



The Few. The Proud.

The 41st Marine Corps Marathon.

BY JEANNE THEISMANN
GAZETTE PACKET

For Brooke Sydnor Curran, running the 41st Marine Corps Marathon was a milestone: her 100th marathon for charity since founding the nonprofit RunningBrooke Fund. For Grace Episcopal kindergarten teacher Cara Donley, the Oct. 30 race represented a different milestone.

“I actually bested my old PR by two seconds,” said Donley of setting a new personal marathon record of 3 hours, 26 minutes and 16 seconds. “This was only my third marathon and it was quite warm — not ideal for runners. But I stayed hydrated and was happy with the results.”

Donley’s time placed her 70th among female finishers and in the top 500 of the more than



PHOTO BY MARK MOGLE

More than 1,000 Alexandrians joined 30,000 runners from 55 countries to participate in the 41st Marine Corps Marathon and 10K race Oct. 30 in Arlington.

SEE RUNNING, PAGE 16



PHOTO BY MARK MOGLE

Brooke Curran shows off her medal after finishing the Marine Corps Marathon Oct. 30 in Arlington. The race was the 100th charity marathon for Curran, founder of the RunningBrooke Fund, and was completed in 3:51:05.



PHOTO BY KRISTIN DONLEY

Cara Donley gets high-fives from her niece and nephews as she runs through Crystal City during the Marine Corps Marathon Oct. 30. Donley, 26, completed the 26.2-mile course in 3:26:16, placing 70th among all female runners.

Outrage Over Traffic Calming

Using congestion to slow traffic.

BY VERNON MILES
GAZETTE PACKET

Traffic is slower on King Street. That was part of the city’s Complete Streets goal; to slow vehicular speeds on the stretch of road between T.C. Williams High School and the Masonic Temple. But while some have praised the city’s traffic calming measures, local residents say the changes have made an already tightly congested street worse.

During the street resurfacing, the street layout was changed to eliminate an eastbound and westbound lane at separate parts of the road and add in bike lanes and a

pedestrian island. Speed on the street was also reduced from 35 miles per hour to 25.

According to Yon Lambert, director of Transportation, any streets scheduled to be resurfaced are reviewed to see if changes can be made to enhance safety and ease of navigation. Lambert said the majority of the feedback they received from parents at TC and community residents was that changes needed to be made to make the street safer for pedestrians and bicyclists. Lambert said local residents and parents of students at T.C. Williams had expressed their concerns about traffic speeds near the school during the review process.

Dr. Jesse Dingle, principal of T.C. Williams High School, said the changes have made the street safer

SEE RESIDENTS, PAGE 14

Voter Fraud Charged

Former Alexandria resident arraigned over voter registrations.

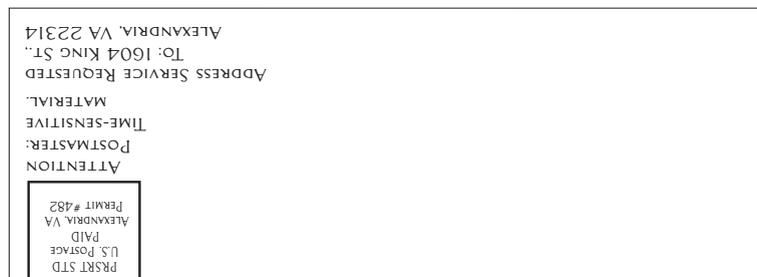
BY VERNON MILES
GAZETTE PACKET

Vafalay Massaquoi was arraigned on Oct. 28 in Alexandria General District Court on four felony charges related to allegations of voter registration fraud. While working for a local advocacy group seeking to register new voters, Massaquoi allegedly fabricated applications for voter registrations. The applications were filed to the Alexandria

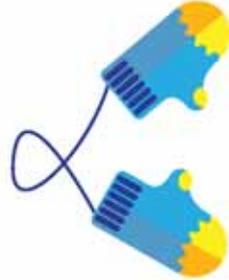
Office of the General Registrar who notified the Commonwealth Attorney’s office.

“Given the recent public attention to claims of election fraud, I think it is important to note that there is no allegation that any illegal vote was actually cast in this case,” said Commonwealth Attorney Bryan Porter in a statement. “Furthermore, since the fraudulent applications involved fictitious

SEE VOTER, PAGE 15



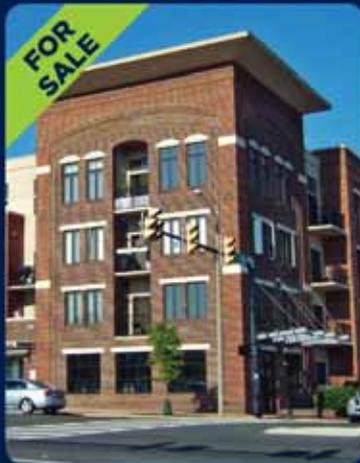
Winter is on the Way!



If you, or a group with whom you are affiliated, are planning to support a good cause, please consider Coats for Community Lodgings.

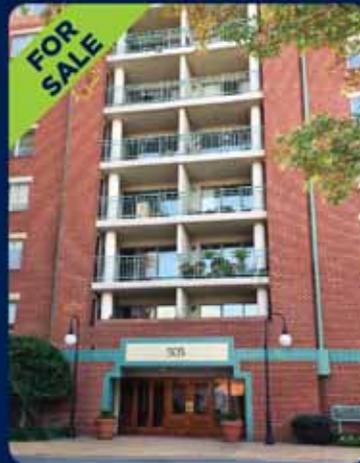
Community Lodgings is looking for individuals or groups to host coat/outerwear drives for Alexandria's neediest children. You supply the coats, hats, mittens and scarves, and we will supply the grade, gender and sizes of our kids. Over 100 kids in our after school program, grades 1-12, need new winter outerwear - just tell us how many children you or your organization would like to support!

Contact Community Lodgings at communitylodgings.org, or call 703.549.4407 or email Jane Collins at jcollins@community-lodgings.org and make some youngsters in our City very happy.



**181 E Reed Ave., #304
The Preston
Offered at \$415,000**

Two-bedroom, two-bath condo with two parking spaces at The Preston. Open floor plan with 9-foot ceilings, kitchen with granite counters and island. Good closet space. Balcony.



**505 E. Braddock Road #303
Colecroft
Offered at \$425,000**

This two-bedroom condo has two parking spaces and will have a new white/granite/stainless kitchen after the tenant moves out. The seller will also paint and replace the carpet, it will sparkle!



**2911B S. Woodstock Street
Courtbridge
Offered at \$415,000**

Fabulous views from the balconies of this three story Chatham model! Three bedrooms, one full and two half baths. Windows have been replaced, dishwasher, granite counters, sink and faucet are new.



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PHOTOS BY RIKKI GEORGE/GAZETTE PACKET

Crowds came to Del Ray to celebrate Halloween.

20th Halloween Parade in Del Ray

Del Ray held its 20th Annual Halloween parade and post-parade party on Oct. 30. Hosted by the Del Ray Business Association, the festivities included witches, wizards, zombies, revelers and pets in tutus.

Crowds assembled along Mount Vernon Avenue to watch the parade and meandered to the Mt. Vernon Recreation Center where City Council members and officials presented best costume awards and special recognitions.

"This event exemplifies the best of Del Ray," said Bill Blackburn, president of the association's executive committee. In addition to free party food and cash awards, recycled Halloween costumes were collected and made available to children in need.



Sun Jong Park from South Korea spent two hours preparing his makeup. He is studying English at Kaplan International in Washington, D.C.



This year's Grand Marshal Berhane Wobante with her teacher Anne Raine, 5th grade teacher at Cora Kelley School for STEM. Wobante was selected for her positive attitude. She won \$100 and a gift bag.



Black lab in tutu and blond wig, winner of one of the four award pet categories: "How could you do this to me."



Life-long Del Ray resident Amalie Carey Hirschmann with Mayor Allison Silberberg.

Salute to Veterans

Euripides to receive Distinguished Patriot Award Nov. 10.

BY JEANNE THEISMANN
GAZETTE PACKET

Charlie Euripides, a Korean War Veteran and longtime owner of the Royal Restaurant, will be presented with the Distinguished Patriot Award Nov. 10 at the Alexandria Chamber of Commerce annual Salute to Veterans reception.

Euripides served in the U.S. Navy from 1954-1957. He served two years aboard the Battleship New Jersey in the Gunnery Division followed by two years with the 6th Fleet aboard the Flagship Salem. Euripides was part of the special services unit where he translated messages from the Greek Coast Guard, Navy and Air Force. His translations included everything from high level messages from the Greek Government to notifications about World War II mines still floating in the Mediterranean.

Following his military service, Euripides returned to The Royal Restaurant in Alexandria, where he had worked as a teenager after leaving Cypress in the 1950s.



PHOTO BY NINA TISARA

Charlie Euripides, a Korean War veteran and owner of the Royal Restaurant, will be honored with the Distinguished Patriot Award Nov. 10 at the Chamber of Commerce Salute to Veterans breakfast at Mount Vernon Estate.



Barbara Carson

Owned by his uncles, Euripides eventually took over the restaurant and for decades has supported hundreds of local charities, always saying, "I wish I could do more."

The event, sponsored by Cotton & Company, will take place at Mount Vernon Estate beginning at 8 a.m.

SEE SALUTE, PAGE 12



PHOTO CONTRIBUTED

Supporting Health Fair

Several members of the Planning Committee for the Nov. 5 Community Health Fair gathered at Ten Thousand Villages, at 915 King St., in Old Town, on Oct. 27 for the "Sip and Shop" event, which raised \$500 for the health fair. Front row holding the poster is Ken Sharma and Mary Anne Weber; second row: Dr. John Klousia, Richard Merritt, Irene Bender, Sharon Block, and Eduardo Mantilla-Torres; back row: Dan Hawkins, Susan Nolan, Canek Aguirre, and Carol O'Shaughnessy. The free Community Health Fair for Alexandria's uninsured will be 9 a.m.-4:30 p.m., Nov. 5, at Geog Washington Middle School, 1005 Mount Vernon Ave.

— EDEN BROWN

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Alexandria \$3,395,000

310 Mansion Dr Stunning estate on coveted Mansion Drive. This extraordinary residence features six bedrooms, five full bathrooms, two powder rooms, a grand kitchen, a main level bedroom suite and an expansive lower level. This gorgeous home is ideal for large scale entertaining. This exquisite property features private tranquil grounds with a waterfall and koi pond, a large terrace with outdoor kitchen and custom built jacuzzi surrounded by a beautiful variety of professionally landscape designed gardens.

Bobbi Bomar - 703.927.2213 Ellen Patrick - 703.328.9430

CONTRACT PENDING



Old Town \$998,000

328 N. Pitt Street
Sensational renovation in this 3-lvl brick end-TH in great OLD TOWN location, w/garage.

**Diann Hicks Carlson
703.628.2440**



Alexandria \$929,900

414 Pitt Mews Captivating 3 Bd 3.5 Ba Pitt Mews End TH w/\$105k+ upgrades & GARAGE...Gourmet kitchen incl's Wolf 5-burner cooktop & hood; Miele D/W, window seat...Master Bedroom w/exposed beams & huge, sunny loft....super upgraded baths....wood burning FP....1 Block King St., 4 Blks to river. Call listing agent to view

Philip G. Matyas - 571.332.0963

PRICE REDUCED



Open Sunday 1-4pm

Alexandria/Del Ray \$899,000

206 E Braddock Just steps from the Braddock Rd. Metro, this classic Cape Cod has five bedrooms and 2 1/2 baths. Updates include recent roof, window replacements, gas furnace and kitchen with stainless appliances and granite counters. The rear patio area is fenced and ready for outdoor dining! Other bonuses include a fireplace, large rooms with hardwood floors, a finished basement and off-street parking for two cars.

Mary Hurlbut & Michael Seith - 703.980.9595

PRICE REDUCTION



Old Town \$899,000

911 Cameron St Historic circa 1820 plaqued 2 bedroom, 2 bath semi-detached home with expansive gardens. Living room tall ceilings, beautiful moldings and a fireplace. Formal dining room and adjacent kitchen with brick floors, and an oversize window looking out to the private garden. Upper level with 2 bedrooms and a sitting room. Prime location just 1 block off of King Street!

**Christine Garner
703.587.4855**



Alexandria/Del Ray \$775,000

209 E. Howell Ave Location, location, location. Wonderful opportunity to update/renovate. Home less than half a block from the avenue. Double lot with 5,750 sf. with detached two-car garage for possible future expansion. Home has 4 bedrooms and two full baths. Main level bedroom with private bath and large walk-in closet. Lower level recreation room and extra bedroom. Steps to all of the excitement in Del Ray.

Cary Garcia - 703.505.9513

OLD TOWN



Old Town \$698,000

304 South Fairfax St. Charming historic plaqued home just 2 blocks to King Street. Renovation by Harry Braswell incl. kitchen/bath, raised ceilings & skylight. Fireplace & patio.

**Diann Hicks
Carlson
703.628.2440**



Park Ridge \$619,000

1659 Francis Hammond Pkwy Charming 3 bedroom, 2 bath brick home with attached garage. Located just a few blocks from MacArthur Elementary on a quiet no-thru street with a tranquil view of a wooded creek. Two finished levels, living room with fireplace and an addition with abundant windows that opens to the kitchen and has access to the large fenced yard with patio and mature landscaping.

Christine Garner - 703.587.4855

PRICE REDUCED



Alexandria House \$599,000

400 Madison #304 The largest, light filled 2 BD., 2 BA., condo is surrounded by an 81 ft. private balcony for grilling and outdoor living. Garage parking and extra storage convey. Amenities include 24/7 concierge, roof pool, party room, in a sought after location. Alexandria House is a lovely vertical village.

Lib Willey - 703-362-7206

JUST LISTED!



Open Sunday 2-4pm

Alexandria \$415,000

3220 Memorial St. Super Cute 2 bed/1.5 bath Cape Cod on .30 acres w/ lofted detached garage/workshop. Enter thru private foyer/mud room to LR w/ gleaming hdw flrs where you'll cozy up to the fireplace. Formal DR off the kit. Center staircase to spacious dormer style bedrooms. Unfinished bsmt w/ ample room for storage or to finish for additional living. PRICED 4 QUICK SALE!

Michelle Zelsman - 202.390.8714

COMING SOON



Crystal City / Arlington \$329,900

1805 Crystal Dr, #504S 1BR/1BA condo at convenient Crystal Park: Renovated kitchen w/ granite & s/s, renovated bath, washer/dryer in unit, 2 walk-in closets, garage parking, extra storage. 1 block to Crystal City Metro station. Pool, sauna, party room, meeting room, 24 hour security, renovated common areas

Nadine Wren - 703.403.4410

JUST REDUCED



Alexandria \$329,000

7030 Stanford Dr. Three levels, semi detached, 3bd, 2ba located on a quiet cul de sac, driveway, backing to woods. Hardwood floors, updated kitchen, newer windows, home warranty. Huge fully fenced backyard for entertaining and expansion. Conveniently located close to major roads, library, shops, metro, bus service.

**Elvira Jakovac
571.405.8058**

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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.

THROUGH DEC. 1

Financial Literacy Video

Scholarship Contest. Burke & Herbert Bank, 100 S. Fairfax St. Northern Virginia teens can win up to \$5,000 by creating a 90-second video promoting the value of saving money. Burke & Herbert Bank is accepting entries for the 2016-17 Lights, Camera, Save! video contest through Dec. 1. Sponsored by the American Bankers Association Foundation. For more information burkeandherbertbank.com.

STUDENT RECORDS

Destruction of Confidential Student Testing Records.

Alexandria City Public Schools is in

the process of purging Virginia Grade Level Assessment (VGLA) and Virginia Alternate Assessment Program (VAAP) collections of evidence (student work samples) from school year 2010-2011 and prior for students in grades 3-8 for VGLA and grades 3-8, and 11 for VAAP. If a child participated in these testing programs, the student work samples may be collected and retained. Contact the Department of Accountability at 703-619-8032 to arrange for pick up. ACPS requests advance notice of five business days prior to pick up. Files not picked up by Dec. 21, 2016 will be destroyed.

SATURDAY/NOV. 5

Community Health Fair. 9 a.m.-4:30

p.m. at the George Washington Middle School, 1005 Mount Vernon Ave. Free Community Health Fair for Alexandria's uninsured. More than 15 free health screens, including glucose test for diabetes, cholesterol tests, child obesity and developmental screens, mental health, dental screens for adults and kids, vision and hearing will be available. Many low-income adults may qualify for a new primary care services benefit provided by Neighborhood Health. The Fair is hosted by more than 50 community, health care and faith-based partners, including Alexandria City Public Schools, Department of Community and Human Services, Kaiser Permanente, Medical Society

Northern Virginia, and Neighborhood Health. Visit www.accessalexandria.org.

Native Plant Sale. 10 a.m.-1 p.m. at the Jerome "Buddie" Ford Nature Center, 5750 Sanger Ave. The Department of Recreation, Parks, and Cultural Activities is offering a native plant sale to help grow Alexandria's tree canopy. Beautify and help the environment by planting high quality and ecologically valuable native tree and shrub species. Orders will be accepted through Oct. 30 and can be placed online by visiting WebTrac or in person at the Jerome "Buddie" Ford Nature Center. Visit nps.org/conservation/spring-2016-plant-sales/ for more.

MONDAY/NOV. 7

Election Eve Prayer. 6:30-7 p.m. at Fairlington United Methodist Church, 3900 King St. Come experience unity among differences as people gather to pray for the community and the nation and share Communion. Free. Email office@fairlingtonumc.org, call 703-671-8557 or visit www.fairlingtonumc.org for more.

Old Town North SAP Community Meeting 7 p.m. at the Crowne Plaza Hotel, 901 N. Fairfax St. For more information, contact Nancy Williams, nancy.williams@alexandriava.gov, 703-746-3858

SEE BULLETIN, PAGE 27



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Betty Crump



(Left to right) Ted Johnson, Erik Dorn, Shannon Catlett, Charlie Collum, Pam De Candio and Kerry Donley

A Half Hour in the Life of a Vet — and a Dog

BY SHIRLEY RUHE
GAZETTE PACKET

“Gracie?” Dr. Sophia Chiang walks out into the waiting room at VCA Alexandria Animal Hospital on Duke Street looking for a black lab. Chiang says, “We always call the animal’s name since they are the patient.” Graeson Infelise (Gracie) remains under the chair of her owner, refusing to be coaxed to the exam room. Her owner says, “She likes it here, I swear.”

Chiang explains Gracie has come in today for a wellness exam, vaccinations and a check of her paws. Chang has reviewed Gracie’s records and vacuumed and sprayed the exam table. Gracie’s owner and Chiang slowly and gently convince Gracie to step onto the exam table and with the press of a lever it slowly raises up to a working level.

“I always start by asking the owner how the pet is doing.” Gracie’s owner says since they moved to Quantico three years ago every year at the same time the dog has had issues with her paws. I’m guessing allergies.” He continues, “We give her Benadryl every day.” Chang reviews the chart. “Yes I can see Gracie had the same issue at almost exactly the same date last year and the year before. Allergy is a good guess. How much Benadryl are you giving her?” She adds, “We may not need to do allergy testing if the medication works.”

Then Chiang starts by taking a look. “Let’s see what her weight is — 59.2 pounds. Good, close to last time. It hovers around 60.” She says each vet has their own particular order for an exam. “I start with the eyes, then nose, mouth and teeth. The ears look fine. Sometimes when dogs have an allergy it also shows up in the ears.”

“The lymph nodes feel normal, and she has a nice steady heart beat, no heart murmur to worry about. What does she eat? She looks good and healthy.” The answer is: “Chicken soup for dog lovers. My wife heard about it somewhere and so that’s what she has to get.” Since Gracie is 7-years-old, she is considered an early senior, which means time for routine blood work.



Dr. Sophia Chiang calls Gracie’s name at VCA Alexandria Animal Hospital, but Gracie attempts to remain invisible under her owner’s chair, resisting her routine physical exam.

So on to the paws. “You’re right; the right back paw is the worst. So what do we do?” Chiang says they could give Gracie something by mouth but it would be systemic for all of the paws when only one paw is the primary target and it could also affect the tummy. It would be one step above an antibiotic with a low dose steroid. “Or you could use topical wipes.” They decide to stick with that approach for now.

They move on to discuss the vaccinations. Today leptospirosis, rabies, influenza, and an oral ITB for kennel cough. Chiang explains there is a new strain of flu that can affect dogs; flu morphs like it does in humans. A vaccine has just been developed for the second strain. She said they could give Gracie shots for both strains. “But I like to assess the exposure to dogs in enclosed areas and have a conversation about the best option for each dog.” She said in general most of the vets don’t recommend vaccinating for every strain of flu because the risk is fairly low. But there could be that one dog. “But we like to discuss this with each owner.”

Gracie moves to “the green room” where she will get her vaccinations while Chiang types up her notes on the appointment. Khalfani Carr holds Gracie while Brittany Gates gives the oral ITB for kennel cough. She will draw blood from the back leg veins for a heartworm test where the blood is put in the centrifuge to separate the cells from the serum. Chiang says, “We always say it’s all about the success of the holder. Khalfani’s



Dr. Sophia Chiang and Gracie’s owner have successfully convinced Gracie to step on the examining table which is raised to a working height. Chiang begins by asking the owner to share how the dog is doing.

gentle hug.” Both Carr and Gates are vet assistants studying to be veterinary techs.

Chiang sees patients Tuesday, Wednesday, Friday and every other Saturday with surgeries scheduled for Thursdays. Wednesday is a 12-hour day. Yesterday she said she did spaying and neutering and a couple of dental surgeries with cleaning and extraction. She said taking out tumors is very common with biopsies and repairing wounds are also frequent surgeries. Probably the most complicated is an FHO (femoral head osteotomy) where the head of the femur is removed. “It is considered a last resort treatment based on trauma.” She says most doctors there are proficient in many areas including basic emergency medicine. But they have some specialty day and night emergency doctors and an intensive care unit in their hospital.

Chiang has worked at VCA Animal Hospital for 10 years and says it is gratifying that “I can take care of animals and especially because I can see many puppies from the beginning to the end of their life.



Dr. Sophia Chiang says each vet has their own particular order for a physical exam. She starts with the eyes, nose, mouth and teeth.



Gracie is taken to the “green room” where Khalfani Carr and Brittany Gates, both technical assistants, administer her shots except rabies which can only be given by a licensed vet. Dr. Sophia Chiang says, “We say it’s all about the success of the holder — Khalfani’s gentle hug.”

PEOPLE NOTES

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

Retired Air Force Lt. Gen. **Dana Atkins** became the new president and chief executive officer for the Alexandria-based Military Officers Association of America, succeeding retired Navy Vice Adm. Norbert R. Ryan Jr., who has led the association since 2002.

Kelly Finnigan Mechling joined the the Northern Virginia Fine Arts Association in June as executive director. She is a preservation specialist who has worked in the field in Washington, D.C. and Alexandria for the past four years. She is currently employed by Episcopal High School on the social studies faculty and as an experiential education programs administrator. A graduate of Davidson College with a degree in history, she holds a Master of Science in historic preservation from Clemson University/College of Charleston. She serves as a member of the Alexandria Board of Architectural Review: Old and Historic District.

St. Patrick’s Day Parade Grand Marshals Named

Bill and Karen Butcher, founders of Port City Brewing Company, will be the Grand Marshals of the 2017 St. Patrick’s Day Parade, according to the Ballyshaners, organizer of the parade. This will be the 36th parade that the organization has hosted in Old Town.

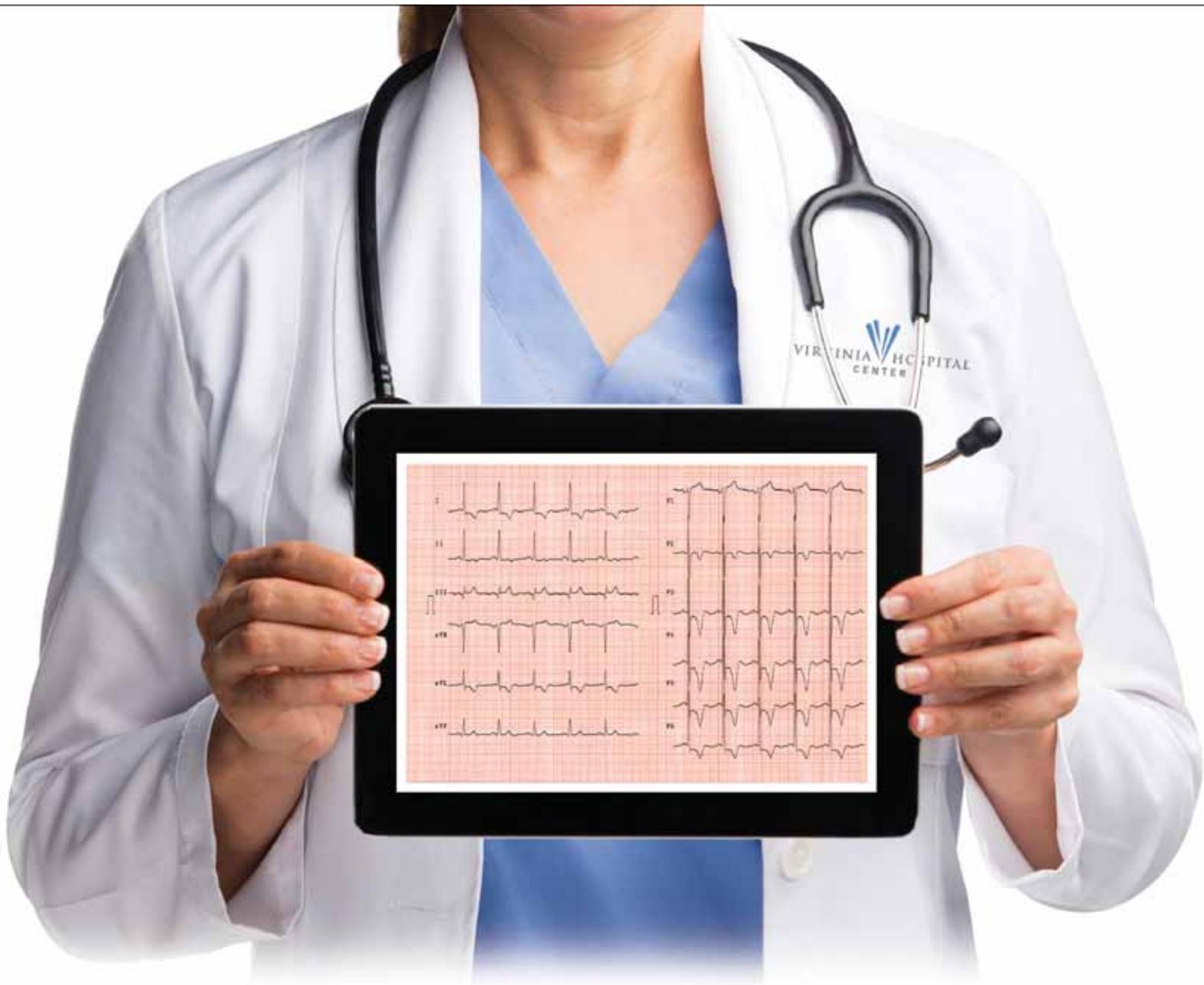
The Ballyshaners is a non-profit, volunteer organization dedicated to promoting and preserving Irish history and culture. Bill Butcher is a fourth generation Alexandrian and serves on the Board of Governors of Visit Alexandria. Karen is a Partner at Morgan Lewis, where she leads the global trademark, copyright and advertising practice. She also has enjoyed watching their boys

participate in Alexandria Little League baseball over the last several years. They live in Rosemont with their two sons, Riley and Key. Bill Butcher began his career in the wine business working with Robert Mondavi Wine Company building world-class fine wine brands in the Mid-Atlantic market. The couple started Port City Brewing Company in Alexandria in 2011.

The St. Patrick’s Day Parade is financed through fundraising, sponsorship and partial support from the City of Alexandria. The Alexandria St. Patrick’s Day Parade will be held on Saturday, March 4, 2017. For more information about or to support the parade, visit www.ballyshaners.org.



Bill and Karen Butcher.



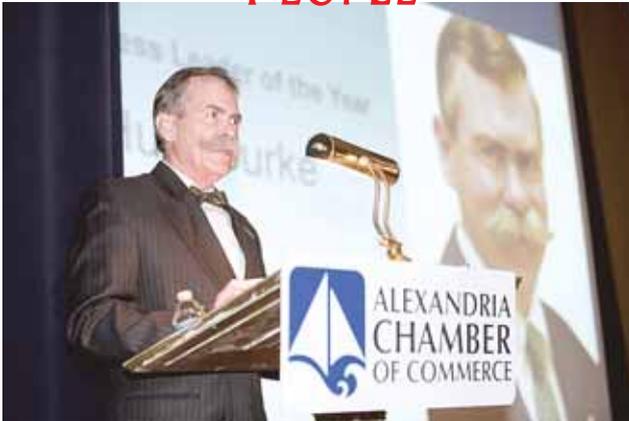
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Offices now open in Old Town, Shirlington and Mark Center.



virginiahospitalcenter.com/alex

PEOPLE



Burke and Herbert Chairman and CEO E. Hunt Burke was honored as the 2016 Business Leader of the Year.



Alexandria Town Crier Ben Fiore-Walker, right, received a standing ovation when presented with a special Spirit of the Chamber Award by Chamber CEO Joe Haggerty.



First Night executive directors Ann and Rick Dorman with Marion Brunken of Volunteer Alexandria get in the spirit celebrating Business Leader of the Year Hunt Burke's signature mustache.

And the Winner Is ... Chamber honors best of local business.

By JEANNE THEISMANN
GAZETTE PACKET

It was the Academy Awards for local businesses as the Alexandria Chamber of Commerce presented its annual Business Awards Oct. 19, with Burke and Herbert Chairman and CEO E. Hunt Burke honored as the 2016 Business Leader of the Year.

More than 200 people attended the event at the George Washington Masonic National Memorial, which celebrated the Alexandria business community.

"My heart is filled with tremendous gratitude for this incredible honor," said Alexandria Cupcake owner Adnan Hamidi in accepting the Small Business of the Year Award. "Thank you to the Chamber and our fans for letting us serve you for the last seven years and making it possible for Alexandria Cupcake to be a part of this wonderful community."

In addition to Alexandria Cupcake, the



Cupcakes with the image of Burke and Herbert CEO Hunt Burke were provided by Small Business of the Year honoree Alexandria Cupcake.

2016 honorees included: The Campagna Center as Association/Nonprofit Business of the Year; Access National Bank as Rising Star Business of the Year; Halt, Buzas & Powell as Medium Business of the Year; Carr Workplaces as Large Business of the Year; and Cotton & Company as Overall Business of the Year.

Alexandria Town Crier Ben Fiore-Walker

was surprised with a special Spirit of the Chamber Award and received a rousing standing ovation from the crowd.

A reception with food prepared by Chef Cathal Armstrong, the 2012 Business Leader of the Year, and Chef Christophe Poteaux followed the awards presentation. Cupcakes featuring the image of Burke were provided by Alexandria Cupcake.

"The Chamber's Business Awards is the flagship awards program in the community that recognizes excellence in business," said Chamber president and CEO Joe Haggerty. "We are proud to salute those who contribute to a vibrant and thriving Alexandria business community."

For more information, visit www.alexchamber.com



Chamber of Commerce board chair Robert Shea, Mayor Allison Silberberg and U.S. Rep. Don Beyer, at left, gather with winners of the 2016 Chamber of Commerce Business of the Year awards Oct. 19 at the George Washington Masonic National Memorial.

Hail to the Chief Cook honored at retirement luncheon.

By JEANNE THEISMANN
GAZETTE PACKET

Alexandria Police Chief Earl Cook was honored at a luncheon Sept. 30 as hundreds crowded the Westin Alexandria Hotel ballroom to celebrate Cook's final day of service to the department.

"This is quite overwhelming," Cook said. "But I've had a good run and have always been surrounded by the finest men and women in law enforcement."

Cook, the first African American to serve as Chief

of Police in Alexandria, retired effective Oct. 1 following a 37-year career with the department. He began as a police academy recruit in January of 1979, rising through the ranks to become Chief of Police in 2009.

City Manager Mark Jinks appointed Deputy Chief David Huchler as acting Chief of Police while a search is conducted for Cook's successor.

"There is no finer man than Earl Cook," said former APD Chief Charles Samarra. "His ethics and integrity set an example for us all. Alexandria is a better city because of the service of Earl Cook."

PHOTO BY JEANNE THEISMANN/GAZETTE PACKET



Alexandria Police Chief Earl Cook, flanked by his daughter Crystal Johnson, right, and APD division chief Brenda D'Sylva, celebrates his retirement at a luncheon Sept. 30 at the Westin Alexandria Hotel.

NEWS



PHOTOS BY JEANNE THEISMANN/GAZETTE PACKET

Volunteers from Alexandria's police, fire, sheriff's and recreation departments gather Oct. 29 during the annual Firefighters and Friends coat distribution day at the Charles Houston Recreation Center. More than 300 adult and children's coats were given to families from across the city.

Keeping Children Warm

Coats, books distributed to local families.

BY JEANNE THEISMANN
GAZETTE PACKET

Families from across the city came to Charles Houston Recreation Center Oct. 29 to pick out new coats and books as part of the Firefighters and Friends annual coat drive.

More than 300 new coats for both children and adults were distributed as well as 300 new books donated by InspireLit.

"We understand that giving a child a new coat builds self-esteem," said City Councilman Will Bailey, who has spearheaded the event for several years. "It's brand new, all their own and creates a sense of pride in ownership that we hope fosters self-confidence in children."

Mayor Allison Silberberg and Sheriff Dana Lawhorne joined volunteers from the Alexandria fire and police departments, the Alexandria sheriff's office, and the city's Department of Recreation to help fit children with new coats and pick out new books.

Sponsors for the event included Operation Warm, Firefighters and Friends to the Rescue, ACT for Alexandria, Black Fire Service Professionals of Alexandria, Local



Deputy Sherriff Valarie Wright poses for a photo with children wearing new coats distributed to Alexandria families Oct. 29 at the Charles Houston Rec Center.

2141, Police Local 5, the Alexandria Recreation Department and Volunteer Alexandria.

"I think the number one way to break the cycle of poverty is through education," added Bailey, a captain with the Fairfax County Fire and Rescue Department. "With a brand new coat children can go to school more often on cold winter days, where they receive nourishment for their minds and bodies. In the end, we believe a new winter coat gives children the freedom and confidence to play more, learn more and do more. When we are not running 911 emergencies we are trying to find ways to help the community and today it was providing new coats and books to children in need."



Alexandria Police Officer Kammy Stern helps show off a child's new coat as part of the coat distribution day at the Charles Houston Rec Center.



Deputy City Manager Debra Collins helps fit a child with a new coat.



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NIGHTLY MARTIAL ARTS DEMONSTRATIONS

LETTERS

Business Friendly?

To the Editor:

The sudden enforcement of A-Frame sign regulations along King Street is disturbing. It's a small issue but gets to the heart of whether we really are a business-friendly community. We need to be if we're going to address our budget problems, fund our school capacity crisis and fix our sewers — to name but a few pressing issues.

As I walk King Street speaking to retailers about the Business Improvement District (BID) I'm hearing a lot of negative news about sales. City tax revenue records from the past few years show flat to declining sales. Do we want to turn this around?

What is the real issue here? Are there safety problems with the signs? If indeed the signs pose a safety issue, wouldn't a better course of action be to regulate where they are located? A much greater safety problem is uneven bricks on the sidewalk. About once a year customers came into Bittersweet bleeding from having tripped over them.

These regulations have gone unenforced for many years and I cannot understand the sense of urgency given the output of the A-Frame sign task force which determined that a new program would be put in place for

businesses on side streets but has yet to be implemented. Granted the new program does not include businesses on King Street but the optics of enforcement now — prior to the holidays and before putting a new program on line — makes the city look insensitive to small business and those considering opening businesses here. Given the number of closings and empty retail spaces is this the best



STEVE ARMLEY/GAZETTE PACKET

we can do?

This situation reminds me very much of 2008 when the city, in response to problems with outdoor seating over the winter, determined that all outdoor seating should be banned between Thanksgiving and April. This deprived the city of needed revenue, not to mention the vibrancy that outdoor seating brings. Eventually a way was found to address the problems without eliminating the seating all together during four months of the year — when the weather is often favorable to dining outdoors — and tax revenue.

The entire nature of retail is changing and Main Street busi-

nesses need all the help they can get. Many retailers post clever messages which visitors often photograph and then enter the establishment. Visitors

riding the trolley can glimpse a passing sign and return later to shop or dine. Small business is about expressing one's creativity and vision — why eliminate something that makes our community unique? The recent purge of buskers completes the impression that our city is to be made bland and boring.

Our city cannot cut its way to success. Young, innovative entrepreneurs must be attracted here to ensure our business districts continue to be vibrant, strong and encouraging locals and visitors to spend. This action has unintended consequences and needs to go back to the drawing board. Doing so would go some distance in making our small business community feel supported, rather than thwarted by city regulations.

Jody Manor
Alexandria

City Invests In Public Safety

To the Editor:

A letter to the editor on Oct. 27 ["Traffic Lawlessness"] suggested that the city is not enforcing traffic laws. In fact, this is not the case.

The safety of our community is the highest priority of city government. The Alexandria Police De-

partment uses its Strategic Response System to identify areas that require targeted enforcement based on traffic crashes and other patterns, and constantly reassesses the effectiveness of enforcement strategies and deployments through ongoing reviews of crash data and traffic complaints. City Council approved my recommendations to add four motorcycle officers and a sergeant over the last two fiscal years, as well as to set aside \$500,000 for additional traffic enforcement and parking adjudication. This was a direct result of increasing requests from resident and businesses for additional traffic enforcement in more areas of the city.

It's important to note that enforcement is only one component of traffic safety. The city also commits significant resources to education and community outreach to encourage safe behavior by transportation users, and traffic engineering to design infrastructure that promotes safety. Police officers handle each traffic complaint with the goal of increasing safety through compliance with the law. When a situation suggests an engineering solution may be helpful, police officers collaborate with traffic engineers to promote a holistic approach to traffic safety across city government. This often means conducting engineering analyses to recommend and build pedestrian safety improvements or conducting targeted encourage

SEE LETTERS, PAGE 11



PHOTO BY LAURA MAE SUDDER

Waiting for Nightmare to End

Juan and Leticia Paz, visiting Old Town Alexandria, find an electoral nightmare.

Alexandria Gazette Packet

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PEOPLE



Fire Prevention Week

Firefighters at Station 201 at 317 Prince St. include (from left) Jordan Dalton, Captain Greg Cook and David Haas. Fire Prevention Week was held Oct. 9-15.



Firefighter Keith Tapscott at Station 205. Firefighters work 24-hour shifts at a time beginning at 7 a.m. to 7 a.m. the next day.

PHOTOS BY RIKKI GEORGE/GAZETTE PACKET

LETTERS TO THE EDITOR

FROM PAGE 10

ment campaigns such as Street Smart.

The city strives to improve safety across all transportation modes — for motorists,

pedestrians, cyclists, and public transit users — through an active combination of education, engineering, and enforcement.

Mark B. Jinks
City Manager

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Practitioners Discuss Alternative Health Therapies

BY MARA BENNER
FOUR DIRECTIONS WELLNESS, AFFILIATED
WITH THE GW CENTER FOR INTEGRATIVE
MEDICINE



Do you ever take a moment to listen to your body? Try it now. Take a moment to evaluate yourself. Think about any tension, aches or draining emotions you might be experiencing. Are you feeling tension in your back? Do you have a headache? Or are you feeling anxious or depressed today? Scan your whole body and sense any areas that have pain and any emotions that seem to be present.

Everything that you are sensing and so many more symptoms may benefit from healing techniques developed long ago. As

we age and start to feel our bodies changing, anxiety and nervousness can set in. When facing life-changing situations such as impending surgery, retirement or moving, incorporating stress-reducing techniques

such as practicing “mindfulness” can help as you cope with life’s changes.

Our culture is currently experiencing a resurgence of ancient healing techniques that include: Reiki, yoga, acupuncture, meditation, massage, reflexology and essential oils, to name a few. Each one is derived from a different culture but all point in the direction of the body-mind-spirit connection. Each approach provides a safe, effec-

tive and nonpharmacological technique to resolving tension, aches, emotional/mental distress and so much more.

These alternatives offer an opportunity for us to explore our own health and wellness. To explore various techniques and determine which approach or approaches seems to resonate with us personally. The more a person begins to work with a technique, the more they begin their individualized journey towards health, healing and wholeness.

On Nov. 17, come hear local experts talk about how ancient techniques are becoming part of routine treatments for everything from stress to pain relief and try out some of the techniques for yourself. The speakers will present “whole person care” and techniques for your own personal use. The

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second part of the morning will be experiential. Practitioners who specialize in Reiki, meditation, guided imagery, massage, and yoga will offer an opportunity for participants to relax and experience the benefits of whole person care.

This free event will be informative, interactive and a lot of fun. Reserve your space today for “Living a Purpose-Filled Life: Connecting Mind, Body and Spirit to Obtain Optimal Health.” The event will be held on Thursday, Nov. 17, 10 a.m. – noon at Westminster Presbyterian, 2701 Cameron Mills Road in Alexandria. Registration starts at 9:30 a.m. There will be light breakfast served and plenty of parking. To register online go to seniorservicesalex.org or call 703-836-4414, ext. 110.

SCHOOL BOARD NOTES

Neighbors Push Back

T.C. Williams Advisory Committee has been meeting in its current form since 2007 to resolve issues between the local neighborhoods and the high school. At the Oct. 27 School Board meeting, the board sought to formalize the

group as a Superintendent’s Committee. However, in a move to ostensibly widen the discussion and be more inclusive to the community, part of the proposal included adding civic and business associations further away from the school than the current committee membership. Adjoining neighborhoods would have two members, while further community organizations

would have one.

But members of the adjoining neighborhoods saw the potential changes as a move to shut out voices of dissent who had opposed the School Board on issues like lighting the T.C. Williams football field.

“The School Board is pushing forward a process by diluting a something that’s been in place be-

cause the participants disagree with that agenda,” said Andrea Mackie, whose home backs up to the school’s football field. “The issue is safety. The issue is how poorly that property line has been kept for the last 15 years. The issue is how poorly monitored the property line is as students are still hopping the fence into my backyard to cut class.”

Bill Goff, a nearby resident, accused the School Board of attempting to “stack the deck” against neighbors.

School Board Chair Karen Graf argued in favor of the expansion of the committee to include neighborhoods within line of sight of the school, but other board members said they recognized the neighbors’ concerns that having representatives from areas further from the school would dilute local voices.

The Advisory Committee was approved, but the membership was changed so only neighboring associations were included as community members, with representation determined by proximity to the school.

Funds To Increase School Capacity

Alexandria City Public Schools (ACPS) can address its capacity needs by 2027, but according to Superintendent Alvin Crawley, it will cost \$515.7 million.

At the School Board meeting on Oct. 27, Crawley proposed a \$224.6 million increase over the previous year’s Capital Improvement Plan budget to address the school system’s capacity needs. One of the largest projects in the proposal would tear down the Minnie Howard Campus of T.C. Williams High School and build a much larger second high school in its place. Modernization and additional capacity would also be added at Douglas MacArthur Elementary School, Cora Kelly School for Math, Science and Technology, George Mason Elementary School and Matthew Maury Elementary School.

— VERNON MILES

Salute to Veterans

FROM PAGE 3

and will feature Barbara Carson as the keynote speaker. Carson is the associate administrator for the Office of Veterans Business Development with the U.S. Small Business Administration.

Other businesses being honored include: the Animal Welfare League of Alexandria, which employs two fulltime veterans with an additional 15 veterans serving on AWLA’s volunteer team; @home real estate, co-owned by a Bob Hall, a retired three-star General JAG officer of the Air Force, and his wife Karen, daughter of a Navy veteran; Mr. Handyman of Northern Virginia, owned by retired Navy Aircraft Maintenance Officer Jo McCabe and provider of volunteer services to veterans in need; and Sonoma Cellar, owned by Capt. Rick Myllenbeck, now in his 40th year of unbroken service with the U.S. Navy and Navy Reserve.

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Residents Blame Congestion on Traffic-Calming Measures

FROM PAGE 1

for students walking to the school. “We don’t want to wait for something to happen,” said Dingle. “We want to be proactive. This was a primary concern. Now, there are several places that are great to cross.”

According to Helen Lloyd, public information officer for Alexandria City Public Schools, 2,200 of

the school’s 2,619 students live outside of a walkable zone and are offered bus rides to school. Four hundred and nineteen students live inside a walkable zone, though the school does not have figures on how many actually walk to school.

“It hasn’t been an unmitigated success,” said Marguerite Lang, president of the Rosemont Civic Association on the north side of

King Street. “Of course they say at the city that this has been a success because the congestion has increased, therefore its slower.”

Crystal Nosal, public information officer for the Alexandria Police Department, said the traffic enforcement unit looks for increases in requests for traffic units to identify problematic locations. But Nosal said the unit had not received an unusual increase in

requests for traffic enforcement. But anecdotally, local residents say the traffic has gotten noticeably worse.

“When I go on that piece of King Street, the traffic has increased,” said Lang. “It makes it difficult because, with bike lanes, a lot of the traffic is having to work in a very small space. People can’t get around you if you’re having to turn left. Every time you narrow a road,

“Of course they say at the city that this has been a success because the congestion has increased, therefore its slower.”

**— Marguerite Lang,
President, Rosemont Civic
Association**

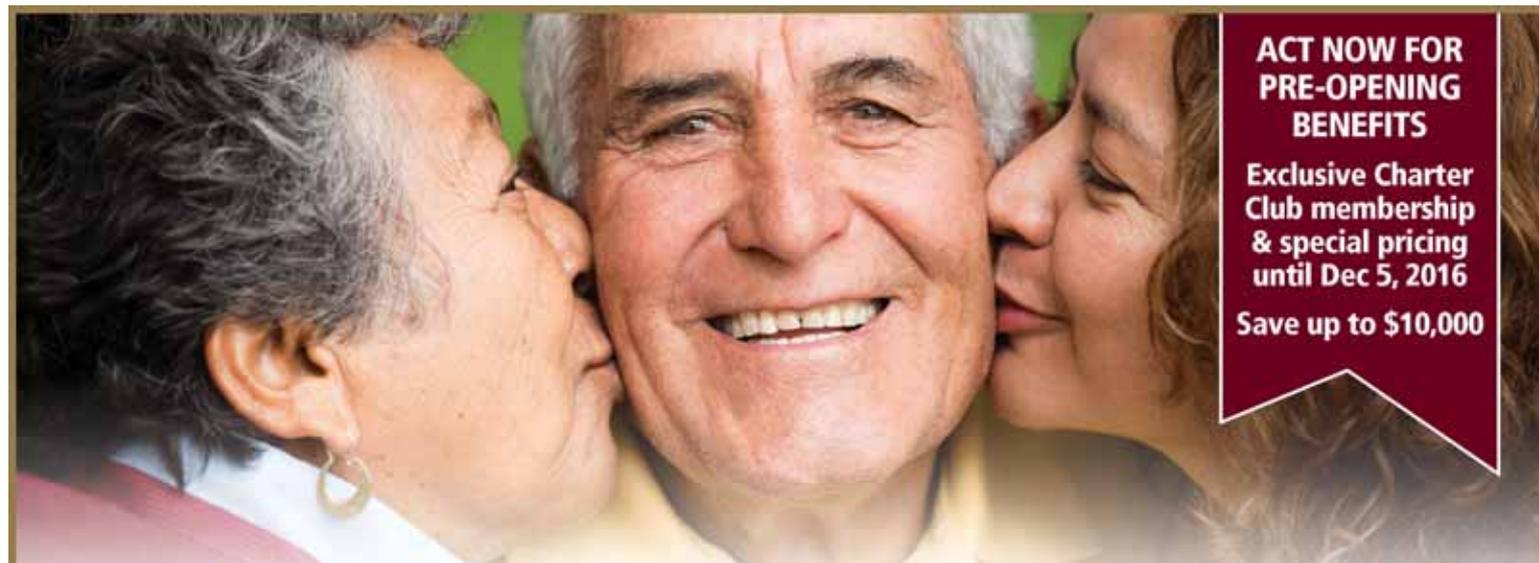
you’re going to have longer lines, more congestion, and the traffic will be slowed.”

According to Lang, the Rosemont Civic Association had recommended that the plan be sent back to the drawing board

“The fallout is exactly as predicted, to take four lanes and go down to two means traffic has ground down to a halt during rush hour,” said Klas Ringskog, a local resident. “People try to avoid King Street and jam side streets. This is a disaster. The worst off are those with properties directly off King Street. They have a difficult time getting out. At times they get desperate and they gun it. We’re just waiting for accidents to happen.”

Lambert says with less than two months of implementation, the street’s users are still in an adjustment period and the data on the traffic impact has not been fully established.

“Over time, I think people will become more used to the road and that the changes will have more beneficial impact,” said Lambert.



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VERNON MILES / GAZETTE-PACKET
Bike lane and pedestrian island eastbound on King Street, near T.C. Williams High School

Voter Fraud Charged

FROM PAGE 1

people, had the fraud not been uncovered the risk of actual fraudulent votes being cast was low. However, any such offense is extremely serious and can degrade the confidence we as citizens justly have in our system of elections.”

The alleged fraud occurred in spring of 2016 and was investigated over the summer. By that time, Massaquoi had moved out of the city and was arrested near Philadelphia in early October. Porter said he could not answer any questions about evidence in the case, but said this was the only case of voter fraud to be prosecuted since he was elected Commonwealth’s Attorney in 2013.

Anna Leider, General Registrar at the Office of Voter Registration and Elections, also said she couldn’t speak about the specific applications that had been turned over to the Commonwealth’s Attorney. Leider said no fraud issues were forwarded to the Commonwealth Attorney’s office in 2012.

“If something comes back as undeliverable, we mark that voter as needing to confirm their address before they can vote,” said Leider. “When voters come to vote they need to provide their full legal name, address, and ID.”

The state has a form of affirmation of eligibility. According to Leider, if a voter goes to a polling place who is marked as having undelivered election mail, they are required to sign a legal document affirming their address. No other legal documentation of their address is required.

Questions about voter fraud in



PHOTO CONTRIBUTED

Vafalay Massaquoi, arraigned on charges related to allegations of voter registration fraud.

Alexandria have been raised previously in 2016. The City of Alexandria was sued earlier this year by Virginia Voters Alliance, that alleged that Leider did not provide the group with records of city procedures for maintaining voter rolls. The case was dismissed in June by Judge Leonie Brinkema.

According to Frank Shafroth, director for the Center of State and Local Leadership at George Mason University, Virginia is one of 34 states that require some form of identification at polls. If a voter does not present an ID, Shafroth said the voter casts a provisional ballot and must submit their identification within three days of the election for it to count.

But Shafroth says elections in Alexandria are unlikely to be influenced by fraudulent voters.

“Between 2000 and 2010 there were 649 million votes cast in general elections and 13 cases of in-person voter impersonation convictions,” said Shafroth in an email. “Confirmed cases of voter fraud between 2002-2005 were .00000013 percent, meaning the likelihood in our fair city of voter fraud would be less than two hundredths of a percent.”

Citing research by The Brennan Center at the New York University of Law, Shafroth said not only are cases of voter fraud rare, but the majority of the problems associated with alleged fraud relates to unintentional mistakes by voters or election officials.



Anna Leider, General Registrar at the Office of Voter Registration and Elections.

PHOTO BY VERNON MILES / GAZETTE-PACKET



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NEWS

Running in Marine Corps Marathon

FROM PAGE 1

30,000 runners that took to the starting line. A relative newcomer to marathons, Donley, 26, credited her success in less than optimal conditions to her training with the Pacers running team.

"I joined the Pacers running team to train this last year," said Donley, who also coaches crew at T.C. Williams High School. "Even though we run at vastly different paces, the training together and being held accountable every week really helped me."

Donley and her sister Colleen, who ran the course in 4:16:06, were cheered on by numerous family members throughout the race, including her father, former mayor Kerry Donley.

"Everyone split up into different spots," Donley said with a laugh. "It was neat seeing someone every couple of miles to cheer me on.

Divide and conquer — that's the Donley way."

Donley and Curran were among more than 1,000 Alexandrians who took part in the marathon and 10K races.

Taking top honors was Army Spc. Samuel Kosgei, 32, from Junction City, Kansas, who won his second MCM with an overall time of 2:23:53. Kosgei won the 2014 race and is the sixth MCM finisher to be a two-time champion.

Arlington's Desta Beriso Morkama, 31, finished in second place with time of 2:24:29 with Oscar Caron Santos, 33, of Mexico, taking third in 2:25:03.

Top male finishers from Alexandria included Sergio Pedraza Gonzalez, 34, (2:41:12), Ruben Garcia Gomez, 45, (2:52:07) and Patrick Murray, 44, (2:55:25).

Women marathoners were led by Perry Shoemaker, 45, of Vienna, who finished in 2:51:48. Army Capt. Meghan Curran, 30, of Denver, captured second place finishing in 2:53:19 with Arlington's Nicole Irving, 24, taking third place in 2:53:32.

From Alexandria, the top female finishers were Danielle Ward, 30, (3:08:44), Angelica Valdez, 30, (3:10:11), and Skylar Musa, 24, (3:11:32).

The MCM10K race yielded 5,068 finishers with Geophery Mills, 28 of Nokesville, Va., winning the men's division in 38:01 followed by Jared Dashevsky,



PHOTO BY KRISTIN DONLEY

Colleen Donley poses for a photo with nephew Jackson Dundon, 9, niece Jillian Dundon, 4, and nephew Mason Dundon, 7, during the Marine Corps Marathon. The first-time marathoner ran the course in 4:16:06.

21, of Cherry Hill, N.J. (38:26) and Exavier Watson, 37, of Germantown, Md., in 38:38. Eleven-year-old Caleb Hymans of Annandale finished fourth in 38:54.

Top among Alexandrians were Douglas Boorstein, 35, (44:49), Matt Aloisi, 39, (46:52), and Brandon Boucher, 32, (47:36).

Allison Parks, 20, of Annapolis, captured the overall MCM10K title for women finishing the 6.2-mile event in 41:59. Marey Scully, 29, of Hastings, Minn., took second place (42:25) and Diana Castro, 41, of Clarksburg, Md., completed the course in 43:01, taking third.

The leaders among local women were Jenna Scholz, 31, (47:05), Andrea Vela, 32 (47:32), and Melissa Roy, 47, (47:44).

Next up for Curran is the Richmond Marathon on Nov. 12. Donley qualified for the Boston Marathon and will run that race next spring.

"I'm excited to run Boston but I tell everyone that the Marine Corps Marathon is the one to run,"

Donley said. "To be running alongside our military, veterans and amputees and to have Marines cheering everyone on the entire way is an incredible feeling. This is a really cool marathon."

For complete race results visit www.marinemarathon.com.

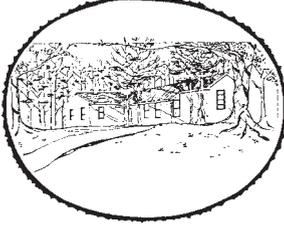
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Klanci Vanderhyde 703.919.4460
ALEXANDRIA / Temple Park \$ 1,190,000

This circa 1930 home was totally renovated including architectural details that stay true to the Art & Craft Period. More than 4,000 sf with open floor plan, hardwoods, marble entry and custom trim. Wrap-around front/side porch and back yard deck and patio with fenced yard. 4BR / 4.5BA



Annalise Smith 703.505.2533
ALEXANDRIA / Old Town \$ 1,175,000

JUST LISTED! Beautiful all brick 4-level townhouse right in the heart of Old Town and just 1/2 block from Founder's Park and the Potomac River. This home has 2BR, a large office/family room addition on the top floor, fireplace, hardwoods, 11 ft. ceilings, bookshelves, 1-car garage and an exquisite patio garden.

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Christine Vanderhyde 703.919.4460
ALEXANDRIA / Rivergate \$ 899,000 OPEN SUN 1 - 3

818 WATER PL. Waterfront community! Move-in ready 3BR / 3BA / 4 level townhouse. Fresh paint throughout; gourmet kitchen with family room; master suite with sitting room; wood floors. Minutes to Metro, steps to the Potomac, bike / hike path, and parks. EZ commute. airport, DC and National Harbor.



Mike Manuel 703.615.6317
ALEXANDRIA / Carlyle Towers \$ 879,000

15th Floor 3BR / 3.5BA home with 2,000 sq. ft. combined from 2 units including sunroom as well as balcony/patio. Fresh paint and carpets; beautiful built-ins and warm wood floors. 2-car garage spaces / 2 storage units. Just blocks to King St Metro, loads of amenities plus all that Old Town Alexandria has to offer.



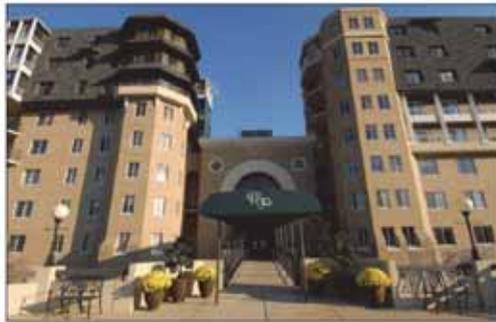
Elizabeth Lucchesi 703.868.5676
ALEXANDRIA / Old Town \$ 719,000

Move-in ready, tons of charm and high-end finishes, just 6 blocks from Metro. Custom kitchen opens to fenced yard. Hardwoods everywhere. 2 Master suites, both with double sinks and large organized closets. Central Old Town Alexandria location. 2BR / 2.5BA



Catherine Foltz 703.626.6914
ALEXANDRIA / Camelot \$ 679,900

A beautiful 4BR / 3BA Cape Cod in the sought after Camelot community. Hardwood floors, stainless steel, granite, 42" cabinets, lovely porch and private deck, family room with fireplace and more.



Mary Taylor 703.785.5619 & Pat Tierney 703.850.5630
ALEX. / Porto Vecchio \$ 669,000 OPEN SUN 2 - 4

1250 S WASHINGTON ST #104 This is a 10+! Stunning renovation of 2BR / 2BA residence with 1,439 sq. ft. All high-end upgrades; no expense spared! 2 garage spaces. Quick occupancy for the holidays. A Must See!



McCormick & Lusk Group 202.412.8885
ALEXANDRIA / Wilton Forest \$ 565,000

Beautifully updated 4BR / 3BA home in a super convenient location. Features include: large kitchen with table space, gas fireplace in family room, rec room, MasterBR has full en-suite bath, LL in-law suite with kitchenette, hardwood floors, spacious deck with gazebo, fenced rear yard and 1-car garage.



Martha Deal 703.622.6797
WOODBIDGE / Harbor Point West \$ 449,900

500 BELMONT BAY DR - WATERFRONT 2 BR/2 BA condo with den and amazing patio offers breathtaking river views + resort-style living. Brand new hardwoods, fireplace, granite, stainless and custom built-ins. Luxury elevator building with 2 garage spaces and extra storage. Scenic vistas & miles of trails.



Louise Devers 703.795.9944
ALEXANDRIA / Wakefield \$ 339,500

Original owner 2BR/1FBA duplex with family room/sunporch addition in 1997 plus driveway parking. Hardwood floors under carpet on first floor and in both bedrooms; hardwoods on stairs leading to upper level. Lower level rec room; separate workshop accessible by back stairs from yard. Great start! 1,596sf.



Margaret Keagle 571.332.5264
ALEXANDRIA / Belle View \$ 248,000 OPEN SUN 1 - 4

1105 BELLE VIEW BLVD #B1 2nd floor end unit with porch, 4 sides of windows, and no one above. Move-in ready with hardwoods and convenient laundry room in same entrance. Pools, shops and restaurants nearby; Metro, bus, bike commuter location; minutes to Ft Belvoir and Old Town Alexandria.



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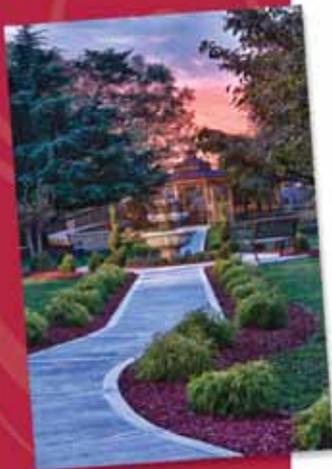
NEWS



PHOTO CONTRIBUTED

Fall Fund Drive

T.C. Williams high School Principal Dr. Jesse Dingle volunteered Monday evening to work the phone lines alongside TC student-volunteers reaching out to local families and TC alumni asking them to support the Scholarship Fund of Alexandria's Annual Fall Fund Drive. Dingle helped announce that the Scholarship Fund recently received an \$8,000 "Match Donation" from an anonymous donor who will match all new donations to the Scholarship Fund or increased donations from existing supporters during the Fall Fund Drive. The Fall Fund Drive helps support scholarships awarded each spring to graduating Titans to help them afford college. To donate, visit www.alexscholarshipfund.org/clash/



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ENTERTAINMENT

The Italian Place Brings Taste of Europe to Old Town

New shop has been labor of love for owner Adriana Penachio-Sifakis.

BY HOPE NELSON
GAZETTE PACKET

When it comes to international cuisine, Old Town is no slouch. Mexican, Thai, and sushi, just to name a few, find themselves well-represented within the community. But unlike some cities in the Northeast, where bodegas and international markets dot the landscape block by city block, the realm of Italian markets has been sorely lacking in Alexandria — until now.

Enter The Italian Place, a labor of love launched by Adriana Penachio-Sifakis and her family. Opened on Sept. 8, the cozy market at 621 Wythe St. has already developed a following, welcoming visitors in daily with freshly made breakfast and lunch offerings — and a plethora of take-home supplies for dinner.

“My husband and I travel to New York City a lot,” Penachio-Sifakis says. “... Every time we go, we go to Eataly — it’s Mario Batali’s establishment — and we’re just fascinated by what he’s done. So we figured we’d bring that to Old Town — a little taste



The shelves at The Italian Place are lined with international goodies perfect for a festive dinner.

PHOTO
CONTRIBUTED

of it — and being Italian-American myself, growing up in Boston, you see this everywhere. In the Northern Virginia area, there’s not enough. So I felt like this community needed it, and it’s been wonderful because they love it.”

In a world that tries to be all things to all people, The Italian Place has found its niche — and its customer base.

“We’re a small gourmet market. We introduce new products every day; we have everything from fresh-filled cannoli with Sicilian sheep’s-milk cream flown in from Italy to bomboloni, which is an Italian-style donut filled with cream that we ship in from Milan,” Penachio-Sifakis said. “We warm it up in the morning with hot Illy coffee and

they’re delicious.”

About 50 percent of the market’s visitors are now repeat customers, Penachio-Sifakis says.

“The happiness, the joy, that this place has brought to the community has been the best part of opening The Italian Place,” she said. “People come in and they’re happy; people come in and they like the fresh bread — we have our bread baked fresh every morning by the Gold Crust Baking Company.”

But The Italian Place isn’t just for morning and noontime. On Fridays, Penachio-Sifakis and her team aim to kick the weekend off in style.

“We have a wine room. The wine room

Details

The Italian Place, 612 Wythe St.

Hours: 8 a.m.-5 p.m. Monday-Thursday; 8 a.m.-7 p.m. Friday; 10 a.m.-2 p.m. Saturday.

Try This: The meatballs, says Adriana Penachio-Sifakis. “They’re just delicious. They’re all-beef, they have no pork filling, so they’re a real tasty meatball with a very sweet marinara sauce. ... That’s what we make our meatball subs with and now we’re packaging them to go for dinner, and we can’t package them fast enough. People came in at 8 o’clock this morning and were asking for meatballs.”

has a variety of Italian wines, a couple of Greek wines because my husband is Greek,” she said. “... Every Friday from 5 to 7 we have free wine tastings, and all are welcome for that. ... It gets people in the mood for a great weekend.”

Beyond serving the community, what Penachio-Sifakis is proudest of is how her market came to fruition in the first place — and what it’s teaching her three children, ages 12, 9, and 6.

“What makes me the most proud is showing my three children that I can work really hard and that I can balance it all as a working mom,” she said. “... I think I’m teaching them a really good lesson that you can do almost anything if you put your heart and soul into it. And I have put my heart and soul into (the market) and they see that.”

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

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

“Transformations: Tapestries in Glass.” Through Nov. 6, gallery hours at The Art League Gallery, 105 N. Union St. Anita Bucsay Damron’s vibrant mosaics draw from many sources, both traditional and contemporary. Inspired by tapestries from Rajasthan and Gujarat, India, her pieces incorporate crystal from Austria and the Czech Republic, specialty glass from Murano, Italy, and found objects such as beads, brooches, and cameos. Damron notes that “new applications of mosaic art encourage recycling and reuse,” and her creative reuse of materials is what gives this ancient art form its exciting new sparkle. Free. Visit www.theartleague.org for more.

Potomac Fiber Arts Gallery:
“Salute to Secondary Colors.” Through Nov. 6, gallery hours at 105 N. Union St. The secondary colors orange, green, and purple are the theme for this show. Artists were challenged to use these hues individually, paired, or in a triadic color scheme. Free. Visit www.potomacfiberartsgallery.com.
“Oh The Joy.” Through Nov. 6, gallery hours at The Athenaeum, 201 S. Prince St. Artists from across the

region were asked to interpret the theme, “Oh! The joy!” The selected entries represent the wealth of art being created in D.C., Maryland, and Virginia. Free. Visit www.nvfaa.org for more.

Little Theatre of Alexandria: “A Party to Murder.” Through Nov. 12, various times at 600 Wolfe St. It’s Halloween and six people have come to play a murder-mystery game hosted by writer Charles Prince at a rustic island cottage in Michigan. This play is a fast-paced farce, so what could go wrong? As the characters embark on a weekend of fun, ghosts from the past begin to haunt the proceedings, and it becomes clear that they are both playing for laughs and their lives. The Little Theatre of Alexandria audiences are treated to rising tensions, secret passageways, incriminating letters, unexpected corpses, and a 25-year-old unsolved mystery that will propel the audience to...well, we don’t want to give away the unexpected and terrifying conclusion. Tickets are \$19-22. Visit www.thelittletheatre.com.

John M. Adams: “Current Interrupted.” Through Nov. 13, gallery hours at The Rachel M. Schlesinger Concert Hall and Arts Center at Northern Virginia Community College, 4915 E. Campus Drive. Free. Visit www.thefullempy.com for more.

Matthew Grimes: “(In)Material” and “Pliant.” Through Nov. 14, gallery hours at The Rachel M. Schlesinger Concert Hall and Arts

Center at Northern Virginia Community College, 4915 E. Campus Drive. Free. Visit www.nvcc.edu/schlesingercenter for more.

Young at Art Exhibition. Through Nov. 17, gallery hours at Durant Arts Center, 1605 Cameron St. Calling all senior artists. This annual event is cosponsored by Senior Services of Alexandria and Goodwin House Foundation. The Call for Art is Oct. 4, 10 a.m.-12 p.m. \$20 fee to submit up to three works of art. Visit www.seniorservicesalex.org or call Mary Lee Anderson at 703-836-4414, ext. 111 or Jeanne Jacobs at 703-824-1345.

Art Exhibit: “Serenity in Chaos.”

Through Nov. 20, gallery hours at The Associates Gallery at the Torpedo Factory, 105 N. Union St. The theme of this show reflects the artist’s unique view of the photographic medium. Free. Visit www.torpedofactory.org for more.

Post-Graduate Residency

Program. Through Nov. 27, gallery hours at Target Gallery, 105 N. Union St. The Torpedo Factory Post-Graduate Master’s of Fine Arts Residency is a competitive program, housed in Studio 12, where four emerging artists create and sell work, interact with the public, and network with other working artists. Free. Visit www.torpedofactory.org for more.

Thursday Mornings with Kathryn

Coneway. Dec. 8, 10 a.m.-12 p.m. at St. Aidan’s Episcopal Church, 8531 Riverside Road. The themes in the book, “The Artist’s Rule,” will be a foundation to share experiences with

creative practice. Each session will begin with a quiet time and exploration of materials before transitioning to a discussion of the themes and practices outlined in the chapter. Participants should purchase a copy of “The Artist’s Rule” and read the introduction and first chapter prior to the first meeting. Registration is \$50. Visit www.staidanepiscopal.com/Center-for-Spiritual-Deepening for more.

Art Making as Meditation with

Kathryn Coneway. Second Wednesday of each month, 7-8:30 p.m. at St. Aidan’s Episcopal Church, 8531 Riverside Road. Each session begins with a short reading and a brief introduction to materials. Silence for making and meditation lasts an hour followed by sharing images or insights gained through the process, if desired. Children able to participate in silence are welcome to come with a parent’s quiet supervision. RSVP not necessary for attendance, but helpful for planning purposes. Email info@centerforspiritualdeepening.org.

Mercy in Alexandria Walking

Tour. Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series “Mercy Street,” accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit www.dcmilitarytour.com for more.

The Lyceum: 175 Years of Local

History. Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum’s Goldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to “be the curator” and think about why the various artifacts are in the museum’s collection, and about how tangible representatives of the past help tell the story of Alexandria’s history. Free. Visit www.alexandriahistory.org for more.

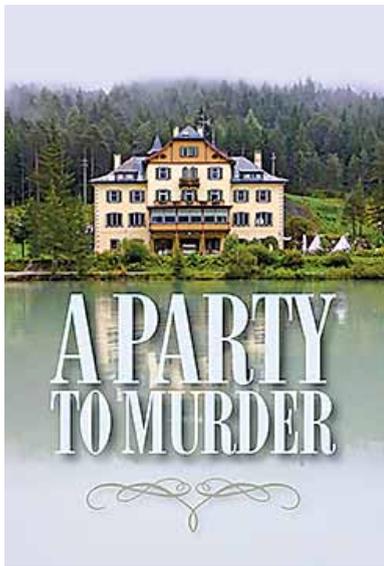
Medical Care for the Civil War

Soldier Exhibit. Ongoing at the Fort Ward museum, 4301 W. Braddock Road, ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www.alexandriava.gov/fortward for more.

Alexandria’s Nurses & Hospitals

During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels with characters portrayed in the PBS drama “Mercy Street,” with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House

ENTERTAINMENT



This murder-mystery game, where characters play for laughs and their lives, will propel the audience to...well, we don't want to give away the unexpected and terrifying conclusion.

SHOW DATES:
Oct. 22 - Nov. 12, 2016



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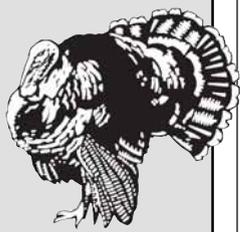
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hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum for more.

"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.

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.leeendallhouse.org or call 703-548-1789.

Alexandria Cars and 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.-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.

Dishing up Wares for a Holiday Harvest Spread through Nov. 30 at 105 N. Union St., ground floor Studio 19. Artists riff on an abundance of raw material, creatively cooking up a table fully dressed for the holidays from the centerpiece down to the dishes. For more information, call Scope Gallery at 703-548-6288, visit scopegallery.org, or

Veterans Day Events

FRIDAY/NOV. 11

Veterans Day Share-A-Haircut. 9 a.m., at Hair Cuttery, 6758 Richmond Hwy. For every haircut purchased at one of Hair Cuttery's nearly 900 salons, one free haircut certificate will be donated to a veteran locally. For more information, contact Emily Noto at enoto@tbc.us or 410-986-1137.

Gadsby's Tavern Museum tours in Honor of Veterans. 11 a.m.-4 p.m. at Gadsby's Tavern Museum, 134 North Royal St. Gadsby's Tavern was the center of social and political life in Alexandria and Washington. The tavern served as the premier gathering place for residents – including George Washington – and visitors to eat, drink, learn, and influence history. In 1929, American Legion Post #24 purchased the buildings that now make up Gadsby's Tavern Museum and restored them with help from other community organizations as a memorial to honor the soldiers who lost their lives in World War I. The Post continues to meet at the tavern. For more information, call 703-746-4242 or visit www.gadsbystavern.org.

A Dawn Like Thunder: Africa, Black America, and World War II. 11 a.m. at Alexandria Black History Museum, 902 Wythe St. Historian CR Gibbs discusses the often neglected role African people played in WWII and the impact it had. For more information, call 703-746-4356.

SATURDAY/NOV. 12

Civil War Tours at Fort Ward in honor of Veteran's Day. 10 a.m. and 2 p.m. at Fort Ward Museum, 4301 West Braddock Road. Soldier-led tours of historic Fort Ward in commemoration of Veteran's Day. Event is weather-dependent. For more information, call Fort Ward Museum at 703-746-4848 or visit fortward.org.

Veteran's Ball at Gadsby's Tavern Museum. 8-11 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. English Country dances, live music, cash bar, and period-inspired desserts will be featured and a special recognition of all veterans. Although 1780s period costume (military or civilian) is optional, "after five" attire is encouraged. For more information, visit www.gadsbystavern.org.

National Inventors Hall of Fame Exhibit.

Through November at The National Inventors Hall of Fame-USPTO campus, 600 Dulany St. The exhibit features the stories of Inductees of the National Inventors Hall of Fame who served their country during World War II and returned home to help build the nation with their innovations. Free. Visit www.inventnow.org.

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 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.

Civil War Sundays. 1-5 p.m. at Alexandria Archaeology Museum, 105 North Union St., #327. Learn more about the Civil War as it occurred in Alexandria. Find dioramas, newspaper articles and more. Free. Visit www.alexandriarchaeology.org.

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monacoalexandria.com for more.

Baseball Boat to Nationals Park. Departs from the Alexandria Marina, 1 Cameron St. The Potomac Riverboat Company offers baseball enthusiasts the chance to avoid the crowds and take a leisurely cruise from Old Town Alexandria to Nationals Park along the scenic Potomac River. Admission: one-way \$20; round-trip \$25 Monday-Thursday; round-trip \$28 Friday-Sunday. Visit www.baseballboat.com.



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ENTERTAINMENT

CAMPS, CLASSES & WORKSHOPS

Olympic Champions Camp. July 25-Aug. 26, 7 a.m.-6 p.m. at Boys & Girls Club, 401 N. Payne St. The Olympic Champions Camp incorporates "Triple Play" to engage mind, body, and soul. Campers participate in reading, STEM, sports, meditation and more. Prices vary. Visit www.bgcgw.org for more.

Theatre Camp. Through Sept. 2, various times at The Little Theatre of Alexandria, 600 Wolfe St. Offering a variety of camps for age 3 through 8th grade, covering creative play, acting, singing, dancing, musical theatre and improv. Sessions also include comedy, scene study, Shakespeare and drama. Tuition prices vary. Visit www.thelittletheatre.com for more.

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

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

Community Yoga. Wednesdays 9:30-10:30 a.m. and Sundays 7:30-8:45 p.m. at 532YOGA, 532 N. Washington St. Suite 100. No experience required to participate in weekly community class. Suggested \$10 donation. Visit www.532yoga.com.

THURSDAY/NOV. 3

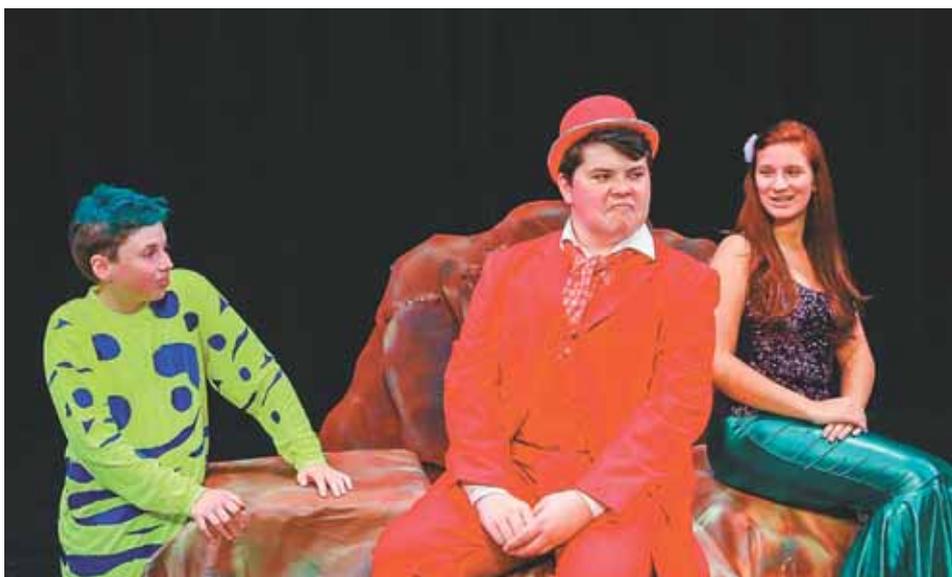
Del Ray Aglow. 6-8 p.m. at Ease Yoga & Cafe, 3051 Mount Vernon Ave. This annual Del Ray event pays homage to a German tradition of Martinmas or St. Martin day celebration, bringing light and warmth into the night as we move towards the darkest days of the year. Stroll the streets of Del Ray with lanterns and end for a treat of cider and cookies. Free. Visit www.visitdelray.com for more.

Veterans Ball Dance Class. 7:30-9:30 p.m. at Gadsby's Tavern Museum, 134 North Royal St. In preparation for the Veterans Ball on Nov. 12, learn 18th-century English country dancing from expert dance instructors. Tickets are priced per person at \$12 per class or \$30 for the series. For more information, call 703-746-4242.

FRIDAY/NOV. 4

Art on Tap. 7-10 p.m. at The Art League Gallery - Torpedo Factory Art Center, 105 N. Union St. Craft beers from local breweries have been paired with a work of art from an Art League instructor. Local restaurants have chosen a brew/artwork coupling to serve as their muse to create the perfect complementary appetizer. Sample the creative combinations while drinking from a take-home Art on Tap beer tasting glass, and then vote for your favorite at the end of the event. Tickets are \$35 until Oct. 21; \$45 after. Visit www.TheArtLeague.org.

The Good Woman of Setzuan. 7:30 p.m. at St. Stephen's & St. Agnes School, Chapel/Performing Arts



'The Little Mermaid'

Mount Vernon Community Children's Theatre's Aidan White as Sebastian, Nicole Jones as Ariel and Stuart Conrad as Flounder

PHOTO BY LAURA MARSHALL

Center, 1000 St. Stephen's Road, Alexandria. The play is set in a far, distant land focusing on Shen Te, a poor but warmhearted prostitute who is accused of murder. Due to subject matter, this show is recommended for an eighth grade audience and older. Tickets are \$5. See www.sssas.org/arts or call 703-212-2950.

Dances Around the World. 6-10 p.m. at the Durant Arts Center, 1605 Cameron Street. Learn all about and partake in international forms of dance and music. Advance per person reservations: \$5 residents; \$10 nonresidents. At door: \$10 residents; \$15 nonresidents. For more information, contact Cheryl Anne Colton at 703-746-5565,

cheryllanne.colton@alexandriava.gov, or visit www.alexandriava.gov/Arts.

NOV. 4-27

Art Exhibit: "H2O/Waterworks." Gallery hours at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. A visual exploration of humankind's relationship to water, or lack thereof, through 2D and 3D media. They express water's effect on us and our effect on water, for enjoyment, health, political, ecological and environmental outcomes. Free. Visit www.DelRayArtisans.org/exhibits.

Fires." Gallery hours at Convergence Gallery, 1801 N. Quaker Lane. the Convergence Arts Initiative presents: 'Various Small Fires,' a site-specific installation and exhibit by Isabel Cureux. Various Small Fires explores how each small event in our lives creates who we are. Mental illness, divorce, "biraciality," and religion will be presented in innovative ways to garner a feeling of solidarity with others who have experienced these things, and present a new way to understand them for those who have not. Free to attend. Visit www.ourconvergence.org.

NOV. 4-DEC. 17

Convergence: "Various Small

NOV. 4-DEC. 18

"Raising: Motherhood in

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ENTERTAINMENT

Modernity. Gallery hours at The Margaret W. & Joseph L. Fisher Art Gallery at the Rachel M. Schlesinger Concert Hall and Arts Center, 4915 E. Campus Drive. Elements of motherhood and the good and bad of being a parent can be found in the ceramic pieces Jessica Gardner created for the exhibit "Raising: Motherhood in Modernity." Free. Visit www.nvcc.edu for more.

NOV. 4-19

School of Rock. West Potomac Theater, 6500 Quander Rd., presented by the Beyond the Page Theatre Company (BTPTC) at West Potomac High School. Show times vary: Nov. 4, 7 p.m.; Nov. 5, 2 p.m. and 7 p.m.; Nov 11 - 5 p.m.; Nov 12 - 7 p.m.; Nov 18 - 7 p.m.; Nov 19 - 2 p.m. and 7 p.m. For more information, contact Peelee Clark at WestPoTheatre@gmail.com or 703-718-2585.

SATURDAY/NOV. 5

Horses & Hounds. 9 a.m.-4 p.m. at Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. At this exciting event, watch a simulated fox hunt demonstration on the estate of the Father of the American foxhound. Observe a cavalry demonstration on the 12-acre field before meeting the breeds that Washington loved so much. Learn about the role these animals played in the American Revolution and even meet Nelson, a horse similar to Washington's beloved warhorse. Close the day by watching The Washington Cup, where horses and riders compete in series of judged skill competitions. Included in general admission. Tickets are \$9-20, with a discount for buying online. Visit www.mountvernon.org.

Presidential, Political & Historical Auction. 10 a.m. at The Potowmack Company, 1120 N. Fairfax St. Potomack Company tradition returns as the Virginia auction house marks the 2016 Presidential Election with the sale of antiques, documents and decorative art from two John F. Kennedy family residences along with a rare autograph collection of 31 presidential signatures. Free to attend. Visit www.potomackcompany.com.

Tour of Friendship Firehouse. 11 a.m.-1 p.m. at Friendship Firehouse Museum, 107 South Alfred St. Guided tour of Friendship's firehouse and learn about the company's firefighting procedures and equipment, as well as the different roles the organization played in serving the community. Best for ages 10 and up. Tickets are priced at \$5 for adults; \$4 for ages 10-17; reservations are required, as space is limited. For more information, call 703-746-4994 (weekdays); 703.746.3891 (weekends).

Behind the Scenes Tour of Carlyle House. 11 a.m.-12:15 p.m. at the Carlyle House Historic Park, 121 North Fairfax St. A Guided tour of the Carlyle House that highlights the architectural history of the only stone mansion in Alexandria. Tickets for the general public are \$10, reservations and prepayment are required in advance. For further information visit www.carlylehouse.org or call 703-549-2997.

Arts for Autism. 6-10:30 p.m. at Westin Alexandria, 400 Courthouse Square. The Autism Society of Northern Virginia is hosting a night of cocktails, dinner, a fashion show, and both a silent and live auction. Tickets are \$175. Visit www.crowdrise.com/artsforautism for more.

Burning Bridget Cleary. 7 p.m. at St. Aidan's Episcopal Church, 8531 Riverside Road. Burning Bridget

Cleary is a Pennsylvania-based Celtic and folk band known for their captivating sound and engaging stage presence. Joined by Nicole Belanus. Tickets are \$18, \$15 in advance and for Focus Music member. Visit www.focusmusic.org/concert-burning-bridget-cleary.

Collective Delusion. 8 p.m. at Casa Tequila Bar & Grill, 9020 Lorton Station Blvd., Lorton. Local band plays rock songs from '70s to present. Free. Visit www.CollectiveDelusion.net.

SATURDAY-SUNDAY/NOV. 5-6

Vivaldi: "Four Seasons." 8 p.m. Saturday at Rachel M. Schlesinger Concert Hall and Fisher Art Gallery, 4915 E. Campus Drive; 3 p.m. Sunday at George Washington Masonic Memorial, 101 Callahan Drive. Renowned conductor Kathleen Kelly and the ASO celebrate the falling of the leaves with Vivaldi's "Four Seasons." Master coach for the Washington National Opera's Domingo-Cafritz Young Artist Program, Maestra Kelly will take us through each musical season with these brilliant concerti. The ASO welcomes back celebrated violinist Elizabeth Pitcairn for the "Four Seasons." Tickets are \$5-80. Visit www.nvcc.edu/schlesingercenter/.

SUNDAY/NOV. 6

Christmas Sale. 9 a.m.-1 p.m. at Historic Christ Church of Alexandria, 121 N. Columbus St. Holiday merchandise, jewelry, food items, Christmas cards, scarves, pashminas and more. Free. Call 703-836-5258.

Behind the Scenes Tour: "The Architecture of Carlyle House." 11 a.m.-12 p.m. at Carlyle House Historic Park, 121 N. Fairfax St. Have you ever wondered why Carlyle House is built of stone and not brick? Or why it is the only house in Alexandria that is set back from the street? Or what changes subsequent owners made to the house after John Carlyle's death? Take a specialized tour highlighting the architectural history of the only stone mansion in Alexandria. Tickets are \$10. Visit www.nvrpa.org for more.

Paint What You Love. 3:30-6:30 p.m. at Monet Gogh Sip, 1101 Queen St. Monet Gogh Sip partners with Gifted Custom Art to for a custom paint-by-number experience. Transform your favorite memory into a masterpiece. Event benefits the Boys & Girls Club. Every registered painter for our Gifted Giving event pays for a child at our local Boys & Girls Club to have a Gifted painting experience, too. Tickets are \$65. Visit www.monetgoghsip.net.

Friends of Historic Huntley Annual Meeting and Lecture. 2 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Explore how people communicated when living a rural lifestyle in this area, prior to social media and technology.

MONDAY/NOV. 7

Friends of Historic Huntley Annual Meeting and Lecture. 2 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. What was life like along the Route 1 Corridor before the advent of developments? Find out during this unique and fascinating lecture on the historic community of Groveton.

NOV. 8-JAN. 8

Potomac Fiber Arts Gallery: "Geometry Glitz." Gallery hours at Torpedo Factory Art Center, 105 N. Union St. 2016. In this show, our artists have the sparkle and shine of the holidays for inspiration, with an additional focus on geometry. Explorations may focus on points,

lines, and other flat shapes, such as circles and triangles, or 3-dimensional shapes, such as spheres and cubes. Free. Visit www.potomacfiberartsgallery.com.

Bagels and Bach Concert Series Returns. 11 a.m.-1 p.m. at the Durant Arts Center, 1605 Cameron St. Enjoy classical music from Washington Metropolitan Philharmonic Association's Youth Orchestras while eating a light brunch. Advance registration: resident \$10/Nonresident \$15. Children under 5 years old are free. For more information, contact Cheryl Ann Colton at 703-746-5565 or e-mail cheryllanne.colton@alexandriava.gov

WEDNESDAY/NOV. 9

Planning and Zoning 101. 7 p.m. at the South County Government Center, Room 221 A-B 8350 Richmond Hwy. Learn about how planning and zoning impacts the design of neighborhoods, streets, and the shape of surrounding communities. The event is free and a light supper provided by the Southeast Fairfax Development Corporation.

WEDNESDAY-SUNDAY/NOV. 9-13

Fall Book Sale. 7-8:45 p.m. Wednesday (for members only), 10 a.m.-6:45 p.m. Thursday, 10 a.m.-5:45 p.m. Friday, 10 a.m.-4:45 p.m. Saturday, 1-3 p.m. Sunday at Duncan Library, 2501 Commonwealth Ave. Friends of Duncan Library is hosting its bi-annual book sale, the proceeds of which go to support Library programming and materials. Free. Visit friendsofduncanlibrary.org.

WEDNESDAY-MONDAY/NOV. 9-14

Alexandria Marina Welcomes Tall Ship "El Galeón." 10 a.m.-7 p.m. at City Marina, 0 Cameron St. Tours are available and tickets are \$10 for adults, \$5 for children ages 5-12, and free for children under age 5. For more information and to purchase tickets, visit www.VisitAlexandriaVA.com/el-galeon.

NOV. 9-DEC. 4

"Sound of Butterfly" Art Exhibit. 3-4:30 p.m. at the Torpedo Factory Art Center, Studio 21, 105 N. Union St. Photographer and multimedia artist Soomin Ham explores grief through the "Sound of Butterfly." See www.theartleague.org or call 703-683-1780.

THURSDAY-SATURDAY/NOV. 10-13

Alexandria Film Festival. AMC Hoffman Center 22, 206 Swamp Fox Road and Beatley Central Library, 5005 Duke St. The 10th annual Alexandria Film Festival brings together short and feature length films of all genres from emerging and established, local and international filmmakers. All ticketed events will be held at the AMC Hoffman Theater 22, with Beatley Central Library offering free programs to the public. Visit www.alexandriafilm.org for more.

THURSDAY/NOV. 10

Veterans Ball Dance Class. 7:30-9:30 p.m. at Gadsby's Tavern Museum, 134 North Royal St. In preparation for the Veterans Ball on Nov. 12, learn 18th-century English country dancing from expert dance instructors. Tickets are priced per person at \$12 per class or \$30 for the series. For more information, call 703-746-4242.

ENTERTAINMENT

NOV. 10-JAN. 8

Katie Baines and Amy Chan: “**Color Disorder.**” Gallery hours at Athenaeum Gallery, 201 Prince St. Both artists use diverse painting materials such as acrylic, gouache, airbrush and screen print to build energized abstract paintings. The richly layered surfaces conjure the formal elements of color, shape, and line, while also taking cues from bizarre real life objects such as coral, bolts of lightning or diatoms. Baines and Chan share an interest in color palettes that evoke meaning and the use of meticulous brushstrokes to convey control in an otherwise uncertain process. Free. Visit www.nvfaa.org for more.

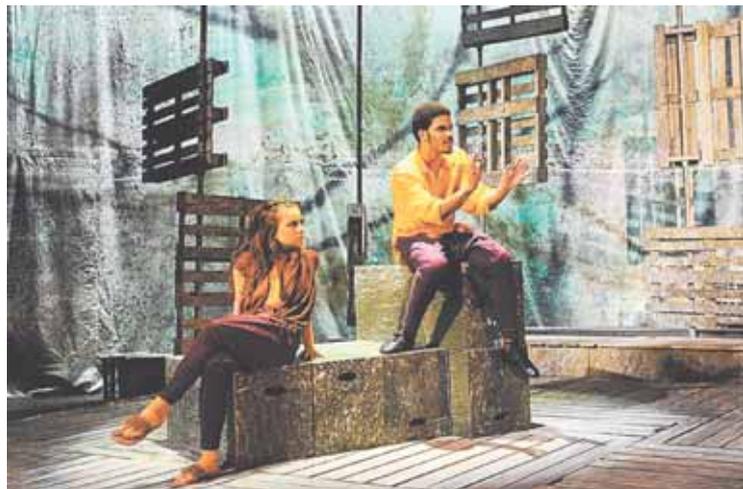


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FRIDAY/NOV. 11

Browne Academy Open House. 9 a.m., at Browne Academy, 5917 Telegraph Road. Call 703-960-3000, ext. 1001 to register or to schedule a private tour.

A Dawn Like Thunder: Africa, Black America, and World War II. 11 a.m. at Alexandria Black History Museum, 902 Wythe St. Historian CR Gibbs discusses the often neglected role African people played in WWII and the impact it had. For more information, call 703-746-4356.

Mount Vernon Inn Fall Farm. 7-10 p.m. at Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Join the Mount Vernon Inn for a special dinner featuring products cultivated and produced on the estate. Mount Vernon Inn invites guests to taste the season’s freshest ingredients with a dash of history during its popular culinary event, Farm to Table. Guests will enjoy a flavorful five-course dinner, with wine pairings at the Mount Vernon Inn Restaurant. The dinner features produce and herbs cultivated on the estate, as well as estate-raised heritage breed livestock. Tickets are \$175 per person. Visit www.mountvernon.org for more.

St. Stephen’s & St. Agnes School presents The Good Woman of Setzuan. 7:30 p.m. at St. Stephen’s & St. Agnes School, Chapel/Performing Arts Center, 1000 St. Stephen’s Road, Alexandria. The play is set in a far, distant land focusing on Shen Te, is a poor but warmhearted prostitute who is accused of murder. Due to subject matter, this show is recommended for an eighth grade audience and older. Tickets are \$5, for more information, go to www.sssas.org/arts or 703-212-2950

Gadsby’s Tavern Museum tours in Honor of Veterans. 11 a.m.-4 p.m. at Gadsby’s Tavern Museum, 134 North Royal St. Gadsby’s Tavern was the center of social and political life in Alexandria and Washington. For more tour information, call 703.746.4242 or visit www.gadsbystavern.org.

FRIDAY-SUNDAY/NOV. 11-13

Comedian Paula Poundstone. 7:30 p.m. at The Birchmere Music Hall, 3701 Mount Vernon Ave. Paula Poundstone’s quick-thinking, unscripted approach to comedy makes for a perfect fit as a regular panelist on NPR’s #1 show, the weekly news quiz show “Wait Wait ... Don’t Tell Me” where she holds the record for game losses. Tickets are \$49.50. Visit www.birchmere.com for more.

FRIDAY-SATURDAY/NOV. 11-12

The Little Mermaid. 7:30 p.m., at Bryant Alternative High School, 2709 Popkins Lane. Mount Vernon Community Children’s Theatre presents Disney’s The Little Mermaid.

www.CONNECTIONNEWSPAPERS.COM

‘The Good Woman of Setzuan’

Sasha Koch ’17 (left) as Shen Te and Christian Corpening ’18 as Yang Sun in rehearsal of St. Stephen’s & St. Agnes School’s production of “The Good Woman of Setzuan.” Performance is Friday, Nov. 4, 7:30 p.m. in the Chapel/Performing Arts Center, 1000 St. Stephen’s Road, Alexandria. Tickets are \$5. See www.sssas.org/arts or call 703-212-2950.

\$12 admission, for more information contact Pam Peckar at 703-360-0686 or email admin@mvct.org.

SATURDAY/NOV. 12

Beyond the Battlefield Walking Tour.

10 a.m. starting at the Lyceum, 201 S. Washington St. Discover the real-life stories and locations of soldiers, citizens, and former slaves that inspired the PBS drama “Mercy Street” in this walking tour of Old Town. Tickets are \$15. Visit www.leefendallhouse.org for more.

Civil War Tours at Fort Ward in honor of Veteran’s Day.

10 a.m. and 2 p.m. at Fort Ward Museum, 4301 West Braddock Road. Soldier-led tours of historic Fort Ward in commemoration of Veteran’s Day. Event is weather-dependent. For more information, call Fort Ward Museum at 703-746-4848 or visit fortward.org.

Veteran’s Ball at Gadsby’s Tavern Museum.

8-11 p.m. at Gadsby’s Tavern Museum, 134 N. Royal St. English Country dances, live music, cash bar, and period-inspired desserts will be featured and a special recognition of all veterans. Although 1780s period costume (military or civilian) is optional, “after five” attire is encouraged. For more information, visit www.gadsbystavern.org.

St. Stephen’s & St. Agnes School presents The Good Woman of Setzuan.

7:30 p.m. at St. Stephen’s & St. Agnes School, Chapel/Performing Arts Center, 1000 St. Stephen’s Road. The play is set in a far, distant land focusing on Shen Te, is a poor but warmhearted prostitute who is accused of murder. Due to subject matter, this show is recommended for an eighth grade audience and older. Tickets are \$5, for more information, go to www.sssas.org/arts or 703-212-2950

Making Herbal Holiday and Hostess Gifts.

10:30 a.m.-1:30 p.m. at Burke Branch Library, 4701 Seminary Road. Learn to use dried herbs to make gifts. Learn how to make herbal soaps in a crockpot too. Free. Advance registration requested at mgmv.org. Questions, telephone 703-228-6414 or email mgaralex@gmail.com.

Oral History Project.

11 a.m.-12 p.m. at Barrett Branch Library, 717 Queen St. Bring your family heirloom and stories for a history “show-and-tell” co-sponsored by the Alexandria Library and Office of Historic

Alexandria. Oral historians will be on hand to document the objects and stories as part of the City’s oral history archive. Participants should arrive a few minutes early to complete consent forms. All are welcome to come and enjoy local history through the perspective of fellow residents. Free. Visit www.historicalalexandria.org.

Empty Bowls Alexandria.

6 p.m. at Durant Arts Center, 1605 Cameron St. Northern Virginia Community College’s Fine Arts Department at the Alexandria Campus has partnered with the local organization ALIVE! (Alexandrians InVolved Ecumenically) and will donate handcrafted, one-of-a-kind bowls for the Second Annual Empty Bowls Alexandria. Attendees and donors will enjoy a simple meal and receive handmade bowls made by NOVA students as gifts. Tickets for this event start at \$30 per person. Visit www.alive-inc.org for more.

SUNDAY/NOV. 13

Women of Civil War Alexandria Walking Tour.

11 a.m.-1 p.m. at The Lyceum, 201 S. Washington St. Learn more about women’s roles during the Civil War in Alexandria. Alexandria was in a unique position during the Civil War. It was a city with Southern sympathies continuously occupied by the Union Army and virtually operating as a Northern supply depot due to its proximity to Washington, D.C., and its transportation infrastructure. The women who remained in Alexandria and those who came during occupation experienced the War not as a battle but a day-to-day way of life. This tour will explore the stories of a diverse group of women and their experiences living in Civil War Alexandria. Tickets are \$15. Visit www.nwhm.org/get-involved/events/walking-tours.

The Little Mermaid.

3 p.m., at Bryant Alternative High School, 2709 Popkins Lane. Mount Vernon Community Children’s Theatre presents Disney’s The Little Mermaid. \$12 admission, for more information contact Pam Peckar at 703-360-0686 or email admin@mvct.org.

Capitol Steps Benefit.

5 p.m. at U.S. Patent & Trademark Office, 600 Dulany St. United Community Ministries hosts a 25th annual Capitol Steps Benefit. Tickets are \$80 and include food, wine, beer, and soda. Visit www.ucmagency.org.

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ENTERTAINMENT

MONDAY/NOV. 14

Holiday Container Gardening. 7-8:30 p.m. at Mount Vernon Recreation Center, 2701 Commonwealth Ave. Learn some tips and tricks for keeping greenery fresh and for selecting plants for winter long interest in containers. Free. Advance registration requested at mgnv.org, 703-228-6414 or email mgarlalex@gmail.com, or to ABC at 703-746-4550 or AlexandriaBeautification@gmail.com.

TUESDAY/NOV. 15

Homeschool Program: The Apothecary and the Civil War. 1-2:30 p.m. at Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. What was the Apothecary's role during the Civil War? What did it sell? How did it stay in business? Learn this and more as visitors delve into the Civil War and medicine through the lens of the Apothecary. Tickets are \$8 per child, adults free. Pre-registration is required. Visit shop.alexandriava.gov.

WEDNESDAY/NOV. 16

How to Bring Nature Home. 7:30 p.m. at Huntley Meadows Park Visitor Center, 3701 Lockheed Blvd. "Hometown Habitat, Stories of Bringing Nature Home," is an 8-part, 90-minute documentary by Catherine Zimmerman that explores how we can restore and incorporate nature into every landscape and redefine our relationship with nature, a practice some call conservation landscaping. Free. Visit themeadowproject.com.

THURSDAY/NOV. 17

Preschool Scholarship Gala. 7-10 p.m. at Westin Alexandria, 400 Courthouse Square. The inaugural Chairman's Hopkins House Preschool Scholarship Gala is an event to raise critical funds to provide preschool scholarships to deserving low-resourced, working and military families. Tickets are \$250. Visit www.hopkinshouse.org for more.

Simply Three. 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. Tickets are \$25. Call 703-549-7500 or visit www.birchmere.com for more.

Living Legends of Alexandria Host Beaujolais Nouveau Party. 7 p.m. at 901 Pitt St. The event features a wine tasting, holiday shopping, music, food and an opportunity to view the 2016 Living Legends Exhibit and meet Living Legends. Tickets are available for purchase at llawine.eventbrite.com. Proceeds from the event will support Living Legends of Alexandria and the Family Legends Project. To volunteer, become a sponsor or nominate a future Legend, visit www.AlexandriaLegends.org or email AlexandriaLegends@outlook.com

Historic Pohick Church Christmas Mart. 10 a.m.-2 p.m. at the Pohick Episcopal Church is located at 9301 Richmond Hwy. Visit www.pohick.org or call 703-339-6572.

FRIDAY/NOV. 18

Various Small Fires artist reception. 7-9 p.m. Torpedo Factory, at 105 N. Union St. Convergence Arts Initiative is working with the Torpedo Factory to highlight Isabel Cureux's "Various Small Fires," an artwork exhibit that explores how each small event in our life creates who we are.

FRIDAY-SATURDAY/NOV. 18-19

The Little Mermaid. 7:30 p.m., at Bryant Alternative High School, 2709 Popkins Lane. Mount Vernon

Community Children's Theatre presents Disney's The Little Mermaid. \$12 admission, for more information contact Pam Peckar at 703.360.0686 or email admin@mvcct.org.

SATURDAY/NOV. 19

Family Volunteer Day 9 a.m.-12 p.m. Address and directions will be sent by e-mail after you signing up. To sign up your family, please choose the 'Sign up as a team' option and list all of your family members with their ages. For more information, go to Volunteer Alexandria <http://www.VolunteerAlexandria.org>.

Cider Tasting Festival. 7-9:30 p.m. at The Lyceum, Alexandria's History Museum, 201 S. Washington St. The cider tasting highlights Celebrate Virginia Cider Week, Nov. 11-20. All week participating restaurants and retail stores to taste and purchase Virginia Cider. A passport can be picked up at the Alexandria Visitor Center, The Lyceum, and participating businesses. For list of participating sites and details about the passport and contest, visit alexandriava.gov/Historic.

Country-Western Dance. 7-9:30 p.m. at the Lincolnia Senior Center, 4710 N. Chambliss St. The dance is sponsored by the The Northern Virginia Country-Western Dance Association. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. For more information go to www.nvcwda.org or call 703-860-4941.

Community Holiday Shop. 9:30 a.m.-4 p.m. at Mt Vernon Unitarian Church, 1909 Windmill Lane in Mt. Vernon. A local tradition that includes 50 artisans, orchids, chutneys, cakes, and pies, upscale resale, handmade quilt raffle, and a homemade lunch shop. For more information, go to mvcuc.org.

SUNDAY/NOV. 20

Carpenter's Run for Shelter. 8 a.m. at USPTO Building, 600 Dulany St. Run for Shelter, featuring a 5K, 10K and Fun Run is a great way to get your entire family involved and giving back to the community this fall. Race to end homelessness.

The Little Mermaid. 3 p.m., at Bryant Alternative High School, 2709 Popkins Lane. Mount Vernon Community Children's Theatre presents Disney's The Little Mermaid. \$12 admission, for more information contact Pam Peckar at 703-360-0686 or email admin@mvcct.org.

James Madison at Gadsby's Tavern Restaurant. 3-4:30 p.m. at Gadsby's Tavern Restaurant, 134 N. Royal St. John Douglas Hall takes on the persona of James Madison in appearance, in content, and syntax. Check-in is at Gadsby's Tavern Museum. For more information, visit www.gadsbystavern.org.

THURSDAY/NOV. 24

Turkey Trot. 9 a.m. at George Washington Middle School, 1005 Mount Vernon Ave. A Thanksgiving morning tradition, this fast, flat, USATF-certified 5-mile course through the heart of Del Ray. Registration is \$5-25. Visit www.alexandriaturkeytrot.com.

SATURDAY/NOV. 26

Collective Delusion. 8 p.m. at Alley Cat, 2 S. Whiting St. Local band plays rock songs from '70s to present. Free. Visit www.CollectiveDelusion.net.

MONDAY/NOV. 28

Veterans in Alexandria: Talent Ready to Serve, Ready to Work, and Ready to Grow. 6:30 p.m. at

The Hermitage, 5000 Fairbanks Ave. Members \$32 (nonmembers \$37); after November 25 members \$37 (nonmembers \$42)]. Program only at 7:15 free to members; \$5 for nonmembers. Reservations required. Call Sherry Brown at 703-548-7089 or email agendaalexandria@aol.com.

THURSDAY/DEC. 1

Steep Canyon Rangers Concert. 7:30 p.m. at The Birchmere 3701 Mt Vernon Ave. The Bluegrass sounds of The Rangers can be heard as the play songs off their new album *RADIO*, produced by the legendary Dobro virtuoso Jerry Douglas of Alison Krauss and Union Station.

FRIDAY/DEC. 2

Metropolitan School of the Arts features the Nutcracker. 7 p.m. at the Northern Virginia Community College, Ernst Cultural Center at the Annandale Campus at 8333 Little River Turnpike. Tickets are \$26.50-\$30 and can be purchased online at www.metropolitanarts.org.

DEC. 1-17

"Adventures With Mr. Bear." Various times at The Lab at Convergence, 1819 N. Quaker Lane. One cozy winter afternoon, a young girl and her favorite stuffed animal, Mr. Bear, play a game of hide and seek which evolves into a series of exciting adventures. Together, they embark on a journey of endless possibilities - all from the comfort of her playroom. Tickets are \$9. Visit www.ArtsOnTheHorizon.org.

FRIDAY-SATURDAY/DEC. 2-3

46th Annual Scottish Christmas Walk Weekend. a full lineup of festivities that celebrate the Scottish heritage of Old Town Alexandria including Scottish Christmas Walk Parade, Heather and Greens Sales, Taste of Scotland, Holiday Home Tours and Deck the Halls with Santa. For parade application and ticket sales, visit campagnacenter.org/scottishwalkweekend

Premiere of New Ballet to "Daphnis and Chloe" 3-5 p.m. at the Rachel M. Schlesinger Concert Hall and Arts Center 4915 E Campus Dr. BalletNova Associate Artistic Director Constance Walsh presents a premiere of her new work choreographed to Daphnis and Chloe. Tickets are \$10 and can be purchased online or at the door.

SATURDAY/DEC. 3

Metropolitan School of the Arts features the Nutcracker. 10 a.m., 2 and 6 p.m. at the Northern Virginia Community College, Ernst Cultural Center at the Annandale Campus at 8333 Little River Tpke. Tickets are \$26.50-\$30 and can be purchased online at www.metropolitanarts.org.

SUNDAY/DEC. 4

Bagels and Bach Concert Series Returns. 11 a.m.-1 p.m. at the Durant Arts Center, 1605 Cameron St. Enjoy classical music from Washington Metropolitan Philharmonic Association's Trombone Trio while eating a light brunch. Advance registration: resident \$10/Nonresident \$15. Children under 5 years old are free. For more information, contact Cheryl Ann Colton at 703.746.5565 or e-mail cheryllanne.colton@alexandriava.gov

Messiah Sing-Along. 4 p.m. at Fairlington United Methodist Church 3900 King St. Cost is \$9 for a Messiah score, or bring your own music. Email Louise Wilson louise@fairlingtonumc.org, or call 703-671-4057

PHOTOS BY LAURA MAE SUDDER



Mariah Stover with Jensen as Cotton Candy



Tonya Anderson with Bentley the Giraffe

‘Howl-O-Ween’

Animal Welfare League of Alexandria’s “Howl-O-Ween” event, hosted by Kimpton Hotel Monaco and Jackson 20 Restaurant on Oct. 26, included a dog costume contest that has become an Old Town tradition featuring more than 50 canine contestants modelling costumes in the outdoor courtyard.



Clare Burns and Allie DeLegge at the AWLA registration table on Oct. 26 at the Hotel Monaco.



Megan Mesko and Taylor Thompson offer 2017 AWLA calendars for sale.

Quander Named Grand Marshal

Will lead Scottish Christmas Walk.

Nellie Brooks Quander will be the Grand Marshal of the Campagna Center’s 46th Annual Scottish Christmas Walk Parade on Saturday, Dec. 3, at 11 a.m. in Old Town Alexandria. As Grand Marshal, she will lead Scottish Clans, pipe and drum bands, Scottish dancers, re-enactment groups, Scottie Dogs, classic cars, local dignitaries and Santa and Mrs. Claus through the streets of Old Town.

The Scottish Christmas Walk Weekend & Parade kicks off Alexandria’s holiday season with events that celebrate and honor Alexandria’s Scottish founders.

Quander, an Alexandria native and leader in education, received her early education in the Alexandria Public Schools and is a graduate of Parker-Gray High School. She received her bachelor’s degree from Virginia Union University in Richmond and a Master’s Degree in education administration and an education specialist degree, both from George Washington University in Washington, D.C.

She was appointed to several Alexandria public school administrator positions including the assistant principal at Cora Kelly and principal at Jefferson-Houston

Elementary Schools. In 1972, she became principal at Fairfax County’s Hybla Valley School. While in Fairfax County she served as coordinator of elementary curriculum, administrative assistant to the superintendent and an area coordinator.

During the desegregation of the Alexandria public schools, she was the first African American to be appointed to an administrative position in a school that had been historically all white. Quander was the first African American woman in Virginia to be initiated in to the Delta Kappa Gamma Education Society International, and was the first African American woman to be elected as president of the National Association of Elementary School Principals.

She married Welton Quander of Fairfax County and they had two children, Sherrie Michele Quander and Welton Andrew Quander Jr. Nellie and her four brothers have been named to the Charles Houston Hall of Fame. Her brother Leo A. Brooks achieved the rank of General in the United States Army and his two sons, Leo A. Brooks, Jr. and Vincent K. Brooks have also achieved the rank of General in the U.S. Army. They are the first African American family to have father and sons achieve this distinction.

Visit <http://www.campagnacenter.org/scottishwalkweekend> to learn more about the weekend’s events and activities.

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PEOPLE



Darla (left) and Peabody



Marie Bergeron (left) and Nick Becker (right) as Jon Snow and Ygritte from Game of Thrones.



Derinda Weber (left), Iwalani White (center) and Barlene Bates

Trick and Treating along Lee Street

Throughout Old Town, Alexandrians flocked to the streets in a variety of colorful costumes to celebrate Halloween. Alexandria Police closed off Lee Street to vehicle traffic to allow hundreds of trick-or-treaters walk along the street, going door to door in search of candy.

PHOTOS BY VERNON MILES / GAZETTE PACKET



Michael (left), Gabby (center), and Camille Pryce



Skip Halliday as a WWI fighter ace.



Greg Wilson in a custom glowing costume.



Hemen Gedib (left) and Dawit Gedib (right) pose with Bryan Mucker as the Transformer Bumblebee.



Beth Gibney hands out candy to trick-or-treaters on Lee Street.



Alexandrians dressed as the cast of Gilligan's Island.

Managing Holiday Weight Gain

Advanced planning is key to keeping off pounds.

BY MARILYN CAMPBELL
GAZETTE PACKET

Holiday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way.

"Some people ... just give up on [weight management] during the holiday season. ... Some people say, 'I'm just going to deal with it in the New Year.' It's easy to get derailed that way."

— Domenica M. Rubino, M.D.

It's better to say, 'How am I going to manage it?'

What different ways can I celebrate?"

In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption



PHOTO BY MARILYN CAMPBELL

Develop a plan now to combat holiday weight gain.

and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of fam-

ily members in close proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises."

Among the activities that Rubino recommends is walking at an indoor location like a museum or shopping mall. "It is harder when it gets colder and darker, but the idea is to get people moving in a way that builds it into their day-to-day life, like taking the stairs," she said. "It should be a sustainable change like brushing your teeth, so that it feels really weird if you don't do it.

"You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."

BULLETIN BOARD

FROM PAGE 5

TUESDAY/NOV. 8

Mental Health First Aid for Adults.

Two days of training take place Nov. 8 and 10, 2:30-6:30 p.m. at 4480 King St. For individuals in Alexandria looking to understand and assist those affected by mental illness, the Department of Community and Human Services (DCHS) offers Mental Health First Aid (MHFA) training for laypersons and paraprofessionals. MHFA is an eight-

hour training and certification on skills to help those who are developing a mental health problem or experiencing a mental health crisis. Limit 20 participants per class. Visit www.mentalhealthfirstaid.org/cs for more.

WEDNESDAY/NOV. 9

City Council Legislative Meeting 6 p.m. at City Hall, Council Chamber, 301 King St. For more information, contact City Clerk, CityClerkStaff@alexandriava.gov,

703-746-4500.

THURSDAY/NOV. 10

Veteran's Celebration. 8-9:30 a.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Hwy. Alexandria Chamber of Commerce honors organizations that support veterans causes. Keynote speaker: Barbara Carson, Associate Administrator, Office of Veterans Business Development of the U.S. Small Business Admin. \$40 for members-\$50 for non-members,

Register at web.alexchamber.com/events.

FRIDAY/NOV. 11

Dementia Caregivers Conference. 8 a.m.-3:30 p.m. at First Baptist Church of Alexandria, 2932 King St. 30th Annual Northern Virginia Dementia Care Consortium Caregivers Conference, "Gems: A Treasure Chest of Ideas," will have speakers and resources on topics important to caregivers. The \$30 fee

includes continental breakfast, lunch, materials, and certificate of attendance. Visit www.fairfaxcounty.gov/olderadults and click on Caregivers Conference.

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

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21 Announcements

21 Announcements

101 Computers

101 Computers

LEGAL NOTICE

Sealed proposals for the City of Alexandria per specifications will be received in the Office of the Purchasing Division until the date and time designated as follows:

RFP No. 00000615: Professional Engineering Services for the Design of Intelligent Transportation Systems (ITS) Master Plan

RFP Closing Date and Time: November 29, 2016, 4 p.m., prevailing local time

For general inquiries contact Darryl K. Jackson, CPPB, Contract Specialist III at 703.746.4298.

The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS. Randy Burns, Purchasing Agent

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21 Announcements

21 Announcements

LEGAL NOTICE

The Virginia Department of Historic Resources will hold a Public Information Hearing to discuss the proposed Woodlawn Cultural Landscape Historic District, Alexandria, VA. The public hearing is scheduled for Monday November 7, 2016 at 2:00 p.m. at South County Government Center, 8352 Richmond Hwy, Alexandria, VA 22309. Public comment regarding the proposal will be taken at the time of the hearing or can be sent to: Director Julie Langan, VA Department of Historic Resources, 2801 Kensington Avenue, Richmond, VA 23221. This proposal has been recommended eligible for the Virginia Landmarks and National Registers. This proposal will be presented to the State Review Board and the Historic Resources Board on December 15, 2016 in Richmond, VA. For a copy of the proposal and/or a boundary map, contact Aubrey VonLindern, 540-868-7029 or Aubrey.VonLindern@dhr.virginia.gov.

21 Announcements

21 Announcements

ALEXANDRIA CITY PUBLIC SCHOOLS REQUEST FOR PROPOSALS NUMBER 16-10-14

The Alexandria City School Board dba Alexandria City Public Schools is seeking competitive proposals from qualified Offerors for the provision of Small Group Differentiated Reading Instruction Professional Development for Teachers of English Learners.

Sealed Proposals with the notation RFP# 16-10-14 Small Group Differentiated Reading Instruction Professional Development for Teachers of English Learners will be received in the Central Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314, on or before 3:00 pm, November 9, 2016. The time of receipt shall be determined by the time clock stamp in the Procurement office. Proposals appropriately received will be opened and the names of the firms responding will be read aloud. RFP documents may be obtained at the above Procurement Office or by calling 703-619-8181, or by downloading the RFP from the ACPS website at <http://www.acps.k12.va.us/financialservices/purchasing/bids.php>

ACPS reserves the right to cancel this RFP and/or reject any or all offers and to waive any informalities in any proposal.

Chris Guy
Procurement Manager

21 Announcements

21 Announcements

ALEXANDRIA CITY PUBLIC SCHOOLS REQUEST FOR PROPOSAL NUMBER 16-10-11

The Alexandria City School Board dba Alexandria City Public Schools is seeking proposals for World Languages Assessments for Seal of Biliteracy.

Sealed Proposals with the notation RFP# 16-10-11 World Languages Assessments for Seal of Biliteracy will be received in the Central Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314, on or before 3:00 pm, November 16, 2016. The time of receipt shall be determined by the time clock stamp in the Procurement office. Proposals appropriately received will be opened and the names of the firms responding will be read aloud. RFP documents may be obtained at the above Procurement Office or by calling 703-619-8140, or by downloading the RFP from the ACPS website at <http://www.acps.k12.va.us/financial-services/purchasing/>

All questions answered will be posted as an addendum to the ACPS web site.

No RFP may be withdrawn for a period of ninety (90) days after the opening of proposals except as may be set forth in the RFP.

ACPS reserves the right to cancel this RFP and/or reject any or all proposals and to waive any informalities in any proposal.

Francine Morris
Buyer

21 Announcements

21 Announcements

ALEXANDRIA CITY PUBLIC SCHOOLS INVITATION TO BID NUMBER 16-10-10

The Alexandria City School Board dba Alexandria City Public Schools is seeking bids for John Adams Elementary School Parking Lot Improvements at Alexandria City Public Schools.

Sealed Bids with the notation ITB # 16-10-10, John Adams Parking Lot Improvements will be received in the Central Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314, on or before 3:00 pm, Wednesday December 14, 2016. The time of receipt shall be determined by the time clock stamp in the Procurement office. Bids appropriately received will be opened and the names of the firms responding will be read aloud. ITB documents may be obtained at the above Procurement Office or by calling 703-619-8162, or by downloading the ITB from the ACPS website at www.acps.k12.va.us, Administration, Financial Services, Procurement and General Services – Current Bids and Request for Proposals.

All questions must be submitted before 3:00 p.m., November 30, 2016. If necessary, an addendum will be issued and posted to the ACPS web site.

A pre-bid conference/site visit will be held on November 17, 2016 at 10:00 a.m. at the address listed above.

No ITB may be withdrawn for a period of ninety (90) days after the opening of bids except as may be set forth in the ITB.

ACPS reserves the right to cancel this ITB and/or reject any or all bids and to waive any informalities in any bid.

Gerald W. Amacker (Jerry)
Senior Buyer

21 Announcements

21 Announcements

21 Announcements

21 Announcements

LEGAL NOTICE

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

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SPORTS



Homecoming Win

Junior QB Diondre Charlton led the Titans to a victory over Annandale.



Senior RB Jaren Hillian rushed for 179 yards in TC's 26-14 Homecoming win over Annandale on Oct. 29. The Titans are now 5-4 under first-year coach James Longerbeam.

PHOTOS BY JEFF MCQUILKIN

ODBC Rowers Post Improved Performances

The ODBC Crew team took 11 boats to the Head of the Schuylkill Regatta (HOSR) on the Schuylkill River in Philadelphia early in the morning on Oct. 30, and brought medals and improved performances back to Alexandria at the end of the day.

The HOSR is one of the premier fall regattas, drawing teams from the both the U.S. and Europe, many of which competed the previous weekend at the Head of the Charles in Boston. Conditions at the HOSR were excellent, with sunny skies, balmy temperatures for late October, and light breezes on the 5000 meter course.

HOSR highlights for ODBC included a bronze medal winning performance with a time of 15:39.337 for the Women's First 8 crew in the 45-boat Varsity/First Boats category. Members of the ODBC First 8 include coxswain Camila Cardwell and rowers Ailysh Motsinger, Caroline Hill, Katy Murphy, Grace Asch, Grace Vannatta, Reed Kenny, Blythe Markel, and Grace Fluharty. After the race, T.C. Williams senior Reed Kenny said that the team's race at the HOSR was "by far the best of the season. We came together as a boat and medaled at the Head of the Schuylkill for the first time in a very long time. This has been a very good season for ODBC and I can't wait to see what we can do in the spring for T.C. Williams."

The ODBC Second 8 Women claimed the silver medal in the Junior Varsity/Lower Boats category with a time of 16:17.200 in a race that included 50 boats. The Women's Second 8 crew includes coxswain Paige St. John, and rowers Hope Parsons, Emma



PHOTO CONTRIBUTED

ODBC Women's 1V and 2V at Head of the Schuylkill on Oct. 30.

Carroll, Celia Lane, Lily Warden, Rachel Sedehi, Rachel Saez Knapp, Alexa Liquori, and Cleo Lewis.

Other ODBC highlights from Philadelphia included a strong performance by the ODBC Men's First 8, who placed 11th with a time of 13:57.099 in a highly competitive 70-boat field in the Men's Varsity/First Boats category. Racing in the Women's Varsity/First Boats category, the ODBC Lightweight Women finished in 12th place with a time of 16:11.187, the highest placement of any club's second boat in that category. In the Men's Junior Varsity/Lower Boats category, the ODBC Men's Third 8 placed 16th out of

58 boats with a time of 15:10.503. Finally, in the 30-boat Women's Frosh/Novice category, the ODBC Frosh 8 showed promise with a solid 4th place finish and a time of 17:36.

ODBC Women's Head Coach Patrick Marquardt pronounced the day a success: "ODBC performed beautifully with near perfect race-day weather conditions."

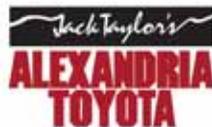
ODBC rowers enter the last races of the season on Nov. 5-6, with the Men's and Women's First 8s and lower boats competing at the Head of the Occoquan, and Second and Third 8s travelling to Chattanooga, Tenn. for the Head of the Hooch.

11

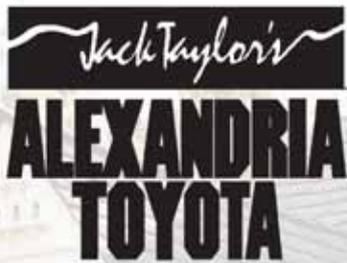
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