIN +1 202 271 3344



KALORAMA, DC \$3,150,000
2411 Tracy Place NW
Ideally positioned in sought-after Kalorama, this Georgian residence has stately curb appeal with a professionally designed front garden and a distinguished slate roof. The four bedroom, four and one half bath home offers elegant scale with nine foot ceilings on the first and second level, renovated bathrooms with Waterworks fixtures, wood floors, and audio throughout.
MICHAEL RANKIN +1 202 271 3344



ROSEMONT \$1,815,000
413 E Timber Branch Parkway
5,200 sq ft, 4 finished levels, 6 BR, 4.5 BA, open floor plan, hardwood floors, 9 ft ceilings. Gourmet kitchen, stunning master bedroom with cathedral ceiling, walk-in closet. Wood-burning fireplace with stone chimney. Custom builder. Quality, elegance and attention to detail. Attached 2-car garage.
VICTORIA KILCULLEN +1 703 915 8845



OLD TOWN \$1,690,000
117 Prince Street
A true piece of history: Built in 1780, this grand townhouse offers 5,100 interior sq ft on a generous lot, including a spacious rear garden and 2-car parking, 4 fireplaces, high ceilings, large rooms, front southern exposure. Finished lower level. Rare opportunity to restore an Old Town classic.
HEATHER COREY +1 703 989 1183
MAXWELL RABIN +1 202 669 7406



COLLEGE PARK \$1,185,000
1109 Trinity Drive
Beautifully appointed 5 BR painted brick home with soaring 2 story foyer, open floor plan, chef's gourmet kitchen with bar opening to family room with fireplace, and French doors to flagstone deck and pool. Lower-level rec room with fireplace, 1-car garage.
VICTORIA KILCULLEN +1 703 915 8845



OPEN SUNDAY 2-4

OLD TOWN \$1,095,000
400 Madison Street #2002
Gorgeous Potomac river views. Rarely available 3 bedroom, 2.5 baths, high floor unit at sought-after Alexandria House. Elegant renovation, this large, traditional unit feels more like a home than a condo. 1-car garage.
KATHERINE ZWICKY +1 703 408 0399



COLLINGWOOD \$899,500
8402 Morey Lane
Fully renovated and expanded Collingwood home on large corner lot. Features an open main level with large gourmet kitchen, luxurious master suite, artist studio, and 2-car garage.
PHYLLIS PATTERSON +1 703 310 6201



BEVERLY HILLS \$899,500
3100 Circle Hill
Completely renovated home has stunning finishes including marble walls, designer tiles, and backyard oasis. Main level has gorgeous living spaces including dining room with coffered ceilings, gourmet kitchen, and darling mudroom. 2 BR, renovated bathrooms, and one car attached garage
VICTORIA KILCULLEN +1 703 915 8845



OPEN SUNDAY 2-4

OLD TOWN \$875,000
932 S. Fairfax Street
Newly renovated must see end unit with driveway. Surrounded by parkland. Winter water views. Lyles Crouch school district. 4 BR, 2.5 BA, 1,800+ sq ft, nice backyard.
KATHERINE ZWICKY +1 703 408 0399



POTOMAC YARD \$825,000
725 Diamond Avenue
Massive three level home spanning over 2,100 square feet. This stylish home features outdoor space, first floor den/rec room, 2-car parking, gourmet kitchen with breakfast bar, high-end stainless steel appliances and granite counters.
ROB AND BRENT GROUP +1 202 744 6463



UNDER CONTRACT

WESSYNTON \$724,900
8802 Edward Gibbs Place
This mid-century modern contemporary home brings the outdoors in with floor-to-ceiling windows and a wooded lot. New, high-end custom kitchen and baths, refinished hardwoods, fresh paint, new roof, 2-car garage.
HEATHER COREY +1 703 989 1183
SHARON WILDBERGER +1 703 597 0374



SULGRAVE MANOR \$549,900
4100 Sulgrave Drive
Remodeled gourmet kitchen addition opens to a brick patio and large level yard. Four bedroom split level features refinished oak hardwood floors, remodeled baths, and a gas fireplace. Half acre located on historic George Washington farmland. Move-in condition.
DOUG FRANCIS +1 703 304 6827



OLD TOWN \$525,000
515 Queen Street
Just listed: Charming 1 BR + den, 1 BA row home built in 1790 in the heart of Old Town. Beautifully restored, flounder-style home with historic plaque just a brief stroll to shops, restaurants and the river. Exquisitely designed kitchen, modern amenities and period details including vaulted ceilings with original beams, hardwood floors. Fully-fenced private garden.
JEREMY STEWART +1 703 879 4131



BEVERLY HILLS \$519,000
464 W. Glebe Road
Beautiful town home in wonderfully convenient location in Alexandria. Gorgeous renovated kitchen with granite and stainless steel, spacious dining room overlooking bright family room with gas fireplace, and views to the lovely landscaped patio through French doors.
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News

Day of Service

From Page 3

rian, Bush Hill Presbyterian, St. John's Lutheran, Olivet Episcopal, The Journey (formerly Central Christian Church).

❖ Alexandria members uniting with Giant to collect food, plus a sewing project to benefit developing countries.

❖ Multiple congregations in Alexandria collaborating with the Christ House Food Pantry and Alfred Street Baptist Church.

❖ Shirlington Mormons teaming up with the Arlington Food Assistance Center, Nauck Community Service Center, and Macedonia Baptist Church to collect and distribute food, and to glean apples at a local orchard.

Other local congregations are helping domestic violence shelter the Bethany House, performing a clean-up of the Hume School, and contributing to a community fair in the Franconia / Kingstown area.

The LDS Church has been a major partner in Day to Serve since its inception in 2011.

Mount Vernon Supervisor DEBATE



JANE GANDEE (R) DAN STORCK (D)

Thursday, October 15, 2015

7:00 pm

South County Center, Room 221

8350 Richmond Highway, Alexandria, VA 22309

6:30 pm Candidate Reception

FREE AND OPEN TO THE PUBLIC



"EVERYTHING PUMPKIN FESTIVAL"

Sunday, October 18 • 12:00–2:30 P.M.

Panda Bounce House

Wiped Out Zone

Food

Child ID



Cake Walk

Face Painting

Bake Sale

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Mount Vernon Presbyterian Church

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MOUNT VERNON SUPERVISOR

Tuesday, Nov. 3rd

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Manors of Mount Vernon
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 Bonnie Rivkin MLS # FX8760765



Open House Sunday 1-4pm
Mason Hill 1907 Windmill Lane, Alexandria VA
 Beautiful French Country House in Mason Hill. Gourmet Kitchen with SS Appliances, Quartz, 2 Sinks, Kitchen Island. 5 Large Bedrooms with 4 Full Baths, 2 Patios and 2-Car Garage.
 \$899,000 Greg Doherty
 MLS # FX8751957

Old Town Commons
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 Charming 3 level, 3-year-old TH. Gourmet kitchen, brick interior wall, wide plank dark hardwood floors, patio, rooftop terrace, 2 parking spaces, 5 blocks to Metro. 3 BR, 2 BA. \$719,900
 Karen Leonard MLS # AX8762027



Wellington Manor
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 Pristine 3 bedroom, 2 bath all-brick Rambler on almost 1/2 acre lot. Stunning gardens, front porch, patio and deck. Wayneswood school district - just steps to the G.W. Parkway. \$649,900
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 Best Value in 22308! 3 br, 2 renovated baths, kitchen w/SS appl., black cabs, granite, large eat-in area, refinished hdwds, large fin. lower level walkout. Near Ft. Belvoir, OT, D.C. \$549,900
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News



Photos by Tim Peterson/The Gazette

(From left) Candidates for Virginia State Senate present at the Korean Coalition for Political Participation 2015 Candidates Night included Joe Murray (R, 39), Barbara Favola (D-31, incumbent), Dave Marsden (D-37, incumbent), David Bergman (R, 37) and Jerry Foreman (R, 36).

Korean Coalition Hosts Candidates Opponents for five elected positions meet at Luther Jackson Middle School.

Del. Mark Keam (D-35) encouraged his fellow Koreans present to take advantage of the great number of candidates for elected office about to appear before them at the Korean Coalition for Political Participation 2015 Candidates Night.

"You have have an opportunity tonight to vote for people who reflect your priorities," Keam said. "What can we do to make our future better? Go out and vote."

Korean Coalition president Michael Kwon

served as master of ceremonies and moderator, leading the 30 candidates present through brief rounds of introductions and questions.

The candidates represented a number of ballot options, including Fairfax County Sheriff, Board of Supervisors chairman and individual supervisors, School Board at-large, Virginia State House of Delegates and State Senate.

— Tim Peterson



Candidates for Fairfax County Board of Supervisors chairman Sharon Bulova (D, left, incumbent) and Arthur Purves (R, right) were first to speak at the Korean Coalition for Political Participation 2015 Candidates Night.

Fairfax County Sheriff Stacey Kincaid (D) and her opponent for re-election Bryan Wolfe (R) discussed the importance of mental health training for Sheriff's Office staff and the use of force.





From left, Diane Brooks, Linda Gower, Emily Wild, Dina Koch, Karen Clark and Jennifer Forsythe assemble food packs at the Woodley Hills Elementary School community packing event.

Photos courtesy of Sara Boehm

Hunger

From Page 1

"It's really been far-reaching," said Garris, "it was very very smart of them to use their community."

The program accepts donations in the form of cash and food purchased from an Amazon wishlist. Koch said the packs usually contain enough food for a pair of breakfasts, lunches and snacks to last the weekend.

"It is very powerful to be able to place these food packs right into the hands of the child who needs them," Boehm said in an email. "We are able to eliminate the need for parents to do anything — they don't have to do paperwork, they don't have to drive somewhere or take time off of work. The kids bring the food home themselves, they are helping their families."

"It's such a tangible thing," said Koch. "You can see how everything you do goes right into someone's hand who needs it. We want kids to grow up and understand sometimes people need help, to see that firsthand, this is something they can really understand."

"Kids forget about a lot of things," Boehm added. "They forget their homework, they forget their lunch, they forget their trumpet at the bus stop. But they rarely forget to come by on Friday afternoons and pick up their food packs. That tells me that having this food is making a difference for them."



From left, Henry Wild, Matthew Boehm, Charlotte Koch and Aidan Koch help prepare food for packing at Woodley Hills Elementary School.

For more information on the Woodley Hills Food 4 Thought effort, visit www.woodleyhillsfood4thought.org. The Our Daily Bread website is www.odbfairfax.org/Food-for-Thought.

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Photo by Ed Knepley

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Opinion

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hilary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day. If you qualify, you can vote early in-person, see sidebar.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be regis-

tered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Fairfax County School Board at Large (vote for 3); District School Board member; Soil and Water Conservation Board (vote for 3); School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted. Photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: Valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth); valid college or university student photo identification card, must be from an institution of higher education located in Virginia; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; Virginia Voter Photo ID Card obtained through any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

❖ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035

Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m.

Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

❖ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

❖ **Franconia Governmental Center** - 6121 Franconia Road, Community Room B, Alexandria, 22310

❖ **Mason Governmental Center** - 6507 Columbia Pike, Conference Room, Annandale, 22003

❖ **McLean Governmental Center** - 1437 Balls Hill Road, Community Room, McLean, 22101

❖ **Mount Vernon Governmental Center** - 2511 Parkers Lane, Conference Room A, Alexandria, 22306

❖ **North County Governmental Center** - 1801 Cameron Glen Drive, Community Rooms, Reston, 20190

❖ **Sully Governmental Center** - 4900 Stonecroft Blvd., Community Room, Chantilly, 20151

❖ **West Springfield Governmental Center** - 6140 Rolling Road, Community Room, Springfield, 22152

general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information
Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

pared to elsewhere in the county. She says, "Trailers are a way of life for our students." Mr. Storck should be held accountable for these failings.

I attended a public high school. Of my graduating class, over 90 percent went on to attend college. By contrast, according to ACT test results, no high school in the Mount Vernon District has more than 40 percent of its students properly prepared for college. In one of them, the number is 20 percent. This is unacceptable. Asked about this poor performance at the League of Women Voters debate, Mr. Storck responded that one reason is some of the students don't live in the Mount Vernon District. Unacceptable.

On his campaign website, Mr. Storck touts 112 achievements during his 11-plus years on the School Board including 20 "Major Personal Initiatives," 13 "General Achievements," and 79 "Personal Initiatives." Being generous, no more than 10 percent directly impact academic

See Letters, Page 11

Editorial

Letters to the Editor

Citizens, Police Working Together

To the Editor:

This past week, I met with Captain Shawn C. Martin and Lieutenant Bryer W. Holland of the Mount Vernon police District Station and Captain J. Dean Lay who represented Colonel Edwin C. Roessler, Jr., the chief of the Fairfax County Police Department.

It is my firm belief this meeting will lead to a continued good relationship between both the Fairfax County Police Department and the citizens of Fairfax County.

All three of these police officials expressed their desire to work with the citizens of Fairfax County and our citizen activist organization.

I was very pleased this meeting took place as it reflects what we can do to make our community a better and safer place for everyone.

Nicholas R. Beltrante

Executive Director
Virginia Citizens Coalition
for police Accountability, Inc.

Change in Approach Needed

To the Editor:

The most important election Nov. 3 is for Mount Vernon District supervisor. Democratic candidate Dan Storck has served as Mount Vernon's School Board member for over 11 years. The most important function of public schools is preparing children to succeed in college and thereafter. In Mount Vernon, public schools are failing to fulfill these goals. In her campaign literature, School Board candidate Karen Corbett Sanders proclaims "A zip code should not determine the quality of education for a student in Fairfax County" and then criticizes the educational opportunities currently available to students in Mount Vernon as com-

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A Connection Newspaper



Letters

From Page 10

performance. Those include reducing class sizes at one school, supporting full-day elementary school on Mondays, enhancing standard diploma requirements, adopting foreign language textbooks and providing English and social studies honors courses through grade 12.

The vast majority of the listed achievements are the routine actions any administrator performs as part of their basic duties. Among those listed by Mr. Storck: system-wide recycling programs, disposal of surplus property, changes in Roberts Rules procedures, graduation protocol for School Board members, changes in meeting dates, video streaming of school board meetings, creation of a smoke-free environment, video surveillance and "water bottle alternates for SB meetings."

One listed "achievement" is Mr. Storck's 2007 vote in favor of a 67 percent increase in School Board member salaries. That year, average teacher pay rose 4.88 percent and only increased another 2 percent over the following three years. In April 2015, the Board of Education voted itself a 60 percent raise. Mr. Storck abstained. Since he was campaigning for the Democratic nomination for supervisor at the time, and he didn't oppose the raise, his abstention was a vote in favor, since the raise won by a vote of 5-4 with three abstentions, and his vote against instead of abstaining would have killed the raise.

No mention in his list, by the way, of Mr. Storck's votes (as School Board chairman)

in September-October 2008 in favor of spending up to \$130 million to acquire a second Taj Mahal-like administration building (the Gatehouse II acquisition proposal) while children were being educated in trailers. The Board of Supervisors voted unanimously on Feb. 23, 2009 to discontinue any further consideration of this irresponsible proposal. That day, Board of Supervisors Chairman Sharon Bulova stated: "... an acquisition of an administrative building at this time, while we are struggling with a challenging budget and a volatile and unstable economy, is not in our best interest." We need a supervisor who will be most careful and prudent when spending taxpayer money.

Also, Mr. Storck wouldn't take a position, at the League of Women Voters debate, regarding the proposed police review board and he supports a meals tax that will adversely impact restaurant employees and the middle class. It's time to hold career politicians accountable. It's time for a change in approach.

H. Jay Spiegel
Mount Vernon

Military Notes

Email announcements to gazette@connectionnewspapers.com. Photos are welcome.

Shandy Peterson has graduated from basic military Air Force training at Joint Base San Antonio-Lackland (San Antonio, Texas).

School serves pre-kindergarten to 8th grade. Childcare available. Call 703-329-6968 to RSVP or schedule a personal tour. Visit www.burgundyfarm.org for more.

SATURDAY/OCT. 10

Office Hours. Fairfax County School Board Member Dan Storck will host Saturday office hours. Members of the community are invited to stop by to ask questions or to discuss concerns, no appointment necessary. Contact Dan Storck at Dan.Storck@fcps.edu or his assistant Mary Ellen Hook at mehook@fcps.edu

- ❖ 10:30 a.m.-noon at Lorton Library, 9520 Richmond Highway, Lorton, in the Conference Room.
- ❖ 12:30-2:20 p.m. at the Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, in Conference Room 3.

See Bulletin Board, Page 26

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 Thursday at noon, at least two weeks before event.

THURSDAY/OCT. 8

Mount Vernon Lee Chamber October Business Breakfast. 8-9:30 a.m. at Belle Haven Country Club, 6023 Fort Hunt Road. Local candidates in contested races for the Virginia General Assembly will speak to Mount Vernon Lee Chamber of Commerce. Tickets are \$25 for members and \$35 for nonmembers. Register at www.MtVernon-LeeChamber.org or call 703-360-6925.

FRIDAY/OCT. 9

School Open House. 9-11 a.m. at Burgundy Farm Country Day School, 3700 Burgundy Road.

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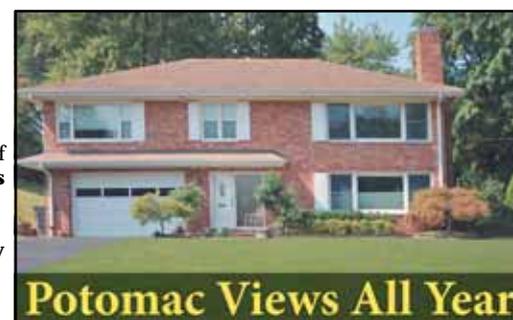
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UPGRADED with 5 BEDROOMS

Lee District Candidates Meet at John Marshall Library

League of Women Voters hosts forum.

By Tim Peterson
The Gazette

They may not be old enough to vote, but twin sisters Madelyn and Miranda Khoury paid as much attention to the presentations as anyone in the audience at an Oct. 5 Meet the Candidates event hosted by the League of Women Voters of Fairfax.

The eighth graders at Mark Twain Middle School are part of the school's "news crew" and wanted to report back to their student body after meeting the people running for Lee District supervisor, Fairfax County School Board representative and Virginia State delegate.

"It's a good opportunity to get to know how things work in local politics," said Miranda. "We want to educate students, and maybe they'll be more likely to vote when they're older."

And though they can't vote yet, they still have concerns about school, especially the projected deficit looming in the 2016-2017 school year for Fairfax County. "That does affect me," Miranda said.

"We want to know what issues we're facing," Madelyn said.

When addressing what is now being advertised as a projected \$70 million budget deficit for the 2016-2017 school year, incumbent School Board representative from Lee District Tammy Derenak Kaufax reminded the audience a chronic source of financial challenge to the school system is its growth.

She said in the last eight years, the student population has risen by 23,000 while state and county funding hasn't kept up. Kaufax is running unopposed for re-election.

"We can't raise the funds ourselves,"



Mark Twain Middle School students Madelyn (center) and Miranda Khoury (right) interview Fairfax County School Board Lee District representative Tammy Derenak Kaufax (left), who is running for re-election, following the League of Women Voters of Fairfax meet the candidates event.

Kaufax said, going on to reference the possibilities of partnering with other local and state organizations. "How can you help us? I don't want to have cuts anywhere that interfere with our students' education."

Another unopposed candidate is supervisor Jeff McKay (D-Lee). During his remarks, McKay said school class size in schools is a "major concern" of his, along with continued robust revitalization in the Springfield and Mount Vernon areas of Lee District.

McKay also said that progress needs to be made in how the county treats individuals with intellectual or physical disabilities. "We're far behind the times," he said. "Virginia's record on mental health is an embarrassment. The place for offenders with mental disabilities is not in the jail to begin with."

The race for 43rd District delegate is between incumbent Mark Sickles (D), director of the Virginia Procurement Technical Assistance Program and Belarus native

Anna Urman (R), and Paul McIlvaine, a professional opera singer, retired government employee and author.

Sickles, Urman and McIlvaine all agreed that the current, politicized boundaries of senatorial districts is a problem. Sickles called redistricting "one of the root causes of issues in our country."

"I would not have created my district the way it is now," he added.

On gun control and treatment of individuals with mental disabilities or health problems, Urman asserted that "reducing gun violence and shootings starts with proper mental health education, upbringing and teaching respect for life and weapons." She continued by saying she thought it was important for individuals to be able to protect themselves at all times.

Sickles responded to the effect that Urman was inferring everyone carry a gun, and referenced the most recent mass shooting in Oregon. "We don't need to have col-



Photos by Tim Peterson/The Gazette

Supervisor Jeff McKay (D-Lee) is running unopposed for re-election.

lege campuses become the Wild Wild West," he said. McIlvaine agreed in part with Urman, saying with regards to reducing gun violence "there needs to be equal emphasis on mental health. You're not going to yield a solution addressing one without the other." If elected, McIlvaine said he would go back and review Virginia's gun laws for opportunities to improve.

At the conclusion of the evening meeting, the Khoury sisters said they were still interested in finding out more about the candidates and planned to research their individual websites.

"We like learning how this all fits together," they said, "figuring out who to go to when you have a problem."

For more information about future candidates events from the League of Women Voters of Fairfax, or to view video of previous events provided through Fairfax Public Access Inside Scoop, visit www.lwv-fairfax.org/2015MeetandGreet.html.



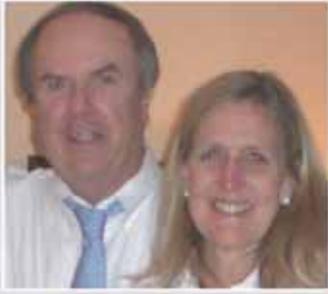
Community members filled the meeting space at the John Marshall Library in Franconia to meet candidates running to represent Lee District at the Board of Supervisors, Fairfax County School Board and Virginia State House of Delegates.



Paul Krizek (D) is running unopposed to be elected for the first time to represent the 44th District.



Del. Scott Surovell (D-44) is running against Gerald Foreman (R) to replace longtime Sen. Toddy Puller (D) as Virginia State Senate representative for the 36th District.



CHRIS WHITE

*Planning to sell in 2015?
Now is the time to call Chris & Peggy White!
Leading the Area in Real Estate. SOLD!!!*



6036 Fort Hunt Rd **\$799,000**
True Belle Haven Gem!
Classic Belle Haven Colonial in prime location on gorgeously landscaped grounds overlooking Belle Haven Country Club. Fabulous property carefully updated throughout in a manner which provides a delightful blend of the home's original character with many modern conveniences. Numerous features include 3 finished levels, updated kitchen and baths, hwdw flrs, fireplace and garage. Magnificent private grounds with outdoor kitchen and brick patio. A uniquely attractive property!
OPEN SUN 10/11, 1-4! GW Pky S; R-Belle Haven; R-Fort Hunt Rd



9408 Brambly Lane **\$1,165,000**
New Home Feel!
Spacious Colonial by Wakefield Homes-the area's leading custom builder! Home has striking open floor plan accentuated by high ceilings and large windows which bring light to every corner of the home. Numerous fabulous features include: 3 luxurious finished levels, open kitchen-family room, spacious master suite and oversize 3 car garage. Deck overlooks private wooded yard. Prime location on quiet cul-de-sac. Impossible to duplicate at close to this price! OPEN SUN 10/11, 1-4! GW Parkway S, past Estate; L-Old Mt Vernon Rd; R-Brambly.



9429 Forest Haven Dr **\$749,500**
Truly Spectacular-Near River!
Cross private bridge into wooded oasis of peace and tranquility! Stunning contemporary custom crafted with soaring cathedral ceilings and expansive glass walls to capitalize on uniquely beautiful environment. Home is in pristine condition and has been updated throughout including magnificent custom kitchen and baths. Prime location just steps from river in Yacht Haven Estates. Uniquely attractive property!



9312 Heather Glen **\$599,000**
Stunning Opportunity!
Checks all the boxes for truly unbelievable price! Best three level Colonial value in premier Mt Vernon neighborhood. Features include 3 finished levels, main level family room with FP, 4BR including large master suite and garage. Magnificent grounds with stone walk and patio. Home and grounds in pristine condition. Move quickly-nothing like this available for under \$600,000!

9312 Heather Glen **\$599,000**
Stunning Opportunity!
Checks all the boxes for truly unbelievable price! Best three level Colonial value in premier Mt Vernon neighborhood. Features include 3 finished levels, main level family room with FP, 4BR including large master suite and garage. Magnificent grounds with stone walk and patio. Home and grounds in pristine condition. Move quickly-nothing like this available for under \$600,000!



8708 Plymouth Rd **\$1,499,000**
Classic American Four Square Design—Special Pre-Construction Price!
Best of both worlds-classic American Four Square exterior combined with stunning modern floor plan and amenities. Numerous features include open floor plan, high ceilings, top line kitchen and baths. Prime location on half acre level lot in popular Plymouth Haven. Pre-construction contract provides maximum opportunity to customize and discounted price!

8708 Plymouth Rd **\$1,499,000**
Classic American Four Square Design—Special Pre-Construction Price!
Best of both worlds-classic American Four Square exterior combined with stunning modern floor plan and amenities. Numerous features include open floor plan, high ceilings, top line kitchen and baths. Prime location on half acre level lot in popular Plymouth Haven. Pre-construction contract provides maximum opportunity to customize and discounted price!



3205 Woodland Lane **\$1,550,000**
One of a Kind Property-Waterfront!
Spacious residence, custom crafted to capitalize on natural beauty of its setting. Soaring cathedral ceilings and expansive glass walls bring light, natural beauty of property and water views to every corner of home. Special features include 3 finished levels, 6 BR including 2 master suites (one on main level), 4 fireplaces, spectacular family room off kitchen, walk-out lower level, fabulous screen porch and open deck. Nearby private boat launch. Magnificent property! Impossible to duplicate!

3205 Woodland Lane **\$1,550,000**
One of a Kind Property-Waterfront!
Spacious residence, custom crafted to capitalize on natural beauty of its setting. Soaring cathedral ceilings and expansive glass walls bring light, natural beauty of property and water views to every corner of home. Special features include 3 finished levels, 6 BR including 2 master suites (one on main level), 4 fireplaces, spectacular family room off kitchen, walk-out lower level, fabulous screen porch and open deck. Nearby private boat launch. Magnificent property! Impossible to duplicate!



7107 Richard Casey Ct **\$779,500**
Victorian Classic-Exceptional Price!
Stunning value-custom built by Wakefield Homes. Numerous features characteristic of area's leading builder include large room sizes, bright open floor plan, high ceilings, 3 finished levels, chef's kitchen, private master suite and oversize 2 car garage. Distinctive wrap around front porch. Screen porch and deck overlook spacious fenced rear yard. Unique opportunity to purchase Wakefield custom home at fraction of today's prices.

7107 Richard Casey Ct **\$779,500**
Victorian Classic-Exceptional Price!
Stunning value-custom built by Wakefield Homes. Numerous features characteristic of area's leading builder include large room sizes, bright open floor plan, high ceilings, 3 finished levels, chef's kitchen, private master suite and oversize 2 car garage. Distinctive wrap around front porch. Screen porch and deck overlook spacious fenced rear yard. Unique opportunity to purchase Wakefield custom home at fraction of today's prices.



8720 Plymouth Road **\$1,599,000**
Brand New Home!



4008 Roberson Blvd **\$649,900**
A True Gem!



9227 Allwood Dr **\$548,950**
Updated Throughout-Move-In Ready!



9357 Mount Vernon Cir **\$1,500,000**
Mt Vernon on the Potomac!



CHRIS WHITE 703.283.9028

www.chrisandpeggywhite.com
chris.white@longandfoster.com

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314



Hats for Ellie Local organization collects hats for children with cancer.

By Marilyn Campbell
The Gazette

When the school year began in 2013, Jay Coakley, a physical education teacher at Woodburn Elementary School in Falls Church noticed that one of his kindergarten students had an affinity for brightly colored hats.

"She had no hair so she would wear different hats every day," said Coakley, who is in his 33rd year of teaching.

Ellie was diagnosed with acute lymphoblastic leukemia a few months before school started and lost her hair as a result of the treatments.

"When you hear from the family that you've brightened a kid's day, you just want to do more and you wish you could do more."

— Jay Coakley, founder of Ellie's Hats

As the holiday season approached that year, Coakley decided to purchase hats for Ellie, but that effort grew. "My wife and I thought, 'Why don't we get enough hats for all the kids at her clinic where she receives her treatments?'" he said. "We ended up with 140 hats, which were handed out at a Christmas party for the children" at Inova Fairfax

Cancer Center.

Coakley used social media to let others know about his effort to collect hats for children with cancer and formed an organization called Ellie's Hats, named after his student. It's now an international collection effort, and



A knitting and crocheting group known as the Flying Fingers displays their creations for Ellie's Hats.



Seven-year-old Ellie Whitfield, who was diagnosed with acute lymphoblastic leukemia in the spring of 2013, is the inspiration behind Ellie's Hats.

hats are distributed to children not only in northern Virginia, but across the country. The effort is so large, that it's often no longer possible to personally connect the hat donor and the patient.

"Ellie represents all the children with cancer," he said. "When you hear from the family that you've brightened a kid's day, you just want to do more and you wish you could do more."

"Distributing hats 'brings a lot of joy to a lot of children,'" said Jennica Whitfield,

Ellie's mother. "It allows people outside of the cancer community to be connected to a bigger vision of what is going on. It gives people a way to help, but brings education with it. The simple task of collecting hats brings awareness about childhood cancer."

Ellie finished her cancer treatments in August, but has monthly blood tests. Whitfield says that Ellie's prognosis is good. "She should be healthy other than normal long-term side effects."

THE EFFORT has even touched other children and young adults. In Lorton, South County High School DECA (formerly known as Distributive Education Clubs of America), an international association of marketing students, chose Ellie's Hats drive as the beneficiary of their 2015 community service project.

Senior Nissma Bencheikh, who is the

For More Information Or to Donate

Visit: <http://www.ellieshats.org>

president of the school's chapter, lead the committee that collected hats at varsity baseball game. "We made signs and encouraged students to attend the game and bring a hat with them. Overall, the game was a success and we received many donations from those attending."

Other efforts included a school-wide hat drive. Students could either bring in new hats or purchase one for \$5.

Teachers say the lessons the students learned from the effort were life-altering. "I think that what they got out of the project is that you can use effective marketing to help make a change in the world," said Pearl Springfield, marketing teacher-coordinator, DECA advisor. "They knew that their own personal actions would help a child who is fighting cancer."

"I had one of my students who went out of her way and kept coming in with donations of hats," Springfield added. "Whenever she would drop her donations off you could see her beaming. You could tell that she was getting joy from the difference that she was making."

Earlier this month, a member of the South County varsity football team spearheaded an effort to get his teammates to show support for Childhood Cancer Awareness month by wearing gold ribbon stickers on their helmets during a game. A gold ribbon is the symbol used to raise awareness of the disease.

"The student spoke personally to Jay about this and ... at [a recent] game, the helmets display[ed] support of the fight against childhood cancer," said Springfield.

A knitting and crocheting group of seniors citizens, known as the Flying Fingers, also created hats for the cause. The club, which is based at Westminster at Lake Ridge meets once per week.

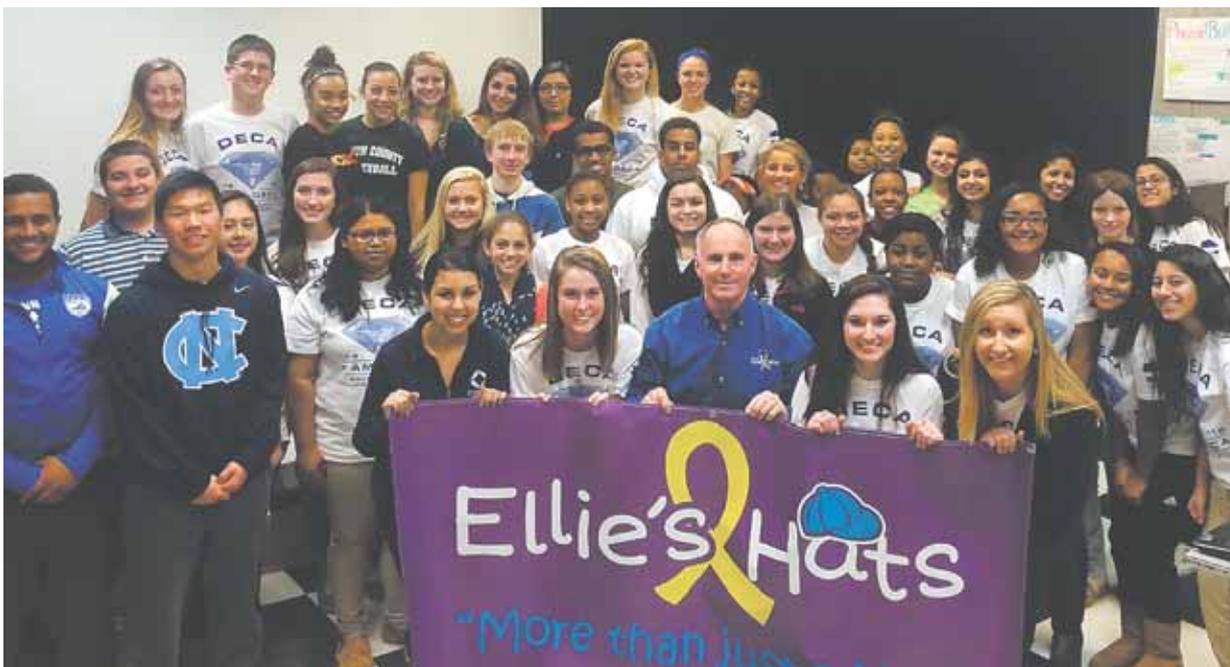
"To see ladies in their 80s and 90s doing these hats is so inspiring," said Nancy Ryback, an Ellie's Hats volunteer and the daughter of one of the women. "The effort proves what one person can do to inspire others."

You spread the word and people say, "What can we do?" or "How can we help?"

Coakley says one of the greatest rewards is increasing awareness and educating others about childhood cancer. Earlier last month, the Fairfax County Board of Supervisors and the Fairfax County School Board recognized September as Childhood Cancer Awareness Month.

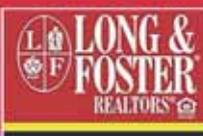
"This September there are a number of high schools that are having go gold days to recognize childhood cancer awareness month," he said. "In October, we're going to be sending out packages of hats to over 200 children throughout the country."

TO DONATE a hat, make a monetary donation, request a hat or contact Ellie's Hats, visit www.ellieshats.org.



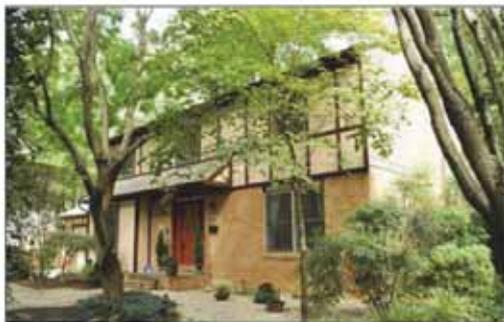
Jay Coakley, founder of Ellie's Hats, visited South County High School to speak about the organization's mission.

Photo courtesy of Pearl Springfield



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Mary Lou Sage 703.851.5441
NEW ALEXANDRIA \$734,500 OPEN SUNDAY 2-4

1212 H ST Wooded privacy and 1 mile to Old Town and Metro. Walk to Potomac River and hike/bike path. Beautifully updated kitchen with stainless, and granite. Updated BAs with Silestone and skylight. 4BR/2.5BA, hardwoods, fireplace and 2-car garage. Private yard with slate patio and fenced side yard.



Ruth Guirard 703.609.3343
ALEXANDRIA / Mt Vernon \$725,000

New Listing! Light-filled Hollin Hills beauty on a level lot. New windows, sliding glass doors, roof and carpet! Sunlit walls of glass! Invite the outside in! Wood-burning fireplace! Patio and deck! Cul-de-sac street! UL master suite with sitting room/full bath. Open floor plan! You won't find this space (2,442sf) for this price!



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The 60 hour evening and Saturday Principles' Classes will begin October 17 in our Alexandria / Old Town Office for only \$199 including books. Long & Foster has a wide variety of technology, tools and training that provides our agents with a competitive edge in today's real estate market. If you are looking to begin an exciting and profitable new career, start with us!

These classes are also offered to active duty or honorably discharged military, through the "P. Wesley Foster Military Scholarship Program", which covers tuition and books for the military, their spouses and children.

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Dianna Campagna Assistant Manager
703-447-0848 cell

Steve Kendrick Instructor
703-518-8709 direct

*Classes begin on Saturday, October 17 and on Saturday, November 14. They will be held on Tuesday and Thursday evenings from 6:00pm - 9:30pm and on Saturdays, 9:00am - 5:00pm during the day.



Mary Taylor 703.785.5619 & Pat Tierney 703.850.5630
ALEXANDRIA / Porto Vecchio \$409,000 - \$660,000

Unsurpassed River Location! One, two and two + den residences available along with fabulous river views in this small full-service friendly building. Spacious floor plans, great closets, garage parking, limo service and much, much more. Call for a private tour and enjoy a new home for the holidays!



Susan Batchelder 703.919.8359
ALEXANDRIA / Olde Mill \$149,000 OPEN SUNDAY 2-4

8612 SHADWELL DR #54 Lovingly cared for 1BR at Olde Mill! Fireplace, balcony, W/D, built-in microwave, reserved parking. Low condo fee and low utilities. Property backs to FFX County parkland. Pet friendly. Just minutes to Ft Belvoir, Wegmans, Springfield Town Center, Franconia/Springfield Metro + more.



McCormick & Lusk Group 202.412.8885
FALLS CHURCH / Skyline House \$299,900

Large 2BR+den, or 3BRs, with 1,708sf! New windows in living room and 2nd bedroom. Beautiful hardwoods in living/dining rooms, den and hallway. Tons of amenities. 1 garage space and secure storage convey. Huge balcony. Great commuter location/Metro bus at door. Minutes to BRAC, Pentagon, and DC.



Norma Stratton 703.966.0756
ALEX. / Wilton Woods \$675,000

NEW PRICE! Motivated Seller! Terrific home - commuter's dream - just minutes from Old Town in an exceptional neighborhood. 1/2 acre + lot. 3BR / 1BA, huge great room addition with wall of windows overlooking private landscaped yard. Custom Cabana with swim/spa. Gourmet kitchen, 2 fireplace - lives large.



Gary Ansley 202.288.7946
ALEX. / The Palisades \$699,900 OPEN SUNDAY 1-4

5866 COLFAX AVE Spacious home built by NV Homes with 4BRs + nursery/sitting room/den off MBR, 3.5BAs, 2-garage, separate living and dining rooms. Kitchen with breakfast nook leads to family room with fireplace and large deck for entertaining. LL rec room. Close-in to DC.



Adele dePolo 703.298.5987
ALEX. / Hollin Hall Village \$568,500 OPEN SUNDAY 2-4

7921 BAINBRIDGE RD Beautiful home with 2 finished levels on magnificent landscaped lot. Hardwoods on ML/ceramic tile on LL. Wonderful home for entertaining! Sunroom addition with tray ceiling/p family room. Fully fenced rear yard with plantings, walkways and patios. Upgrades and updates galore!



Ruth Guirard 703.609.3343
ALEXANDRIA / Mt Vernon \$619,000

Rare Hollin Hall Cape Cod offered by longtime owner leaving well-loved home. 2 large BRs, office and full bath on UL. 2 BRs and full bath on ML. Hardwood. Custom kitchen with imported cabinets! Attached garage! Deck feels like tree-house! Landscaped for privacy! Near premier swim/tennis club. Waynewood ES.



Catherine Parker 703.627.5688
ALEXANDRIA / Stratford Landing \$549,900

Wonderful home near Potomac River and parkway with huge MasterBR makes 4BR/2BA on main level. Remodeled kitchen. Remodeled BA with cherry cabinets and granite. Hardwoods throughout. New windows, skylights and solar tubes. Family room, deck, peaceful fenced back yard. www.2403WittingtonBlvd.com



Norma Stratton 703.966.0756
ALEX. / Grove at Huntley Meadows \$425,000

NEW PRICE! Beautiful end unit townhouse with 3-level bump-out, 2 decks, backs to woods and faces common area. 3BR / 3.5BA, gas fireplace, wood floors on ML, new carpet and freshly painted top-to-bottom. BR level laundry 1-car garage. Community pool, playgrounds and open spaces. Huntington Metro.



Long & Foster Old Town Historic District Office 703.683.0400
400 King Street, Alexandria, Virginia 22314



Entertainment

At Teatism, a Plethora of Meatless Options

By Hope Nelson
The Gazette

It's a good time to be vegetarian in the United States. Grocery stores are offering more meat analogues, from fish to chicken to even beef tips, and restaurants from here to Kalamazoo are offering more meatless options than ever. And as the nation's vegetarian population continues to grow, even more eateries are following suit in their aim to capture a burgeoning market.

To be sure, the days of suffering through restaurant meals of iceberg wedges and not much else are long gone. Indeed, many restaurants are stepping up to the dinner plate and offering a plethora of vegetarian selections, from tofu stir fries to grandiose veggie bento boxes to meaty no-meat chili. In honor of Vegetarian Awareness Month, which began Oct. 1, here's one of the city's best veg-friendly establishments.

Teatism, 682 N. St. Asaph St.

Michelle Brown has been at this awhile. Now two decades into her stint at the helm of Teatism, a local chain of restaurants and tea houses in the D.C. area, she and co-

owner Linda Neumann expanded into Old Town Alexandria more than three years ago, settling into the neighborhood next door to Trader Joe's and opening a calming, welcoming branch of their eatery.

"We were looking to expand, we didn't even think about Old Town until this space came available and we came and looked at it," Brown said. "... This space just spoke to us."

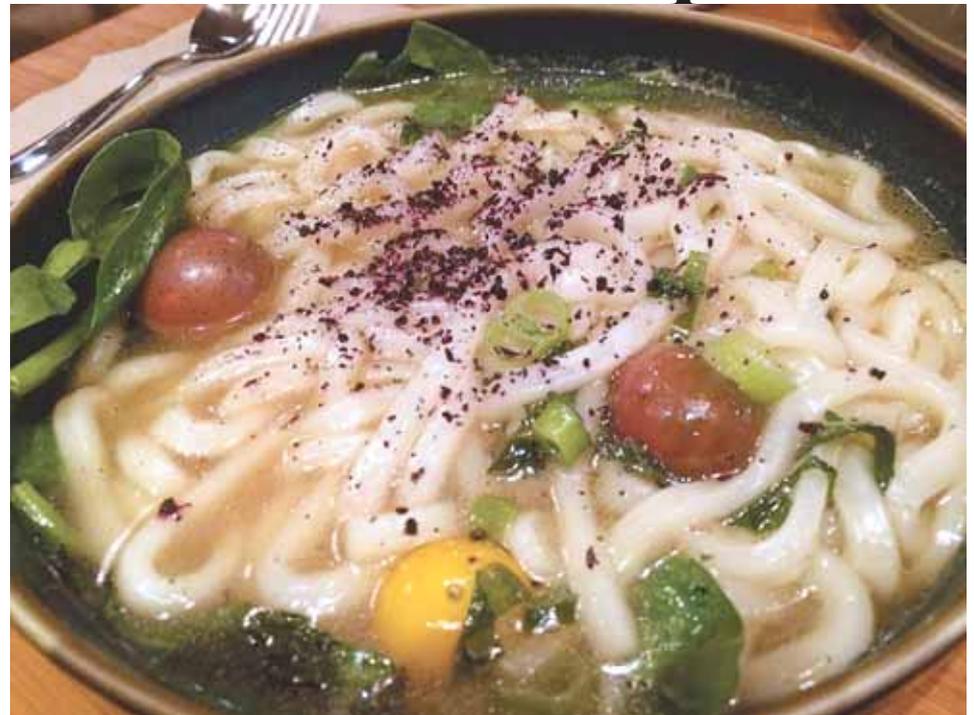
Brown confessed that this Teatism location isn't always a full house — which is a shame, especially when you consider the versatile menu, both food and beverage, the restaurant offers. And though it's currently Vegetarian Awareness Month, Teatism's menu offers many options for vegetarians of all stripes every day of the year.

"We have always tried to do our part in offering multiple vegetarian and vegan items, and really giving people options," Brown said. "... So many of our guests come to us because they want to eat a healthy meal."

Over the years, Teatism has placed a greater emphasis on locally sourced and non-GMO ingredients, and that focus trickles down to its vegetarian items, as well. Take tempeh, for instance — the fermented soybean protein that serves as the foundation for so many vegetarian recipes may not seem to be the easiest product to source close to home, but Brown says her chef has found a way.

"Our tempeh is from Louisa, Va.," from Twin Oaks, she said. "And it's really exciting to find local tempeh. ... It has this fresh characteristic that's really lovely."

You'll find that tempeh put to good use in dishes such as the grilled tempeh bento box and a tempeh burger — both of which will bring any diner much delight. And for breakfast, you'll find a tempeh scramble on the menu, which is sure to please vegans



A rainbow of vegetables are there for the eating in the udon noodle soup, which also features a piping-hot ginger broth.

far and wide.

Vegetarians and vegans spend a great deal of time scouring restaurant menus for appealing and suitable options, but Brown says that the world is diners' (cruelty-free) oyster at Teatism. Substitutions are encouraged, and the kitchen is happy to remove the meat and add in vegetable proteins wherever diners see fit.

"The menu is so pliant. If you wanted to have the grilled salmon, no salmon, and add tempeh, you could have that," Brown said. "As creative as you can be in owning this restaurant — it's your restaurant, and you can get out of it what you want."

The menu itself has seen an overhaul in recent months and now rotates seasonally based on what's fresh and appropriate to the time of year. The winter menu will be coming out in a month or so, and while many options will remain throughout the seasons, some will swap in and out. Regard-

less of season, vegetarians will enjoy the fresh ginger broth that steams from a bowl of udon noodle soup, a hearty meal bursting with flavor. Or try the okonomiyaki, a Japanese pancake served with a vegetable kebob.

And anyone, vegetarian or omnivore, will be right at home with the restaurant's tea selection — the cafe is called Teatism, after all.

"Our tea menu is pure teas and classic teas. No focus on scented, no blends, no candy. And sometimes people see that as a limitation," Brown said. "But you know, there are 5,000 different kinds of (subpar) tea out there. We don't want to mess with that. So when you drink with us, you can drink anywhere in the world."

Hope Nelson owns and operates the Kitchen Recessionista blog, located at www.kitchenrecessionista.com. Email her any time at hope@kitchenrecessionista.com.

If You Go

Teatism

Address: 682 N. St. Asaph St., Alexandria
Hours: 9 a.m.-9 p.m. daily; brunch on weekends from 9 a.m.-2:30 p.m.

Try this: "The South Indian vegetable curry," co-owner Michelle Brown said. "People are afraid of it because they don't know what chayote squash is, but to me it's the best squash because it's moist and you can do it a little crunchy. I love it."

Hidden gem: The turmeric onion soup. Brown said: "It's loaded with garlic and gin

Calendar

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

Potomac Fiber Arts Gallery Juried Show: "What I Did On My Summer Vacation." Through Oct. 18, 10-5 p.m., 10-9 p.m. on the second Thursday of each month. Torpedo Factory Art Center, 105 N. Union St., Studio 18. View summer vacation-themed artwork. Admission is free. Visit www.potomacfiberartsgallery.com.

"Angel Soldier Dance Sublime." Through Oct. 18, 10 a.m.-6 p.m. at the Target Gallery, Torpedo Factory Art Center, 105 N. Union St. View work exploring femininity and masculinity by female artists from Maine's Blue Hill Peninsula. Free.

Visit torpedofactory.org.

Athenaeum Invitational Exhibition. Through Oct. 25, during gallery hours at the Athenaeum, 201 Prince St. Works inspired by the song "Don't Fence Me In," by Cole Porter, will be on display. Free. Visit nvfaa.org.

"Artifact" Exhibit. Through Oct. 25, gallery hours are 10 a.m.-4 p.m. Monday-Friday, and during performances at Rachel M. Schlesinger Concert Hall & Arts Center, 4915 East Campus Drive. In this exhibit artist J.T. Kirkland integrates the painted gesture with the naturally occurring textures or "gestures" in the wood. John James Anderson will also share the space. Free. Visit www.nvcc.edu.

Doggy Happy Hour. Tuesdays through Oct. at 5-8 p.m. at Jackson 20, 480 King St. Enjoy discounted drinks and treats with one's dog. Free. Visit www.jackson20.com.

"Seven Deadlies." Through Oct. 31, Fridays 10 a.m.-5 p.m.; Saturdays 10 a.m.-4 p.m. at The Gallery @

Convergence, 1801 N. Quaker Lane. Sculptor Karen Swenholt explores lust, sloth, greed, gluttony, wrath, envy, and pride. Free. Visit www.convergence.org for more.

Sugar Shack's Halloween Goat Scavenger Hunt. Through Oct. 31, at various locations. Sugar Shack is hiding 31 goat figurines around Alexandria. Each of the small goats are worth 12 donuts, and there will be five larger goats worth bigger swag packs. Hints will be posted daily during the second half of the month. Most goats are hidden in local shops, restaurants, and parks. Free. Call 703-577-9023 for more.

Water Taxi to the National Mall. Through Nov. 1, at various times at Alexandria Marina, 1 Cameron St. Cruise from Old Town to D.C. on the *Miss Sophie*, while stopping to view some of the area's attractions. Tickets are \$28 roundtrip and \$14 one-way for adults. Children under 12 are \$16 roundtrip and \$8 one-way. Visit www.potomacriverboatco.com/.

"Painting the Line, Drawing the

Paint." Through Nov. 8 at Rachel M. Schlesinger Concert Hall & Arts Center, 4915 E. Campus Drive. This show that will include works by Ann Schlesinger, daughter of Jim and Rachel Schlesinger. Free. Visit www.nvcc.edu for more.

Mount Vernon in 3-D: Then & Now. Through Nov. 20 during regular operating hours at George Washington's Mount Vernon, 3200 Mount Vernon Highway. Visitors will have the chance to travel back in time, and in 3-D, to see how the estate appeared more than 100 years ago through a special photography exhibition. The exhibition is included in the regular admission fee of \$17 for adults, \$16 for seniors, \$9 for youth and free for children younger than 5. To view the historic stereoview images as well as the modern 3-D anaglyphs, visit www.mountvernon.org/3D.

Young at Art Juried Art Show. Through Nov. 20, Monday-Friday, 5-10 p.m. at Durant Arts Center, 1605 Cameron St. Artists 55 and older can

contribute their artwork for the exhibition. On Thursday, Aug. 20, artists can bring their work to the Durant Center from 10 a.m.-noon to be registered and displayed. Artists must fill out a Entry and Artist/Lender Agreement and pay an entry fee of \$20 for up to three works of art, \$5 for any additional pieces. Entry forms can be found at www.seniorservicesalex.org or by calling Mary Lee Anderson at 703-836-4414, extension 111.

"Not-So-Modern" Jazz Quartet Performance. Thursdays through Dec. 31, 7:30-10 p.m. at St. Elmo's Coffee Pub, 2300 Mount Vernon Ave. Not So Modern Jazz Music plays music from the glory days of traditional jazz, including tunes from traditional Dixieland and the Swing era. Free. Visit www.stelmoscoffeepub.com for more.

"Nature's Journey." Through Jan. 2, at American Horticultural Society, 7931 East Boulevard Drive. Darlene Kaplan will exhibit more than 60 of

Entertainment

her original oriental brush paintings in a one-person art exhibition. Free. Visit www.darlenekaplan.com for more.

VCA Alexandria Animal Hospital Art Show. Through Jan. 31 at VCA Alexandria Animal Hospital, 2660 Duke St. The artwork is on display in waiting areas and examination rooms as a part of Del Ray Artisans' Gallery Without Walls program. Free. Visit www.TheDelRayArtisans.org for more.

"Ancient Art of Movement." 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Carmen Shippy, retired professional dancer, teaches a series designed for ages 50 and above. Movements are designed to strengthen core muscles and increase flexibility. Adjustments will be made for those with physical limitations. First lesson in the series is free for non-center members. To continue lessons, a yearly membership to all Senior Center programs is \$48. Call 703-765-4573 to sign up.

Flamenco Show. Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night. Every Thursday, 7 p.m. in the back room of Fontaine Caffe & Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/reviews.html.

Journey to Be Free: Alexandria Freedmen's Cemetery. Tuesday-Saturday, 10 a.m.-4 p.m. Alexandria Black History Museum, 902 Wythe St. A new exhibit tracing the 150-year history of the long-forgotten Freedmen's Cemetery, its rediscovery and how the new Contrabands and Freedmen's Cemetery Memorial was created at the site. Call 703-746-4356.

Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday-Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria's citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www.leefendallhouse.org or call 703-548-1789.

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.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m. to 5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. 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. 12 p.m. 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 p.m. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming



"Painting the Line, Drawing the Paint" will include works by Ann Schlesinger, daughter of Jim and Rachel Schlesinger. The exhibit will run through Nov. 8 at Rachel M. Schlesinger Concert Hall & Arts Center, 4915 E. Campus Drive. Admission is free. Visit www.nvcc.edu for more.

Second Thursday Music artists. **The Monday Morning Birdwalk** takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, requires no reservation and is open to all. Birders meet in the parking lot at the park's entrance at 3701 Lockheed Blvd. Direct questions to Park staff during normal business hours at 703-768-2525.

THROUGH NOV. 1

"Skeletons: Exploring Under the Surface." Thursdays 12-6 p.m.; Fridays and Saturdays 12-9 p.m.; and Sundays 12-6 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Experience 2D and 3D artwork in a wide range of mediums that digs deeper and discover what is 'under there,' literally and figuratively. Free. Visit www.thedelrayartisans.org for more.

THROUGH OCT. 31

Immanuel Pumpkin Patch. 10 a.m.-8 p.m. at Immanuel Church-on-the-Hill, 3606 Seminary Road. At this fundraiser find pumpkins, gourds, baked goods, hearty soups, and autumn crafts. All profits go to charity. Free admission. Visit www.icoh.net for more.

THURSDAY/OCT. 8

"Art is for Everyone." 11 a.m.-12:30 p.m. at Beatley Central Library, 5005 Duke St. Learn about arts opportunities provided for people with vision deficits and other challenges. Free. Call 703-746-1762 for more.

American Craft Week Activities. 4-4:30 p.m. at Hooray for Books! 1555 King St. Children are invited to take a beginner's lesson in dollmaking. Free. Visit www.hooray4books.com for more.

Sheila Harrington: "Each Day is a Celebration" Exhibit Reception. 6:30-8 p.m. at The Art League Gallery, 105 N. Union St. Artist Sheila Harrington is inspired by the cyclical, seasonal changes of life, how human beings respond, and the juxtaposition of the natural and man-made. Meet the artist and celebrate the exhibit. Free. Visit www.theartleague.org for more.

Film Screening: "Soldiers of Conscience." 6:30-8:30 p.m. at Beatley Central Library, 5005 Duke St. This documentary profiles eight soldiers and their moral dilemmas regarding war and when it is right to kill. Moderated discussion to follow. Refreshments will be served. Intended for adult audiences. Free. Call 703-746-1702.

2nd Thursday Art Night: Exquisite Corpse. 6-9 p.m. at Torpedo Factory Art Center, 105 N. Union St. Bring friends along to play Exquisite Corpse, a surrealist party game that was popular with artists like Salvador Dali and Marcel Duchamp. Each person draws a section of the picture without seeing what the previous person contributed. Free. Visit www.torpedofactory.org for more.

Second Thursday Live: Ghosts and Folklore of Alexandria. 7 p.m. at The Athenaeum, 201 Prince St. Join author/historian Michael Lee Pope for tales of Alexandria's haunted history. A dessert reception follows the stories. Tickets are \$15. Visit www.nvfaa.org for more.

Book Signing. 7 p.m. at Hooray for Books! 1555 King St. Author Caroline Carlson will present and sign the third in the Very Nearly Honorable League of Pirates series, "The Buccaneer's Code." Free. Visit www.hooray4books.com for more.

An Evening of Jazz Inspired Music. 7:30 p.m. at The Lyceum, 201 S. Washington St. An Evening of Jazz Inspired Music for Flute, Saxophone, and Jazz Combo featuring Chief Master Sgt. William Marr, Senior Master Sgt. Stacy Ascione and Master Sgt. David Foster as part of The United States Air Force Band-Chamber Players Series. Free. Visit www.usafband.af.mil.

OCT. 8-NOV. 1

Sheila Harrington: "Each Day is a Celebration." During gallery hours at The Art League Gallery, 105 N. Union St. Artist Sheila Harrington is inspired by the cyclical, seasonal changes of life, how human beings respond, and the juxtaposition of the natural and man-made. Free. Visit www.theartleague.org for more.

FRIDAY/OCT. 9

Piano Concert Fundraising Event. 8 p.m. at First Baptist Church, 2932

We hope to see you at the 2015 Annual
Burgundy Fall Fair
Saturday, October 17, 11 a.m. to 3 p.m.

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Entertainment

King St. The Symphony Orchestra League of Alexandria, the fundraising branch of the Alexandria Symphony Orchestra, is sponsoring a piano concert fundraising event featuring Thomas Pandolfi. Tickets are \$25 for adults, \$5 for students 18 or younger, and \$55 for families with two or more children. Visit www.solabenefit.eventbrite.com or email marg.woods@cox.net.

SATURDAY/OCT. 10

Fort Hunt Preschool Fall Rummage Sale.

8 a.m.-12 p.m. at 1909 Windmill Lane. Find clothing, toys, Halloween costumes, bicycles, furniture, and more. Free to attend. Visit www.forthuntpreschool.com.

Old Town North Community Event.

9 a.m.-3 p.m. at Montgomery Park, 901 N. Royal St. Attend a "Tone Up and Check In" event featuring zumba, boot camp, yoga, bicycle safety checks, entertainment, food, and a Halloween dog costume parade. All events are free. Visit www.alexandriava.gov for more.

Historical Re-enactment.

10 a.m.-4 p.m. at Fort Ward Museum & Historic Site, 4301 W. Braddock Road. Watch cannon demonstrations and learn about the life and duties of an artilleryman in the Civil War from reenactors in the 1st Connecticut Heavy Artillery. Free. Visit www.alexandriava.gov.

Apothecary Open House.

10 a.m.-5 p.m. at Stabler-Leadbeater Apothecary Museum, 105-107 South Fairfax St. In recognition of October's National Pharmacy Month, tour the Stabler-Leadbeater Apothecary Museum's collection of medicinal herbs, shop furnishings, and apothecary bottles and equipment. Free. Visit

www.apothecarymuseum.org for more.

Art Safari.

12-4 p.m. at The Torpedo Factory Art Center, 105 N. Union St. Resident and visiting artists lead young visitors in creative projects across a variety of media, including clay, papier-mâché, fiber, and printmaking. Free. Visit www.torpedofactory.org/artsafari.

Firefighting History Walking Tour.

1-2:30 p.m. at Friendship Firehouse, 107 S. Alfred St. Mark Fire Prevention Week and explore Alexandria's firefighting history on the "Blazing a Trail: Alexandria's Firefighting History" tour. Participants learn about volunteer firefighting in early Alexandria, three devastating fires, and the five volunteer fire companies. Tickets for adults are \$6, \$4 for children ages 10-17. Visit www.friendshipfirehouse.net for more.

Ariana Ayu Book Signing Event.

1-3 p.m. at Misha's, 102 S. Patrick St. Ayu, a resident of Fairview, NC, will be available to sign copies of her book, "The Magic of Mojo." Free. Call 405-458-5642 for more.

Book Signing.

2 p.m. at Hooray for Books! 1555 King St. Dr. Ellen Prager will sign the second book in her Tristan and the Sea Guardians series, "The Shark Rider." Free. Visit www.hooray4books.com for more.

Star Wars Read Day.

2 p.m. at Barnes & Noble Potomac Yard, 3651 Jefferson Davis Highway. This event will include a dramatic reading of William Shakespeare's "Star Wars," a Lego build activity, giveaways and more. Free. Call 703-299-9124 to register for lego activity.

Yarn & Yoga.

4:30-7 p.m. at Pure Prana, 100 S. Patrick St. The Yarn and Yoga fundraiser will begin at

Pure Prana with an all-level accessible 60-minute yoga practice specifically designed for knitters' posture, joint health and harmony. Participants will then walk to Fibre Space, 1219 King St. for knitting lessons, refreshments, (provided by La Fromagerie), and socializing. Tickets are \$40. Visit www.pureprana.com for more.

Shannon Gunn and The Bullettes Album Release Concert.

7-9 p.m. at the Durant Art Center, 1605 Cameron St. Nomadic Jazz, the pop-up jazz club, will host Shannon Gunn and The Bullettes, Washington D.C.'s only all women jazz ensemble. Tickets are \$25 in advance and \$33 at the door. Visit www.nomadicjazz.com for more.

SUNDAY/OCT. 11

"In The Company of Laureates."

1-5 p.m. at The Hylton Performing Arts Center, 10960 George Mason Circle. Meet award-winning Laureates, including Alexandria's current Poet Laureate Tori Lane Kovarik, and former Laureate Mary McElveen. Partake in workshops, panel discussions, open mics, book signings and more. The program includes five recertification hours for teachers who attend readings, presentations and panel discussions. Teen program and activities are scheduled throughout the afternoon. Free. Visit www.writebytrails.org for more.

"The Company Project" Gala.

6-8 p.m. at Ernst Cultural Center, 8333 Little River Turnpike, Annandale. The Metropolitan School of the Arts of Lorton and Alexandria will debut "The Company Project," featuring choreography by MSA faculty and artists including Ginger Cox, Derek Mitchell and Michelle Dorrance,



'Each Day is a Celebration'

Artist Sheila Harrington has always been fascinated with the juxtaposition of the natural and man-made. A year living in the French countryside inspired Harrington's exhibit at The Art League Gallery. "Each Day is a Celebration" is on display at 105 N. Union St, Studio 21 through Nov. 1. Admission to the exhibit is free. Visit www.theartleague.org for more.

performed by iMPulse Youth Jazz Dance Company, Metropolitan Youth Ballet, Metropolitan Youth Tap Ensemble and iLL-Matik Youth Hip Hop Company. Tickets are \$35 per person and \$50 per couple. Visit www.metropolitanarts.org for more.

WEDNESDAY/OCT. 14

Book Signing. 5 p.m. at Hooray for Books! 1555 King St. Storytime for ages 3-6 will feature author and illustrator Michael Muller, creator of the "Mirabelle" picture books. Muller

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/21/2015..... A+ Camps & Schools
Halloween is October 31
10/28/2015..... Election Preview

NOVEMBER

11/4/2015..... Wellbeing
11/11/2015..... HomeLifeStyle
11/18/2015..... A+ Camps & Schools
11/19/2015..... Holiday Entertainment & Gift Guide I
Thanksgiving is November 26
11/25/2015..... Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015..... Wellbeing
12/9/2015..... Holiday Entertainment & Gift Guide II
12/9/2015..... HomeLifeStyle; Home for the Holidays
12/16/2015..... A+ Camps & Schools; Holiday Entertainment & Gifts Pages
12/23/2015..... Special Issue – Safe for the Holidays
12/30/2015..... Children's Connection

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Entertainment

will read a Mirabelle story and sign books, accompanied by the canine star of the books herself. Free. Visit www.hooray4books.com for more.

Death Day Anniversary of Female Stranger. 6 p.m. at The Gadsbys Tavern Museum, 134 N. Royal St. Port City Brewing Company is brewing a new batch of the "Long Black Veil" Black IPA to be released at a happy hour at the Gadsbys Tavern Museum. As the story goes, the ailing Female Stranger arrived by sea to Alexandria and was shown to Gadsby's City Hotel, wrapped in a long black veil to conceal her identity, where she eventually died. Her identity was never revealed and all that remains is an engraved tomb at St. Paul's Cemetery. Tickets include one Long Black Veil, as well as tavern inspired food, a Port City glass, a special presentation by Port City Brewing Company Founder Bill Butcher and tours that unravel the tale of the Female Stranger, with a visit to the room where she died. Tickets are \$35 in advance and \$45 at the door. Visit www.shop.alexandriava.gov for more.

THURSDAY/OCT. 15

"Rendezvous in Paris." 10 a.m. at Fort Belvoir Officers' Club, 5500 Schulz Circle, Fort Belvoir. Attend a Yacht Haven Garden Club fundraiser. A fashion show and lunch will follow a social hour. Tickets are \$40. Call 703-589-3404 for more.

Young Adult Author Panel. 5 p.m. at Hooray for Books! 1555 King St. Five young adult authors will sit on panel titled "Fabulous Fifteeners." Free. Visit www.hooray4books.com for more.

Book Signing. 6:30 p.m. at Hooray for

Books! 1555 King St. Author Alexandra Bracken will be signing copies of "The Princess, The Scoundrel, and The Farm Boy." The book is an adaptation of Star Wars: A New Hope. Children are invited to wear Star Wars gear. Free. Visit www.hooray4books.com for more.

An Evening of Music for Mixed String Ensemble. 7:30 p.m. at The Lyceum, 201 S. Washington St. An Evening of Music for Mixed String Ensemble featuring members of The Air Force Strings led by Technical Sgt. Wayne Graham as part of The United States Air Force Band-Chamber Players Series. Free. Visit www.usafband.af.mil.

FRIDAY/OCT. 16

Conya Doss. 7:30 p.m. at The Carlyle Club, 2050 Ballenger Ave. Conya Doss is joined by Snuhgie Stocks for a live performance. Tickets start at \$35. There is a \$25 minimum food and beverage purchase required per guest, except for general admission tickets. Visit www.thecarlyleclub.com.

SATURDAY/OCT. 17

Morning Market & Community Sale. 8 a.m.-1 p.m. at Epiphany Lutheran Church and Weekday School, 5521 Old Mill Road. Crafts, vendors, baked goods and large community yard sale. Free. Call 703-780-3852.

Community Yard Sale. 8 a.m.-1 p.m. at Bethany Lutheran Church, 2501 Belle View Blvd. In addition to a yard sale, find hot dogs and barbeque. Free. Call 703-765-1219 for more.

Native Tree Planting. 8:30 a.m.-12:30 p.m. at Tarleton Park, 4500 Holmes Run Parkway. Join

TreeStewards of Arlington and Alexandria and the Wakefield Tarleton Civic Association in planting native trees in Alexandria's Tarleton Park. Free. Email FriendsOfTarletonPark@outlook.com.

Hollin Hall Senior Center Annual Mega Bazaar/Craft Fair. 9 a.m.-2 p.m. at 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, door prizes and more will be featured. Free to attend. Call 703-765-4573 for more.

Alexandria Country Day School Fall Fair & Country Market. 10 a.m.-3 p.m. at Alexandria Country Day School, 2400 Russell Road. Find food trucks, photo booth, face painting, spin art, moon bounce and obstacle course, bake sale, cake walk and more. Free to attend. Call 703-548-4804 or email countrymarket2015@comcast.net.

Burgundy Fall Fair. 11 a.m.-3 p.m. at Burgundy Farm Country Day School, 3700 Burgundy Road. Haunted House, pumpkin painting, moon bounce, live music, craft mart, used book and kids' closet sale, food tent. Proceeds from activity tickets, food and merchandise sales benefit student financial aid. Free admission. Visit www.burgundyfarm.org or call 703-960-3431.

Long Black Veil Release Party. 12-9 p.m. at Port City World Headquarters, 3950 Wheeler Ave. Long Black Veil, Port City's Black IPA was originally introduced in October 2014 to coincide with the anniversary of the death of its namesake, The Female Stranger. Tickets are \$10. Visit www.portcitybrewing.com for more.

Book Signing. 1 p.m. at Hooray for Books! 1555 King St. Author Maria Gianferrari will present and sign her picture book, "Penny & Jelly: The



Elsie's Magic Skillet

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Mass Schedule

<p>Monday 6:30 pm Mass (Español)</p> <p>Saturday Evening 5:00 pm Vigil Mass 6:30 pm Vigil Mass (en Español)</p> <p>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</p>	<p>Weekday & Saturday Mornings: 9:00 am Mass, preceded by Rosary (on First Friday, Mass followed by Eucharistic Adoration)</p> <p>Thursday & First Friday of the Month: 7:30 pm Mass (Español) preceded by 7:00 pm Eucharistic Adoration</p>
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Entertainment

School Show." Free. Visit

www.hooray4books.com for more.

Book Signing. 1-3 p.m. at Sacred Circle Metaphysical, 919 King St. Sylvia Moore will sign copies of her book "Grandma's Bones." Free. Call 405-458-5642 for more.

Pizza Party. 6:30-10 p.m. at Immanuel Church on the Hill, 3606 Seminary Road. Dignity Northern Virginia, a LGBT Catholic organization will host a pizza party following mass. Free. Call 703-349.6351.

Gina DeSimone and Kevin Dudley. 7 p.m. at Focus Alexandria/Church of St. Clement, 1701 N. Quaker Lane. Gina DeSimone is front-woman of the DC-based blues and swing group the Moaners. Kevin Dudley, born in Texas and now residing in Virginia, plays guitar and sings about love, death and diners. Tickets are \$15 in advance and \$18 at the door. Call 703-380-3151 or visit www.focusmusic.org.

SUNDAY/OCT. 18

Pumpkin Pace Food Race. 9 a.m. at Mason Neck State Park, 7301 High Point Road, Lorton. Alexandria's United Community Ministries in partnership with The Fun Runz is hosting a 10K run plus 5K/1mile Fun Runs. Price varies by race, \$20-\$35; register by Oct. 12 to receive event T-shirt. Bring non-perishable food items to help stock the UCM Food Pantry. Details and registration at thefunrunz.com or visit ucmagency.org.

Debate: "The Snowden Impact: Privacy, Secrecy and Security." 10 a.m.-12 p.m. at Temple Beth El, 3830 Seminary Road. Republican Congressional candidate Micah Edmonds and Alexandrian author Ronald Goldfarb will debate "The Snowden Impact: Privacy, Secrecy and Security." Robert Siegel of NPR will moderate the discussion. Free. Call Ronald Sturman at 703-801-8553 for more.

Cauldron Tea at Carlyle House. 1-3 p.m. at Carlyle House, 121 N. Fairfax St. This afternoon will include a program on "Alexandria History and Legends" and a craft for children who would like to participate. Tour the museum after the tea and learn about 18th century funeral and mourning practices in Virginia. Tickets are \$30 for adults and \$15 for children. Visit www.carlylehouse.org for more.

Jazz at Meade. 6 p.m. at Meade Memorial Episcopal Church, 322 N. Alfred St. The guest musician will be George V. Johnson, Jr. Donations of \$15 are accepted. Call 703-549-1334.

TUESDAY/OCT. 20

STEM Homeschool Program: Architecture Walking Tour. 1-2:30 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Homeschool students and their families are invited to explore science, technology, engineering, and math (STEM) with a monthly program sponsored by the City of Alexandria. Learn about the 18th and 19th century architectural styles that define "Old Town" and the societal and technological changes that influenced their creation. Children attend free, adult tickets are \$8. Visit shop.alexandriava.gov for more.

Genealogy and DNA. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Jim Bartlett discusses how to use DNA test results to prove lines of ancestry in this free talk sponsored by the Mount Vernon Genealogical Society. Visit www.mvgenalogy.org.

Lecture at Frank Lloyd Wright's Pope-Leighey House. 7 p.m. at 9000 Richmond Highway. In celebration of the Pope-Leighey house 75th anniversary, an ongoing



Manhattan-based saxophonist Daniel Bennett is performing in celebration of the release of "The Mystery at Clown Castle," his band's latest album on Wednesday, Oct. 28 at 7 p.m. at the Duncan Library, 2501 Commonwealth Ave.

lecture series has been launched. The inaugural lecture will feature Ashley Wilson, AIA, Graham Gund Architect, The National Trust for Historic Preservation, and a presentation titled "Sustainable Solutions: The Search for an Appropriate Finish for the Exterior of Frank Lloyd Wright's Pope-Leighey House, Alexandria, Virginia." Tickets are \$25. Visit www.eventbrite.com/e/the-pope-leighey-lectures-tickets-18691986234.

"SocialLights." 7-9 p.m. at Del Ray Artisans gallery, 2704 Mount Vernon Ave. This informal program is designed to provide a positive and motivational environment for artists to network and share ideas. Free. Visit www.thedelrayartisans.org.

OCT. 20-NOV. 15

"Safari." 10 a.m.-5 p.m. at The Potomac Fiber Arts Gallery, 105 N. Union St. Resident fiber artists display work inspired by the wild. Free. Visit www.potomacfiberartsgallery.com.

WEDNESDAY/OCT. 21

2015 Business Awards Presentation & Reception. 6-9 p.m. at The George Washington Masonic National Memorial, 101 Callahan Drive. Alexandria businesses will be awarded honors by the Alexandria Chamber of Commerce and Alexandria Business Leaders at this catered event. \$100 in Sept. for members, \$110 in Oct. for members and \$165 for non-members. Visit www.alexchamber.com.

Dramatic Reading. 7 p.m. at Convergence, 1801 N. Quaker Lane. "One" is a hip-hop musical by Walter Robinson and directed by McKenya Dilworth. "One," the musical brings a "recovery" from addictions message to youth. "One" is based on the 4,500-year-old story of Moses, but told as if the story occurred today in Harlem, N.Y. The suggested donation is \$10. Email theatreofpurpose@gmail.com.

THURSDAY/OCT. 22

The United States Air Force Band-Chamber Players Series. 7:30 p.m. at The Lyceum: Alexandria's History Museum, 201 S. Washington

St. Attend a concert titled "Music for Brass Ensemble" featuring members of The U.S. Air Force Ceremonial Brass led by Technical Sgt. Christine Purdue. Free. Call 202-767-5658 or visit www.usafband.af.mil for more.

FRIDAY/OCT. 23

Brewing History: Beer Tasting, Tour & Dinner. 6:30-9:45 p.m. at The Mount Vernon Inn Restaurant, 3200 Mount Vernon Memorial Highway. Learn about beer-making in Colonial America with a mansion tour, beer brewing demonstration, beer tasting and four-course dinner. Tickets are \$100. To register, visit www.mountvernon.org.

Documentary Screening. 7 p.m. at Good Shepherd Catholic Church, 8710 Mount Vernon Memorial Highway. Watch "Harvest of Empire," a documentary that exposes the direct connection between the long history of U.S. intervention in Latin America and the immigration crisis we face today, as part of the Immigration Film Festival. Tickets are \$6. Visit www.immigrationfilmfest.org.

Short Film Screenings. 7 p.m. at Virginia Tech School of Public and International Affairs, 1021 Prince St. As part of the Immigration Film Festival watch "I am Ayotzinapa," about Mexican artists commemorating missing students believed to have been kidnapped by government militias; "Ger Kler: A Journey of Untold Strength," about a young team of students documenting the migration from refugee camps in Burma and Thailand to the U.S. Three other short films will also be screened. Tickets are \$6. Visit www.immigrationfilmfest.org or www.IMFilmFest.eventbrite.com.

Ghost & Graveyard Special Halloween Tour. 7-9 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Alexandria Colonial Tours will end its special one-hour Halloween tour in the very room where the "Female Stranger" died at Gadsby's Tavern Museum. Tickets are \$20 for adults and \$10 for children. Visit www.alexcolonialtours.com for reservations.

Taste for Giving. 7-10 p.m. at Patent and Trade Office, 600 Dulany St. A selection of Alexandria's restaurants

will offer tastes from their menus, beer (Port City Brewing Company) and wine (North Mountain Vineyards), music (Megan and the Dads), and both live and silent auctions. Tickets are \$75. Visit www.tasteforgiving.org.

FRIDAY-SATURDAY/OCT. 23-24

Halloween Pumpkin Hunt. 5:30 p.m. on Friday and 1:30 p.m.; 3:30 p.m. and 5 p.m. on Saturday at Lee-Fendall House Museum, 614 Oronoco St. Elementary school-aged children and younger may participate in the hunt and will receive a toy pumpkin. The event will also feature Halloween crafts, food and drink, ghost stories and a costume parade. Tickets are \$5 for adults and \$12 for children participating in the hunt. Visit www.leefendallhouse.org or contact John Christiansen at 703-548-1789.

SATURDAY/OCT. 24

Library Bicycle Ride. 10 a.m.-12 p.m. at Beatley Central Library, 5005 Duke St. Alexandria Library is hosting its third annual bicycle tour of all Alexandria Library locations. Bring your bike and join library staff for a leisurely 2-hour loop. Free. Registration required at www.bit.ly/alexlibrarybiketour.

Family FieldFest. 11 a.m.-4 p.m. at Multi-Purpose Athletic Field, 1820 Limerick St. The first-ever Family FieldFest will have activities for children and adults, including pumpkin carving, face painting, live music and free demonstrations from local companies with a focus on healthy and sustainable living. Free. Visit www.VolunteerAlexandria.org.

Raven's Night. 5 p.m. at The Birchmere, 3701 Mount Vernon Ave. "Raven's Night" is a Halloween costume party featuring belly dance performances, a dinner concert, live music and more. Tickets are \$25. Visit www.birchmere.com for more.

SATURDAY-SUNDAY/OCT. 24-25

Fall Harvest Family Days. 9 a.m.-5 p.m. at Pioneer Farm in George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Celebrate the beginning of autumn

with the family at Mount Vernon with activities including wagon rides, apple-roasting and a straw bale maze. The event is included with purchase of admission to Mount Vernon; tickets are \$17 for adults, \$9 for children, \$16 for seniors and free for children 5 years and younger. Visit www.mountvernon.org for more.

SUNDAY/OCT. 25

Doggy Trick or Treat. 1-3 p.m. at The Dog Park, 705 King St. Pick up a goody bag and a map of over 25 participating businesses at The Dog Park, then lead your pet around Old Town to find treats. The Dog Park will also host a costume contest for individuals and groups—groups can be all dogs, or dogs with humans. Winners receive gift certificates to The Dog Park. Free. Call 703-888-2818 for more.

Mad Science! 1-3:30 p.m. at The Stabler-Leadbeater Apothecary Museum, 105-107 South Fairfax St. This 45-minute tour starts every 30 minutes and features historic medicines with surprising side effects. Admission is \$6 for people age 5 and up. Visit www.shop.alexandriava.gov.

19th Annual Del Ray Halloween Parade. 2-4 p.m. at Mount Vernon Avenue, south of Bellefonte Avenue. Awards will be given for Best Pet Costume, Best Decorated Business, Best Decorated Home, and Best Decorated Stroller. Awards will be presented in a brief ceremony after the parade, along with refreshments and goodie bags for the children. Adults, children and dogs are all welcome to join. Free. Visit www.visitdelray.com for more.

New Dominion Choral Concert. 4 p.m. at Rachel M. Schlesinger Concert Hall and Arts Center, 4915 East Campus Lane. New Dominion Choral, under the direction of Founder and Artistic Director Thomas Beveridge, will open its 25th season with a performance of Gioachino Rossini's "Petite Messe Solennelle." Ticket prices are \$30 (general admission), \$25 (seniors), and \$15 (youth ages 5-25). Group tickets are available for groups of 10 or more at \$20 per ticket. Visit www.newdominion.org for more.

"The List" Screening. 5 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane. "The List" is about Kirk Johnson, a young American fighting to save thousands of Iraqis whose lives are in danger because they worked for the U.S. to help rebuild Iraq. Tickets are \$6. Visit www.immigrationfilmfest.org or www.IMFilmFest.eventbrite.com.

WEDNESDAY/OCT. 28

Daniel Bennett Group Concert. 7 p.m. at Duncan Branch Library, 2501 Commonwealth Ave. Jazz group from New York celebrated the release of "The Mystery at Clown Castle." Free. Visit www.danielbennetgroup.com.

THURSDAY/OCT. 29

Doggy Howl-o-ween Costume Contest. Registration begins at 5 p.m. at Jackson 20, 480 King St. Celebrate Halloween and the finale of the Doggy Happy Hour series with Doggy Howl-o-ween, where up to 50 contestants compete in a costume contest benefitting the Animal Welfare League of Alexandria (AWLA). Guests can purchase Halloween-themed cocktails and light fare. Complimentary doggy treats and fresh water bowls will be available for all canine friends. Registration is \$15. Visit www.jackson20.com for more.

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Politicians

Foreman On Taxes

Dumfries Mayor Jerry Foreman, Republican Senate candidate in the 36th District, issued a release on taxes and the state budget:

Campaign Notes

“One of the main reasons I decided to run for Dumfries Town Council in 2010 was that I

was tired of sitting on the sidelines while local home values plummeted, property taxes and several additional fees were raised, and the local governing body seemed determined to make Dumfries less and less competitive with our neighbors.

“In 2009 – the year before I ran for office – the Town Council nearly doubled the local property tax rate, approved more borrowing, increased Business, Profes-

sional and Occupational License (BPOL) rates 10 percent across the board, increased vehicle tag fees, doubled the cigarette tax and hiked storm water management fees. With Northern Virginia residents besieged by plummeting wages and non-existent economic growth, the last thing government should be doing is adding to their burden by raising taxes and fees that allow government to continue spending without regard for the

economic and fiscal realities we are all facing.

“After winning a seat on Town Council in May 2010 and taking office in July 2010, I set about to return our tax and fee amounts to pre-FY2010 levels. After being elected Mayor in 2012 and re-elected in 2014, I have accelerated my efforts to push for tax and fee relief on home and business owners

“I am proud to report that over

the course of the FY12, FY13, FY14 and FY15 budgets, we have successfully reduced the property tax rate by over 50 percent, and will reduce it again in the FY16 budget back to pre-FY10 levels.

“Now I am running for Senate to use the success we’ve enjoyed in Dumfries as a blueprint for how to make our state more affordable and competitive. A key to our success in Dumfries is shedding political party politics and working together for a common cause. As mayor I have built a budget that aligns with county, state and Federal programs, in this way our residents and business owners are not taxed unnecessarily. Likewise, I will work with county and local elected officials in both parties to ensure that programs created in Richmond are truly having the local impact intended.”

Surovell's Endorsements

The Virginia Professional Fire Fighters and Police Benevolent Association endorsed Scott Surovell in the 36th Senate District.

The Virginia Professional Fire Fighters issued a statement saying, “Delegate Surovell has shown great leadership in fighting for issues concerning the safety of Virginia’s citizens and for those who provide that safety. We feel Delegate Surovell will continue to see firefighters and paramedics have the resources and support they need to protect not only their families but all families in the Commonwealth.”

The Virginia Police Benevolent Association is a division of the Southern States Police Benevolent Association. It is a not-for-profit professional organization dedicated to improving the law enforcement profession and consists of full-time or retired employees of the various federal, state, county and municipal law enforcement and correctional agencies in Virginia.

The Virginia Professional Fire Fighters is an association of local unions of the International Association of Fire Fighters (IAFF), representing career professional firefighters and paramedics in Virginia. VPF Members are fire fighters, fire officers, hazardous material specialists, 911 dispatchers and paramedics.

Surovell has also been endorsed by Virginia Education Association, Sierra Club, Planned Parenthood of Virginia, Virginia NARAL, Virginia League of Conservation Voters, Virginia NOW, and American Federation of Teachers.

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Politicians

Honoring Puller

Mt Vernon Democrats gathered last month for their campaign season kick off and to honor retiring state Sen. Linda "Toddy" Puller (center). Front row Joana Garcia, candidate for delegate in the 42nd District; Gerry Hyland, Mt. Vernon District supervisor; Puller; Del. Vivian Watts (39th); Ilryong Moon, school board member at large; Kate Spears, Mt. Vernon District Democratic Committee chair; back row, Del. Scott Surovell (44th), Paul Krizek, candidate for delegate 44th district, Sen. George Barker (39th), Sen Adam Ebbin (30th); Karen Corbett Sanders, candidate for School Board member, Mt. Vernon; and Dan Storck, Mt. Vernon School Board member and candidate for Mt. Vernon supervisor.



Photos Contributed

Retiring state Sen. Linda "Toddy" Puller (center) was presented with a flag flown over the Mt. Vernon Estate by Mt. Vernon District Democratic Committee chair Kate Spears (right) and Del. Scott Surovell (44th) who is running for Puller's seat with her endorsement.



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Wolverines to Host Spartans in Pivotal Conference 7 Matchup

West Potomac, West Springfield each 1-1 in conference play.

By Jon Roetman
The Gazette

Through five games, it appears four teams — Lake Braddock, South County, West Springfield and West Potomac — have a legitimate shot at winning the Conference 7 championship.

On Sept. 25, South County edged West Springfield 42-40, and Lake Braddock held off West Potomac 24-21, leaving the Spartans and Wolverines a small margin of error when it comes to competing for the conference title. This week, West Springfield will travel to face West Potomac at 7 p.m. on Friday, Oct. 9 in a contest that could eliminate one of the two from conference championship contention.

After winning its first three games, West Springfield's loss to South County dropped its conference record to 1-1. Last week, the Spartans were blown out at home by Stone Bridge in a non-conference matchup, 41-10, dropping their overall record to 3-2.

The Stone Bridge game was originally scheduled for Friday, Oct. 2, but was moved to Oct. 1 due to potential inclement weather. Eldredge said the scheduling change affected his players, and Stone Bridge's physical running game was too much for the Spartans to overcome.

Now, West Springfield, which shared the conference title with Lake Braddock and South County last season, needs to find a way to bounce back against West Potomac on Friday.

"Right now, it honestly means everything to our season," West Springfield head coach Jason Eldredge said. "If we lose, we can



West Potomac quarterback Mark Ellis has passed for 1,383 yards, with 14 touchdowns and two interceptions in five games this season.

obviously still recover, have a good season ... but I think for us, we came in with high expectations as a group and unfortunately, we've been battling a lot of issues. We're really been decimated with injuries and we're not very deep.

"... We need this win to get our confidence back. I think our guys' confidence is a little shaken from [the] Stone Bridge [game]."

West Springfield quarterback Peter Muskett has been slowed by an ankle injury he suffered against Mount Vernon on Sept. 11. When healthy, Muskett is a dual threat, but the junior hasn't been able to run effectively in recent weeks. Eldredge said Muskett isn't 100 percent, but is much improved entering Friday's game, which could give the Spartans more options on offense.

Muskett completed 13 of 25 passes for 192 yards and a touchdown against Stone

Bridge. For the season, he has completed 58 percent of his passes for 1,136 yards and 14 touchdowns, with one interception.

When he was healthy in the season opener against Robinson, Muskett carried 19 times for 139 yards and a touchdown.

"Offensively, obviously they've got some good skill players," West Potomac head coach Jeremiah Ross said. "It starts with the quarterback ..."

Eldredge said receiver Darean Robertson has played well of late. He has 25 receptions for 536 yards and five touchdowns this season, including seven catches for 142 yards and a score against Stone Bridge.

"He's a game breaker," Eldredge said. "He's kept us in games this entire year."

Defensively, Eldredge said West Springfield is focused on stopping West Potomac receiver CJ Burch.

"The guy who wears No. 1 at receiver ... he is a danger any time he touches the ball,"

Eldredge said. "It's not just his speed. He's got a stature about him. You can have him guarded and he's still going to make a play."

Burch caught four passes for 152 yards and a touchdown during last week's 45-26 win over Woodson, which improved West Potomac's record to 4-1, including 1-1 in the conference. Burch has 30 catches for 651 yards and four touchdowns in five games.

"If you're going to play him 1 on 1," Ross said, "chances are you're going to get beat."

Ross said when opponents put more than one defender on Burch, it opens things up for the Wolverines' other offensive weapons. Khalil Williams Diggins had four catches for 145 yards and two touchdowns against Woodson, and Brandan Lisenby has 15 receptions for 253 yards and two scores this season. Running backs Justine Annan and Daiimon Cleveland each scored two touchdowns against Woodson.

The player in charge of getting the ball to West Potomac's playmakers is quarterback Mark Ellis, who completed 14 of 23 passes for 379 yards, with three touchdowns and one interception against Woodson. For the season, Ellis is completing 57 percent of his passes for 1,383 yards and 14 touchdowns, with two interceptions.

Ellis said the narrow loss to Lake Braddock, a game West Potomac led at halftime and had a chance to win in the fourth quarter, left the Wolverines feeling confident. "We definitely think we can play with teams like that," he said. "We've got a chip on our shoulder. ... We think we could have won, we think we blew it ourselves."

Ross said he was pleased with how the Wolverines played against Woodson. Now, West Potomac faces its next big test of the season.

"To take that next step in our program, we've got to win games like this," Ross said. "... It's a big game for both programs, sitting at 1-1 in the conference."

Mount Vernon Football Blanked by Wakefield

The Mount Vernon football team lost to Wakefield 45-0 on Oct. 1 in Arlington, dropping the Majors' record to 2-3.

Wakefield rushed for 360 yards and six touchdowns despite the absence of injured standout running back Leon Young.

The Warriors defense also put forth a dominant performance, posting its third shutout in the last two seasons. Wakefield held Mount Vernon to 21 yards of offense and two first downs.

Thursday's game was originally scheduled for Friday, but moved up due to potential inclement weather. The decision to play a day early was made shortly after 2 p.m. Thursday. While Mount Vernon head coach Barry Wells acknowledged both teams had to deal with the situation, he said the Majors never settled into a rhythm.

"Both teams had to react and I get that, [but] we were never in sync from the time we left the school," Wells said. "... It definitely had an impact. We got away from the school late, kids are going home to get stuff to wear in the rain and by the time we got here it was 6:35 ... for a 7 o'clock kickoff. [We] asked them to extend the start time, they gave us 7:10, but you can't get off the bus and get into any kind of [successful] rhythm in that short span of time. The kids, their heads weren't there. They didn't play well.

"... [Wakefield is] a good team, they're a strong team, they play smash-mouth football and you've got to be able to stand up against that kind of thing."

Mount Vernon will host Annandale at 7 p.m. on Friday, Oct. 9.

— Jon Roetman



Photo by Craig Stenbutzel/The Gazette

Mount Vernon lost to Wakefield 45-0 on Oct. 1.

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From Page 11

WEDNESDAY/OCT. 14

Car Seat Safety. 10 a.m.-12:30 p.m. at Mount Vernon Presbyterian Church, 2001 Sherwood Hall Lane. A car seat safety expert from INOVA Hospital will speak on proper installation and use of car seats at the MOMS Club of Alexandria South monthly meeting. Children are welcome at the meeting, and childcare will be provided. MOMS Club of Alexandria South serves at-home parents as well as parents who work part-time or have home-based businesses and who reside in zip codes 22303, 22306 and 22307. Free. Email Southalexmomms@yahoo.com or visit southalexandriamomsclub.webs.com.

Mount Vernon At Home Coffee Social. 11 a.m. at Sherwood Regional Library, 7116 Fort Hunt Road. This event will include information on aging in place and volunteer opportunities in the Mount Vernon at Home community. Free. RSVP by calling 703-303-4060 or emailing info@mountvernonathome.org.

THURSDAY/OCT. 15

Meet The Candidates: Mount Vernon Supervisor. 6:30 p.m. at South County Center, 8350 Richmond Highway, Room 221. Learn more about the issues facing Mount Vernon and the vision these candidates have for economic development, transportation, schools, and quality of life. Visit www.mtvernon-leechamber.org.

American Association of University Women Mount Vernon Branch Meeting. 7 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Kari Galloway, Executive Director of Friends of Guest House, will give a presentation on Ex-Offender Women. Free. Visit www.mtvernon-va.aauw.net for more.

TUESDAY/OCT. 27

"Understanding and Caring for a Person with Dementia." 7-8:30 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. This class will discuss the different types of dementia, common behaviors, the reasons for troubling behaviors, communication techniques, and services available for caregivers. Free. Visit www.fairfaxcounty.gov/olderadults.

WEDNESDAY/NOV. 11

School Open House. 9-11 a.m. at Burgundy Farm Country Day School, 3700 Burgundy Road. School serves pre-kindergarten to 8th grade. Childcare available. Call 703-329-6968 to RSVP or schedule a personal tour. Visit www.burgundyfarm.org for more.

VOLUNTEERS NEEDED

The **Hollin Hall Senior Center** needs a volunteer to maintain a fish aquarium upkeep and instructors for the following classes: Basic Guitar, Italian, Pottery and Ballroom Dance. Call 703-324-5406 or visit www.fairfaxcounty.gov/olderadults for more.

The Mount Vernon Adult Day Health Care Center in Alexandria needs a licensed beautician, a social companion and a Spanish-speaking social companion. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions under "Get Involved."

Mount Vernon At Home is a non-profit organization that relies on volunteers to assist older adults aging in place in their homes. Volunteers are needed for local transportation to medical and personal appointments, errands, and grocery store trips; light handyman chores, home technology and more. No minimum number of volunteer hours required. Call Mount Vernon At Home 703-303-4060 or e-mail info@mountvernonathome.org or visit www.mountvernonathome.org for more.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions:

- ❖ The Mount Vernon Adult Day Health Care Center needs volunteer English and Spanish-speaking social companions, and front desk volunteer.
- ❖ The Hollin Hall Senior Center a ballroom dance instructor to teach a class on Thursday afternoons, and an Italian instructor.
- ❖ The Gum Springs Senior Center needs a Spanish teacher.

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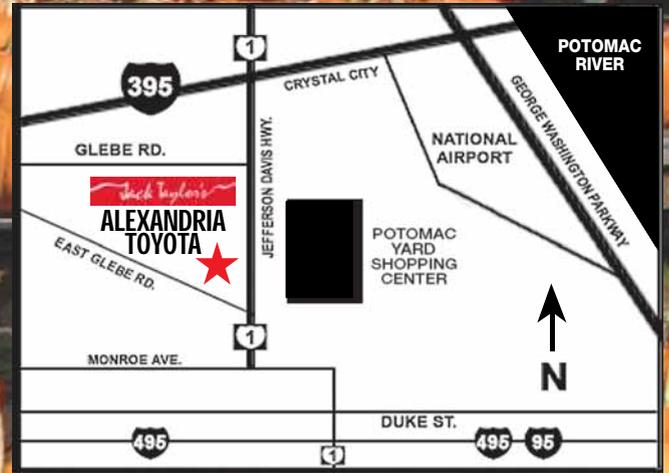
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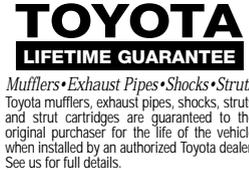
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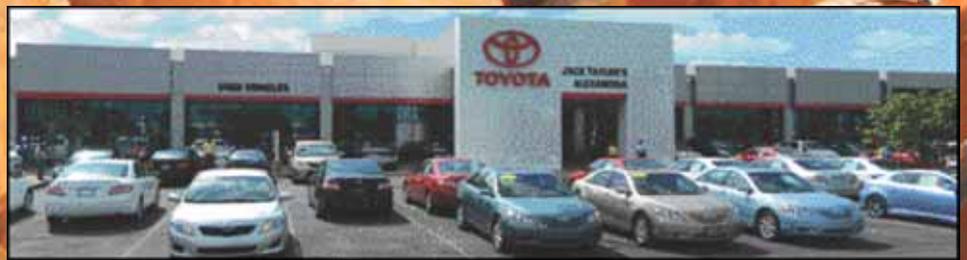


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OCTOBER 2015



Mount Vernon Gazette



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Senior Living

819 Compete in

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Gazette

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines

the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together. Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to partici-



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NVSO Gold Medalists

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Wever, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89,

Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool
Basketball free throws, field goals and 3 on 3 games took place at the Thomas Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were

Local Senior Olympics



Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

Photos Contributed

Above: Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.



Alesee Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea; (men), 50-59, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis, Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington.

For more results, see www.connectionnewspapers.com

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Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

By Marilyn Campbell
The Gazette

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE).

The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

Patricia Sullivan, interim operations manager for Arlington Neighborhood Villages, reports that the organization is growing and

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

adding services at a slow but steady and deliberate pace. In fact, two new services were added in August, "Walking Buddies" and "Friendly Vis-

tors."

"With the walking buddy service, members can request a volunteer who can take a walk with them around their neighborhood. We had one member who is blind request someone to walk with her and her service dog," said Sullivan. "With the friendly visitors service, a volunteer goes over to someone's house to spend time with them. There was one instance where a volunteer went over to a member's house to

watch a football game with him."

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liaison with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get



Photo courtesy of At Home In Alexandria
Tom Crowley, Christena Nielsen and Jack Clopper enjoy an At Home in Alexandria picnic.



Photo courtesy of At Home In Alexandria
Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Details

For more information about local aging villages:

- Arlington Neighborhood Villages: <http://arlnvil.org>
- Alexandria: www.athomeinalexandria.org/
- Washington Area Villages Exchange (WAVE): wavevillages.org
- Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm
- Mount Vernon at Home Village: www.mountvernonathome.org

their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

Mount Vernon Gazette

Senior Living

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