



**Alexandria Fire Chief Robert Dube, left, is assisted by Volunteer Fire Department president Jay Johnson (behind Dube) in laying a wreath at the Memorial to Fallen Firefighters Oct. 13 at Ivy Hill Cemetery. The ceremony is held each year during National Fire Prevention Week to honor fallen firefighters and EMS personnel.**

PHOTOS BY JEANNE THEISMANN/GAZETTE PACKET

## Remembering the Fallen

### Ivy Hill ceremony honors fire and EMS personnel.

BY JEANNE THEISMANN  
GAZETTE PACKET

Alexandria's fallen firefighters and EMS personnel were remembered by members of the city's first responder and law enforcement agencies at a memorial service and wreath laying ceremony Oct. 13 at Ivy Hill Cemetery as part of the annual National Fire Prevention Week ceremonies.

"We are here to honor those who made the ultimate sacrifice and remember those who have recently departed," said Alexandria Fire Chief Robert Dube.

The Memorial to Fallen Firefighters, which dates back to 1856, is the site of the wreath laying ceremony that honors those who have died in the line of duty and marks the passing of members of the department who have died during the preceding 12 months.

The centerpiece of the ceremony is the Roll Call of the Fallen, a reading of the names of fire safety and EMS career and volunteer personnel who have died in the line of duty. Following the Roll Call, Alexandria Fire Chief Robert Dube and Volunteer Fire Department President Jay Johnson placed a wreath at the Memorial to Fallen Firefighters.

Human Resource department employee Vina White opened the ceremony with "The Star Spangled Banner," Alexandria Pipes and Drums bagpiper Kevin Donnelly performed "Amazing Grace" and AFD Capt. Matthew Craig closed the event with the traditional bugle rendering of



**A single rose is presented in memory of Battalion Chief Douglas Phillips, who died earlier this year, during the Roll Call of the Fallen at Ivy Hill Cemetery Oct. 13. The annual ceremony honors Alexandria's firefighters and EMS personnel.**

"Taps."

"In November of 1855, seven firefighters were lost battling a blaze in the 100 block of King Street," said Dube in detailing the origins of the ceremony. "A year later the obelisk was placed here as a tribute to their sacrifice. Today, as our focus is on National Fire Prevention Week, we honor and remember the lives of those who have served the City of Alexandria."

## Good Neighbors And Bad Neighbors

### Airbnb issue comes to Alexandria.

BY VERNON MILES  
GAZETTE PACKET

Every few weeks, sometimes every few days, Kelly Andrews would get a new neighbor. Though the owner of the house stayed the same, he was never there. Through Airbnb, he would rent his home out to visitors to the city. Many nights, Andrews said she'd be forced to reach out to the owner or the police when parties would get loud and rowdy in the early morning.

Legislation is finally catching up to technology for home sharing in Virginia. Questions about taxation and permitting for home sharing

has been on the table in Fairfax and Arlington. In a meeting at the Charles Houston Recreation Center on Oct. 17, Alexandria's Assistant Director of Finance Kevin Greenlief updated local citizens on legislation concerning home sharing. A state law passed earlier this year allows localities to create a registry for those providing home shares. Greenlief emphasized that the registration is administrative in nature, only allowing the city to obtain names and addresses of home sharers. This aids in the implementation of tax laws, but Greenlief emphasized that it doesn't change any existing zon-

SEE DEALING, PAGE 8

## Deal with Developer

### First council brawl of the fall.

BY VERNON MILES  
GAZETTE PACKET

Everyone on the City Council had misgivings about the project. There was an hour of public testimony from local residents opposing the project, one on the verge of tears. There were concerns about how the new development would dwarf nearby townhouses. There were concerns about the public engagement process that members of the City Council said had spread misinformation about the project. But at the end of the day, developer Pulte made the City Council an offer they couldn't refuse: more affordable housing.

Development plans are for

Landbays H and I East in Potomac Yard. Development at the site was originally capped to 36 units at 55 feet, but Pulte proposed a 138 unit condominium that would exceed height limitations to 70 feet. The new building would be set back from the street, and the 70 feet section of the building would be on the furthest east portion of the site, but local residents said that they were not prepared to live next to a development of this scale when they had purchased their homes.

Midway through the council discussion, attorney Kathy Puskar announced that the nine affordable housing units the developer had earlier asked not to include would be restored. The affordable housing units had been a major sticking point for several members of the council and its restoration

SEE POTOMAC YARD, PAGE 26

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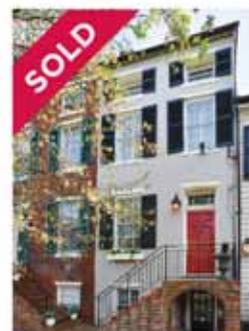
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# Alexandria Braces for Disaster

Flu shot clinic serves double duty as disaster-planning scenario for city officials.

BY MICHAEL LEE POPE  
GAZETTE PACKET

Alexandria is in the grip of a medical emergency. A mysterious strain of influenza is creating a deadly health crisis, and it doesn't seem to be responding to the standard flu vaccine. City health officials are putting out an all-points-bulletin to residents, urging them to come to one of a series of eight pods dispensing a special vaccine.

Wait. Calm down. It's just a disaster planning scenario.

The annual exercise will be conducted this weekend at Cora Kelly Recreation Center. Fortunately for city residents, it's also an opportunity to get a free flu shot while also meeting a mandate from the Centers for Disease Control and Prevention to demonstrate an ability to dispense medical counter-measure. The training drill is a way for health officials to plan for the worst while helping city residents feel their best.

"We also practice our request and receipt of vaccine from the strategic national stockpile," said Zvi Gruenspecht, public health emergency management coordinator at the Alexandria Health Department. "The scenario is that we receive it, and we are able to vaccinate. If we only received a certain amount, we would vaccinate as many as we can."

It all started back in 2009, when a respiratory disease known as swine flu was sweeping the nation. The standard seasonal vaccine didn't work against this particular strain of influenza, which was alarming because it struck young and healthy people in a way that doesn't usually. It became an epidemic and then an international pandemic. That accelerated a need for mass



**Vests are laid out in preparation for public health officials to administer flu shots as part of a disaster planning scenario in Alexandria.**

vaccinations, leading health officials to consider combining disaster planning scenarios with flu shot clinics.

"After H1N1 settled down, health departments in Virginia said we need to keep doing this to keep our skills," said Alexandria Health Department Director Stephen Haering. "And, oh by the way, why don't we use this flu vaccine that we're using for the exercise to see how efficient we are but also serve folks who might not otherwise get the flu vaccine."

**THE DISASTER PLANNING** scenarios play out across the state every year in each of the 34 health districts. The Virginia De-

partment of Health uses \$200,000 of federal grant money from the CDC to purchase 20,000 doses. Each of the local health districts collects information on how many people are vaccinated and any kind of problems that might arise, and those numbers are compared to previous years to see if they are making progress.

"We measure the throughput, how quickly it takes people to go through a clinic," said Bob Mauskapf, director of emergency preparedness with the Virginia Department of Health. "Some of them are walk through, and some of them are drive through. So we've tested both of those modalities."

Over the years Virginia health officials have been conducting these disaster scenario flu shots, they've run through several different kinds of scenarios, everything from health emergencies like smallpox and influenza to terrorist threats like anthrax and the plague.

Mauskapf says the annual exercises have been successful in improving the efficiency of health districts to put people through a mass vaccination clinic. The department often works with partners like the local hospital or emergency services. Here in Alexandria, the Medical Reserve Corps and ALIVE help facilitate.

"We try to hook it into, wherever possible, vulnerable populations, and folks that might not otherwise have access to flu vaccines," said Mauskapf. "This is something we intend on continuing into the future as long as the funding is available."

**THE FIRST** disaster planning flu shot clinic in Alexandria was conducted in 2011 in two locations on the same day, one at Cora Kelly Recreation Center and another at the Church of the Resurrection. Over the years, the exercise have been conducted at Ladrey

## Free Flu Shots

**Time:** 9 a.m. to 12 p.m.  
**Date:** Saturday, Oct. 21  
**Location:** Cora Kelly Recreation Center, 25 Reed Ave.

Senior Building, the Annie B. Rose House and the city school system's bus barn. In the early years, the clinics lacked some efficiency because entrances and exits were not clearly marked. So that was one of the first lessons of moving people quickly in and out.

"Our coolers now are much more state of the art, and you can actually see the temperature without opening the cooler," said Haering. "Now we have portable coolers that we can see the temperature instead of the health-care provider or nurse opening it up and looking at the thermometer because the minute you open the door you are losing the coolness."

Some of the changes were simple, like changing the brand of bandages that were difficult for the nurses to open. Others took some more forethought, like including signs in multiple languages and pictograms. One of the key additions that happened over the years city officials have been conducting the exercises is to include a logistics person who can handle issues as they arise, leaving nurses to continue vaccinating while the problems are fixed. And although the scenarios have a fictional crisis, the exercise are more focused on coordinating resources rather than focusing on particular disaster scenarios.

"There is no anthrax plan on the shelf. It's not a plan for plague or tularemia," said Gruenspecht. "We have a plan for provision of antibiotics or provision of vaccine. It's a capability-based response function."

## 'Heart of Alexandria' Local volunteers to be recognized Oct. 19.

Volunteer Alexandria will hold its 23rd Annual Volunteers Are The Heart of Alexandria ceremony Oct. 19 to recognize individuals in the community for their dedication and service to the City of Alexandria.

"These awards shine a well-deserved light on those who give of themselves and their time in service to the community and others," said David Chamowitz, president of Volunteer Alexandria, in announcing the awards.

The 2017 honorees include: Julie Jakopic, President of iLead Strategies, who will receive the Marian Van Landingham Award; Eleanor Lindeman and Donna Reuss will receive the Grass Roots Volunteer Service Award; members of the Bryce Project will receive the Youth Volunteer Service Award; and Denise Mackie-Smith will receive the RSVP Northern Virginia Service Award.

"Julie, Donna, Eleanor, Denise, and the teenagers from the Bryce Project have gone



**Julie Jakopic**



**Eleanor Lindeman**



**Donna Reuss**



**Denise Mackie-Smith**

above and beyond the call of duty," said Marion Brunken, executive director of Volunteer Alexandria. "These awards are being given in appreciation of their hard work and dedication to organizations within Alexandria."

Julie Jakopic, recipient of the 2017 Marian Van Landingham Lifetime Achievement Award, has dedicated much of her life to helping improve the lives of Alexandria residents. For 25 years, she has been a standout volunteer committed to the city's low income, women and special needs citi-

zens. She has served as chair of the Alexandria Community Services Board, Sheltered Homes of Alexandria, the Alexandria Economic Opportunity Commission and is on the board of trustees of Hopkins House.

Eleanor Lindeman, recipient of the 2017 Grassroots Volunteer Service Award, is a former teacher at T.C. William High School who currently serves as a volunteer at Inova Alexandria Hospital. While at Inova, Lindeman helped design a year-long pilot program that encouraged nurses to use volunteers to enhance the experience of the

sick and needy via tightly focused non-clinical support.

Donna Reuss, recipient of the 2017 Grassroots Volunteer Service Award, has been involved in many community efforts, including emergency preparedness work through the American Legion Post 24, where she serves on the Executive Board. Additional volunteer work includes: Meals on Wheels, West Old Town Citizens Association, Saint Joseph Catholic Church and Habitat for Humanity. Reuss also provides volunteer yoga instruction, primarily to Alexandria seniors.

Denise Mackie-Smith, recipient of the 2017 RSVP Northern Virginia Service Award, is a volunteer who has supported the RSVP program by putting her administrative skills to work. Additionally, she serves on the Alexandria Commission on Aging to ensure residents aged 55+ are

PHOTOS CONTRIBUTED

SEE HEART OF, PAGE 6

ALEXANDRIA GAZETTE PACKET ♦ OCTOBER 19-25, 2017 ♦ 3

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# Tale of Two Waterfronts

With the opening of The Wharf, the Potomac River gets a little more crowded.

BY VERNON MILES  
GAZETTE PACKET

Despite the rain, the mood at the Wharf was celebratory. On Oct. 12, years of planning and development had culminated in the grand opening of a waterfront boardwalk in southwest D.C. Fireworks were set off in the river. Performers on stilts and a marching band paraded along the waterfront. In a few hours, the Foo Fighters would be arriving at The Anthem, D.C.'s newest music venue and one of the new attractions at The Wharf. But among all of the celebrations, there was one group of revelers a little more bittersweet than the rest: Alexandrians.

Old Town is hurting. While sales tax revenue across the city is on the rise by two to three percent, in Old Town sales tax revenue has declined by two percent between 2014 and 2016. While there was still excitement for the new development on the Potomac, in Alexandria there's widespread concern that The Wharf could slowly begin to exacerbate Old Town's economic woes.

"I think it's a game changer," said Patricia Washington, CEO of Visit Alexandria. "It's an anchor of the regional waterfront that raises all the boats. It also raises the bar for what visitors will want to experience. Alexandria will want to work on its waterfront to meet that."

Washington pointed to things like the opening of Fitzgerald Square at the end of King Street next year as a hopeful sign of Alexandria's waterfront to come.

Victoria Vergason, owner of The Hour on King Street, said she took the water taxi over to The Wharf on its opening day and was impressed with the atmosphere and festivities.

"Even though a miserable day outside, [there were] so many people out and places for people to hang out and engage with all sorts of activities," said Vergason. "My sense is there is going to be a lot more of that: continuous activities on that waterfront. Hopeful our City Council and community takes that into account for our future planning. We're looking at what our city could also be like. We're different in that we're more charming and historic, but there's a sense of newness that I think Old Town is starting to get a little tired for people that would otherwise come here to dine and shop. People are looking for experiences. The Wharf is a great experience."

If the city looks to begin doing more to bring Wharf-style activities to Old Town, Vergason said it should do more than just focus on the waterfront. Vergason said Alexandria's strength is as much on the shops along King Street as it is on the waterfront. The upper sections of King Street near the Metro station, Vergason noted, seemed particularly lifeless at times.

"There's a number of things you can do for not a lot of money," Vergason said. "You can have things like battleship games and



PHOTO BY VERNON MILES

The new fleet of Potomac Taxis parked along The Wharf.

Connect Four. Things like tall chess sets. People just want to do something, and having a nice beautiful space that brings people throughout the town to engage in activities that don't cost a lot. The Wharf had all sorts of wooden benches and places just to sit. On King Street, from Metro to Market Square, there's no place to sit down. That's a problem from a business standpoint. We have an opportunity to observe what's going on at the Wharf and take the good things and try them out here."

For Scott Shaw, part of the Alexandria Restaurant Partners that own Vola's, Virtue Feed & Grain, Majestic and others, the Wharf represents an opportunity and a threat.

"They've built into that project real public space and a program to activate that," said Shaw. "There's everything from kayak and canoe docks to different live music venues. They're giving people a reason to go to the Wharf and spend the day. It's a well conceived project. The threat is if you're in Bethesda and thinking of taking the kids out for the day, you might go to the Wharf instead of Alexandria. It's new and there's more stuff to do there. That's true for out-of-town tourists, local tourists, regional tourists."

But Shaw said there's still opportunity for Old Town to take advantage of the new development through things like the water taxi.

"If you take the Wharf, National Harbor, Alexandria and Georgetown, you have an ecosystem on the river that is compelling," said Shaw. "It gives people a reason to do any of those things. That's opportunity-lite, because it's real but we would be an indirect beneficiary. It strengthens activity on the river, so we gain some benefits, but going back to point one the Wharf is a standalone attraction with more compelling [options]."

SEE COMPETITION, PAGE 12

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# It Takes a Village

At Home in Alexandria sponsors neighbors helping neighbors.

BY SHIRLEY RUHE  
GAZETTE PACKET

**C**hristena Nielsen (Chriss) leaves her office at Peabody Associates on Duke Street at 8:15 a.m., as she does nearly every Tuesday morning, to pick up Pat Clopper. They will be headed to the Braddock Metro station where Clopper will board the train for the National Gallery of Art where she works one day every week.

Nielsen is a volunteer for At Home in Alexandria (AHA), which began in April 2011 as a “village” organization on a neighbors-helping-neighbors model. Members of AHA must live within the City of Alexandria service area and be at least 55 years old. They pay an annual fee and are able to call AHA for assistance as many times as needed. Transportation is the most requested service although other services are provided

such as snow shoveling, grocery shopping, errands, dog walking and, in one case, teaching a member to play chess.

**PEOPLE AT WORK**

Nielsen drives the 10-15 minutes to S. Fairfax Street and points to a red door. “She’ll be coming out right over there in a minute. She is usually very prompt.” Nielsen says Clopper is the only person she assists with transportation. “I would do more but I am also the treasurer of AHA so I don’t have any more time.” She says that sometimes Clopper goes to the National Gallery two times a week because she also likes to attend the lectures there. This Friday she plans to attend a lecture by the man who created the new Vermeer exhibit scheduled to open Oct. 22.

AHA volunteers take members to doctor’s appointments, their salon or barber, chemo treatments, the grocery store or the gym —



**Christena Nielsen, volunteer driver for At Home in Alexandria.**

anywhere within a 15-mile radius of their home in the City of Alexandria.

Clopper opens the door and heads down the steps toward the car. A quick hug and she and Nielsen spend a minute catching up on details of their lives since last week. Clopper will spend the morning working in art information at the National Gallery and an hour in the afternoon in the print department.

She says no one else wants to work with paper anymore. Clopper started with the original group of volunteers in 1984. “I’m the only one of that group left.” Then she worked at the gallery as an employee where she answered visitor comment cards. “They found out I could write.”

She recalls one harebrained remark from a woman who complained the guards had



**Pat Clopper catches a ride on her way to the National Gallery for her weekly volunteer duty.**

been staring at her. She wasn’t wearing underwear and crossed her legs while sitting on a bench in the Gallery. “My response to her was ‘the guards have been found and reprimanded.’”

A common question on the visitor cards was why didn’t the Gallery have the Mona Lisa. “The answer is that Leonardo gave it to King Francis I — end of story.” But she points out the Gallery does have an exquisite Leonardo in Gallery 6 of Ginevra de’ Benci the only da Vinci in the western hemisphere. “She plucked her hair so she looked like an egg. She was engaged to a widower and didn’t want to marry him.”

Somewhere in the middle of all of this Clopper had been an actress, model, ballerina, Italian chef (I’m losing some of my Italian — you know you always say the “o”.)



**Christena Nielsen drops off Clopper at the Braddock Metro as part of At Home in Alexandria services.**

Nielsen says she got involved as a volunteer with AHA because her father predeceased her mother in 2003. “She was pretty lonely in San Diego. I would go out 4-5 times a year but I couldn’t stay as long as I wanted.” After her mother died, she ran across the man who was the brains behind this organization. “I thought it was a nice way to give back to the community and the volunteers get as much as the people they help. And,” she adds, “Pat reminds me of my mom.”

For more information about AHA: [www.athomeinalexandria.org](http://www.athomeinalexandria.org) or 703-231-0824.

*People at Work is a weekly column featuring people in the community doing their jobs. Send suggestions by email to [slrbc@aol.com](mailto:slrbc@aol.com).*

PHOTOS BY SHIRLEY RUHE/GAZETTE PACKET

## ‘Heart of Alexandria’

FROM PAGE 3

being served. Mackie-Smith’s interests include assisting people in need of a job and finding housing.

The Bryce Project, recipient of the 2017 Youth Volunteer Service Award, is designed to cultivate community service and kindness among Alexandria’s teenagers. Since its founding in 2012, participants have accumulated more than 4,000 hours of service, partnering with organizations such as Lost Dog Rescue, Woodbine Rehabilitation Center, So Others Might Eat and Inova Alexandria Hospital. Many of the group’s teens have planned and implemented weekly lessons for nearly 200 elementary school students.

One standout example includes Ameena, who was subsequently elected to participate on the Alexandria Children, Youth and Families Collaborative Commission.

The awards ceremony will take place Oct. 19 at the U.S. Patent and Trademark Office from 6-8 p.m. For tickets or more information, visit [www.volunteerallexandria.org](http://www.volunteerallexandria.org).

— JEANNE THEISMANN



**The Bryce Project**

### BULLETIN BOARD

**THURSDAY/OCT. 19**

**Annual Volunteer Celebration.** 6-8:30 p.m. at the U.S. Patent and Trademark Office. Celebrate the 23<sup>rd</sup> Annual Volunteers are the Heart of Alexandria award at an evening reception. Visit [www.VolunteerAlexandria.org](http://www.VolunteerAlexandria.org) for more.

**Grand Opening of Xfinity Store.** 4 p.m. at Xfinity Store, 2371 Eisenhower Ave. Mayor Allison Silberberg will cut the ribbon at 5 p.m. Visit [www.xfinity.com](http://www.xfinity.com) for more.

**SATURDAY/OCT. 21**

**Mayor on Your Corner.** 10-11:30 a.m. at Union Street Public House, 121 S. Union St. Join Mayor Allison Silberberg for her monthly coffee, “Mayor on Your Corner.” No need to rsvp. No charge to attend. There is a \$5 flat fee for pastries and coffee. See [www.allisonsilberberg.com](http://www.allisonsilberberg.com).

**MONDAY/OCT. 23**

**Volunteer Recruitment.** 6-8 p.m. at Beatley Central Library, 5005 Duke St. The City of Alexandria is holding a Volunteer Recruitment Event. Event participants will include city programs that partner with

SEE BULLETIN, PAGE 12

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## Dealing with Home Sharing

FROM PAGE 1

ing or tax ordinances. Registration is annual and repeated failure to register can come with penalties.

Home sharing in Alexandria is already taxed with a regional and local transient lodging tax of 8.5 percent plus \$1 per room per night for any rental that can lodge four or more persons at any one time. There are additional state and local sales taxes and a Business, Professional and Occupational License fee if the gross revenue is greater than \$10,000 annually, though Greenleaf said the latter scenario is not the norm for home sharing.

However, collecting these taxes can be difficult for the city. One proposal Greenleaf brought forward at the meeting was entering a voluntary agreement with Airbnb where they would collect the tax automatically and pass the revenue along to the City of Alexandria. Some form of collection would still need to be worked out with the other types of home sharers, but Greenleaf said it's estimated that Airbnb comprises 80 percent of the home shares in Alexandria.

"There are pros and cons," said Greenleaf. "The cons are we don't have as much specific identification of the property or of rental receipts. We do have a much better chance of systematically collecting tax. I think it would be a pretty good automated tool. We can audit Airbnb once every four years, would still give us a tool. I have fairly good confidence that this would be the way to maximize revenue with low impact on city expenditures. The process in my mind is analogous to utility taxes. City doesn't collect utility taxes, utility companies do, and then remit the tax to the city. It's a compromise: it's biggest bang for the buck and it minimizes reliance on staff resources."

Currently, Greenleaf said it is difficult for the city to estimate how many home shares there are in the city. Tom Kaidin, chief operating officer for Visit Alexandria, said a study done last year by Visit Alexandria showed roughly 375 active listings in the city, though a margin of error for home shar-

ing along the borders of the city could push that number as high as 500.

"It's a moving target, the number cycles in and out," said Kaidin. "It's an infant industry, so the measures taken last year may be very different this year .... It's still young, and growing. Pinning down exact number is difficult."

The public comment for the meeting did drift into questions about whether programs like Airbnb are good or bad for the city. Most of those in attendance were a coalition of various concerned parties. They were homeowners like Andrews who lived adjacent to properties, taxpayers looking to homesharing as a burgeoning industry to help fill the city coffers, and hotel chains concerned that Airbnb could do to them what Uber and Lyft did for taxis.

"I fear the degradation of those historic neighborhoods," said Libby McIntyre. "It's about protecting what is interesting and precious to this town and balancing that with the fact that Airbnbs are here to stay. How do we protect the spirit of Alexandria? How do we allow this commerce into our community but not let this degrade [our city]?"

But proponents of home sharing argued that Airbnb residences were like any other neighbors: they were either a benefit or a hazard. And if they were a benefit, they weren't a problem for the City of Alexandria.

"It seems like general tone is anti-Airbnb," said Robert Kinsler. "It allows my wife to stay home with child. It's been an amazing opportunity for us. There's been a lot of great things that come from putting power into individual's hands vs corporations and those who can afford to put up hotel. A bad neighbor is a bad neighbor, whether they are renting or not."

Proposals concerning a registry for home sharers in Alexandria will be put before the City Council in November, or possibly delayed until December, but Greenleaf said the staff's goal is to have the registry process underway in January.

### OBITUARY

## Lester Marion Winslow

Lester Marion Winslow died at the age of 90 on Wednesday, Sept. 20, 2017 at his home in Alexandria. Born in 1927 in Los Angeles, Calif., he lived in Riverwood, Alexandria for over 40 years.



Les played football at Marshall High, ran track and was on the diving team in the U.S. Navy when he served from 1945-1948. He was recalled for the Korean War, serving until 1953.

In 1950 he married Betty Joan Davis, they had four children: Mark, Susan, Matthew and Betsy. Before the children arrived, Les received a B.S. in Electrical Engineering from University of Southern California and graduate degrees in both Engineering and

Science from Stanford University where he served as the first manager of the SLAC, Stanford Linear Accelerator Center. Les received 16 patents for his work in microwave and traveling wave tube design. In 1995 he received his Ph.D. from George Washington University. Les worked for the Naval Research Laboratory for over 25 years, spending the latter part of his career focusing on international technology transfer which led to many trips to Paris.

Known for his smile and sense of humor, he was loved and will be greatly missed especially by wife, Joan and his children Mark, Susan, Matthew and Betsy.

A memorial service will be held at the Old Presbyterian Meeting House in Alexandria at 11 a.m., Oct. 21, 2017. Friends are welcome to the church service and the reception at his home following the service.

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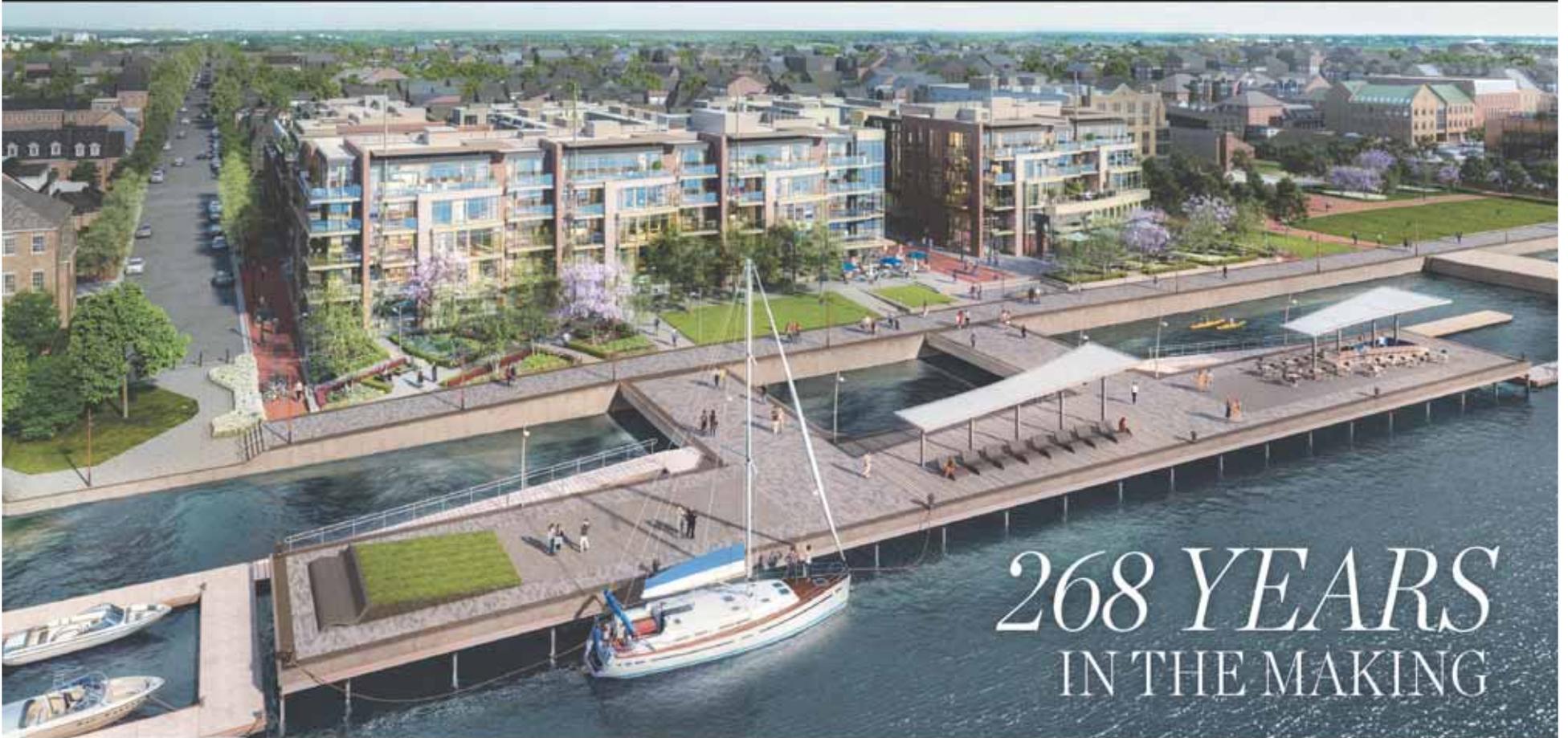


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## Join the Fight Against Breast Cancer

BY MONIKA L. JONES  
CHAIR, VOLA LAWSON BREAST  
CANCER MEMORIAL FUND



**T**his October, the Vola Lawson Breast Cancer Memorial Fund will partner with numerous city departments and organizations to raise awareness of one of the most common cancers in women — breast cancer. National Breast Cancer Awareness Month provides an opportunity to promote prevention methods, provide education on the causes of breast cancer, and raise funding to support screenings, treatment, and research.

In 1996, the late former City Manager Vola Lawson was diagnosed with breast cancer and underwent a double mastectomy. As a breast cancer survivor and advocate for women in Alexandria, Vola established the First Annual Walk to Fight Breast Cancer. The Walk to Fight Breast Cancer was a city-wide event supported by numerous community partners and led by the Alexandria Commission for Women. With community support, the Walk was able to provide free mammograms and other critical screenings to more than 8,000 uninsured and underinsured Alexandria women.

Due to budget cuts, the Annual Walk to Fight Breast Cancer was permanently cancelled in 2014. However, the Alexandria Commission for Women established the Vola Lawson Breast Cancer Memorial Fund to ensure women and men were still able to receive services. Today, the Vola Lawson Breast Cancer Memorial Fund works closely with Inova Hospital, Neighborhood Health, and ACT for Alexandria to continue to fund mammograms for low-income, uninsured or underinsured women in the City

of Alexandria.

Each year, 1 in 8 women in the United States will be diagnosed with breast cancer. In 2017, 886,810 women have been diagnosed nationwide with noninvasive and invasive breast cancer. Noninvasive cancer remains in the milk ducts and does not invade normal tissues within or outside of the breast. In contrast, invasive cancer, the most common type, does grow into normal tissues. In 2016, there were 6,100 new cases of breast cancer in women, 2,470 new cases amongst men; the mortality rate for both men and women was 17 percent in Virginia. For every 100,000 women living in Alexandria during 2009-2013, 100.4 women were diagnosed with breast cancer. Of the 100.4 women diagnosed, the rate of mortality was 24.6.

Although, the cause for breast cancer is unknown, there are preventive steps to mitigate the risk of developing breast cancer and reducing the risk of death. Some of those include, but are not limited to, maintaining a healthy weight, exercising regularly, limiting alcohol consumption, and breast feeding. Through extensive research, the American Cancer Society has concluded that antiperspirants, bras, induced abortion, and breast implants do not cause breast cancer. Although family history of breast cancer is a risk factor, 85 percent of women who are diagnosed with breast cancer have no prior family history of the disease.

To learn more about risk factors for breast cancer and prevention, visit the American Cancer

Society website: ([www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)).

The most effective prevention method in reducing the likelihood of death from breast cancer is receiving a mammogram (x-ray of the breast) regularly. According to the United States Preventive Services Task Force, women ages 50-74 years old should receive a mammogram every two years, women ages 40 to 49, should consult their doctors regarding frequency. Unfortunately, consulting a doctor regarding the need for a mammogram and receiving a mammogram or other breast screenings such as a magnetic resonance imaging (MRI) is a barrier for many women in Alexandria. According to the American Community Survey, the rate of women in Alexandria who are uninsured exceeds rates in neighboring Northern Virginia jurisdictions. In the City of Alexandria during the five-year period, 2009-2013, 12.7 percent of women were uninsured and in 2016 the number rose slightly to 13.1 percent. Comparatively, in Arlington County, 5 percent of women are uninsured and in Fairfax County, 8 percent of women are uninsured. These rates are similar to women reported in Virginia and nationwide. With the uncertainty of healthcare, concerns continue to grow for this population in Alexandria. The Vola Lawson Breast Cancer Memorial Fund works closely with Neighborhood Health to ensure women who are uninsured are able to obtain a physical exam from a physician, receive a free mammogram, and follow-up screenings if necessary.

To support local Alexandria women and men in need of mammograms and other critical screenings, consider donating to the Vola Lawson Breast Cancer Memorial Fund or participating in one of our many events this month. To do so, visit: [www.alexandriava.gov/women](http://www.alexandriava.gov/women).

### COMMENTARY

### COMMENTARY

## My 5 Marathon Training Must-Haves

BY BROOKE SYDNOR CURRAN

**W**hen I started running 20 years ago, I didn't expect that I would run a marathon and I never expected I would one day run more than 100 of them. For me, what started as a way to find some alone time, a mental health break if you will, when I was home with three small kids, became a new lifestyle greater than what I could have imagined for myself.

What started out as casually running a few miles a week turned into running a marathon in all 50 states, on all seven continents and raising more than \$1 million to help get kids more active in my community. I'm excited to be joining over 30,000 other runners participating in the Marine Corps Marathon on Oct. 22. I'm especially excited to run with over a dozen first time marathoners who are raising money to help get Alexandria's kids active. Many of these runners will be out and about in Alexandria, enjoying our unique city, eating in our restaurants and supporting our small businesses. Be sure to congratulate them when you see them!

I've learned a lot by running so many miles over the years. I have found that there are five key elements to running well, which also translates to being active overall.

1. Good Nutrition: You can't safely push your body if it isn't fueled well. It's that simple. Eating whole foods, lean protein, fruits and vegetables and trying to keep your diet healthy and simple — like what our grandparents used to eat — has worked well for me.

2. Injury Prevention: When you love running and being active, it is easy to ignore aches and pains and run yourself into an injury. Listening to your body, cross training and strength training are essential to keeping yourself in well-rounded shape and less prone to injury.



PHOTO BY MARK MOGILE/GAZETTE PACKET

**RunningBrooke founder Brooke Curran, shown at the finish line of the 2016 Marine Corps Marathon, will run again on Oct. 22 to raise money for Alexandria nonprofits focusing on children's fitness.**

3. Boredom Busters: Preparing for and running a marathon or other endurance event requires many, many hours of training. Sometimes those miles are run alone and it can get boring. Having go-to music or podcasts to listen to helps fight the boredom and keep your brain engaged with the activity. A few of my favorite podcasts are: Pod Save America, How They Built This and Nonprofits are Messy.

4. Mental Discipline: This is really all about not going out too fast. The start of a race can be exciting, especially when you're feeling strong and the weather is in your favor. Stopping yourself from going out too hard and fast in the beginning is es

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# God Shed His Grace on Thee

**Church candidate forum illustrates intricate religious, political, racial dynamics.**

BY DAN BRENDL  
GAZETTE PACKET

**A** political forum at Alfred Street Baptist Church (ASBC), featuring candidates in the upcoming statewide election, showcased the complex interrelationship between religion, politics and race.

Goals of the Oct. 12 event included informing attendees about candidates' platforms and increasing voter engagement and turnout. Speakers included 11 candidates, or their representatives, from a variety of local and state races.

Event leaders and several candidates expressly invoked religion.

The opening prayer appealed to God, "the Governor of all governors," and concluded "in Jesus' name." Justin Fairfax, the Democratic candidate for lieutenant governor, said that his optimism for American politics derives from the fact that "God still sits on the throne." Ralph Northam, the Democratic candidate for governor, mentioned his Baptist roots. And Elroy Sailor, representing Ed Gillespie, the Republican candidate for governor, cited "the Good Book" in vouching for Gillespie's character. Gillespie, a Catholic, has said, "I believe we're all created in the image and likeness of God."

While the event was nonpartisan, its de facto hue was blue.

Seven of the 11 speakers were Democrats, plus another "progressive independent." The reason is partly that the lower end of the ticket includes no Republicans or otherwise right-leaning candidates, except Mike Webb for the Arlington County School Board. Webb, though running as an independent, ran for office previously as a Republican. Though invited, none of the five Republican or Libertarian candidates for offices pertaining to Alexandria and Arlington attended; only Gillespie sent a representative.

Some attendees said their top issues included Black Lives Matter, President Donald Trump, gun violence, climate change, the school-to-prison pipeline, education. One said "taxes" but didn't expound. Asked when Virginia would "do the right thing" by lifting certain aid restrictions, Del. Mark Levine (D-45) said, "When we have 51 Democrats in the General Assem-



**Ralph Northam, Democratic candidate for governor of Virginia, addressed Alfred Street Baptist Church's 13th Annual Political Forum, Oct. 12. Also pictured are Elroy Sailor, right, who spoke on behalf of Ed Gillespie, Republican candidate for governor; and Ashlei Stevens (left), a D.C.-based media relations director who moderated.**

bly." Many in the audience applauded and laughed. No one asked about certain flagship Republican issues, like curtailing government spending or abortion.

The event's de facto partisan lean comports with broader trends. Fully 80 percent of historically black Protestants — the religious tradition into which ASBC falls — identify as or lean Democrat, according to the Pew Research Center's 2014 Religious Landscape Study. Additionally, ASBC's pastor, has weighed in on political issues, such as by favoring gun reform legislation. And the Obama family has attended ASBC services several times.

Still, the forum cautions against excessive generalization.

The only two conservative speakers — Webb and Sailor — are black. So is Adam Roosevelt, who, though he did not attend, is the only Republican candidate in any of Alexandria and Arlington's House of Delegate districts. Only two black Democrats spoke

SEE CANDIDATE, PAGE 14

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## NEWS

# Competition along the Potomac River

FROM PAGE 5

Shaw said there were a few big pieces to the Wharf that help put it over Alexandria: the ability for the public to dock boats on the water, a public promenade, and a healthy activities budget.

"When people come down for the weekend, what is there to do?" Shaw asked. "You can only ride the Scottish walk parade for so long. Those parade events are four times a year. This is an opportunity to up our game. I think on top of that list is that we will have new Fitzgerald Square park, so what are we going to do with it?"

But others say the threat the Wharf poses to Old Town business is a little overblown. Robert "Bob" Tagert, publisher of the Old Town Crier, was at the opening of the Wharf. Tagert grew up just across the river in Oxen Hill and said he's seen a lot of changes to the area over the years, but Old Town was still there.

Lani Gering said she remembered when people were first talking about National Harbor.

"They were talking about how it was going to be taking business

away from Alexandria," said Gering. "But people actually come from the Gaylord over here for the history. I think it's the same here. It's a symbiosis for all of this. This place doesn't have the same history that Old Town does."

Bert Ely, co-founder of Friends of the Alexandria Waterfront, said Old Town shouldn't be chasing the Wharf's success.

"The Old Town waterfront lacks the size, infrastructure, and uncommitted open space to create anything comparable to the Wharf," said Ely in an email. "First, the Alexandria waterfront really is quite narrow — from Union Street to the river's edge. Second, the area west of Union is entirely developed, with the exception of the west parcel of Robinson Terminal North; most of that development is comprised of residential properties occupied by folks who are not enthralled by the idea of additional commercial activity along



PHOTO BY VERNON MILES

Visitors enjoy amenities and open space on The Wharf.

Shaw said he was aware of resistance to the idea of a more developed waterfront, but said that Old Town faces the risk of being left behind if it rests on its laurels.

"Any discussion of doing new things or doing things differently tends to reignite concerns about development," said Shaw. "People should be mindful that what's historically worked for us in the past may not always work for us in the future. We have to be open about that."

Frank Shafroth, director of the Center for State and Local Leadership at George Mason University, said the truth was somewhere in between.

"I would not describe the D.C. Wharf as a threat to Alexandria's waterfront; but it certainly represents new competition for Old Town restaurants and retailers — just as National Harbor did when it opened," said Shafroth in an email. "This new competition is one of the reasons to consider establishing a BID. No matter what, the Wharf will not ruin Old Town's businesses economically; it will, without question, draw some tourists to the other bank of the river and seek to withdraw from their purses and wallets. So there will be some negative impact, but hardly catastrophic .... Nevertheless, the Wharf project underscores the need for Alexandria to continue its planning and engineering to revitalize the public areas along the waterfront, as we await the next step for the Boat Club to move to its new site, and for the city to then revitalize the Boat Club property at the foot of King Street: no more barbed wire parking lot on the water at the foot of King!"

the waterfront. The only remaining development sites along the waterfront are at Robinson Terminal North (which has soil contamination issues that are delaying its development and is isolated from the rest of the waterfront area by Founders Park) and at Robinson Terminal South, where a large restaurant and other crowd-attracting facilities are already planned."

Ely also noted that while The Wharf was built specifically with attracting mass tourism in mind, Old Town doesn't have the same infrastructure to support a sharp increase in tourists. "The Old Town waterfront area lacks the infrastructure, specifically street and sidewalk capacity and off-street parking, to accommodate a substantial increase in visitors," said Ely. "Old Town, and especially its waterfront area, are unique and not reproducible. Instead of trying to mimic the ersatz appeal of the Wharf and National Harbor, Alexandria should be trying to polish the jewel it has along and near the waterfront. However, the last thing the Alexandria waterfront needs are even more visitors and the traffic and congestion they would bring."

## BULLETIN BOARD

FROM PAGE 6  
volunteers. Visit alexandriava.gov/  
Volunteer.

**Advisory Group Meeting.** 7 p.m. in the Cameron Station Great Room, 200 Cameron Station Blvd. The Eisenhower West/Landmark Van Dorn Ad Hoc Implementation Advisory Group will hold its fourth meeting, which will include an overview of projects and studies within the Eisenhower West and Landmark/Van Dorn Corridor planning areas. Advisory Group meetings are open to the public and members of the community are encouraged to attend and participate. Visit [www.alexandriava.gov/Planning](http://www.alexandriava.gov/Planning) or call 703-746-3801.

**Renovations.** The Duncan Branch will reopen to the public on Sunday, October 29, at 1 p.m. Contact any Alexandria Library for assistance. Materials may still be returned through the outdoor book drop at the Duncan Branch. Items checked out at the Duncan Branch will not be due during this time period. Email [rdipilato@alexlibraryva.org](mailto:rdipilato@alexlibraryva.org) or call 703-746-1701.

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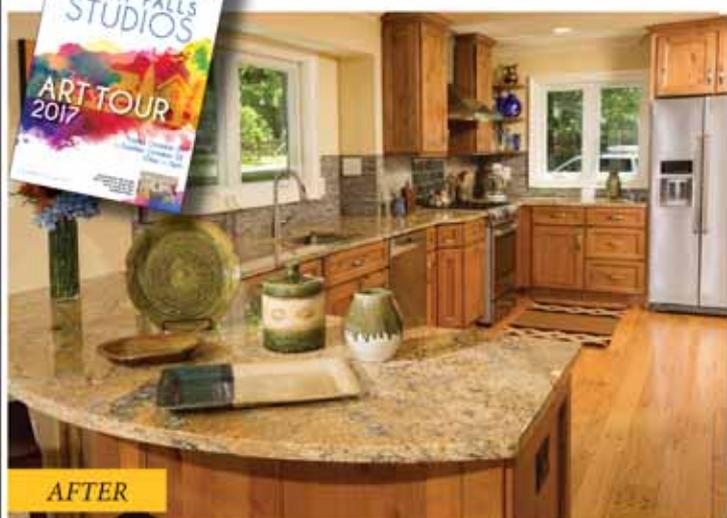
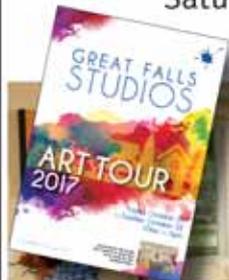
**Community Meeting.** 6 p.m. at the Ben Brenman baseball field, 4800 Ben Brenman Drive. The Department of Recreation, Parks and Cultural Activities and Alexandria Little League will hold a community meeting to discuss proposed ballfield improvements. Visit [www.alexandriava.gov/98149](http://www.alexandriava.gov/98149).

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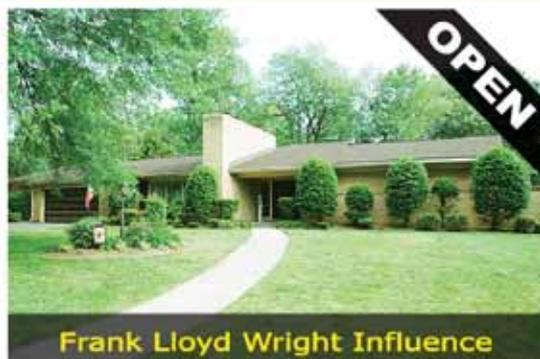
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## NEWS

# Candidate Forum

FROM PAGE 11

at the forum, one of whom stood in for Del. Alfonso Lopez (D-49), who is not black. The other Democratic speakers were white men, albeit who specifically addressed racial equity: Bryan Porter, the Commonwealth's Attorney for Alexandria, and Attorney General Mark Herring both said they're proud of minority hiring in their offices.

Webb supports charter schools and said that Arlington's worst performing high school is also its most diverse. Sailor, a businessman with an established GOP pedigree, said there was time when black people were not allowed to own guns, and that he's "grateful" he learned to shoot and defend his family.

Sailor went further at a 2014 Conservative Political Action Conference, where he and Gillespie were co-panelists. "Let's not be afraid to talk about gun rights, the life issue," he said. "Abortion has been worse on the African American community than the slave trade, than Jim Crow, ever [were]." In 2014, the latest year for which Virginia Department of Health data is available, 8,100 of 19,000 induced terminations of

pregnancies in Virginia were black. Terminations occurred at a rate nearly three times as high among black women as among white women. Sailor also supported privatizing Social Security, since black life expectancy is relatively short, he'd rather have earlier access to more of his money. And he supported charter schools and vouchers, lamenting the limited options his siblings had while growing up in Detroit.

This departure from Democratic planks is also not out of step with broader trends. While 80 percent of historically black Protestants identify as or lean Democrat, only 24 percent claim a liberal political ideology while 36 percent claim a conservative ideology, according to Pew's Religious Landscape Survey. Some of their views lean heavily Democrat. For example, 66 percent think that "Government aid to the poor does more good than harm." But other of their views are mixed. For example, 52 percent oppose same-sex marriage and 42 percent say abortion should be illegal in all or most cases.

The closing prayer beseeched God that "the hearts of the people might vote the will of your kingdom."



PHOTO BY JEANNE THEISSMANN/GAZETTE PACKET

## National Fire Prevention Week

With mom Emily looking on, 2-and-a-half-year-old Henry Chesnes checks out the front of a fire engine during the Oct. 14 open house at Station 204 in North Old Town. Fire stations across the city held the open house day as part of National Fire Prevention Week.

## OPINION

# Training Must-Haves

FROM PAGE 10

essential to finishing the race strong. Have a good game plan and stick to it.

5. Greater Purpose: At first, running for the challenge and joy of it was enough for me. Over time, I yearned for something more meaningful. Once I found a greater purpose, running became something even more special. Getting kids in my community to be more active is a passion of mine. Exercise is like MiracleGro for the brain and I began a nonprofit to

help underserved youth get more activity into their day so that they may do better in school. Whatever your passion is, if you can find a way to connect it to running through fundraising or volunteer work, it will make the miles even more meaningful.

*Brooke Sydnor Curran is the founder and CEO of RunningBrooke. She has completed more than 110 marathons, two Ironmans, and competed in a 100-mile trail race. Her next marathon is the Marine Corps Marathon on Oct. 22. To learn more, visit RunningBrooke.org.*

## LETTERS

### Why Allow Dogs in Stores?

To the Editor:

I am so very sick and tired of inconsiderate dog owners bringing their dogs everywhere, and of stores which permit this behavior. I was shopping at a store in Old Town Saturday and there were two pet dogs, not service dogs, in the store.

When I told both the owners and the manager that I found it inconsiderate to fellow shoppers that the dogs were in the store, I was told it was City of Alexandria policy to allow dogs in stores. Shame on that store and shame on Alexandria. When will the madness end? I do not mind dogs on the street or in pet stores, but it is not appropriate that they are permitted in all stores. If you cannot go shopping without your dog, how about you do your shopping online from your living room and let the rest of us shop without Fido? This is both a hygiene issue

as well as an offense to those of us who are uncomfortable around dogs.

**Abby Wacek**  
Alexandria

### Alternatives To Taking a Knee

To the Editor:

As a direct descendent of George Mason (the father of the Bill of Rights), I fully support the First Amendment to the Constitution, which states: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

However, there is a time and

SEE LETTERS. PAGE 25

# Understanding Wartime Veterans Benefits

In an effort to help veterans and surviving spouses navigate the benefits available from the Veterans Administration, The Fountains of Washington House will team up with Synergy HomeCare Oct. 26 for a presentation on Understanding Wartime Veterans Benefits.

The informational presentation, which is open to the public, will take place at 11 a.m. in the Sky Room at Washington House and is designed to help wartime veterans understand the sometimes overlooked or unknown benefits available to eligible recipients

The faculty for this presentation is Patty Servaes, owner of the Servaes Consulting Group and founder of Elder Resource Benefits Consulting in Sudbury, Mass.

Servaes will focus on wartime veteran eligibility for a tax-free pension benefit from the Veteran's Administration. These benefits may help offset the cost of Assisted and Memory Care Living and other lifestyle changes. For more information, contact Sonja Creech at the Washington House at 703-845-5000. Washington House is located at 5100 Fillmore Avenue.

— JEANNE THEISMANN

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# Boosting a Child's Self-Esteem

A positive self image is a lifelong gift.

BY MARILYN CAMPBELL

One of the greatest gifts that a parent can give a child is a healthy self-esteem. Positive feelings about oneself can lead to success in a gamut of situations ranging from school to social circles, say child development experts.

"Self-esteem plays an important role at all stages of our lives," said psychologist Stacie B. Isenberg, Psy.D. "As adults, it can affect how one approaches situations and interacts with other people. When self-esteem is low, it may, for example, affect work performance or one's ability to recognize and enjoy accomplishments."

Parents play an essential part in the development of their child's self-esteem, advises Cheryl Giacomelli, who teaches psychology at Northern Virginia Community College. "Parents foster self-esteem in many ways including leading by example, being emotionally available, engaging with their children, and providing a loving and supportive environment that allows children to succeed and fail," she said.

Parents can model this behavior in everyday tasks. "For example, while helping a child with a math assignment and not understanding the math problem, the parent

who says 'I can't believe I don't understand this, I was always terrible at math' is sending a different message than the parent who says, 'I'm not sure about this one. Let's ask your teacher to explain it to us in a different way,'" said Isenberg. "Parents can benefit themselves and their children by learning to describe situations according to the specific circumstances and resisting putting a generalized label on the situation or their behavior."

Since children learn by observation, modeling healthy relationships and habits is a vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose an activity once a day in which you are fully engaged with your child," she said. "This may sound like common sense, however in today's busy world, it's sometimes difficult to devote all of your attention to one task. This means playing a game or reading a book and ensuring your cell phone is nowhere in sight."

"Experiences that may negatively impact the development of a strong sense of self occur when we do not fully engage with our children, when we do not allow our children to fail, and when we do not acknowledge our own faults," continued Giacomelli

Avoid harsh criticisms and display expressions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of psychology at Montgomery College-Germantown.

"Children's self-esteem develops based on how well their parents love them," she said. "The best thing parents can do is to openly and unconditionally love and accept their child. Parents ... can do so verbally, by telling their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate warmth through their tone of voice, and eye contact."

**PRAISING CHILDREN** is important, but it must be sincere. Even setbacks can offer opportunities for developing a healthy self-esteem, suggests Isenberg. "Children feel good about themselves when they have received genuine, positive reinforcement from people and situations," she said. "Praising a child's efforts is one of the best things parents can reinforce, because a child can control his effort, whereas outcome isn't always within one's control."

One example that Isenberg offers is saying something like, "I'm so proud of how hard you studied for that science test. You

spent a lot of time reviewing the material and were really dedicated to being prepared."

Allowing children to learn to do things on their own and even experience a setback within a supportive environment may increase feelings of confidence and competence, says Jerome Short, Ph.D., associate professor of psychology at George Mason University.

"Parents may do too much for children or protect them from failure so that children do not learn to cope with difficult situations and soothe themselves," he said. "Children should believe that they have worth for being a unique person."

Fostering opportunities for positive social interaction with their peers can lead to a healthy self-esteem, says Short. "Children who have close friendships and reciprocal sharing with friends tend to have higher self-esteem," he said. "Children's successful accomplishment of goals also boosts self-esteem."

Establishing boundaries and setting limits with children can instill a sense of safety and security, advises Short. "Authoritative parenting that is high in support and high in structure and expectations contributes to children's positive sense of self," he said.

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# ENTERTAINMENT

## A Gender-Bending Twist for 'Hamlet'

Port City Playhouse performs at Sleepy Hollow United Methodist in Falls Church.

BY STEVE HIBBARD

Port City Playhouse, which used to perform plays in Alexandria and Arlington, is staging the classic "Hamlet" by William Shakespeare with a gender-bending twist, at its new venue at the Sleepy Hollow United Methodist Church in Falls Church, now through Oct. 28.

The story follows Hamlet as she returns home after her mother's death to find that her father has married her aunt, ascending the aunt to the throne of Denmark. Her mother's ghost appears, asking Hamlet to avenge her murder. Hamlet is then led on a twisting ride of madness, murder, and discovery.

Director Juli Blacker wanted to do something different with this production as "Hamlet" tends to be done fairly similarly each time, she said. "So I turned to my training in anthropology and hit upon one of the things that bugs me about Hamlet — the strict gender roles and actions. So I decided to turn that on its head, gender-switch the casting, and see where it led. This casting makes us look at the characters, as well as ourselves and our culture, in a whole new light," she said.

She said the biggest directing challenge was adapting the script. "There were many changes, both big and small, required. But once we got on our feet, the actors have inhabited these characters. So much so that I now have to remind myself that this is not how they were initially written," she said.

Rebekah Raze is playing the role of Hamlet. "She is a grief stricken young lady living in a world filled with deception and secrecy," she said. "Two months prior to the beginning of the play, Hamlet's mother has died unexpectedly and now her father has re-married, to Hamlet's aunt. It is revealed to Hamlet through an encounter with a ghost that her mother's death was not an

accident. This throws her into a whirlwind of even more secrets, deeper grief, and a great thirst for revenge."

She said her biggest challenge has been learning her lines. "The character of Hamlet has more lines than any other Shakespearean character ever written. Although our director cut the script significantly, it has still been a challenge to get all of my lines fully in me, while also being sure to focus on the development of my character and my acting choices."

Timothy Caron is playing the role of Ophelius, a privileged yet good-hearted young man in the Danish court. "He lost his father sometime in the past, but has remained quite close with his mother and sister. While this environment has kept Ophelius hopeful and generally happy, it has also rendered him a bit sheltered as to the harsh realities of life," he said.

He added: "In the case of his pre-play relationship with Lady Hamlet, for example, he doesn't have much romantic and social experience to work off of, but he nonetheless believes that there's something genuine and potentially long-lasting between him and her. Unfortunately, in the course of the show, he can't handle the quick breakdown of things between him, Hamlet, and his mother, and that ultimately proves disastrous for his mental and emotional well-being."

He said like any Shakespeare production, he hopes that the audience can, in spite of the largely dated language, recognize the characters' motives, as well as the timeless themes that have helped keep Shakespeare relevant for centuries. "Of course, a big part of that depends on how well we can communicate those things to them," he said.

Jessie Roberts is playing the role of Polonia, who is quite maternal. "Her first concern is her children; second, although not a distant second, is the welfare of Den-



Rebekah Raze stars as Hamlet and Raeanna Nicole Larson stars as Laerta in the Port City Playhouse's production of "Hamlet."

PHOTO BY ALAN WRAY

mark. And when they converge, her commitment to "fixing" things doubles. She's a bit of a yenta and quite funny," she said.

She said once she got a handle on the maternal qualities of the character, the hardest part was learning the lines. "Not in the usual way — lots of lines, etc. Rather that Polonia throws in so much extraneous verbiage that it was difficult to remember all the unnecessary — but colorful — things she says. But it's that excess verbal baggage that makes her character what it is," she said.

Raeanna Larson plays the role of Laerta, the older sister of Ophelius and daughter of Polonia. "The role pretty famously serves as a foil to Hamlet — where Hamlet takes forever to decide what to do, Laerta is all about action. She can be pretty intense and definitely has a temper, but she is also someone who cares really deeply," she said.

She said the most challenging part was also the most rewarding — that of the gender-swap. "There aren't many roles like Laertes written for women. In my experience, women aren't often portrayed in moments of sheer rage, especially not anger that manifests in violence. So, I'm getting to do several things and tap into several emotions I haven't had the chance to explore on stage, and it's really wonderful."

Lesley McKnight is playing two roles — Claudia and the Ghost of Hamlet's mother.

"Queen Claudia is a sociopath who was willing to do anything to become queen, including killing her own sister. She has married her sister's husband, for whom she has genuine affection, to secure the crown," she said. "Hamlet forces her to acknowledge what she has done. Claudia starts to repent, but in the end doesn't, since she isn't sorry. Claudia has a plan to kill Hamlet, but in the end is found out for all she has done, and Hamlet kills her in revenge."

She added: "I am also playing the Ghost of Hamlet's mother, who was murdered by Claudia. The Ghost comes back to tell Hamlet about the murder, and to demand that she seek revenge."

She said the hardest part of playing two different characters is to make sure that they are unique. "I have tried to give them different voices, postures and mannerisms so that they look and sound like two distinct people," she said.

◆ ◆ ◆

Port City Playhouse is staging "Hamlet," produced by Mary Beth Smith-Toomey and Alan Wray, now through Oct. 28 at the Sleepy Hollow United Methodist Church in Falls Church. Tickets are \$18-\$20. Performances are Oct. 20, 21, 26, 27, and 28 at 8 p.m.; and matinee on Oct. 22 at 3 p.m. The venue is located at 3435 Sleepy Hollow Road, Falls Church, VA 22044.

### CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

#### ONGOING

**Artists Exhibit.** Various times through Oct. 31 in the Fireplace Alcove, Mount Vernon Unitarian Church, 1909 Windmill Lane. Dolly Rowe's hooked artworks called "Painting in Wool and Silk" will be on display. Contact [dollyrowe73@yahoo.com](mailto:dollyrowe73@yahoo.com).

**Alexandrians Fight The Great War.** Various times through Nov. 11 at The Lyceum, 201 S. Washington St. This exhibit shares some of the stories of Alexandrians during the war and their more active participation in the American war effort after April 1917. Visit [www.alexandriava.gov/Lyceum](http://www.alexandriava.gov/Lyceum) or call 703-838-4994.

**Multiple Exposures Gallery.**

Through Nov. 26, various times at

the Torpedo Factory Art Center, 105 North Union Street, #312. Photo exhibit. Visit

[www.multipleexposuresgallery.com](http://www.multipleexposuresgallery.com).

**Mount Vernon Farmers Market.** 8

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Wednesdays and Fridays 11:30 a.m.-

1 p.m. at Mount Vernon Ice Skating,

2017 Belle View Blvd. Play hockey with other hockey buffs, hitting slap shots and learning puck handling skills that the pros use. Players must have full equipment. 16 and older. Visit [www.fairfaxcounty.gov/parks/rec/mtvernon/](http://www.fairfaxcounty.gov/parks/rec/mtvernon/) or call 703-768-3224.

**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](http://www.alexandriava.gov/fortward) for

more

**Alexandria's Nurses and 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 hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit [www.alexandriava.gov/lyceum](http://www.alexandriava.gov/lyceum).

**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](http://www.fortward.org) or call 703-746-4848.

**Evenings at the Athenaeum.**

Athenaeum, 201 Prince St. 7 p.m.

Second Thursday of every month.

Visit [nvfaa.org](http://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.

**Wake Up Wednesdays** featuring The

Pop Up Cafe. 7-9:30 a.m. on

Wednesday's near the King Street

Tunnel - Carlyle Entrance located

near 2000 Duke St. near Motley Fool.

The cafe will feature coffee, live

# ENTERTAINMENT

music to help commuters start the day off right and donuts from Sugar Shack. maurisapotts@gmail.com

## CAMPS, CLASSES & WORKSHOPS

**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](http://www.TheDelRayArtisans.org).

**The Harmony Heritage Singers** (Mount Vernon Chapter of Barbershop Harmony Society), a daytime, a cappella, Chorus, rehearses on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, monthly, at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 10 a.m.-1 p.m. Newcomers welcome for fun or to book for a performance. Visit [HHSingers.org](http://HHSingers.org), or call Bruce at 703-352-5271.

## OCTOBER

**Ghost and Graveyard Tour.** Throughout October, nightly at 7:30 p.m.; Friday and Saturday second tour at 9 p.m. \$13 adults; \$7 ages 7-17. Tour departs from Alexandria Visitor Center, 221 King St. Hear ghost stories, legends and folklore. Call 703-519-1749 or visit [www.alexcolonialtours.com](http://www.alexcolonialtours.com).

**WEDNESDAY/OCT. 18**  
Best in Business Awards

**Ceremony.** 6-9 p.m. at The George Washington Masonic National Memorial, 101 Callahan Drive. Alexandria Chamber of Commerce Honors Bill Blackburn as 2017 Business Leader of the Year. \$115 or \$150 for non-members. Visit [www.alexchamber.com/](http://www.alexchamber.com/).

## THURSDAY/OCT. 19

**Film Screening, Discussion, and Book Signing.** 7 p.m. at the Alexandria Black History Museum, 902 Wythe Street. An Evening with Alexandria boxer Anthony Suggs, Sr. and moderator Michael Joyner. Free. Call 703-746-4356.

## FRIDAY/OCT. 20

**Ghosts and Grief Halloween Tours at Lee-Fendall House.** starting at 7 p.m., 7:30 p.m. and 8 p.m. at the Lee-Fendall House, 614 Oronoco St. Learn more about the rituals and customs behind our modern-day funeral practices. \$8 in advance; \$10 at the door; free to members. Call 703-548-1789 or visit [www.leefendallhouse.org](http://www.leefendallhouse.org).

**Lloyd Cole Concert.** 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Playing selections from his album "Rattlesnakes." \$25 Visit [www.birchmere.com](http://www.birchmere.com).

## SATURDAY/OCT. 21

**Mega Bazaar/Craft Fair.** 9 a.m.-2 p.m. at the Hollin Hall Senior Center, 1500 Shenandoah Road. Over 30 crafters, silent auction, bake sale, and door prizes. Call 703-765-4573.

**Master Class Program: Planning Spring.** 9:15 a.m.-12:15 p.m. at Green Spring Gardens, 4603 Green Spring Road. In this extended Master

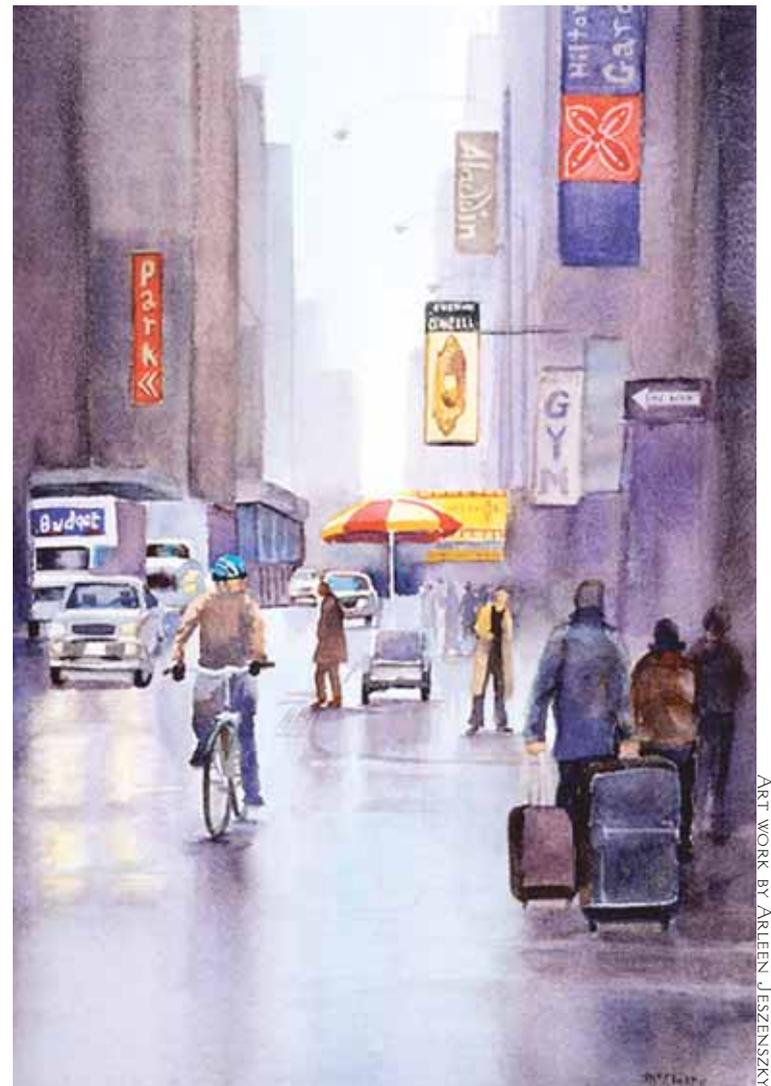
Class, famed plantsman and author David Culp will share plant knowledge that will benefit the garden. \$28. Call 703-642-5173.

**Civil War Shelter Program.** 11 a.m.-3 p.m. at Fort Ward, 4301 West Braddock Road. Can you tell a Sibley tent from a dog tent? How did Civil War soldiers stay warm in camp? Find out the answers to these questions and more when Fort Ward Museum presents the living history program Civil War Shelter. Call 703-746-4848.

**History of Candy Lecture.** 11 a.m. at the Black History Museum, 902 Wythe St. Susan Benjamin, candy historian, returns to the Alexandria Black History Museum to talk about the historic origins of candy based on her book "Sweet as Sin: The Unwrapped Story of How Candy Became America's Favorite Pleasure." This program focuses on African-American contributions to sugar production and candy making. \$15. Call 703-746-4356 or visit [www.alexandriava.gov/BlackHistory](http://www.alexandriava.gov/BlackHistory).

## Art Sale

**Original Artwork sale over the weekend of Dec. 2-3, 4-7 p.m. Saturday, noon-4 pm. Sunday at Hollin Hall Senior Center, 1500 Shenandoah Road. Eighty local artists, most members of the Torpedo Factory Art League, will display and sell original artwork. Visit [hollinhallseniorcenter.org](http://hollinhallseniorcenter.org).**



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**FRIDAY Evening 10/20/17**

**Mount Vernon Swing for Pink ATHLETIC CLUB**

**Date:** FRIDAY, October 20, 2017  
**Time:** Main Event 6-10pm  
Kids Event: 5:30-9pm  
**Where:** Mount Vernon Athletic Club  
7950 Audubon Ave.  
Alexandria, VA  
(703) 360-7300

Play Tennis, Socialize or Volunteer at our Breast Cancer Charity Event  
Get involved for a good cause and meet a great group of FUN People!

**About Swing for Pink!**

Come support our fight against breast cancer. Eat, drink, socialize & play or watch tennis! All the proceeds benefit breast cancer research, education, screening, & treatment. The Breast Care Institute at Inova Mount Vernon Hospital and the Joseph Viar and Bernie Christ Cancer Center at Inova Alexandria Hospital

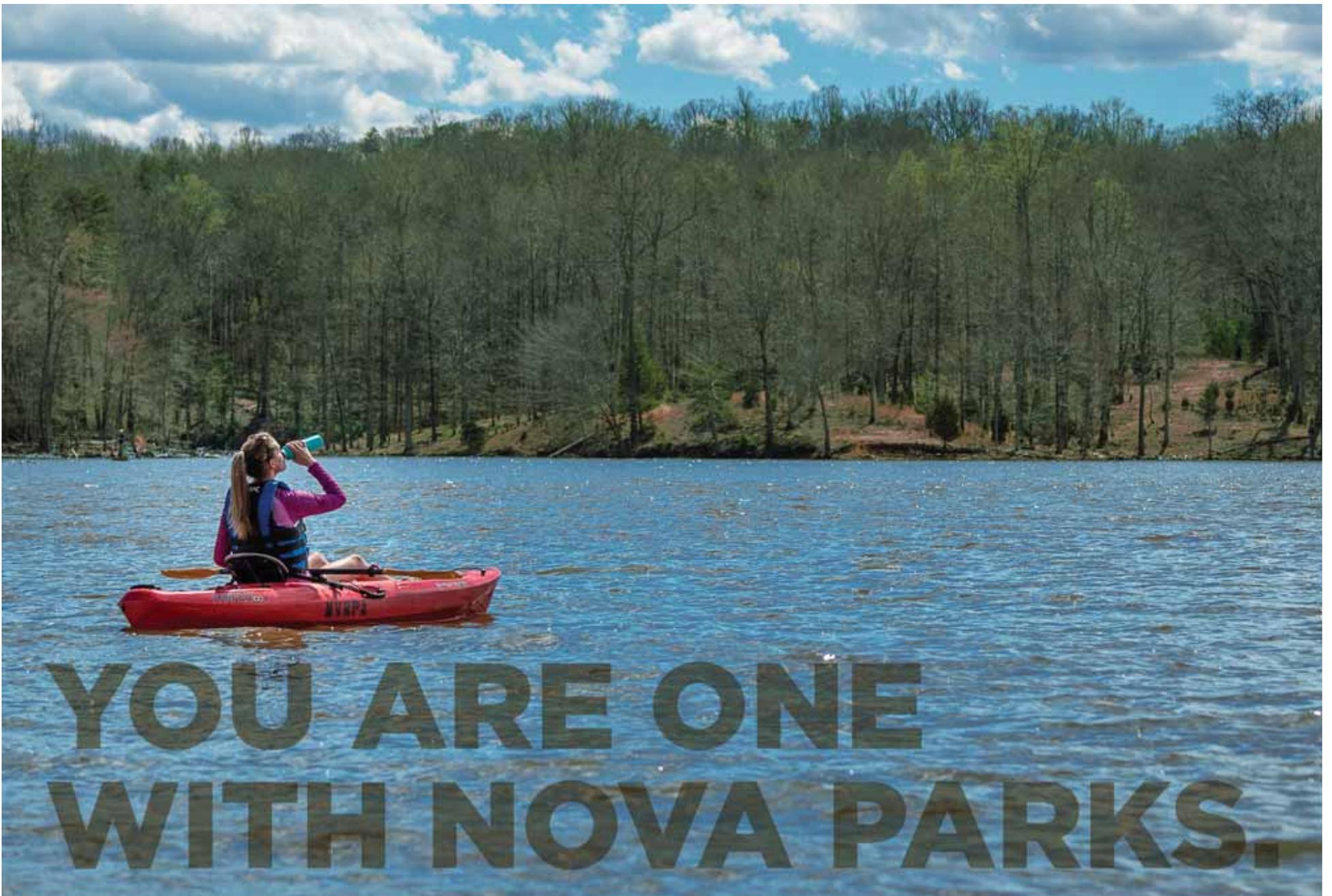
- \$25 Pre-Registration - includes entry & tennis
- \$10 to Socialize & Support (no tennis play)
- \$30 Registration at the door

Register at the club or online here:  
<https://swingforpinkantvac.wordpress.com/>

Another Community Partnership for the Mount Vernon & Alexandria Editions of:

Alexandria Gazette Packet | MIVAC | Mount Vernon Gazette

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Come out this weekend and rent a kayak or hike a trail, explore your regional parks, and connect with nature. Pohick Bay and Fountainhead Regional Parks are both located less than 25 minutes from Alexandria.



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Hilarity ensues as this kooky clan works out their differences about potentially selling the family home.

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## ENTERTAINMENT

# ASO Offers Nature-Themed Concert Led by Conductor James Ross.

BY MELINDA KERNIC  
ALEXANDRIA SYMPHONY ORCHESTRA

The Alexandria Symphony Orchestra presents an unusual season this year, featuring the four final candidates for music director. The finalists are diverse, conducting symphonies from Xalapa, Mexico to Lucena, Spain — from the Los Angeles Philharmonic to the Washington National Opera. One final candidate will be chosen as the next music director to conduct the 75<sup>th</sup> anniversary season in 2018-2019.

The season continues this weekend with James Ross on Saturday, Oct. 21, (8 p.m. at Schlesinger Concert Hall) and Oct. 22 (3 p.m. at the George Washington Masonic Memorial) with a concert inspired by nature. Complete with a mystery prelude related to the same theme, the concert evokes images of coastal shores and green pastures. Ross programmed the concert with these common ideas in mind, as he commented: “Birds, waves, rocks and a lonely human taking it all in — these are the elements that bind our program.”

One of George Butterworth’s last works before he gave his life as a soldier in WWI, “The Banks of Green Willow” incorporates folk songs and poetry from his native England. The “Four Sea Interludes,” which Benjamin Britten derived from his acclaimed opera “Peter Grimes,” paints the sea itself as character in this heartbreaking tale. “The North Sea takes on the role of psychological underpinning and commentary on an individual against society,” observes Ross. “That same craggy power and inwardness that infuses the Brahms Third Symphony is present in a raw form in the ‘Sea Interludes’.”

Ross is currently director of orchestras at the University of Maryland, recently completing a 16-year tenure. He also serves as the director for the National

Youth Orchestra – USA, music director-designate of the Orquesta Simfònica del Vallès in Barcelona and serves on the faculty at The Juilliard School. He is internationally recognized for advancing the future of orchestras through cross-genre collaborations. His recent performance of Beethoven’s Symphony No. 9, presented in Catalan at the Palau de la Música, received an enthusiastic standing ovation. “I believe in the ongoing humanizing impact of classical music on the lives of those it touches,” says Ross.

The second half of the program features Brahms’ Symphony No. 3. “The symphony embodies a cycle of time,” notes Ross. “The first movement has the explosive energy of spring while the second is a summer pastorale. The third movement is autumnal and inward-turning; the final movement is again full of turmoil — a storminess of fire and ice — and brings us back to motifs from the first movement.”

Concert attendees, musicians and community members are invited to provide feedback after each performance in order to assess the four final candidates. The ASO plans to announce the new music director following the final concert of the season, and special events are planned to introduce him to Alexandria and the surrounding community.

The Alexandria Symphony is a fully-professional orchestra drawing from the Washington, D.C. metropolitan region’s wealth of musical talent. Many musicians perform with other orchestras and top military bands.

The ASO performs Saturdays at Rachel M. Schlesinger Concert Hall and Arts Center and Sunday matinees at the George Washington Masonic Memorial. Adult tickets are \$20-\$80, with \$5 youth, \$10 student and military, senior and group discounts available. To order tickets and for more information, visit [www.alexsym.org](http://www.alexsym.org) or call 703-548-0885.

## CALENDAR

**Taste the Fall Harvest at Wegmans.** 11 a.m.-3 p.m. at Wegmans, 7905 Hilltop Village Center Drive. Taste the best ingredients of the harvest season, sample fall favorites, discover new meal ideas, and watch a chef demonstration of a “veggie flight” featuring three ways to enjoy cauliflower – riced, roasted, and pureed. Call 585-429-3627.

**Annual Art Safari.** noon-4 p.m. at the Torpedo Factory, 105 North Union St. Visitors can get their hands, clothes, and feet dirty with a bevy of interactive activities and crafts. Visit [torpedofactory.org](http://torpedofactory.org).

**Bicentenary of the Birth of Baha’u’llah.** 3-6 p.m. in the Madison Auditorium of the Patent and Trademark Office, 600 Dulany St. 200th anniversary of the birth of Baha’u’llah, the Founder of the Baha’i Faith. Visit [alexandriabahais.org/bicentennial/](http://alexandriabahais.org/bicentennial/).

**Meet the Film Producer.** 5:30 p.m. at Aldersgate United Methodist Church 1301 Collingwood Road. Doblmeier is founder and president of Journey Films and has produced more than 30 films focused on religion, faith and spirituality. Visit [www.journeyfilms.com](http://www.journeyfilms.com).

**Tales from the Vault.** 7-8 p.m. at Ivy Hill Cemetery, 2823 King St. Presented in Ivy Hill Cemetery’s receiving vault, the closest thing Alexandria has to catacombs, come hear tales of Virginia’s history. \$10. Call 703-549-7413 x112 or visit [ivyhillcemetery.net](http://ivyhillcemetery.net).

**Raven’s Night Concert.** 7:30 p.m. at

The Birchmere, 3701 Mount Vernon Ave. Belladonna and Ken Vegas take you back in time with an all new show inspired by the “Beautiful Age” in France, from 1871-1914. \$25. Call 703-549-7500 or visit [www.ravensnight.com](http://www.ravensnight.com).

**Brahms, Britten and Butterworth Concert.** 8 p.m. at the Rachel M. Schlesinger Concert Hall and Fisher Art Gallery NOVA, Alexandria Campus, 4915 East Campus Drive. Images of coastal shores and pastoral greens dominate their October concerts Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

### SUNDAY/OCT. 22

**Civil War Author.** 2 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. Gregory Wilson discusses his book “Jonathan Roberts: The Civil War’s Quaker Scout and Sheriff.” Call 703 768-2525.

### British Atlantic Merchant Ships

**Lecture.** 7-8:30 p.m. at The Lyceum, 201 S. Washington St. A Discussion of Colonial Merchant Ship Technology and the Alexandria Ship’s Significance with Dr. Phillip Reid. \$12, \$10 for FOAA members. Email [Archaeology@alexandriava.gov](mailto:Archaeology@alexandriava.gov) or call 703-746-4399.

**Brahms, Britten and Butterworth Concert.** 8 p.m. at George Washington’s Masonic Temple, 101 Callahan Drive. Images of coastal shores and pastoral greens dominate their October concerts with James Ross, guest conductor. Visit [www.nvcc.edu/schlesingercenter/](http://www.nvcc.edu/schlesingercenter/).

### MONDAY/OCT. 23

**Teamestem.** 9 a.m.-5 p.m. at Mt Vernon Country Club, 5111 Old Mill Road. [www.dormie.io/teamestem](http://www.dormie.io/teamestem). Fundraising event for a nonprofit mentorship organization that pairs young professionals with local college and high school students to help them learn leadership, entrepreneurship, technology skills, and personal finance as well as empower them to be fulfilled both personally and professionally. Visit [www.dormie.io/teamestem](http://www.dormie.io/teamestem).

**“Singing with Martin Luther.”** 7 p.m. at the Immanuel Chapel, Virginia Theological Seminary, 3737 Seminary Road. A hymn fest celebrating 500 Years of Reformation Hymns led by renowned liturgical scholar Gail Ramshaw. Visit [singwithluther.eventbrite.com](http://singwithluther.eventbrite.com) or call 703-461-1792.

### OCT. 24-DEC. 19

**Watercolor Exhibit.** Various times at Green Spring Gardens, 4603 Green Spring Road. See “Nature from Three Points of View”, the work of Jan Burns, Madeleine Chen, and Shari MacFarlane, at the Horticulture Center. Sunday, Oct. 29 is the Artists Reception. Visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) or call 703-642-5173.

### WEDNESDAY/OCT. 25

**WPHS Orchestra Spooktacular.**

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# ENTERTAINMENT

## 3 Coffee Shops to Perk Up Your Day

BY HOPE NELSON

The days are getting shorter and the darkness has descended over more of the morning hours. Need a little pick-me-up on the way to work – or on the way home? Here are three coffee shops that can't wait to help you get your caffeine fix, no matter the time of day.

### Swings Coffee, 501 E. Monroe Ave.

Is it possible to sport an industrial look with a cozy ambiance? If so – or even if not – Swings has both sides of the coin covered in spades. The large roastery on Mount Vernon Avenue could easily look like a hulking cavernous space, but instead, Swings makes it feel like a place one could spend a day working, studying, or chatting without breaking stride.

Swings takes its coffee seriously, and you'd be wise to do so too. Try one of the multitude of pour-over varieties, ranging from a full-bodied Sumatra to a sweeter Java Honey, or go for the iced route with an iced or nitro-iced coffee. (If they're serving a bourbon-barrel style? Go for it.) Can't get enough coffee? Take a spin through its Coffee Cupping at 10 a.m. on Fridays, where visitors can venture into the roastery's "coffee lab" and taste-test new coffees, specialty limited-edition varieties, and more.

### Misha's, 102 S. Patrick St.

For years, Misha's has been a beacon in the night – or morning – in Old Town, and for good reason. Walk anywhere near the shop and you'll find yourself awash in the welcoming aroma of roasting coffee, but don't stop at the doorway – enter the belly of the

beast and come back out caffeinated and happy.

Misha's offers a plethora of blends and varieties to enjoy by the cup; taste-test to find the one you like, and then take home a bag of it. A popular blend is its Route 66, the French roasted beans are full-bodied but accessible. Or travel the globe with any of its African, Indonesian or American varieties, either to sip in-house or take back to your own coffee-brewing setup. And don't skimp on the pastries – more than simple window-dressing, they are the real deal and pair very nicely with whatever brew you choose.

### Killer ESP, 1012 King St.

At first blush, it might seem a bit odd to have two coffee shops around the corner from one another, but Killer ESP doesn't seem to be hurting – and neither does Misha's. Rather, the two offer discrete enough selections that it's easy to see how they've both managed their close relationship perfectly well.

Venture into the shop and you're first greeted with a welcome sweet sight – a gelato counter. Don't think this is a hasty addition to Killer ESP's offerings – after all, the shop's initials stand for "Espresso, Sorbet, and Pie." You'll find the pie behind the counter as well, in both sweet and savory varieties from DC's Dangerously Delicious Pies. And as far as the espresso, well, Killer ESP wins the frequent-flier award with its connection to Portland, Oregon's Stumptown Coffee. Enjoy a multitude of varieties of the espresso, sorbet or pie – or live dangerously and have a tasting of each component. Life's short, after all.

*Hope Nelson owns and operates the Kitchen Recessionista blog, located at [www.kitchenrecessionista.com](http://www.kitchenrecessionista.com). Email her any time at [hope@kitchenrecessionista.com](mailto:hope@kitchenrecessionista.com).*

### APPETITE

Swings takes its coffee seriously, and you'd be wise to do so too. Try one of the multitude of pour-over varieties, ranging from a full-bodied Sumatra to a sweeter Java Honey, or go for the iced route with an iced or nitro-iced coffee. (If they're serving a bourbon-barrel style? Go for it.) Can't get enough coffee? Take a spin through its Coffee Cupping at 10 a.m. on Fridays, where visitors can venture into the roastery's "coffee lab" and taste-test new coffees, specialty limited-edition varieties, and more.

### CALENDAR

5:30-7 p.m. at West Potomac High School, 6500 Quander Road. West Potomac Orchestra's annual Spooktacular Carnival and Concert. Free. Call 703-718-2587.

**Lost Alexandria Lecture.** 7 p.m. at The Lyceum, 201 S. Washington St. Dr. James Goode is best known for his work as a historian documenting some of the Washington area's most significant architectural losses. \$5. E-mail [Jim.Holloway@alexandriava.gov](mailto:Jim.Holloway@alexandriava.gov) or call 703-746-4726.

**Chorus Meetup.** 7-9 p.m. at Alfred Street Baptist Church, 301 S. Alfred St. The Male Chorus of the Alfred St. Baptist Church and the Alexandria Harmonizers Barbershop Chorus are co-sponsoring an informal meeting of Alexandria-based choral groups. Free. Call 703-229-3790.

### THURSDAY/OCT. 26

**Meet the Author.** 8:15-11 a.m. at the George Washington Masonic Memorial, 101 Callahan Drive. Author Beth Kanter discusses "The Happy Healthy Nonprofit: Strategies for Impact without Burnout," that will help steer your organization away from burnout while boosting all-around performance. Call 703-683-2007.

**Yappy Hour.** 5-7:30 p.m. at Holiday Inn Alexandria Carlyle, 2460 Eisenhower Ave. To benefit the Dog and Cat Foundation part of Dogtoberfest. Friendly dogs welcome on the patio. Visit [www.visitalexandriava.com](http://www.visitalexandriava.com).

**Film and Discussion.** 7-9 p.m. at the Alexandria Black History Museum, 902 Wythe St., Alexandria. "Breathe in the Roots," film tells the story of Ty Christen Joseph, a young African-

American English teacher, who takes a spiritual journey of discovery from Addis Ababa to Lalibela in Ethiopia. Following the film, Indrias G. Kassaye, the film's writer, photographer, and producer leads a discussion. \$10. Visit [www.alexandriava.gov/BlackHistory](http://www.alexandriava.gov/BlackHistory).

### FRIDAY/OCT. 27

**Bark or Treat Canine Cruise.** 6 and 7:30 p.m. at Alexandria City Marina, 1 Cameron St. Come out with your costumed canine and cruise to some Halloween tunes along the Potomac. \$18 adults; \$12 ages 2-11; dogs free. Call 703-684-0580 or visit [www.potomacriverboatco.com](http://www.potomacriverboatco.com).

**Ghosts and Grief Halloween Tours at Lee-Fendall House.** starting at 7 p.m., 7:30 p.m. and 8 p.m. at the Lee-Fendall House, 614 Oronoco St. Learn more about the rituals and customs behind our modern-day funeral practices. \$8 in advance; \$10 at the door; free to members. Call 703-548-1789 or visit [www.leefendallhouse.org](http://www.leefendallhouse.org).

**The Gadsby's Tavern Ghost Tour.** 7-9 p.m. tours every 30 minutes at Gadsby's Tavern Museum, 134 N. Royal St. Follow a colonial-costumed guide through the Alexandria streets, visit a cemetery and enter one of the most haunted buildings in Old Town. Call 703-519-1749 or visit [www.alexcolonialtours.com](http://www.alexcolonialtours.com).

### OCT. 27-28

**Trick-or-Treating at Mount Vernon.** 3:30-6:30 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Wagon rides, chocolate making, costume parade. \$12 adults; \$6 ages

11 and under. Visit [www.mountvernon.org](http://www.mountvernon.org).

### OCT. 27-29

**Worship Ceremonial Workshops.** Various times at St. Aidan's Episcopal Church, 8531 Riverside Road. Author John Philip Newell leads discussions and workshops from his book "Rebirthing of God." Visit [www.centerforspiritualdeepening.org](http://www.centerforspiritualdeepening.org).

### SATURDAY/OCT. 28

**Fundraising Yard Sale.** 7 a.m.-1 p.m. at Wesley United Methodist Church, 8412 Richmond Ave. Benefit for Rising Hope Mission Church which feeds, clothes, and shelters those most in need. Visit [www.risinghopeumc.org/special-events](http://www.risinghopeumc.org/special-events).

**Le Tour d'Alexandria.** 10 a.m. at Beatley Central Library, 5005 Duke St. The bike tour will highlight many of the library's programs and resources, and offer participants the opportunity to socialize with other library and bicycling enthusiasts. This year's tour will highlight some of Alexandria's haunted locations. Visit [www.bit.ly/alexlibrarybiketour](http://www.bit.ly/alexlibrarybiketour).

**4<sup>th</sup> Annual Halloween Pumpkin Hunt.** 10:30 a.m., 12:30 and 2:30 p.m. Alexandria's ghosts and goblins will fill the garden with hundreds of colorful toy-filled pumpkins for local children to discover. Other activities include crafts to take home, a sticker station, temporary tattoos, spooky stories, a costume parade with prizes as well as drinks and refreshments. Call 703-548-1789 or visit [www.leefendallhouse.org](http://www.leefendallhouse.org). Call 703-548-1789 or visit [www.leefendallhouse.org](http://www.leefendallhouse.org).

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Three Seatings: 12:30, 2:30 or 4:30 P.M.

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# ENTERTAINMENT

**Canine Costume Contest.** 2-4 p.m. on the patio at Lena's Wood-Fired Pizza & Tap at 401 E. Braddock Road. Benefit for Animal Welfare League of Alexandria's and to launch the AWLA's 2018 photo calendar commemorating Alexandria's 2018 Animal of the Year, Zoey, who passed earlier this year. \$25 for one costume entry (individual or group) and \$10 to attend. Visit [alexandrianimals.org/HowlOWeen2017](http://alexandrianimals.org/HowlOWeen2017).

**Zombie Escape.** 6:30-10 p.m. at the Carlyle House, 121 N. Fairfax St. \$30 ages 13 and up. The group will have 20 minutes to crack a series of puzzles and physical feats to obtain all the supplies needed for your survival group back at the hotel. Call 703-549-2997 or visit [www.CarlyleHouse.org](http://www.CarlyleHouse.org).

**Ghostly Tales.** 6:30-10 p.m. at the Carlyle House, 121 N. Fairfax St. Join storytellers from Alexandria's Footsteps to the Past on the front lawn of Carlyle House for ghostly tales of Alexandria's past. \$5. Visit [www.carlylehouse.org](http://www.carlylehouse.org).

**Edgar Allan Poe Readings in the Vault.** 7-8 p.m. in Ivy Hill Cemetery, 2823 King St. Presented in Ivy Hill Cemetery's receiving vault, the closest thing Alexandria has to catacombs, the Guillotine Theater Company will perform some of Edgar Allan Poe's readings. \$10. Call 703-549-7413 x112 or visit [ivyhillcemetery.net](http://ivyhillcemetery.net)

**Nightmare on King Street.** Judging at 11 p.m. at Daniel O'Connell's, 112 King St. Free. Halloween Party. Live music by Driven to Clarity. Prizes for Best Female Costume, Best Male Costume, and Best Group Costume. Call 703-739-1124 or visit [www.danieloconnells.com](http://www.danieloconnells.com).

## SUNDAY/OCT. 29

**Artists Reception.** 1-3 p.m. at Green Spring Gardens, Horticultural Center, 4603 Green Spring Road. Artists, Jan Burns, Madeleine Chen, and Shari MacFarlane will talk about their exhibit, "Nature from Three Points of View," which will be on exhibit through Dec. 17. Call 703-642-5173.

**Doggie Trick-or-Treat.** 1-3 p.m. at The Dog Park, 705 King St. Call 703-888-2818 or visit [www.thedogparkva.biz](http://www.thedogparkva.biz)

**Del Ray Halloween Parade.** 2-4 p.m. at Mount Vernon and Commonwealth avenues through Del Ray. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb with prizes in different categories. Free. Visit [www.visitdelray.com](http://www.visitdelray.com).

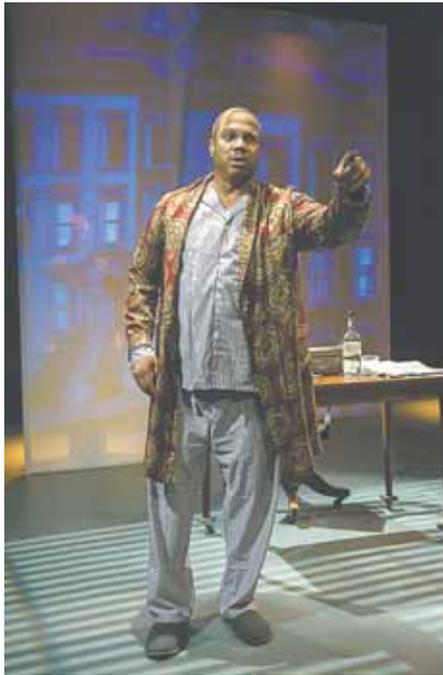
**Meet the Authors.** 2-5 p.m. at Beth El Hebrew Congregation, 3830 Seminary Road. Three authors, and Robert Siegel, Host of NPR's "All Things Considered." \$25. Visit [www.bethelhebrew.org](http://www.bethelhebrew.org).

## MONDAY/OCT. 30

**Community Job Fair.** 10 a.m.-2 p.m. at the Charles Houston Recreation Center, 901 Wythe St. Call 703-746-5571.

## OCT. 30-31

**Haunted House at Captain's Cove.** 4:30-7 p.m. at Hotel Indigo, 220 South Union St. A pirate-themed haunted experience, playing on the hotel's nautical theme and the area's maritime history. All are welcome and there is no admission fee, but patrons are encouraged to donate to Act for Alexandria, a local



## Talk to Playwright

**Playwright Carlyle Brown is coming this weekend to see his play, "Are You Now or Have You Ever Been ..." at MetroStage. He is arriving from Minneapolis and will be in attendance at the show Friday at 8 p.m. and Saturday at 3 p.m. and 8 p.m. All performances will be followed by a talk back with the playwright. Above, Langston Hughes is portrayed by New York actor Marcus Naylor.**

organization which distributes grants for revitalization of the Alexandria area and community. Visit [hotelindigooldtownalexandria.com/](http://hotelindigooldtownalexandria.com/).

Alexandria Carlyle, 2460 Eisenhower Ave. To benefit the Dog and Cat Foundation, silent auction and raffle. Call 703-960-2000.

## TUESDAY/OCT. 31

**Trick or Treat.** 5-7 p.m. at the Carlyle House, 121 N. Fairfax St. All Halloween's Eve for good old fashioned 18th century trickery and treats. Visit [www.novaparks.com](http://www.novaparks.com).

## THURSDAY/NOV. 2

**Yappy Hour.** 5-7:30 p.m. Holiday Inn

## SATURDAY/NOV. 4

**Ventures in Community Walk.** 8-10 a.m. at Fort Hunt Park, 8999 Fort Hunt Road. Fund raising for Good Shepherd Housing, ICNA Relief Food Pantry, New Hope Housing, Rising Hope and United Community Ministries. Email [kaddavey@gmail.com](mailto:kaddavey@gmail.com).

**Pancake Fundraiser.** 8-11 a.m. at

PEMA's Restaurant, 8430 Richmond Highway. \$10, \$3 children 12 and under. Funds support the Mount Vernon Evening Lions Club. Call 703-339-7099.

**Tour De Mount Vernon.** 8:30 a.m. at the Mount Vernon Governmental Center, 2511 Parkers Lane. Ride on bikes with the Mount Vernon Supervisor Dan Storck and tour the Mount Vernon District. Visit [www.alexandriava.gov/Recreation](http://www.alexandriava.gov/Recreation).

**Tea with Lady Washington.** 2-3 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway. Join Martha Washington for tea as she shares memories of her and the General's life as a young married couple, during the Revolutionary War, and at their home in Mount Vernon. \$35. Visit [www.mountvernon.org](http://www.mountvernon.org).

**Swedish Jazz Concert.** 7 p.m. at The Lyceum, 201 S. Washington St. Visit [www.alexandriava.gov/Lyceum](http://www.alexandriava.gov/Lyceum) or call 703-838-4994.

## SUNDAY/NOV. 5

**A Taste of History: Thanksgiving Tea.** 1-3:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Food historian Joyce White explores the changing traditions of Thanksgiving, from the settlers' "Harvest Home" of 1621 to the present day celebration. \$42/person (program + tea); \$18 (program only). Call 703-941-7987.

**Capitol Steps Benefit Performance.** 5 p.m. at at US Patent & Trademark Office, Madison Auditorium, 600 Dulany St. Proceeds go to the United Christian Ministries. \$80 includes food and drink, sponsorships available. Visit [www.ucmagency.org](http://www.ucmagency.org) or email [info@ucmagency.org](mailto:info@ucmagency.org).

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Alexandria Gazette Packet



**Fall Harvest Family Days**  
October 21-22

**Trick-or-Treating at Mount Vernon**  
October 27-28

**Horses & Hounds**  
November 4

For more information, visit [mountvernon.org/events](http://mountvernon.org/events)

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11

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## Employment

### Medical Office Billing /Office Assistant

Busy pediatric practice in Alexandria has FT opening, 10-6, M-F, occasional Saturdays. No experience necessary. Call Lee-Ann at 703-914-8989, ext.128

## Legals

### ABC LICENSE

Taj Of India , Corp trading as Taj of India, 6027 Richmond Highway Alexandria VA 22303-2101. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On & Off Premises, Mixed Beverage on premises license to sell or manufacture alcoholic beverages. Mia Shahjahan as President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

## Legals

SUMMONS (FAMILY LAW) FL-110

NOTICE TO RESPONDENT (Name): DANIEL S. MARENOS

You have been sued. Read the information below and on the next page.

Petitioner's name is: PAULA T. ABELS

CITACION  
FOR COURT USE ONLY  
2017 JUL 31 pm 2:41  
CLERK-SUPERIOR COURT  
SAN DIEGO, CA

CASE NUMBER: 17FL008521N  
N-17: MOK, KELLY

You have 30 calendar days after this Summons and petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs.

For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center ([www.courts.ca.gov/self-help](http://www.courts.ca.gov/self-help)), at the California Legal Services website ([www.lawhelpca.org](http://www.lawhelpca.org)), or by contacting your local county bar association.

NOTICE-RESTRAINING ORDERS ARE ON PAGE 2:

These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

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## Legals

### ABC LICENSE

PTO Seafood, llc trading as Whiskey & Oyster, 301 John Carlyle St., Alexandria, Va. 22314. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage, Beer and Wine On and Off license to sell or manufacture alcoholic beverages. Michael G. Anderson, Manager Partner authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

## Legals

FEE WAIVER: If you cannot pay the filing fee, ask the Clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

1. The name and address of the court are: Superior Court of California, County of San Diego  
325 S. Melrose Drive, Vista, California 92081

2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney are: Nicole M. Nore, Esq.  
1015 Chestnut Avenue, Suite C-2  
Carlsbad, CA 92008  
(760) 720-9890

Date: JUL 31 2017 Clerk, by /s/ By: L. Fita Slaloi, Deputy

Page 1 of 2

### STANDARD FAMILY LAW RESTRAINING ORDERS

Starting immediately, you and your spouse or domestic partner are restrained from: removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court; cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health, automobile, and disability, held for the benefit of the parties and their minor children; transferring, encumbering, hypothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject

## Obituary

**Larry W. Emery**, of West Rockhill Twp., passed away on Saturday, October 7, 2017 at his residence. He was the beloved husband of 54 years to Margaret (Silvio) Emery.

Born in Winchester, MA, he was a son of the late John C. and Barbara Mae (Campbell) Emery.

He was employed as an Electrical Engineer for the Department of the Navy for over 35 years.

Larry was a very active person. He enjoyed all the Boston Sports teams, geocaching, traveling with his wife, running, and bicycling. He also enjoyed games such as backgammon and cribbage. Larry liked studying foreign languages, including Spanish, French, German, and Italian.

In addition to his wife, Margaret, he is survived by a daughter, Joanne Caruso and her husband Christopher of Eldersburg, MD, a son, Patrick Emery and his wife Kathleen of Royersford, PA, four grandchildren: Spencer, Sean, Shelby, and Meghan, and a sister, Patricia Emery of Kirkland, WA. He was preceded in death by a sister, Nancy Lee Rawson.

A time to celebrate Larry's Life was held on Tuesday, October 10, 2017 at the Community at Rockhill, 3250 State Road, Sellersville, PA. Memorial contributions can be made in Larry's honor to Doctors Without Borders, 333 7th Avenue, New York, NY 10001-5004, or to St. Jude's Children's Research Hospital, 3501 St. Jude Place, Memphis, TN 38105. Arrangements are by the Sadler-Suess Funeral Home, Telford. [www.sadlersuessfuneralhome.net](http://www.sadlersuessfuneralhome.net)

## Legals

to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party.

You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or to pay court costs.

NOTICE-ACCESS TO AFFORDABLE HEALTH INSURANCE: Do you or someone in your household need affordable health insurance? If so, you should apply for Covered California. Covered California can help reduce the cost you pay towards high quality affordable health care. For more information, visit [www.coveredca.com](http://www.coveredca.com). Or call Covered California at 1-800-300-1506.

WARNING- IMPORTANT INFORMATION California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the recorded title to the property.

Page 2 of 2

## Obituary

**Constance D. (Antkoviak) Mosakowsky**, 74, of Woodbridge, Virginia, passed away Friday, October 13, 2017 at the Sentara Northern Virginia Medical Center, Woodbridge. She was born February 10, 1943, in Natrona Heights to the late Michael and Helen Krajci



Antkoviak. Connie was a graduate of Indiana University of Pennsylvania with a Bachelor of Science degree in education. She taught for 8 years in the Har Brack School District and finished her career in the Alexandria Virginia School District, where she taught for 35 years. Connie was the first Nationally Board Certified Math Teacher in the state of Virginia. She was a former member of Our Lady of Perpetual Help Church in Natrona Heights and a member of

## Obituary

the Alpha Delta Kappa Society. Connie enjoyed crocheting, knitting, making jewelry and calligraphy. She is survived by her husband of 44 years, Paul Mosakowsky; her sisters, Eileen (Daniel) Kanzi, of St. Clairesville, Ohio and Linda (Michael) Furyk, of Ponte Vedra Beach, Florida; and by numerous nieces and nephews.

Friends will be received on Wednesday from 6-8 PM in the Cicholski-Zidek Funeral Home, Inc., 1522 Carlisle St., Natrona Heights 724-224-8688, where a blessing service will be held on Thursday at 10 AM. Officiating will be the Rev. John B. Lendvai. Burial will follow in Mt. Airy Cemetery, Natrona Heights. To send an on line condolence please [www.cicholski-zidekfh.com](http://www.cicholski-zidekfh.com).

## Announcements

## Announcements

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- Springfield Connection
- Charity Connection
- Mount Vernon Gazette
- Vienna/Dale City Connection

Legals

Legals



**ALEXANDRIA CITY PUBLIC SCHOOLS  
REQUEST FOR INFORMATION NUMBER 171008**

The Alexandria City School Board dba Alexandria City Public Schools is seeking RFP's from qualified bidders for Online Payment Processing System for Student Activity Funds and General Donations.

**Sealed electronic proposals** shall be received in **ACPS' Vendor Self-Service System on or before 3:00 p.m.** November, 6th 2017. The time of receipt shall be determined by the system time stamp in the Vendor Self-Service System. **Mailed paper bids shall not be accepted.**

**Offerors submitting RFP's in the Vendor Self-Service System should also send (1) one original response on a USB flash-drive labeled as RFP NO.171008.** To the Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314. The time of receipt for the mailed or hand-delivered USB shall be determined by the time clock stamp in the Procurement Office.

RFP's 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 <https://www.acps.k12.va.us/purchasing>. **Registration on the Vendor Self Service system at <https://acps.munisselfservice.com/> is required.**

Information submitted may not be withdrawn. However, ACPS reserves the right to cancel this RFP.

Francine Morris  
Senior Buyer

Legals

Legals



**ALEXANDRIA CITY PUBLIC SCHOOLS  
INVITATION TO BID NUMBER 170803**

The Alexandria City School Board dba Alexandria City Public is seeking responses from qualified bidders for the provision of renovations/addition to the existing kitchen at Lyles Crouch Traditional Academy located at 530 S. Saint Asaph Street, Alexandria, VA 22314. The contractor shall provide all provisions of labor, materials and equipment for the renovations and addition of the existing kitchen as described in the ITB.

**A non-mandatory pre-bid conference will be held on October 9, 2017 at 10:00 a.m. at ACPS Central Office located at 1340 Braddock Place, Alexandria, VA 22314.** The pre-bid conference will take place in the 6th Floor Conference Room 610-2, with a site visit following.

**All questions must be submitted via email, with the notation, "ITB NO. 170803 LC Kitchen Renovation", on or before 3:00 p.m. on October 16, 2017.** If necessary, an addendum will be issued and posted to the ACPS Vendor Self Service site (registration with login is required).

**Sealed electronic bids shall be received in ACPS' Vendor Self-Service System on or before 3:00 p.m. October 23, 2017.** The time of receipt shall be determined by the system time stamp in the Vendor Self-Service System. Mailed paper bids shall not be accepted.

**Offerors submitting bids in the Vendor Self-Service System should also send (1) one original response on a USB flash-drive, labeled as "ITB 170803, LC Kitchen Renovation" on or before 3:00 p.m. on October 23, 2017** to Central Procurement Office, 1340 Braddock Place, Suite 620, Alexandria, Virginia 22314. The time of receipt for the mailed or hand-delivered USB shall be determined by the time clock stamp in the Procurement Office.

ITB documents may be obtained at the above Procurement Office or by calling 703-619-8181, or by downloading the ITB from the ACPS website at <https://www.acps.k12.va.us/purchasing>. **Registration on the Vendor Self Service system at <https://acps.munisselfservice.com/> is required.**

Meloni Hurley  
Procurement Manager

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

**-Werner Heisenberg**

**SPORTS**



PHOTOS COURTESY OF TOM MCGIVERN

**Singles scullers Tess Moran and Cleo Lewis**

**Doubles winners Emma Carroll and Elspeth Collard**

**Victories at Occoquan Chase**

**Rowers win Singles, Doubles and 8s races.**

**W**hile cloudy skies did not produce rain at the Occoquan Chase Regatta on Sunday, Oct. 15, the ODBC Varsity Women stormed the event to score wins and placements in three races for high school rowers.

Fall head races like the Chase cover 4500-5000 meters compared to the spring regattas' 1500-meter sprints, and test rowers in much different ways. Particularly for scullers in singles or doubles, they need strength and technical skill like their teammates in the 8-seat boats, but they also have to steer with their oars (there's no rudder or coxswain) and it requires a further dose of physical endurance to be successful.

On an overcast morning with tranquil water, ODBC entered two boats in the Women's Singles category and scored a win by Tess Moran with a time of 25:32.57. Teammate Cleo Lewis placed third with a time of 25:54.68.

"Compared to the races in the spring, fall races are more mentally demanding" said Moran. "In head races boats start at intervals, so sustaining your motivation when no other boats are near you is challenging. Especially in a single, being able to keep pressure up for over 20 minutes in silence can prove difficult," she continued, "which is why we often row steady-state pieces in practice to mimic the longer races and help scullers work on their steering."

ODBC entered three boats in the 23-boat Women's

Junior 8 race and for the second week in a row came away with a win for the First Varsity 8 with a time of 18:41.36, almost 13 seconds ahead of Thompson Boat Club (TBC). Coach Jaime Rubini leads the 1V8s, who include rowers Blythe Markel, Shelby Pierson, Grace Fluharty, Rachel Knapp, Grace Asch, Astrid Henkle, Grace Vannatta, and Celia Lane, and coxswain Paige St. John.

The third ODBC boat to tally a win at the Chase came in the Women's Doubles category, where Emma Carroll and Elspeth Collard stroked to victory in 23:33.19. They were joined in the race by Tess Moran who, following her Singles victory, jumped in a double with teammate Marley Osborne to score a third-place finish in exactly 24 minutes.

"Marley rigged the [doubles] boat while I was racing," said Moran, "and we got on the water 15 minutes after I docked from the Singles race. We had about 30 minutes to row up to the start [before the doubles race began], so we had a few minutes to rest time before the second race."

In Men's varsity racing at the Chase, ODBC was one of six local rowing powerhouses that included Gonzaga, Bethesda Chevy-Chase, and TBC to field three boats each in the highly competitive 30-boat Junior 8s category. The ODBC First Varsity 8 finished 6th with a time of 17:33.0, with teammates in the Second Varsity 8 and Lightweight 8 finishing 10th and 15th, respectively. Those finishes put Team ODBC among the top three with B-CC and Gonzaga for Men's clubs with three boats in the race.

Next up for the ODBC Women's 1V8 is this weekend's trip to Boston for the Head of the Charles Regatta, while their teammates are gearing up for the Head of the Schuylkill in Philadelphia on Oct. 29.

**LETTERS TO THE EDITOR**

FROM PAGE 15

place to exercise free speech, and during the playing of the National Anthem at nationally televised football games is not the place to express a sentiment that African Americans are being treated unfairly by the police – wrong venue, wrong song. It fails to convey the point, it angers people needlessly, and the original intent of the protest has become lost in translation. The operations of the police have nothing to do with the National Football League, period.

As a Vietnam veteran, I am appalled that anyone (especially

wealthy professional football players) would not stand with their hand over their heart during the playing of the National Anthem, as is the custom. The taking of the knee during the National Anthem is seen as totally disrespectful to those of us who have served their country, and especially to those who have family members who have given their lives in support of the First Amendment. I do not think the intent of the original protest was to insult the military.

Rather than continue to distract the intent of the games, (which is sports entertainment that has overtones of patriotism) let us

work together to find an appropriate First Amendment venue for football player grievances, such as different helmet colors, badges, socks, armbands, or some other way to express solidarity over a social cause that does not offend the intent of the National Anthem. If we continue to have this contentious debate, soccer, rugby and other more peaceful sports will be the replacements after the demise of professional football. Instead of seeing the knee being taken, we will hear g-aaaaa-!

**Townsend A. "Van" Van Fleet**  
Alexandria

# "Righty Tightly, Lefty Loosey"



By KENNETH B. LOURIE

So I've been told mnemonically for years. But when you're home and automotive-repair challenged as I am, everything is much easier said than done, especially when the mnemonic device is easier to handle/figure out than whatever tool and/or schematic is necessary/advisable for the at-home/in-driveway repair. (We don't have a garage, or much of a basement for that matter. It's more of a cellar, actually. In fact, I call it "the dug out," so lack of spatial accommodations can exacerbate the problem).

And that's sort of how I feel whenever I attempt a home/car-owner-type repair. Soon after I organize whatever thoughts and tools I guess I might need: within minutes of the initial effort, I will have likely complicated the repair and will be forced to dig myself out, sometimes literally. I'll spare you the details, but suffice to say, I am a man of my word and that word is disaster. To invoke the great and often-quoted Dirty Harry: "A man's got to know his limitations," (Magnum Force, 1973), and believe me, I do.

Granted, replacing bulbs in my house, as written in the final paragraph of last week's column: "What To 'Ware,'" ranks pretty low on the home owner's list of honey-can-you-do?. Nevertheless, challenges do present themselves, especially when height and a ladder – or a step stool, with no spotter, are involved. And when I'm looking up with arms outstretched attacking the problem: light fixture from multiple angles, sometimes, when I place my hand on the bulb, I begin to lose my orientation and am unsure where's 'Righty and where's 'Lefty.' And even though I always remember 'Tightly and 'Loosey,' when 'Righty Tightly, Lefty Loosey' doesn't immediately bring results, I tend to lose patience – and confidence, and slowly retreat to lower ground to reassess.

Unfortunately, there's no one to call. I mean, when you fail at the most basic and fundamental responsibility a home/car owner has, it's difficult, even for someone with as little ego as me, to admit abject failure. Repairing a toilet, installing light fixtures and/or ceiling fans; sawing, sanding, measuring, leveling and drilling; lifting, balancing and carrying; and anything else involving plumbing, electrifying; and even hammering and screwing in general, are tasks I don't mind asking and/or paying for. Having been down this road many times before, I know it's a path that won't lead to my redemption.

So not wanting to make a bad situation worse, or create a problem where one or two previously didn't exist, I have to employ the simplest of solutions. And what's simpler than "a pithy observation that contains a general truth:" an aphorism (Dictionary.com), an aid to one's lack of memory and ability to perform even the most basic of tasks, particularly as it pertains to a home owner: bulb replacement.

Not that this inability is at all defensible. It's not. It's totally indefensible and one whose defense is not all explainable by the most offensive of terms: cancer. Which as you regular readers know has been the bane of my existence going back to late February 2009. That's when my Internal Medicine doctor called me at work to share the results of my previous week's surgical biopsy. His suggestion was that we meet in his office to discuss the results. I shook my head in disbelief. If he wants to meet me in person, the results must be bad, I thought. Otherwise, he'd just tell me, right? I asked him to hold on as I found a private office for us to talk (me to react) and braced myself. He told me the growth was malignant and suggested I see an oncologist as soon as possible. An appointment was set for the following Thursday.

Much has changed in my life ever since that fateful day, but not as it concerns this home/car owner's inability to handle the most mundane tasks. Might have actually gotten worse. As for "the cancer," as "Forrest, Forrest Gump" described the cause of his mother's death, not so bad. I am alive and reasonably well, eight years and nearly two months out, six years plus past the end date of my original "13 month to two year" prognosis. Of that I'm proud. As for the home and car repair deficiencies, I couldn't care less. I have to admit though, it is laughable – and pathetic.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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**ALEXANDRIA, VIRGINIA**

Historically significant brick residence c.1752 with 6BR, 4.5BA, Potomac views, heart pine wood flrs, beautiful gardens, period woodwork & off-street prkg. \$4,995,000  
**Eileen McGrath** 202-253-2226  
**Mark McFadden** 703-216-1333



**MCLEAN, VIRGINIA**

One-of-a-kind stucco Tudor on 3.6+ acres! Breathtaking two-story oak foyer & living room, oak paneled dining room, multiple stone fireplaces, flat open lot with tennis court. Unique opportunity. \$3,650,000  
**Mark McFadden** 703-216-1333



**BELLE HAVEN, ALEXANDRIA, VIRGINIA**

Spectacular river views! Stately 5BR/4FBA/2HBA traditional colonial w/ modern addition. 6,000+SF of meticulously renov space. Unbeatable family rooms, gourmet kit, 3 fireplaces, exquisitely manicured grounds, garage. \$1,895,000  
**Lee Murphy** 202-277-7477



**ARLINGTON, VIRGINIA**

Modern Craftsman, 2 yrs young- impeccable condition, 5BR + office, 4.5BA, open & airy main lvl, modern fins, living room w/ gas FP, screened porch, fin LL. Upper lvl w/ vaulted ceilings & sky lights, lux MBR. 6402 N 27th St. \$1,550,000  
**Michelle Sagatov** 703-402-9361



**GREAT FALLS, VIRGINIA**

Set on five verdant and fenced acres, this charming ranch-style house offers a wonderful opportunity to make it your own or build new with 3 bedrooms, 3 full baths, screened porch, finished lower level, and a large backyard deck. \$1,095,000  
**Mark McFadden** 703-216-1333



**ARLINGTON, VIRGINIA**

Stately, completely renovated 3BR/3BA. Abundant space & character, with most desirable amenities! \$949,000  
**Betsy Twigg** 703-967-4391  
**Anne Cronin** 703-597-3082  
**Linda Murphy** 703-850-0190



**ALEXANDRIA, VIRGINIA**

Large, move-in ready 4BR/3BA home! New roof, gleaming hardwood floors, screened porch! Easy access to all! \$939,000  
**Betsy Twigg** 703-967-4391  
**Anne Cronin** 703-597-3082  
**Linda Murphy** 703-850-0190



**ARLINGTON, VIRGINIA**

Walk to Westover Village! Classic 3BR, 2.5BA w/garage. Newer roof, HVAC & more! Well maintained & well loved. \$915,000  
**Betsy Twigg** 703-967-4391  
**Anne Cronin** 703-597-3082  
**Linda Murphy** 703-850-0190



**ALEXANDRIA, VIRGINIA**

Beautiful three bedroom, two and a half bath expanded home with a detached two car garage sited on a wonderful private cul-de-sac backing to protected parkland. 7533 Hollindale Court, Alexandria. \$729,000  
**Michelle Sagatov** 703-402-9361



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OPEN SUN 10/22, 2-4



### Alexandria \$639,900

Adorable detached home with appealing stone exterior. One level living with 2 bedrooms, 1 bath. Relax on charming front porch or patio space. Hardwood floors, stainless appliances, wood-burning fireplace and unfinished basement. [thegoodhartgroup.com/listings/303-monticello/](http://thegoodhartgroup.com/listings/303-monticello/)  
**Sue & Allison Goodhart 703.362.3221**  
[www.TheGoodhartGroup.com](http://www.TheGoodhartGroup.com)



### Beverley Hills \$954,900

Spacious 3-bedroom, 3.5-bath colonial includes open kitchen, family room and sunroom addition, luxurious master suite, and finished lower level. Off-street parking, easy access to Old Town, Shirlington and DC.

**Jen Walker 703.675.1566**  
[www.JenWalker.com](http://www.JenWalker.com)

OPEN SUN 10/22, 1-3



### Mount Vernon \$725,000

Rare find in historic Mount Vernon! Move in ready contemporary center-hall colonial waiting for a new owner. Relaxing garden, black-bottom pool, 3 gas fireplaces! Nestled among million dollars homes. Loads of updates this gem won't last for long! 9421 Old Mount Vernon Rd  
**Catherine Davidson 703.201.1998**  
[www.cmdrealty.net](http://www.cmdrealty.net)

OPEN SUN 10/22, 2-4



### Alexandria \$695,000

This charming Cape features a newly remodeled eat-in kitchen, separate dining room, fireplace and first floor study. Two large bedrooms, 1.5 baths, full basement, fenced yard, patio, two-car garage. Lovely corner lot. Three blocks to Metro! 506 Little Street  
**Robin Arnold 703.966.5457**  
[www.RobinArnoldSells.com](http://www.RobinArnoldSells.com)

OPEN SUN 10/22, 1-4



### Alexandria/Kingsgate \$410,000

Top-of-the-line townhouse in prime location with street level entrance, hardwood floors, 10-ft ceilings in the living & dining room, fireplace, and rear patio. Eat-in kitchen with stainless appliances & marble counters. Deck off master bedroom. Assigned parking space. 1728 Kingsgate Court  
**Susan Anthony 703.795.9536**  
[www.SusanBruceAnthony.com](http://www.SusanBruceAnthony.com)



### Warwick Village \$499,900

This special 3-bedroom, 1.5-bath townhome backs to Goat Hill Park with a large deck off the family room and a walk-out basement to the fully fenced back yard. The lower level offers additional living space with a separate laundry/storage area. Walk to "The Avenue" in Del Ray!  
**Jen Walker 703.675.1566**  
[www.JenWalker.com](http://www.JenWalker.com)

OPEN SUN 10/22, 2-4



### Old Town \$799,900

Stunning sun-filled 2-bedroom, 2.5-bath row home with den/office. 2-car garage. Beautiful millwork, French doors & deep crown molding. Sub-Zero refrigerator & stainless steel appliances. Master bath with marble subway tile, deep soaking tub & separate glass shower. Private fully-fenced patio. Walk to Metro, King St & more! 752 First Street

**Jennifer Halm 703.851.2255**  
**Holly Beville 703.622.8840**

OPEN SUN 10/22, 2-4



### Old Town \$600,000

Bright end unit townhome checks all the boxes of a desirable Old Town home! Great location, close to shops, dining and Metro. 2 bedrooms, 1.5 baths, hardwood floors, 2 fireplaces, a private patio and garden, freshly painted inside and out, custom built-ins, and updated bathrooms. [thegoodhartgroup.com/listings/1111-powhatan/](http://thegoodhartgroup.com/listings/1111-powhatan/)

**Sue & Allison Goodhart 703.362.3221**  
[www.TheGoodhartGroup.com](http://www.TheGoodhartGroup.com)

OPEN SUN 10/22, 2-4



### Old Town \$714,000

Beautiful 3-bedroom, 2 full & 2 half bath end unit with 2 off-street parking spaces. Soaring ceilings, hardwoods, fireplace & a private deck off the updated kitchen. Master bedroom with light-filled loft, updated bath and ample storage. Finished basement with 2nd fireplace & custom built-ins. No condo or HOA fees. 603 S Columbus St.

**Heidi Burkhardt 703.217.6009**  
[www.RealtorHeidiB.com](http://www.RealtorHeidiB.com)

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