



PHOTOS BY MIKE SALMON/THE GAZETTE

**Shelly A. Good-Cook demonstrates the kubaton, a self-defense gadget.**

## Gifts Galore

### Shopping at Mount Vernon High School Holiday Market.

BY MIKE SALMON  
THE GAZETTE

It was local business entrepreneur Karlene Sinclair-Robinson's first year chairing the Mount Vernon High School PTSA Holiday Market, but with her children helping, the day started out without a hitch.

Sinclair-Robinson is a local business consultant and author of a how-to business book, "Spank the Bank." Her daughter Alexya, a Mount Vernon High School sophomore, had a table nearby with handbags and pocketbooks she had purchased second hand, as the basis for her own business. "I'm a big fan of suede," she said, holding one of the bags for sale.

The cafeteria at Mount Vernon High School was the



**Supplies for road emergencies.**

scene of this year's crafts fair which featured knitted goods, makeup, perfume, hats, clothing and more from local vendors. There was even a self-defense table manned by Shelly A. Good-Cook, who also teaches the "Warrior Woman Workshop."

"You don't want to be a target," she said, holding a kubaton which is a martial arts gadget. "I'm a safety trainer," she said.



**Karlene Sinclair-Robinson with her how-to business book, "Spank the Bank."**



**Knits and crochet dominated the goods at the Boutique Treat table, manned by Collingwood resident Alisa Dickson.**

## Exploring Italy's 'Piedmont Style'

### Two Mount Vernon residents take journey of tastes and history through Northern Italy.

BY STEVE HIBBARD  
THE GAZETTE

Mount Vernon residents and co-authors Mauro Molino and Nicoletta Shane Scarnera have written the book, "Piedmont Style – A Delectable Journey Through Northern Italy." Molino, a classic chef by trade and Scarnera, an intellectual property rights lawyer, spent eight months researching and writing the 144 Northern Italian recipes, including 36 homemade desserts. The 336-page book offers an historical account of Italy's Piedmont region with a month-by-month recipes and references to folk traditions, as well as historic insights of the recipes and ingredients.

The duo structured the book into 12 months with each having three different meals, and every meal having four recipes – appetizers, first course, second course and dessert. To illustrate, the September Menu # 3 includes: Cow's Tongue with Traditional Green Sauce; Gnocchi with Boar Sauce; Rabbit in White Wine with Olives and Potatoes; and Ricotta Cheese Dessert.

"I put a lot of emphasis in the first paragraph; we did research and tried to show how gnocchi was developed in the beginning in Europe. In the first paragraph, we said gnocchi of the 15th century did not have potatoes," said Shane Scarnera.

An example was the semolina pasta, Gnocchetti Sardi, which became a staple in the Piedmont region because Piedmont belonged to the Kingdom of Sardinia, and so with people travelling from one part to the other, this recipe traveled from island of Sardinia. "So, we tried to explain why a certain recipe landed in the Piedmont. We wanted to have the reader interested in not only the recipe but also the history of the recipe itself," she said.

In another example, she highlights the Nutella and Mascarpone Cheese Fudge Cake recipe, on page 306. "After the second World War, the pastry chef Pietro Ferrero wanted to give birth to a dessert based on chocolate, but it was rare during the war. So, they tried to substitute it with hazelnuts, which are spread in the Piedmont region. So, that dessert became so popular, and he founded the Ferrero Company in 1946. His son (Michele) was the one who transformed the tough piece of chocolate into cream of chocolate. They came up with the combination of 'Nut' and 'Tella,' because it sounded nice — the final name was Nutella," she said.

Shane Scarnera had been a regular at Molino's restaurant, the DRP Pizzeria in Belle Haven, and she mentioned that she loved his food;



PHOTO BY STEVE HIBBARD/THE GAZETTE

**Cookbook authors and Mount Vernon residents Mauro Molino and Nicoletta Shane Scarnera.**

he told her that he'd like to make a cookbook and she agreed. She said Molino then started cooking in her kitchen and they started writing the first draft of the recipes; they tested them to make them as best as possible. Through different drafts, they came up with the final version of the recipes themselves. "It was a pleasure for me to watch a professional chef cooking in my kitchen with the target of writing our cookbook," she said.

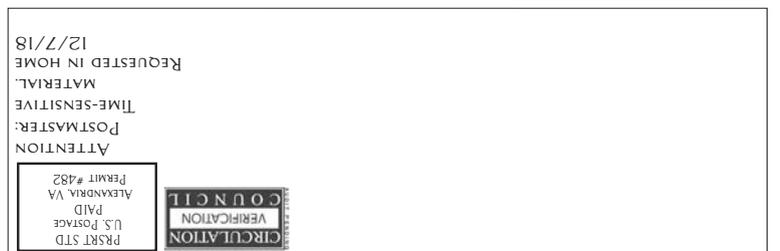
She added: "I always loved reading and cooking and I spent many summers in Piedmont. I used to spend summers cooking and learning their traditions. Piedmont is attached to France; it was under the Royal House of Savoy so there are many recipes — some French origins, so it's a subject that always attracted me. When I discovered that Chef (Molino) was from that region, it was a perfect match."

Molino, who lived and went to school there, and whose grandmother was an excellent cook, decided to become a chef. "As a joke, I said with my experience, why not put my ideas in a book — my experiences, my recipes on paper and give it to somebody else." Molino said they personally taste-tested every recipe. "Everything was made between the two of us. We figured out the doses; we measured every

SEE A JOURNEY OF TASTES. PAGE 5

**"We wanted to give the history, the experience, and we wanted to give something more than regular recipes — the pleasure of sitting together at the table."**

— Mauro Molino



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PHOTOS CONTRIBUTED

**Browne Academy 8th graders outside the Supreme Court on the day they attended oral arguments for the *Timbs v. Indiana* case.**

## Students Attend U.S. Supreme Court

Some Browne Academy 8th graders and history teacher Kristen Logan attended oral arguments on Nov. 28 for the *Timbs v. Indiana* case before the U.S. Supreme Court. The case questions whether the excessive fines clause of the Eighth Amendment applies to civil forfeitures and whether that clause should be incorporated to the states. The Browne contingent also had the opportunity to meet Indiana Solicitor General Thomas Fisher, who argued the case for Indiana. The students' visit connects with the We the People unit, which culminates in a regional competition next month in Ashland, Va. The students who attended the oral arguments are studying judicial review



**Browne Academy 8th graders meet Indiana Solicitor General Thomas Fisher, who argued the *Timbs v. Indiana* case before the Supreme Court.**

and the Fourteenth Amendment. “The students were thrilled by the experience and predict that the court will rule in favor of incorporation. We shall see,” Logan said.

## Honoring Beckner

**Park bench dedicated to former park director.**

Parks and recreation icon William “Bill” Beckner, who died earlier this summer, was remembered and honored on Saturday, Nov. 17, with a park bench dedicated in his memory at Huntley Meadows Park.



Director, Park Foundation; Connie Weyant, former assistant to Bill Beckner; Jack Weyant, Director, Fairfax County Code Compliance; Nancy Magill, Bill Beckner's life partner; Susan Allen, former

member FCPA Conservation Division; Tim White, former Acting Director, FCPA; Annemarie and Rob Gremminger; Mona Enquist Johnston, former FCPA employee and volunteer; Kirk Kincannon, Executive Director, FCPA; Cindy Messinger, former Director, FCPA; Carolyn Gamble, former Huntley Meadows Park employee and volunteer; Nancy Vehrs, Prince William Native Plant Society.

Beckner joined the Park Authority in 1977 as the agency's chief naturalist. Eight years later, he led the agency's detailed strategic planning process, and in February of 1989, he was named the Park Authority's director. He served in that post until December 1993, when he left the FCPA to establish his own consulting business.

Friends, family and colleagues joined together for the occasion including Harry Glasgow, former Park Authority Board member; Paul Baldino, former Park Authority Director; Lynn Tadlock, former FCPA Planning Division Director; Jean Van Devanter White, former

A blog post detailing Beckner's contributions to the field of recreation and parks can be found at <https://ourstoriesandperspectives.com/2018/08/10/former-fcpa-director-bill-beckner-remembered/>.

## Learn about Wildfires

What's the real story behind this year's wildfires in the west? Paradise and Malibu, Calif., are only the latest of a series of deadly wildfires in the western United States that over the last few years have decimated communities, killed firefighters and community residents, damaged critical watersheds and wildlife habitat, and cost billions of dollars in property damage and fire suppression efforts.



**MacCleery**

former Deputy Assistant Secretary of Agriculture, and former California wildland firefighter, will give

Doug MacCleery, retired U.S. Forest Service policy analyst,

SEE LEARNING, PAGE 4

## Bulova Advises Community College Students

**She cites importance of budgeting.**

BY ROB BLIZARD

Board of Supervisors Chairman Sharon Bulova visited an Introduction to Business class at the Northern Virginia Community College's Annandale campus in late November. She provided students with information on a variety of topics including the differences and similarities inherent in running governments and for-profit businesses as well as how the Commonwealth of Virginia developed its approach to bidding for Amazon's second headquarters, ultimately nabbed by Crystal City in Arlington.

With a list of accomplishments including

helping to bring Metro's Silver Line to Dulles Airport and bringing more farmers markets to the county, Bulova is now in her third term as leader of the Board of Supervisors. After decades as a supervisor for the Braddock District, which is home to the Annandale campus, Bulova ran for the top spot after Gerry Connolly vacated the role due to his election to the U.S. House as Representative for Virginia's 11th District.

Bulova mentioned that she started her education at NVCC's Annandale campus, where she took classes ranging from art to business. At the time, she was not sure in what direction she wanted her career to go.

SEE BULOVA ADVISES, PAGE 4



PHOTO CONTRIBUTED

**Board of Supervisors Chairman Sharon Bulova with Rob Blizard, an adjunct instructor for business at Northern Virginia Community College, and his students at the Annandale campus.**

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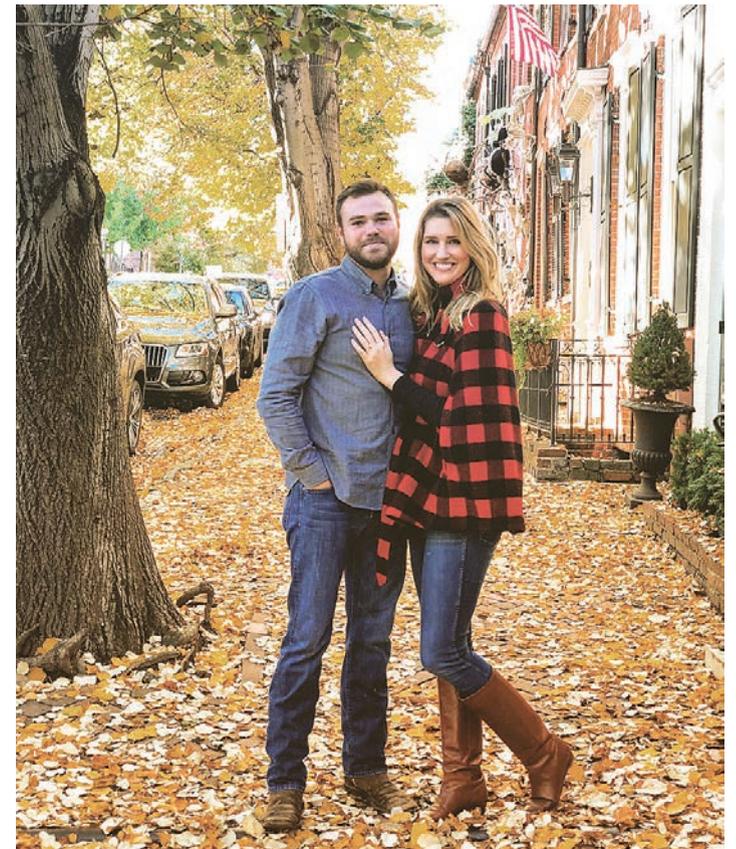
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### Delman, Vliet Engaged

Danae and Eric Delman of Mount Vernon announce the engagement of their daughter, Erika Caroline Delman to Jeffrey Alan Vliet. Erika grew up in Alexandria and is a graduate of Virginia Tech. She is currently working at a financial consulting firm in Tysons Corner, Va. Jeff is the son of Susan and Alan Vliet of Falls Church, Va. He is a veteran of the Air Force and currently works for the FAA. A wedding is planned for the fall of 2019.

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## Bulova Advises

The political leader reminded students that it is OK to take time to figure out the educational path that best suits them.

Bulova explained to students the importance of budgeting in business, stating that a budget is not just a series of numbers, but also a statement of priorities that mean a lot to a great many people. To develop such a document, she noted the value of listening such that stakeholders affected by the budget — or any organizational effort — can feel respected, heard and thus more accepting of the fi-

nal product.

She also discussed the benefit of the county diversifying its portfolio of businesses to avoid being less dependent on the federal government and gave examples of how the jurisdiction has achieved a greater variety in recent years. In addition, Bulova expounded on matters including revitalization along the Route 1 corridor, the challenges of traffic congestion, and concerns about the need for more affordable housing.

*Rob Blizard is an adjunct instructor for BUS 100, NVCC Annandale campus.*

## Learn about Wildfires

FROM PAGE 3

an illustrated presentation on the backstory and history behind this situation on Sunday, Dec. 9 at 12:30 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria, in

the Hollin Hall Fireplace Room

He will address the questions of: What's really driving these fires – climate change, bad forest management, a century of wildfire suppression, or something else? What can we do to deal with the crisis?

# A Journey of Tastes

FROM PAGE 1

thing. We actually did it. We know it works because we put it together.”

Molino describes his cooking style as classic — traditional with Italian, French, and old-fashioned cuisine. “I really care about all of the ingredients. We work with local produce — very seasonal food. I don’t do cherry tomatoes in January; I don’t do eggplant in December. In the summer, I’m not going to do something very heavy with creams and sauces.”

Shane Scarnera added:

“There is a lot of emphasis on the meat. We tried to be as open-minded as possible and made soups and salads from the region, always making reference to the tradition of the region.... We still remember our grandparents cooking that particular recipe — salad, dish of pasta, or gnocchi. We wanted to put the attention of the region so we always made recipes that go back generations, and at the same time, we wanted to show the creativity of the chef — so adding a little touch here and there.”

He added: “What we were trying to achieve is tell the history about why people are cooking the meat and blanching vegetables that way — because we wanted to teach more than just making the food. We



PHOTO BY STEVE HIBBARD/THE GAZETTE

**Cookbook authors and Mount Vernon residents Mauro Molino and Nicoletta Shane Scarnera.**

wanted to give the history, the experience, and we wanted to give something more than regular recipes — the pleasure of sitting together at the table.”

She recalled how Italians used to sit around a fire chatting and telling stories, cooking and appreciating the food they were cooking — enjoying each other’s company. “With this book, we hope to give the sense of community, the sense of pleasure of enjoying each other’s company,” she said.

She said her favorite recipe in the book is the Capon with a Foie Gras Stuffing for the “complexity of the taste, the earthiness of the recipe, the elegance, the game and the foie gras combined. I can imagine myself appreciating the dish with a good glass of red wine and just enjoying the recipe itself and the company of good friends or members of the family,” she said.

Molino’s favorite recipe is the Tagliatelle al Ragu, a kind of pasta with wild boar ragu. “The richness of the ragu, really rich with the lightness of the pasta, put together — we have only fresh pasta and it’s amazing. It creates a wonderful dish,” he said.

To order the book, contact [nshane@venividivitrums.com](mailto:nshane@venividivitrums.com).

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# OPINION

# Give Locally

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

In Fairfax County Public Schools, more than 54,000 students (29 percent) are poor enough to receive subsidized meals.

Many are children living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of these are children who may not be sure that they will have a meal between the meals they get in school.

School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Christmas and the holiday season.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the region need your help to provide holiday meals around Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season, for humans in need, for animals in need, for an environment in need. Here are a few ideas. Please let us know what we have missed.

— MARY KIMM  
MKIMM@CONNECTIONNEWSPAPERS.COM

## Where to Give Locally

❖ **United Community Ministries**, Mount Vernon, 703-768-7106, 7511 Fordson Road, Alexandria, VA 22306 assists low-income families and individuals living along the Route 1 Corridor, UCM provides housing programs as well as a Workforce Development Center. Last year, for the holidays, donations of nearly 10,000 toys, books, games, clothing, and other gifts ensured a joy-filled holiday for hundreds of children. 7511 Fordson Road, Alexandria VA 22306. [www.ucmagency.org](http://www.ucmagency.org)  
Donations of cash/checks and gift cards are also welcome.

❖ **Friends of the Fairfax County Animal Shelter**. For more than a decade, the Friends community has impacted thousands of pets; saving lives, easing pain and suffering, and enriching the lives of pets and their humans. (571) 212-9858 [www.facebook.com/pg/FFCAS/about/](http://www.facebook.com/pg/FFCAS/about/)

❖ **New Hope Housing**, founded in 1977, is a non-profit agency in Northern Virginia committed to finding creative and lasting solutions to end the cycle of homelessness by offering homeless men, women and children the services they need to change their lives and succeed. 8407E Richmond Hwy., Alexandria, VA 22309 [www.newhopehousing.org/how-to-help/donate/](http://www.newhopehousing.org/how-to-help/donate/)

❖ **Mount Vernon At Home**, 703-303-4060, [www.mountvernonathome.org](http://www.mountvernonathome.org). From practical help to social, wellness, educational and cultural activities, Mount Vernon At Home membership helps connect senior members of our community. Neighbors helping neighbors with volunteer support is the power of Mount Vernon At Home. Mount Vernon At Home is a 501(c)(3) nonprofit organization working to meet the needs of its older members. The group fundraises all year to make this possible and count on the generosity of the community.

❖ **National Capital Food Bank**, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)

❖ **Good Shepherd Housing and Family Services**, 8305-17B Richmond Highway, PO Box 15096, Alexandria, VA, 22039. 703-768-9419, [www.goodhousing.org/](http://www.goodhousing.org/) The mission of Good Shepherd Housing (GSH) is to reduce homelessness, increase community support, and promote self-sufficiency. GSH housing manages more than 70 housing units.

❖ **Boys and Girls Clubs of Greater Washington Fairfax Area** operates clubs in two of the neediest areas of the county, Culmore and Mount Vernon/Route 1 corridor, focusing on character and academic success. [www.bgcgw.org/fairfax](http://www.bgcgw.org/fairfax)

❖ **Christian Relief Services**, 8301 Richmond Highway, Suite 900, Alexandria, VA 22309, 703-317-9086, 703-317-9690 [christianrelief.org/](http://christianrelief.org/)

❖ **Friends of Guest House Northern Virginia** offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, [info@friendsofguesthouse.org](mailto:info@friendsofguesthouse.org), [friendsofguesthouse.org/](http://friendsofguesthouse.org/)

❖ **Habitat for Humanity of Northern Virginia** transforms the lives of lower-income families in need by providing affordable homeownership opportunities in Alexandria, Arlington, Fairfax and Falls Church. Learn more at [www.habitatnova.org](http://www.habitatnova.org).

❖ **Alice's Kids** (@alicewillhelp) [aliceskids.org](http://aliceskids.org) P.O. Box 60, Mount Vernon, VA 22121 When a child is raised in poverty they suffer both publicly and privately. When there is no food in the refrigerator, no electricity nor heat, these are hardships that they can keep hidden from their peers. But, when that same child can't afford to pay for the band field trip, a pair of glasses, a chorus outfit or a new pair of shoes, these are indignities that are evident to their classmates. Alice's Kids pays for these relatively inexpensive items in the hopes of preserving the dignity of the child. It helps children from all over the Mount Vernon area through small acts of kindness.

❖ **Neighborhood Health**, 6677 Richmond Highway, Alexandria, VA 22306. The organization partners with its patients to treat the whole person through medical, behavioral health and dental programs. It has 10 clinics throughout Arlington and Fairfax counties. Participating with all insurance including commercial, Medicare, and Medicaid, 703-535-5568, [www.neighborhoodhealthva.org](http://www.neighborhoodhealthva.org)

❖ **OAR** rebuilds lives and breaks the cycle of crime with opportunities, alternatives, and resources for offenders and their families to create a safer community. 10640 Page Ave., Suite 250, Fairfax, VA 22030, 703-246-3033. OAR needs volunteers and financial donations. [oarnova.org/christmas](http://oarnova.org/christmas)

❖ **NAMI Northern Virginia** (National Alliance on Mental Illness) works to raise awareness and provide education, advocacy, and support programs for people living with mental illness, families, students, educators, law enforcement, and the public throughout our neighborhoods. Many excellent programs. NAMI Northern Virginia serves Fairfax, Falls Church, Arlington, Alexandria, and Loudoun [www.nami-northernvirginia.org/](http://www.nami-northernvirginia.org/)  
**HelpLine: (571)458.7310, Email: info@nami-nova.org**

❖ **PRS**, Inc. exists so that individuals living with mental illness, substance use disorders, mild intellectual disabilities, autism spectrum disorders, and anyone who faces life crises can achieve safety,

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❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment. 3070 M Street, NW, Washington, DC 20007. (202) 888-2037 [www.potomacriverkeepernetwork.org](http://www.potomacriverkeepernetwork.org)

❖ **The Community Foundation of Northern Virginia** [www.cfnova.org](http://www.cfnova.org) The Community Foundation for Northern Virginia works to respond to critical need and seed innovation in our region. Your gift helps us make grants in our focus areas of interest while also bringing a spotlight on the benefits of community philanthropists [www.cfnova.org/for-donors/donate-now](http://www.cfnova.org/for-donors/donate-now)

❖ **Committee for Helping Others** (CHO), Vienna, organized in 1969 by a group of churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. Coming up, holiday bike drive. 703-281-7614, [www.cho-va.com](http://www.cho-va.com)

❖ **Our Neighbor's Child** (ONC) volunteers are preparing for delivery of holiday gifts for children from financially struggling families in western Fairfax County – predominantly in Centreville and Chantilly. [www.ourneighborschild.org/](http://www.ourneighborschild.org/)

❖ **Northern Virginia Family Service**. The organization provides the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, it empowers 35,000 individuals to achieve self-sufficiency. [www.nvfs.org](http://www.nvfs.org) Northern Virginia Family Service, 10455 White Granite, Drive, Suite 100, Oakton, VA 22124. 571-748-2500

❖ **Second Story** — Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children. [second-story.org](http://second-story.org).

❖ **Shepherd's Center of Oakton Vienna** providing services, personal enrichment, volunteer opportunities for adults 50 and over. Currently serving 3,000-plus mature adults in the region. 703-281-0538, [www.scov.org](http://www.scov.org)

❖ **FACETS** helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area, a partner in efforts to end homelessness in Fairfax County. FACETS is always SEE WHERE TO GIVE. PAGE 18

## Mount Vernon Gazette

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Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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# Ending Gridlock, Seeking Transportation Funds for Area

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



**A**s traffic congestion continues to plague us, I am intensifying my fight for more transportation resources in our area. Last week, I testified before the Commonwealth Transportation Board (CTB) and made the case for more funds for several critically needed transportation projects: the I-95/Occoquan bottleneck, U.S. 1 widening and bus rapid transit, U.S. 1 in Dumfries and several other projects.

A few years ago, we began scoring projects based on objective criteria including congestion relief, economic development, environmental benefits and safety improvements. Not surprisingly, U.S. 1 scored relatively high using these new metrics as compared to projects around the rest of Northern Virginia, a result that underscores my long-term point that U.S. 1 has been long ignored over the last few decades.

In 2013, we also created a regional transportation funding pool with regionally-administered taxes disbursed by the Northern Virginia Transportation Authority (NVTA). About two months ago, the NVTA agreed to invest over \$450 million in widening U.S. 1 in Hybla Valley, U.S. 1 bus rapid transit,

reconstructing the CSX Bridge on U.S. 1 just north of I-95 and acquiring right-of-way on U.S. 1 through the town of Dumfries.

The CTB was considering eight projects in the 36th Senate District.

I pointed out that the I-95/Occoquan Bottleneck is chronically jammed. This is my constituents' number one traffic complaint. Prince William County has asked the CTB to allocate \$25 million to add a lane between VA-123 and the Prince William County Parkway in both directions. Achieving this will require a payment to Transurban to compensate it for lost tolls. I have been pressing Governor Ralph Northam to negotiate this quickly and I am hopeful we might have progress soon.

I also supported Fairfax County's request for an additional \$139 million to fund U.S. 1 widening and U.S. 1 bus rapid transit from Huntington Metro to the Woodbridge VRE Station. This project has become more expensive and the more money the state invests, the more likely the federal government will award a significant transit grant to fund the balance of the project. These funds, coupled with the \$377 million already allocated by the NVTA, are real investments in U.S. 1. This is also one of the

largest transit projects pending in the entire state.

I argued for investing \$77 million in building a new interchange at U.S. 1 and VA-123 just south of the Occoquan River. The Virginia Railway Express Station there will bring significant growth to that area. This project will help people cross U.S. 1 more safely, keep traffic moving, support predicted growth and facilitate commuting.

I requested \$77 million to support the \$45 million allocated by the NVTA to complete rebuilding U.S. 1 through Dumfries. Each time I-95 is gridlocked, Dumfries gets pummeled. The existing configuration of U.S. 1 has limited economic development in the town and this project will transform the town with new sidewalks and multi-use paths.

Lastly, I supported two smaller Prince

William County projects — \$8 million to improve the intersection of Old Bridge Road and Occoquan Road and \$32 million to complete Summit School Road's connection with Telegraph Road near the Horner Road commuter lot in Woodbridge. Interconnectivity is critical in this area as it continues to develop because of its proximity to I-95 and the Potomac Mills Shopping Mall. Overall, we have requested an additional \$350 million to couple with the \$434 million allocated by the NVTA for the U.S. 1/I-95 Corridor. The new transportation taxes we enacted in 2013 are finally starting to pay dividends. I will continue my work to see that transportation officials fund our requests.

It is an honor to serve as your state senator. Email me at [scott@scottsurovell.org](mailto:scott@scottsurovell.org) if you have any feedback.

## Schoelwer Named Executive Director To oversee Mount Vernon's Historic Preservation and Collections.

**T**he Mount Vernon Ladies' Association (MVLA) has selected Mount Vernon's Robert H. Smith Senior Curator Susan P. Schoelwer as its new executive director of Historic Preservation and Collections.

In this role, she will oversee the preservation and research of Mount Vernon's historic core, landscape, and museum collections while fulfilling the preservation mission of the MVLA. Schoelwer will be responsible for maintaining the estate's historical accuracy and for prioritizing work so that all of Mount Vernon's cultural resources are preserved.

"Susan brings a rich and learned background of curatorial expertise and a gracious collegial spirit to this position," said Mount Vernon Regent Sarah Coulson. "As the Mount Vernon Ladies' Association endeavors to preserve and protect this unique historic site, we will be guided by Susan and her team to advance our strong legacy of scholarly preservation and curatorial work for generations to come."

Schoelwer served as Mount Vernon's cu-



Schoelwer

rator from 2010 to 2014 and the Robert H. Smith Curator from 2014 to 2018. A few highlights of her career at Mount Vernon include directing the award-winning exhibition *Lives Bound Together: Slavery at George Washington's Mount Vernon*; overseeing the reinstallations of the New Room, Blue Room, Chintz Room, and greenhouse slave quarters; and directing the exhibitions *Gardens & Groves: George*

*Washington's Landscape at Mount Vernon* and *Take Note! George Washington the Reader*. She has authored and presented many scholarly papers related to her work.

Prior to her time at Mount Vernon, Schoelwer directed the museum collections at the Connecticut Historical Society for 11 years.

A graduate of the University of Notre Dame, she holds a M.A. in Early American Culture from the Winterthur Program at the University of Delaware and a Ph.D. in American Studies from Yale University, the premier American Studies program in the country.

### CRIME REPORT

The following incidents were reported by the Mount Vernon District Police Station.

**BURGLARY:** 6700 block of Oak Drive, between 9 p.m. on Nov. 30 and 9 a.m. on Dec. 1. The victim returned home and found that someone had entered her home through a basement window. Several boxes containing various household items were taken.

**BURGLARY:** 6400 block of Princeton Drive, between 8 a.m. on Nov. 30 and 6:15 p.m. on Dec. 2. The victim returned home to find that someone had entered the home through a rear door. Jewelry was stolen.

**BURGLARY:** 6400 block of Olmi Landrith Drive, Nov. 27, between 9:30 a.m. and 8:30 p.m. The victim came home to find that someone had

entered the home through a bedroom window. Several items were moved but nothing was stolen.

**BURGLARY:** 2400 block of Byrd Lane, Nov. 27, between 6:30 p.m. and 7:05 p.m. The victim came home to find that someone had entered the home through a rear window. Money and electronics were stolen.

**DEC. 3 LARCENIES**  
2700 block of Arlington Drive, decorations and bicycle from residence

2800 block of Arlington Drive, property from residence

2900 block of Arlington Drive, cigarettes from business

7900 block of Central Park Circle, electronic device from residence

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### Baking Pies for Those in Need

For the fourth consecutive year, Boy Scout Troop 888, sponsored by Heritage Presbyterian Church, using the kitchen of Plymouth Haven Baptist Church, and with assistance from Fort Hunt Safeway, baked 84 fresh apple pies on Saturday, Dec. 1, which were distributed to those in need at the Fisher House (Ft. Belvoir), the Eleanor U. Kennedy Homeless Shelter, the Mondlock Place Shelter, Christ House (Alexandria), the Rising Hope Mission Church, and the Rt. 1 Community Kitchen (Elks Club).

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RGW is pleased to announce that Dr. Joshua D. Levinson has joined the practice and is seeing patients in the Fairfax and Alexandria offices. It was his research on improving the safety of intravitreal injections for Macular Degeneration, Retinal Vein Occlusions and complications from Diabetes that is credited with making more sterile techniques common practice at clinics throughout the country. Dr. Levinson cares for patients suffering from Diabetic Retinopathy and Age-Related Macular Degeneration, and performs surgical procedures for retinal detachments and macular holes among many other eye-related problems.

We hope our patients will have the opportunity to meet and be treated by Dr. Levinson sometime soon. They can be certain their eyes are in excellent hands.

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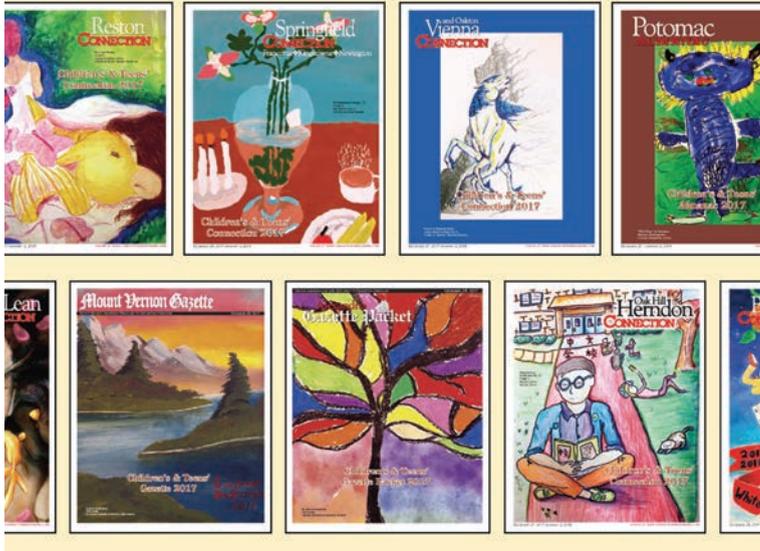
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## WELLBEING

# Habits that Stick

**Key to making  
changing old habits  
and making new ones.**

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

"I always feel like I don't fit it and everybody is staring at me, but this time, I'm really going to stick with it," she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

**"If you want develop a  
meditation practice to relieve  
stress at work, set an alert on  
your phone for a time that  
know you'll definitely be free."**

— Lauren Puglisi, LCSW

"Essentially, a habit is turning a new behavior into something that is done automatically," said Lauren Puglisi, LCSW. "For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don't have to talk yourself into doing those things, you do them without even thinking."

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. "New habits are best formed in small, manageable increments," said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. "For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule."

Develop a list specific actions to take, advises Puglisi. "For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started," she said. "Otherwise, you might get overwhelmed and give up."

"Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren't as easy to make automatic, and may require more time," added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For instance, developing a habit of walking 15 minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer."

**"Plan on creating your  
daily walk or running  
habit with a friend, or  
coach, or group who  
will be a role model for  
self-control."**

— Joanne Bagshaw, Ph.D.,  
Montgomery College

Find ways to increase accountability. "Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day," said McLaughlin. "Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team."

Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages," said Puglisi. "If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you'll definitely be free," she said. "Set a realistic amount of time to spend meditating, and select a specific mediation. This will make it easy to do quickly and easily, so you'll have fewer excuses not to do it."

The company one keeps also plays a role in habit formation. "You're likely to boost your willpower if you choose to spend time with someone who has strong willpower," said Bagshaw. "Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control."

Assess your progress regularly. "Self-monitoring adds to success," said psychologist Stacie Isenberg, Psy.D. "Writing down what you've eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don't cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you'll be at 2020 without your new habit."

"It helps to set up the environment to remind you to do the behavior and make it easy to follow through," said Jerome Short, Ph.D., associate professor of psychology at George Mason University. "For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see."

Don't forget rewards, says McLaughlin. "Change won't happen unless you are motivated to make the change," she said. "This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you've gone a week without biting your nails."

# HOLIDAY ENTERTAINMENT

## LTA Presents 'A Christmas Carol'

Story by Charles Dickens shows Scrooge's transformation into a kinder spirit.

BY STEVE HIBBARD

The Little Theatre of Alexandria is ringing in the holiday season with Charles Dickens' classic, "A Christmas Carol," from now through Dec. 16. The show stars Ebenezer Scrooge, a miserable, bitter old miser who travels with ghostly guides through Christmas past, present, and future to find the true meaning of the holidays. The show, based on the novella first published in 1843, is produced by Brooke Angel and is complete with special effects, Victorian carols, and Tiny Tim.

Director Shelagh Roberts said she was looking for a new challenge, and she certainly got it. "Along with so many others, the story has always had a special place in my heart. Dickens' genius provides a perfectly balanced story with its contrast of the harsh conditions of Victorian London with the joy and goodness of Christmas. Because everyone knows the plot and characters, it's one of those shows that brings the audience's expectations into the theatre with it," she said. "The show has everything: realism, romance, fantasy, and characters that are bigger than life. And the production is a lot of fun with the colorful costumes and lighting, beautiful Christmas carols, and special effects."

She added: "We want to keep faithful to the narrative and spirit of Dickens' novella. This adaptation by Donna Farragut was first produced at LTA in 2006. Through the years, everyone puts a different spin on the tale and it's always a lot of fun. We wanted to produce it as close as possible to Dickens' original words and intentions while keeping it at a family-friendly length, since there is no intermission. The Victorian carols interspersed throughout the production have always been one of my favorite parts, and Linda Wells' beautiful piano work and underscoring really adds texture to the production."

Brian Lyons-Burke is playing the role of Ebenezer Scrooge, a miserly, bitter man who has shut himself off from all close human

contact in his pursuit of wealth. "In particular, he scorns Christmas and the 'idiots' who celebrate it. Through the course of 'A Christmas Carol,' he is reminded of his past, made to see the reality of his present, and shown the bleak nature of the future if he does not change his ways," he said.

"He experiences an incredible range of emotions as he is transformed from a bitter misanthrope to a joyful benefactor of his fellow man. It is extremely challenging to honestly portray not only each of these emotions, but to manage the transitions as he is forced to recognize his place in the world, the effect of his choices, the price those choices demanded from him, and his chance to live a better life," he said. "Scrooge is an iconic, well-known character; the audience will already have expectations of what they will see. My goal is to give them something real, something new, while not disappointing those expectations. And it is a definite challenge living up to the level of talent of the veritable army of artists that all work together to create this production."

Colin Davies is playing the dual roles of Charles Dickens and the Ghost of Christmas Present. "People imagine Dickens to have been a kind and thoughtful man who loved children, but there was a very negative side to him as well. He probably had affairs with both his wife's sisters and also with the actor Ellen Ternan. He abandoned his wife after 20 years, blaming her for having so many children. He was certainly charming, but also vain, and by all accounts was very strict with his children," he said. "The other character I play — the Ghost of Christmas Present — is a very jolly and likable fellow, often portrayed as a kind of Father Christmas."

He said he's one of two British-born actors in the show and also the British accent coach. "There are some major pronunciation differences between the two accents: UK English uses the long 'a' in words like 'past' and 'afternoon'. There's also the different way of pronouncing words like 'new': Americans pronounce it 'noo', Brits add a



PHOTOS CONTRIBUTED

In the past, Scrooge (Brian Lyons-Burke) sees the younger version of himself (Alex Eskew) in LTA's production of "A Christmas Carol," which runs through Dec. 16.

'y' sound to make it 'nyoo'. And Americans pronounce the 'r' in words like 'paper', whereas Brits say 'pay-pa'. So, we've been all been working on our accents," he said.

Larry Grey is playing the dual roles of Jacob Marley/Mr. Fezziwig. "Dickens begins his story with, 'To begin with Marley was dead' .... 'This must be distinctly understood or nothing can come of the story I am about to relate.' The only true ghost; the rest are spirits — they represent Scrooge's past, present, and future; Marley sets things in motion for Scrooge's redemption. He represents what lies in store for Scrooge if he does not change his heart. His is an eternity of trying to make amends for a life spent in selfish misery and is tortured by the fact that he cannot do so. He is repentant and yet willing to go to great lengths to give his surviving partner 'a chance and a hope' before it is too late. He represents death's eternal judgement on the unrepentant heart," he said.

He added: "In contrast is the other character I play — Old Fezziwig — Scrooge's mentor from his distant past. A jovial man with an open, generous heart who truly lived the spirit of Christmas all year round. He understood the joy in giving and he

embraced all the happiness and love life has to offer; money was secondary to him. 'With but a few pounds he had the power to make us happy or miserable;' he chose to use his wealth to make people happier and lives better. He represents what Scrooge had closed his heart to in pursuit of wealth and having been hurt by life."

Christine Tankersley plays the role of Mrs. Cratchit, the wife of Bob Cratchit and the mother of six children. "She's kind, loving, and wants the best for her family, but not afraid to tell Bob what she really thinks," she said.

She said the challenge for her was memorizing the lines. "But beyond memorization, imagining the loss of a child has been difficult — to be incredibly sad and heartbroken, but know that you must have a positive attitude for the rest of your family who is also suffering," she said.

The Little Theatre of Alexandria presents "A Christmas Carol" through Dec. 16. Show times are Wednesdays through Fridays at 8 p.m.; Saturdays at 3 p.m. and 6 p.m.; and Sundays at 3 p.m. The venue is located at 600 Wolfe St., Alexandria. \$20. Call 703-683-0496 or visit [www.thelittletheatre.com](http://www.thelittletheatre.com).

### CALENDAR

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

#### ONGOING

##### "Adventures with Mr. Bear."

Through Dec. 15, at The Lab at Convergence, 1819 N. Quaker Lane, Alexandria. One winter afternoon, a young girl and her favorite stuffed animal, Mr. Bear, play a game of hide and seek which evolves into a series of exciting adventures. \$10. Performance Schedule: (Thursday, Dec. 6 at 10:30 a.m.; Friday, Dec. 7 at 10:30 a.m.; Saturday, Dec. 8 at 10 a.m. and 11:30 a.m.; Thursday, Dec. 13 at 10:30 a.m.; Friday, Dec. 14 at 10:30 a.m.; Saturday, Dec. 15 at 10

and 11:30 a.m. Purchase tickets at [www.artsonthehorizon.org/mr-bear-2018.html](http://www.artsonthehorizon.org/mr-bear-2018.html).

**Christmas Tree Sale.** Through Dec. 16, at Belle View Shopping Center, 1632 Belle View Blvd., Alexandria. Mount Vernon Kiwanis will hold its annual Christmas Tree Sale featuring Frasier Fir trees and garland and wreaths. 100 percent of profits go to scholarships and local charities.

**Christmas Tree Sale.** 10 a.m.-8 p.m. At 110 Callahan Drive, in the Amtrak Parking Lot, Alexandria. The Alexandria Police Youth Camp Christmas tree sale begins. The lot will be open daily until they run out of trees. The youth camp has been operating for more than 70 years and this fundraiser is the largest, helping

to cover approximately 50 percent of the summer camp operation. The tree sale runs from Mon.-Fri., 4-8 p.m.; and Sat. and Sun., 10 a.m.-8 p.m.

##### Mount Vernon Farmers Market.

Wednesdays, 8 a.m.-noon at Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, Alexandria. Every Wednesday (through Dec. 19), 15 local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

##### DEC. 5-JAN. 6

**Milton Shinberg Exhibit.** At The

Torpedo Factory Art Center (Studio 21), 105 North Union St., Alexandria. From unique vantage points and unexpected perspectives, painter and architect Milton Shinberg invites viewers to rediscover Washington in watercolor, through his limber brushstroke and clear, glassy palette. Shinberg captures fragments of Washington in luminous watercolor, lingering on details that captivate the mind of an architect and beguile the hand of an artist. Visit [www.theartleague.org](http://www.theartleague.org) or call 703-683-1780.

##### THURSDAY/DEC. 6

**Shops of Del Ray's Ladies' Night**  
Out. 5:30-8:30 p.m. Throughout

Mount Vernon Avenue, Alexandria. Shop local and enjoy special promotions while sipping Virginia wine. Call 703-683-2570 or visit [www.VisitDelRay.com](http://www.VisitDelRay.com).

**Holiday Open House.** 5:30-7:30 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane. Join Supervisor Storck, his staff and members of the Mount Vernon District Boards, Authorities and Commissions for a holiday open house. RSVP by Dec. 1, appreciated but not required. Call 703-780-7518.

**Community Shopping Event.** 7-9 p.m. at Ten Thousand Villages, 519 King St. Every gift purchased will provide special needs assistance to an Alexandrian — a child, teen, adult, or older adult — of limited means who is

# HOLIDAY ENTERTAINMENT

striving for recovery and wellbeing with help from the City's mental health services. Enjoy light refreshments, music, free gift-wrapping, and a great selection of handcrafted items made by artisans from over 38 countries. The more items purchased, the greater the help to those in need. Email FriendsOfTheAMHC@gmail.com.

## FRIDAY/DEC. 7

**A Season of Celebrations.** 6-9 p.m. At Durant Arts Center, 1605 Cameron St., Alexandria. Come hear the Russkie Musikanti Ensemble performing music from Russia, Ukraine and Eastern European countries on traditional instruments and in costume as part of "A Season of Celebrations." They will be joining Roumana, who will be performing Middle Eastern music primarily. Visit the Pop-up Holiday Fair with items from around the world for purchase for last minute holiday gifts. \$9, children 5 years and under are free. Children must be accompanied by at least one adult. Visit alexandriava.gov/Arts.

## FRIDAY-SATURDAY/DEC. 7-8

**Art League Holiday Ceramics Sale.** Hours are Friday from 12-9 p.m.; Saturday from 10 a.m.-8 p.m. At 305 Madison St., Alexandria (inside Montgomery Center). From ceramic bowls to holiday ornaments, give the gift of artisan craftsmanship by purchasing a creative gift for your loved one from The Art League Holiday Ceramics Sale. Features one-of-a-kind ceramic vessels and sculptures created by Art League artists and students. Visit www.theartleague.org or 703-683-

1780.

**Mount Vernon by Candlelight.** 5-8 p.m. At George Washington's Mount Vernon Estate. Join Mount Vernon's residents and visitors for a festive evening tour. \$25, adult; \$17, youth (ages 6-11). Visit mountvernon.org/candlelight.

**Believe: A Holiday Pops Concert.**

Dec. 7 and 8, at 7:30 p.m.; and 2 p.m. on Saturday. At Convergence, 1801 N. Quaker Lane, Alexandria. Join the Alexandria Singers for its annual holiday pops concert weekend as they weave pop and jazz arrangements of traditional holiday classics with new tunes that will instantly become your holiday favorites. Admission: \$25 premium reserved seating; \$20 general admission; \$15 groups of 10+, free children 5 and under. Visit www.AlexandriaSingers.com.

## FRIDAY-SUNDAY/DEC. 7-9

**Del Ray Artisans Holiday Market.** Friday, 6-9 p.m.; Saturday-Sunday, 11 a.m.-6 p.m. at 2704 Mount Vernon Ave., Alexandria. Offers handmade fine arts and crafts from local artists. Different artists each weekend. Choose from wall art, pottery, photography, jewelry, glass, and more. Plus FUNdraising 2019 wall calendars, cookbooks, and upcycled tote bags to support Del Ray Artisans. Free admission. Visit DelRayArtisans.org/event/holiday-market-2018.

## SATURDAY/DEC. 8

**Kwanzaa Workshop.** 11 a.m.-12:30 p.m. At The Alexandria Black History Museum, 902 Wythe St., Alexandria. Kwanzaa, celebrated Dec. 26 - Jan. 1, is one of three inherently African

American celebrations, along with Juneteenth and Watch Night. This interactive workshop will teach participants about Kwanzaa and how to do it. Included will be history, principles, symbols, activities, and decorating ideas to aid in planning a Kwanzaa Celebration. The program will be entertaining and educational for children, youth, and adults. \$5. Call 703-746-4356.

## Civil War Christmas in Camp.

12-4 p.m. At Fort Ward Museum & Historic Site, 4301 West Braddock Road, Alexandria. This family-oriented event features a patriotic Civil War Santa Claus, reenactors in winter camp settings, period decorations, fort tours, and kids activities. The program features a Civil War-era Union Santa Claus, based on an 1863 cover of Harper's Weekly by artist Thomas Nast, who will interact with the public, present readings of "The Night Before Christmas," and visit soldiers in camp. The suggested donation is \$2 per person, and \$5 for families. Call 703-746-4848, or visit www.fortward.org.

## Photos with Santa.

12 p.m.-3 p.m. At Hooray for Books, 1555 King St., Alexandria. Hooray for Books! and Visit Alexandria will present photos with Santa and Mrs. Claus. Advance reservation is required. To reserve a 10-minute slot for a child to meet with Santa, make any size donation to the bookstore's special Santa account, which will be used to provide books, toys and games for the Alexandria Domestic Violence Program's Holiday Party. Visit www.Hooray4Books.com.

**Touch a Truck.** 4-5 p.m. At First Christian Church of Alexandria, 2723 King St., Alexandria. Touch a truck including fire and police vehicles.



## Metropolitan School of the Arts Nutcracker Ballet

The Metropolitan School of the Arts Nutcracker Ballet showcases a world-class, international principle guest dancer, Brooklyn Mack, who performs the role of Cavalier. Saturday-Sunday, Dec. 8-9, 1 and 5 p.m. at the Rachel M. Schlesinger Center, NOVA Alexandria campus. Tickets are \$26-\$28 at www.metropolitanarts.org.

PHOTO BY  
ERIK SAWAYA

## Brooklyn Mack

Learn about car seat safety. Enjoy snacks and hot chocolate. Donate an unwrapped toy (no weapon type toys). Visit www.fccealexandria.com.

## Historic Alexandria Candlelight Tours.

4-9 p.m. At the following locations: Gadsby's Tavern Museum, 134 N. Royal St.; Carlyle House, 121 N. Fairfax St.; Lee-Fendall House, 614 Oronoco St. Travel through centuries of local history and learn more about Alexandria during the holiday season at Carlyle House, Gadsby's Tavern Museum and the Lee-Fendall House. Enjoy each site by candlelight, smell seasonal greenery, sip on drinks and taste period inspired food. Seasonal libations will be available for purchase. Admission: \$25 adults; \$20 seniors (65 years and older) and active military; \$5 children (ages 6-17). Call 703-746-

4242 or visit Shop.AlexandriaVA.gov.

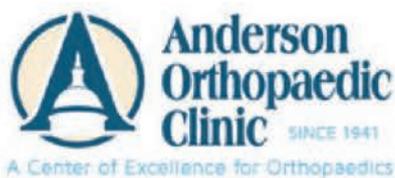
**Del Ray Candy Cane Bar Crawl.** 4 p.m. Throughout Mount Vernon Avenue, Alexandria. Take a break from the bustle of holiday preparations and enjoy specialty cocktails, beer and food specials at select Del Ray restaurants during a neighborhood bar crawl to benefit local nonprofits. Admission: \$10 for advanced tickets; \$15 at the door. Call 703-683-2570 or visit www.VisitDelRay.com.

**"Peace, Peace, Peace."** 7 p.m. At Church of Jesus Christ of Latter Day Saints, 6219 Villa St., Alexandria. Featuring the Mount Vernon Virginia Stake's annual Christmas program, "Peace, Peace, Peace - A Musical Celebration of the Season." This concert will highlight local musicians as well as the spoken word by Church

# Rotary Club of Alexandria's 2018 Taste for Giving Raises more than \$70,000

Special thanks to all the sponsors and attendees who made this year's 11th Annual Taste for Giving successful. Proceeds of more than \$70,000 will be distributed to Alexandria charities.

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# HOLIDAY ENTERTAINMENT

leaders. It will also highlight the Stake's handbell choir. This program is open to the public and is free to attend. Visit [www.facebook.com/MountVernonVAStake/](http://www.facebook.com/MountVernonVAStake/) for more.

**"Chips for Charity" Fundraiser.** 7 p.m. at The U.S. Patent and Trademark Office, in the Madison Auditorium, 600 Dulany St. The U.S. Patent and Trademark Office Military Association is hosting a "Chips for Charity" to raise funds for Serve Our Willing Warriors (SOWW). SOWW is a local non-profit charity in Haymarket that provides no-cost retreats and other programs that positively impact the lives of wounded, ill, or injured military service members and disabled veterans. Open to the public. \$30 for players, \$20 for non-players. Tickets can be purchased at [ptomilitaryassociation.org/chips-for-charity](http://ptomilitaryassociation.org/chips-for-charity).

## SATURDAY-SUNDAY/DEC. 8-9

**Christmas Tree and Wreath Sale.** 9 a.m.-6 p.m. At St. Aidan's Episcopal Church, 8531 Riverside Road, Alexandria. Fraser Fir trees and wreaths will arrive fresh from Pennsylvania and be ready to sell the day after Thanksgiving. The tree lot is a festive atmosphere, complete with hot cocoa and cookies. Visit [www.staidanepiscopal.com](http://www.staidanepiscopal.com).

**Metropolitan School of the Arts Nutcracker Ballet.** 1 and 5 p.m. at the Rachel M. Schlesinger Center, NOVA Alexandria campus, 4915 East Campus Drive, Alexandria. The Metropolitan School of the Arts Nutcracker Ballet showcases a world-class, international principle guest dancer, Brooklyn Mack, who performs the role of Cavalier. Tickets are \$26-\$28 at [www.metropolitanarts.org](http://www.metropolitanarts.org).

## SUNDAY/DEC. 9

**Holiday Centerpiece Workshop.** 10 a.m. and 2 p.m. At George Washington's Mount Vernon Estate. Construct a homemade holiday wreath during this two-hour workshop. Mount Vernon's greenhouse manager instructs participants how to construct the wreath using greens, preserved pomegranates, and dried seed heads from Mount Vernon's gardens. \$75 per person. Visit [mountvernon.org/christmas](http://mountvernon.org/christmas).

**Discussion on Recent Fires.** 12:30 p.m. At Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria. Doug MacCleery, retired U.S. Forest Service policy analyst, former Deputy Assistant Secretary of Agriculture, and former California wildland firefighter, will give an illustrated presentation on the real backstory and history behind the California fires, which is seldom properly covered in the news media. Visit [mvuc.org](http://mvuc.org) for more.

**Facetime with History.** 1-5 p.m. At Gadsby's Tavern Museum, 134 N. Royal St., Alexandria. Featuring Mr. and Mrs. William Bates – guests stranded at the City Tavern after dancing the night before. On the 2nd Sunday of every month, guests will be greeted by a person from the past while journeying through the museum. Included in admission fee. Sponsored by the Gadsby's Tavern Museum Society. Visit [www.alexandriava.gov](http://www.alexandriava.gov).

**The Mount Vernon Flutes.** 2 p.m. At The Athenaeum, 201 Prince St., Alexandria. Free. The Mount Vernon Flutes have been an Athenaeum favorite for many years. This small ensemble from the Mount Vernon Concert Band will perform holiday songs in the gallery. Visit [www.nvfaa.org](http://www.nvfaa.org).

**Music Concert.** 3 p.m. At George Washington Masonic Memorial, 201 S. Washington St., Alexandria. The



PHOTO BY C. STANLEY PHOTOGRAPHY

**Albert Coia, Brian O'Connor, Sherri L. Edelen, Katherine Riddle and Jimmy Mavrikes in MetroStage's production of "Christmas at the Old Bull & Bush."**

## Christmas at the Old Bull & Bush

The Old Bull and Bush Public House is alive with British music hall songs and carols, corny jokes and funny sketches, tuneful melodies, sing-a-longs and sausage rolls. Celebrate the holidays with Florrie Forde, the most famous music hall star of the era, and her troupe of British performers. Through Dec. 23, at MetroStage, 1201 N. Royal St., Alexandria. Admission is \$55. Call 703-548-9044 or visit [www.MetroStage.org](http://www.MetroStage.org).

Washington Metropolitan Philharmonic continues its season spotlighting women composers with Joan Towers' "Fanfare for the Uncommon Woman" and "Made in America," plus Jennifer Higdon's "All Things Majestic." The WMP will also feature Robert Tindle's "Concerto for Bass Trombone and Orchestra" with soloist Adam Stokes. \$25, general admission; children are free. Visit [www.wmpmusic.org](http://www.wmpmusic.org).

**Holiday Concert.** 3-4 p.m. At Carl Sandburg Middle School, 8428 Fort Hunt Road, Alexandria. The National Concert Band of America presents a free concert that celebrates the holiday season and salutes America's Armed Forces. Visit [www.nationalconcertband.org](http://www.nationalconcertband.org).

**Concert at Saint Luke's.** 5 p.m. At St. Luke's Episcopal Church, 8009 Fort Hunt Road, Alexandria. A candlelight concert with the return of "Words & Music," titled 'Star of the Morning' including the seasonal music of Advent, Hanukkah, the Solstice, Christmas and the coming of the New Year. Offering four voices, piano and pipe organ. A reception will follow. \$20, adults; \$15, seniors; free for children under 18 years. Visit [www.saintlukeschurch.net/events](http://www.saintlukeschurch.net/events).

**Christmas with the Annie Moses Band.** 6 p.m. At First Baptist Church, 2932 King St., Alexandria. From the spirited renditions of 'God Rest Ye, Merry Gentlemen,' 'Deck the Halls' and 'The Sussex Carol' to the beauty of 'O Holy Night,' this evening of music is invigorating, reverential, and transporting. Tickets at [AnnieMosesBand.com/tour](http://AnnieMosesBand.com/tour).

**The Christmas Reading.** 7 p.m. At the Old Presbyterian Meeting House, Heritage Hall, 323 South Fairfax St., Alexandria. For 28 years, The Christmas Reading and Carols presents the sacred and secular stories, poetry, essays and amusements by well-known and lesser-known writers. Free. Visit [www.opmh.org](http://www.opmh.org).

## MONDAY/DEC. 10

**Ballroom Dance Classes.** 7-9 p.m. at The Athenaeum, 201 Prince St.

Instructor Gary Stephans offers techniques that will help all levels become a relaxed and confident social dancer in these small, personalized dance classes. Beginners and experienced dancers welcomed – no partner needed. Two hours of dance lessons, practice dancing and refreshments. \$30 per-person or \$55 per couple. Visit [www.artofballroomdance.com](http://www.artofballroomdance.com) or call 703-505-5998. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

## MONDAY-SUNDAY/DEC. 10-16

**Holiday Door Decorating Contest.** Sponsored by Alexandria's Old Town Walled Garden Club, the contest recognizes holiday door decorations in the Historic District. Except for festive bows and ribbons the door decorations should feature only natural materials and be made by the homeowners themselves. Professionally-made decorations are not eligible. Judging will take place Dec. 10-16. Contact the Old Town Walled Garden Club at [OTWGClub@gmail.com](mailto:OTWGClub@gmail.com).

## TUESDAY/DEC. 11

**Del Ray Artisans Benefit.** Reception, 6:30 p.m.; performance, 8 p.m. at Little Theatre of Alexandria, 600 Wolfe St. Little Theatre of Alexandria performance of "A Christmas Carol" to benefit Del Ray Artisans. \$45. Visit [DelRayArtisans.org/event/christmas-carol](http://DelRayArtisans.org/event/christmas-carol).

## FRIDAY/DEC. 14

**Holiday After Work Concert.** 6-8 p.m. At The Alexandria History Museum at the Lyceum, 201 S. Washington St., Alexandria. This month features a holiday concert with Meridian, which weaves together beautiful music and themes of Christmas with much older Winter Solstice traditions. Meridian is Colin de la Barre and Olivia Gale. Cost is \$5; free for members of the Folklore Society of Greater Washington. Light refreshments and a cash bar will be available. No ticket required. Visit

[www.fsgw.org](http://www.fsgw.org).

**Holiday Sing-Along.** 7:30-8:30 p.m. At Del Ray United Methodist Church, 100 East Windsor Ave., Alexandria. Join the Alexandria Citizens Band for the fun and popular Alexandria Holiday Sing-Along. They'll play musical favorites, and the audience is invited to sing along. Wear holiday sweaters and Santa hats. Bring family and friends. Email [AlexandriaCitizensBand@gmail.com](mailto:AlexandriaCitizensBand@gmail.com). Visit [www.facebook.com/events/174884993456719/](http://www.facebook.com/events/174884993456719/).

## FRIDAY-SATURDAY/DEC. 14-15

**Christmas Illuminations at Mount Vernon.** 5:30-8:45 p.m. At George Washington's Mount Vernon Estate. Kick off the holidays with an evening of family-friendly fun and fireworks choreographed to holiday music, with fireworks beginning around 8:30 p.m. Take a stroll through the estate while being serenaded by local choirs, visit with re-enactors from the First Virginia Regiment, and learn 18th-century dance moves from costumed guides. George and Martha Washington will also be on site to greet Mount Vernon's holiday guests. Tickets: \$35 adult/\$25 youth with Mansion tour, \$30 adult/\$20 youth. Visit [mountvernon.org/illuminations](http://mountvernon.org/illuminations).

## FRIDAY-SUNDAY/DEC. 14-16

**Del Ray Artisans Holiday Market.** Friday, 6-9 p.m.; Saturday-Sunday, 11 a.m.-6 p.m. at 2704 Mount Vernon Ave., Alexandria. Offers handmade fine arts and crafts from local artists. Different artists each weekend. Choose from wall art, pottery, photography, jewelry, glass, and more. Plus FUNdraising 2019 wall calendars, cookbooks, and upcycled tote bags to support Del Ray Artisans. Free admission. Visit [DelRayArtisans.org/event/holiday-market-2018](http://DelRayArtisans.org/event/holiday-market-2018).

## SATURDAY/DEC. 15

**Cookie Decorating.** 10 a.m. and 1 p.m. At George Washington's Mount Vernon Estate. Visit the cozy

greenhouse and receive a box of cookies and decorations to adorn them. Create beautiful gingerbread cookies with the guidance of a Mount Vernon staff member. \$5 per person in addition to general admission. Visit [www.mountvernon.org/christmas](http://www.mountvernon.org/christmas).

**A Victorian Christmas.** 11 a.m., 12:30 p.m. and 2 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Experience a Victorian Christmas at the Lee-Fendall House. The house will be beautifully decorated for the season and there will be holiday crafts, photographs with Santa, seasonal treats, story time, an antique toy exhibit and more. Admission: \$10; free to members. Call 703-548-1789 or visit [www.LeeFendallHouse.org](http://www.LeeFendallHouse.org).

**Photos with Santa.** 12 p.m.-3 p.m. At Hooray for Books, 1555 King St., Alexandria. Hooray for Books! and Visit Alexandria will present photos with Santa and Mrs. Claus. Advance reservation is required. To reserve a 10-minute slot for a child to meet with Santa, make any size donation to the bookstore's special Santa account, which will be used to provide books, toys and games for the Alexandria Domestic Violence Program's Holiday Party. Visit [www.Hooray4Books.com](http://www.Hooray4Books.com).

**Portside Holidays: Storytime with Santa.** 3 to 4 p.m. At Alexandria Waterfront Marina at the foot of Cameron Street near the Torpedo Factory, 105 N. Union St., Alexandria. Free. Join Santa for a special storytime that includes a reading of holiday stories like "Twas the Night Before Christmas." Take part in the Penny Post pop-up to write a letter to Santa that he will take back with him to the North Pole, enjoy a gourmet giant s'more from The Capital Candy Jar, and warm up with a cup of hot cocoa from Dolci Gelati's hot chocolate bar. Get in the holiday spirit with a musical performance by the Cantamos children's ensemble. Visit [www.PortsideInOldTown.com](http://www.PortsideInOldTown.com).

**Carols of the World.** 3-4:30 p.m. At Convergence, 1801 N. Quaker Lane, Alexandria. Sopranneness rings in the holiday season with music that will take you on a trip around the world. Celebrate the season while globetrotting with the Divas through Europe, Asia, Africa and the Americas – all without needing a passport. Tickets are \$10-\$20 presale; \$25 at the door. Visit [www.sopranneness.org](http://www.sopranneness.org).

**Stroll the Boardwalk.** 5-7 p.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Join park naturalists to take a tour of constellations, comets and other celestial happenings. Find out what's new in the night sky. \$9 per person. Canceled if there's rain or other severe weather. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows).

**Country-Western Dance.** Lessons, 6-7 p.m.; open dancing, 7-9:30 p.m. at Lincolnia Senior Center, 4710 North Chambliss St., Alexandria. The Northern Virginia Country-Western Dance Association will hold a dance. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free, alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org).

**Little Tree.** 7:30-9:30 p.m. at Trinity United Methodist Church, 2911 Cameron Mills Road, Alexandria. Join Alexandria Choral Society for its holiday concert, featuring the Del Ray Kinderchoir. The performance will include Julian Wachner's "Hark! The Herald Sing!" and "Angels We Have Heard on High" and Stephen Heitzeg's "little tree," a tender setting of the e.e. cummings poem of the

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

# HOLIDAY ENTERTAINMENT

## 3 Ways to Feed a Holiday Crowd

Maybe you're throwing a holiday party this weekend. Maybe you're having some friends over for the Army-Navy game and they'll be hungry. Or maybe a quiet "fireside chat" for four has become a festivity for 14. Regardless, Alexandria eateries have you covered. Check out these ideas for a no-muss, no-fuss menu and get back to mingling with your guests.

### District Taco, 701 S. Washington St.

Give your fiesta a Mexican flair with some food from District Taco. Whether you're hosting a dozen guests or 40, the local taco franchise comes packed with all the fixings. Choose between a straight-up taco bar, which comes complete with a choice of proteins as well as tortillas and a slew of toppings, or go with a premade approach, where tacos arrive already piled high with protein and with toppings on the side.

Another perk of District Taco's menu: Its wide array of proteins for a plethora of palates. From carnivore-friendly barbacoa and carne asada to vegetarian-accessible black beans and the company's new veggie protein, Itza, the menu meets a growing list of standards for guests.

### Sugar Shack, 804 N. Henry St.

Who says one cannot live on doughnuts alone? With Sugar Shack providing the sweets, it's time to try. And the doughnut purveyor makes it easy — some

might argue a little too easy — to bring dozens of confections to the comfort of your home with little advance notice. From family favorites such as salted caramel and maple bacon to holiday specials such as peppermint and red-and-green sprinkles, there's a flavor for all palates.

Ordering fewer than 100 doughnuts? That can be accommodated online, scheduled in advance and delivered to your party via UberEats. Order more and you'll need to call Sugar Shack's catering services (703-577-9023) to set something up.

### The Italian Place, 621 Wythe St.

When it comes to entertaining a large group, sandwiches are the name of the game. The Italian Place makes it easy to feed a crowd. With nearly two dozen sandwiches to choose from, plus paninis and salads, all your guests can have a taste of the Italian life. Select individual sandwiches for a smaller group. The Giorgio comes in hot with prosciutto, soppressata, salami, provolone and a slew of vegetables to top things off. The Godfather is the eatery's take on an eggplant parmesan sub, garnished with marinara and provolone.

The Italian Place also offers a more traditional catering experience with its party samplers. Dubbed "super foot-long subs," the five options are sliced into 22 mini-sandwiches that make for easy eating.

*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).*

same name. Cost is \$20 adults, \$15 senior/military/student, 13 and under free. Visit [www.alexandriachoralsociety.org](http://www.alexandriachoralsociety.org).

### SATURDAY-SUNDAY/DEC. 15-16

**Christmas Tree and Wreath Sale.** 9 a.m.-6 p.m. At St. Aidan's Episcopal Church, 8531 Riverside Road, Alexandria. Fraser Fir trees and wreaths will arrive fresh from Pennsylvania and be ready to sell the day after Thanksgiving. The tree lot is a festive atmosphere, complete with hot cocoa and cookies. Visit [www.staidanepiscopal.com](http://www.staidanepiscopal.com).

### SUNDAY/DEC. 16

**Colonial Handbell Ringers Concert.** 2 and 4 p.m. At The Alexandria History Museum at The Lyceum, 201 S. Washington St., Alexandria. The ringers will perform children's classics, timeless holiday tunes, and original show-stoppers.

Audience participation in the sing-along encouraged. Free. No reservations accepted in advance and seating capacity is limited.

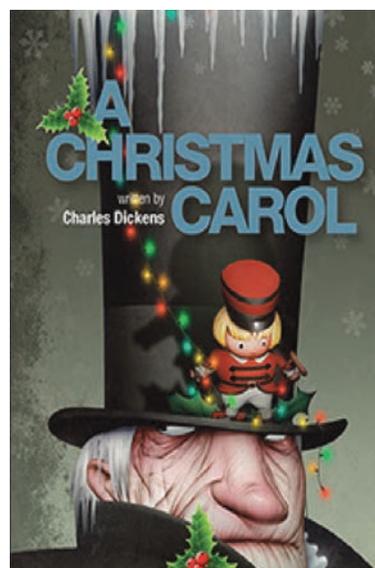
**Christmas Traditions at Historic Huntley.** 4:30-6 p.m. At Historic Huntley, 6918 Harrison Lane, Alexandria. Get a glimpse at holiday celebrations of past generations. Share a glass of hot cider and shortbread cookies, and make a small gift for a loved one. Cost is \$10 per person. Call 703-768-2525 or visit [www.fairfaxcounty.gov/parks/historic-huntley](http://www.fairfaxcounty.gov/parks/historic-huntley).

**18th Century Christmas.** 5-8 p.m. At George Washington's Mount Vernon Estate. The experience begins in the Ford Orientation Center, where visitors can enjoy the sounds of the holiday season and view Christmas trees highlighting the lives of the Washingtons and their home. Visitors will be guided into the 18th century for a lantern-lit tour of the historic area. Inside the Mansion, Martha Washington and other Mount Vernon

residents will welcome guests. \$25 adult, \$17 youth (ages 6-11). Visit [mountvernon.org/candlelight](http://mountvernon.org/candlelight).  
**Holiday Performance with The Capital Hearings.** 7 p.m. The Athenaeum, 201 Prince St. The Capital Hearings, Washington, DC's versatile vocal ensemble, performs an a capella selection of pop, classical, and jazz music for the season. Reception immediately following the concert, with wine and dessert at 8 p.m. \$30. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

### MONDAY/DEC. 17

**Teen Poetry Circle Reading.** 7-8:30 p.m. At Durant Arts Center, 1605 Cameron St., Alexandria. Come celebrate the creative voices of Alexandria teens at the Teen Poetry Circle Reading. Light refreshments will be provided from 7-7:30 p.m., The Poetry Circles are free from 7:30-8:30 p.m. To register, RSVP at [poet@alexandriava.gov](mailto:poet@alexandriava.gov).

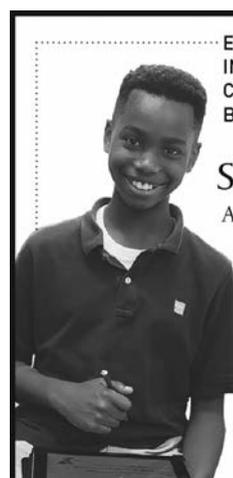


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# SPORTS



VIDEOS SCREENSHOT BY JON ROETMAN/THE GAZETTE

West Potomac 7-foot center Jonas Munson will play college basketball at Central Arkansas.



West Potomac senior Daryl Mackey, Jr. shoots a free throw during Monday's game against Lake Braddock.

## WPHS Wins Home Opener Over Lake Braddock

**Wolverines have high expectations for 2018-19 season.**

BY JON ROETMAN  
THE GAZETTE

The West Potomac boys' basketball program was in unfamiliar territory last December. Coming off back-to-back conference titles and trips to the state tournament, the Wolverines found themselves with an 0-3 record following an early-season defeat against Lake Braddock. The West Potomac roster had been weakened by the graduation of the Class of 2017 and the Wolverines were taking their lumps. While West Potomac would eventually finish runner-up in the Gunston District tournament and earn a region tournament victory over then-defending state champion Woodson, the Wolverines left plenty of room for improvement during a 9-15 campaign.

One year later, West Potomac appears to have returned to its winning ways, improving to 3-0 with a 94-84 home victory over Lake Braddock on Monday in West Potomac's home opener at the Wolverdome.

Led by reigning Gunston District Player

of the Year Daryl Mackey, Jr. and an experienced starting five, West Potomac is giving fans reason for optimism early in the 2018-19 campaign. Driven by a sour taste from last season, the Wolverines have defeated Centreville, Washington-Lee and Lake Braddock.

If last year was a learning experience, it appears to be paying off.

"I think it made us angry," senior center Jonas Munson said about the Wolverines' losing record. "This offseason, I've worked out and the team has worked out more than we ever have. We were all together a lot ... [and] we want to beat the teams that beat us last year."

So far, the Wolverines have earned payback against three of the teams that beat them last year. But while the results have been different, head coach David Houston III wants this group to stay hungry like it's 2017 and the squad is searching for its first victory.

"Last year at this time, we were 0-3 and it was — I don't want to say it was looking bleak," Houston said. "The kids didn't drop their heads last year. We're 3-0 now, but we need to really attack it the same way: be humble and try to win the next game."

Mackey, a 6-foot guard, has led the way for the Wolverines, grabbing a career-high 15 rebounds against Washington-Lee on

Nov. 30 before scoring a career-best 43 points Monday against the Bruins.

"I think he's the best player in the area," Houston said. "I'm biased, of course, because I'm his coach."

As a freshman and sophomore, Mackey was a key point-scorer on state playoff teams loaded with veterans. Last season, Mackey was the best player on a team with a losing record. Now, with Mackey's defense, rebounding and passing having improved, and a talented supporting cast returning, the Wolverines have high expectations entering the 2018-19 campaign.

Mackey knocked down five 3-pointers and made 16 of 19 free-throw attempts against Lake Braddock. He made a pair of free throws with 43 seconds remaining to surpass his previous career high of 40 points, set last year against North Stafford during a holiday tournament.

He made two more free throws with 17.7 seconds remaining to get to 43 points.

Houston, in his 15th season as head coach of the Wolverines, said he can't remember seeing a player score 40 or more points in the West Potomac gym.

"It feels good," Mackey said. "When I get in the flow, it doesn't stop."

Houston described Mackey's 43-point performance as "quiet." Munson said Mackey doesn't act like a star.

"You wouldn't be able to tell that he just scored 43 points in a game," Munson said. "You see him walking down the hallway and he just seems like a normal guy. He's not too full of himself. He's a great teammate and a great friend."

Munson, a 7-footer who signed to play college basketball at Central Arkansas, is expected to be another key contributor. He scored 12 points against Lake Braddock on Monday and is a rebounding and shot-blocking threat at the defensive end of the court. Joining Mackey and Munson in the starting lineup Monday were senior forward Shannon Harrigan, junior forward Jack Fricka and junior guard Bradley Harden, all of whom are experienced varsity athletes. Other returning players include senior forward CJ Gardiner, junior center Abdi Rahman Abdi, and junior guard Ethan Payne. Harrigan finished with 15 points against Lake Braddock. Junior guard De'Andre Doherty finished with 10 and Fricka added seven.

Mackey, Munson, Fricka and Gardiner are team captains.

Next up for West Potomac is a home game against Chantilly at 7:30 p.m. on Friday.

"I'm excited," Munson said. "This is the best basketball team I've ever been on, I think. Not only talent-wise, but as a group of guys. It's exciting."

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### DONATIONS NEEDED

**UCM Needs Help.** United Community Ministries (UCM), 7511 Fordson Road, Alexandria. Inventory is low on disposable diapers especially sizes 4, 5, 6; canned tuna and other canned meats like chicken; and low-sugar breakfast cereals. Shop and donate with their Amazon Wish List at: [bit.ly/UCM\\_FoodPantry\\_AmazonWishList](http://bit.ly/UCM_FoodPantry_AmazonWishList).

Email Assistant Food Pantry Manager Von at [vonnetta.jones@ucmagency.org](mailto:vonnetta.jones@ucmagency.org) or visit at [www.ucmagency.org](http://www.ucmagency.org).

#### HOLIDAY DONATIONS

**Blanket and Coat Drive.** Through Dec. 8. Organized by NOVA Relief Center, blankets and coats will be sent to refugees in three camps in Jordan this winter. Blankets and coats should be new or gently worn. Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. For drop-off sites or to make a tax-deductible donation, visit

[novareliefcenr.org](http://novareliefcenr.org).  
**Toys for Tots Drive.** Through Dec. 10. Area Sheehy Auto Stores will collect new and unwrapped toys to benefit the U.S. Marine Corps Reserve Toys for Tots Program, which will distribute those toys as gifts to less fortunate children in the community in which the campaign is conducted. Sheehy's Toys for Tots drop-off locations include:  
\* Sheehy Honda of Alexandria, 2434 Richmond Highway, Alexandria  
**Toy Drive.** Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices.

The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to [www.weichert.com/offices/](http://www.weichert.com/offices/).

#### WEBINAR

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college,

women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

#### THROUGH SUNDAY/DEC. 16

**Christmas Tree Sale.** Weekdays, noon-8 p.m.; weekends, 9 a.m.-8 p.m. at Belle View Shopping Center, Belle View Boulevard and Ft Hunt Road. The 63rd Annual Mount Vernon Kiwanis Christmas Tree sale with all Fraser fir trees from southwest Virginia and North Carolina. All garland and wreaths are made from Virginia Fraser firs. 100 percent of profits go to scholarships and local charities.

SEE BULLETIN, PAGE 17

# SPORTS



PHOTOS CONTRIBUTED

Some of the returning baseball players at West Potomac with NVDO's Keith Smithson and Maria Chiverella.

## An 'Eye Opening' Experience

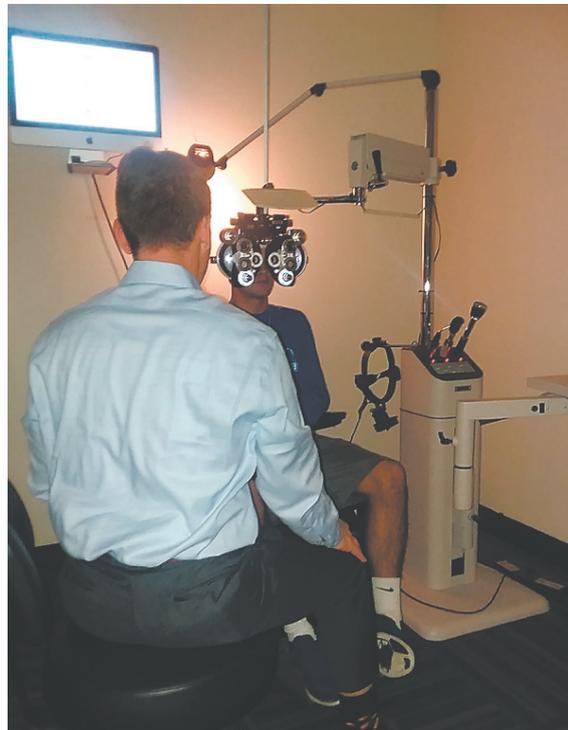
### Local optometrist gives vision screens to West Potomac baseball players.

Members of the West Potomac Baseball program visited Dr. Keith Smithson of the Northern Virginia Doctors of Optometry at 1632 A Belle View Blvd. last week. It was there that the players received a sports vision performance screening in hopes of bettering their eyesight and improving their on-field performance.

The screening featured use of the "RightEye" testing system which allows precise assessment of the factors of vision that people need to see effectively and efficiently. "This is the same test used by USA Baseball to screen all of the kids pre-draft for visual performance concerns," said Smithson, who is the director of visual performance for the Washington Nationals, team optometrist for the Redskins, Wizards, Mystics, Spirit, and DC United, as well as visual consultant for the Capitals. Smithson is the immediate past chair of the American Optometric Association's Sports and Performance Committee and current member of their National Traumatic Brain Injury Task Force.

This partnership between Smithson and Wolverines' head coach Jimmy Linza has existed for close to 20 years, going back to when Linza was head coach at Mt. Vernon (2001-05) and later at Hayfield (2010-11).

"Visual performance enhancement is something few teams at their level have even heard about, let alone tested for," Smithson said, and that West



Joey Castrilli was one of the WPHS players who went through the optical testing.

Potomac Baseball is "truly ahead of the curve."

Linza had similar positive things to say about the doctor: "We are thrilled to get to see someone like Dr. Smithson and feel that his recommendations can make a difference in how well we play. We are so fortunate to have the NVDO office in our community and look forward to working with them in the years to come."

### BULLETIN BOARD

FROM PAGE 16

#### SATURDAY/DEC. 8

**Public Workshop.** 10 a.m.-12:30 p.m. at Walt Whitman Middle School cafeteria, 2500 Parkers Lane. Workshop on the proposed urban design guidelines for the Richmond Highway corridor, which will help to specify the appearance and character of future parks, plazas, streets and other public features along the corridor, offering more concrete design details based what's called for in the Embark Richmond Highway

land use plan adopted earlier this year. The workshop will feature a presentation, followed by breakout sessions where participants will work through the character and visual design in the corridor's community business centers. Visit [www.fcrcv.org/richmondhwy/designguides.htm](http://www.fcrcv.org/richmondhwy/designguides.htm) for more.

#### MONDAY/DEC. 10

**Public Forum.** 7-9 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Mt. Vernon. The Police Civilian Review Panel will conduct a

public forum. Learn how to initiate the complaint process, who will investigate complaints, what to expect once a complaint is filed, and receive a 2018 update on Panel activity. The Independent Police Auditor will be present to explain the Auditor's role in oversight. Participants will have the opportunity to engage the Panel with questions about the process. Visit [www.fairfaxcounty.gov/policecivilianreviewpanel/police-civilian-review-panel-public-forum](http://www.fairfaxcounty.gov/policecivilianreviewpanel/police-civilian-review-panel-public-forum) for more.

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### Legals

This is a formal announcement, that Dr. Milton A. Parker will retire from private dental practice at 7700-D Richmond Hwy., Alexandria, VA 22306. The office will no longer see patients after December 31, 2018 and will only complete treatment currently in progress. Dr. Parker will retain custody of your dental records until they can be transferred to an appropriate dental clinician. Current patients (patient seen within the last two year) may request a copy of these records by contacting Dr. Milton A. Parker at P.O. Box6416, Alexandria, VA 22306.

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**

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## Scared to ...



By **KENNETH B. LOURIE**

And that's what worries me. There's a part of me (too big a part, I'll admit), that rationalizes not going to the doctor as a means of preventing an untimely death.

Oh, don't get me wrong. I go to the doctor as often as needed. In fact, I've been commended as being a very "compliant" patient, meaning I show up for my appointments (apparently some patients don't). And I will continue to do so.

However, this column is not about the appointments I do make, it's about the ones I don't make.

Huh?

Let me clarify. I am referring to the voluntary-type appointments that I schedule myself – at my discretion, when some symptom or other, relating to cancer or not, manifests itself. The symptom which forces me to consider my own mortality because it's "presenting" at a time and place at which my oncologist is unaware.

The kind of symptom which, were I not a cancer patient, I wouldn't give a second thought (let alone a first thought). But since I am a cancer patient, whatever the symptom is – and I mean any and all symptoms: small, medium or large, it must be "the cancer" as "Forrest, Forrest Gump" characterized his mother's cause of death, and therefore, can't be minimized. In point of alternative fact, it must be maximized, and in that maximization comes anxiety and fear and every other stress-related emotion you can imagine.

Nevertheless, just as George advised Jerry in a long-ago "Seinfeld" episode on how to beat a lie detector test: "It's not a lie if you believe it," so too do I employ a similar strategy: if I don't go to the doctor and get evaluated then the symptoms I'm experiencing can't be confirmed as cancer. And if my symptoms can't be confirmed as cancer then I have much to less to worry about than if they were. The symptoms are simply the same kind and frequency as non-cancer patients experience and do not represent a slippery slope for yours truly.

I suppose there's a part of me (the irrational, unreasonable and illogical part) that believes if I don't make any extra-curricular-type visits to any of my doctors then my cancer can't get worse and I can continue to go on living as if I've not been diagnosed with a terminal disease: non-small cell lung cancer, stage IV.

It reminds me of my late father's philosophy concerning automobile maintenance. If he never takes the car in for service, the mechanics will never find anything wrong with it. It's a version of what you don't know can't hurt you.

Well, in the cancer world in which I live 24/7, it all can hurt you and it can do so on its own timetable; when you least expect it and when you most fear it.

As yet another attempt to explain why this column has been written. For the past three weeks I've had persistent cold symptoms.

Since the symptoms never got any worse (though my fear did), I went along, tissue in hand, until my voice got so hoarse and weak that my wife, Dina – to her credit – insisted that I visit my internal medicine doctor and email my status as well to my oncologist. All of which I've done.

So far, nothing conclusive to report.

I've been prescribed some pre-pneumonia pills, have had a CT scan of the neck (per my oncologist's direction), results for which have not YET been received, am seeing an ENT doctor next week and am puffing Flonase into each nostril twice a day. My symptoms have not totally subsided but neither have they gotten worse – unlike my anxiety.

I really don't think there's anything wrong with me medically; mentally however, is another matter.

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

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**WELCOME TO ALEXANDRIA TOYOTA'S  
PERSONALIZED CAR CARE EXPERIENCE**

**BUY 3  
TIRES  
AND  
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4TH FOR** **\$1**



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**GOT TIRES?**  
INCLUDES ROAD HAZARD PROTECTION, TIRE  
WARRANTY, AND FREE COURTESY INSPECTION.

**BONUS: ADD A 4 WHEEL  
ALIGNMENT FOR \$39.95**

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VEHICLES ONLY COUPON MUST BE PRESENTED AT TIME OF  
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP  
SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/18.

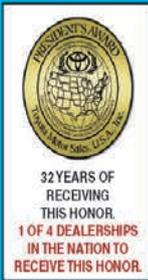
**CHECK ENGINE  
LIGHT DIAGNOSIS  
NO  
CHARGE**  
INITIAL DIAGNOSIS

WE WILL RETRIEVE  
VEHICLE CODES  
& GIVE YOU  
AN ESTIMATE  
OF REPAIR COSTS.



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*Jack Taylor's*  
**ALEXANDRIA  
TOYOTA**



**SERVICE & PARTS DEPT HOURS:**

Monday - Friday, 7:00am to 7:00pm  
Saturday, 8:00am to 5:00pm

**YOU HAVE SATURDAY OFF.  
THAT'S EXACTLY WHY WE DON'T!**

**ToyotaCare**  
**Customers**  
Don't Forget Your **FREE** Service.  
5,000 • 10,000 • 15,000 • 20,000 • 25,000  
**Now Available** Mile Services  
Call your ASM for details  
**ToyotaCare Plus \$329<sup>00</sup>**  
Covers up to 4 years/45,000 miles

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**OIL & FILTER CHANGE**

**\$29<sup>95</sup>**      **\$44<sup>95</sup>**

NON-SYNTHETIC      SYNTHETIC

**Includes:** Genuine Toyota oil filter, up to 5 qts of conventional oil\*, inspect windshield wipers, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/18.

**BRAKE SPECIAL**

**\$79<sup>95</sup>**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

**MACHINE ROTORS ADDITIONAL**

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**SIGHT LINE  
WIPER BLADES**

**\$10 OFF**

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**FREE  
BATTERY CHECK-UP**  
Check cold cranking amps and visual inspection of battery condition. Includes battery condition print out.

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**VARIABLE DISCOUNT**

**\$15.00 OFF** when you spend \$100.00 - \$199.99  
**\$30.00 OFF** when you spend \$200.00 - \$299.99  
**\$45.00 OFF** when you spend \$300.00 - \$399.99  
**\$50.00 OFF** when you spend \$400.00 or more

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**TRUESTART™ BATTERIES**  
**\$99<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**  
**Includes:** 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

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Your car's alignment suffers, and can cause uneven tire wear and steering problems.  
**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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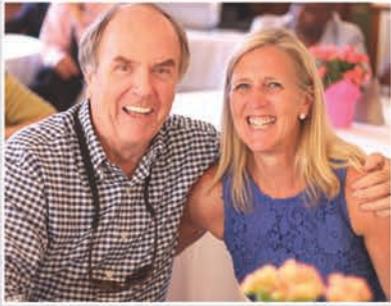
**ALEXANDRIA TOYOTA**

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Check your windshield. Does your sticker say **12/18, 1/19, or 2/19?** If so, your VA Safety Inspection is now due  
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## JUST LISTED!

## COMING SOON!



### 8314 Wagon Wheel Dr

Private Dock! | \$665,000

3 level Colonial situated on serene elevated lot overlooking natural wonderland. Private dock for your canoe, kayak, or small motor boat! Home has huge potential & features: 4/5 Bedrooms, large room sizes, hardwood floors, fully finished lower level w/ outside entrance, sunroom overlooking creek. Won't find another one like it!



### 8902 Beauchamp Dr.

Mid-century flair! | \$550,000

Expanded and updated contemporary on gorgeous half acre lot near Mt. Vernon Estate. Fabulous features include: bright open floor plan, glass window wall, gorgeous hardwood floors on two levels, and oversize two car garage. Large deck overlooks private grounds. Freshly painted interior makes this one move in ready!



### 9112 Volunteer Dr

Westgate Colonial! | \$655,000

Exceptionally property! Spacious Colonial in the Williamsburg tradition featuring premier setting on large level lot in the desirable Westgate community near Mt Vernon Estate. Features include: large room sizes, 2 fireplaces in family and living room, hardwood floors, two car garage, & incredible sunroom overlooking rear grounds.



### 3708 Carriage House Ct \$810,000

Truly special property in prime location on gorgeous lot bordering Mt. Vernon Estate grounds. Fabulous home in pristine condition. Features include bright open floor plan, stunning glass walled addition, updated expanded kitchen, gorgeous hardwood floors, 4 bedrooms including master suite with recently remodeled bath, & 2 car garage. Custom deck & brick patio overlook backyard & MV Estate

**JUST SOLD!**



### 9416 Old Mt Vernon Rd. \$789,000

Incredible opportunity to own a brand new 5 Bed/5.5 Bath home on 4 finished levels! Economical Gas appliances include: fireplace, cook top, heat and hot water. Hardwoods on main level, open kitchen to family room w/ large island & breakfast area, 4 BR's on upper level w/ 3 baths including luxurious master suite, finished basement w/ rec room, bedroom, & full bath. 10 year builder warranty

**CONTRACT!**



### 4417 Neptune Dr. \$739,000

Exceptionally unique and spacious Colonial on private .72 acre lot. Special features include: updated kitchen, updated baths, family room with gas fireplace opens to patio overlooking serene pool scene, detached two car garage, extra parking area for RV/ Boat. Short walk to Mount Vernon Yacht Club and riverfront area!

**JUST SOLD!**



### 4519 Dolphin Ln \$545,000

Fabulous large rambler with huge potential. Gorgeous half acre lot just steps from Mt. Vernon Yacht Club. Features include large room sizes, open floor plan, replacement windows, finished lower level with direct outside access, sun room and over sized carport. Excellent value in Yacht Haven!

**JUST SOLD!**



### 4401 Granada St. \$549,000

Immaculate and spacious home on gorgeous flat lot. Features include: 4 Bedrooms, 3 fully updated Baths, top of the line updated Kitchen, refinished hardwoods on main two levels, whole 3rd lower level just for storage, replacement windows and siding, New Roof (2013), garage and long additional list of updates. Great Value!

**JUST SOLD!**



### 9411 Mount Vernon Circle \$959,900

Incredible new price on one of Mount Vernon on the Potomac's most stately homes! Home has it all! 3 finished levels, high ceilings, estate room sizes, approx 6,500 sq ft of luxury at unheard of price. Community marina and brand new docks provide vacation vibe in convenient, close in location.

**JUST SOLD!**

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